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Pediatric medical trauma and resilience: Exploring children's perspectives

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Pediatric medical trauma (PMT) is a form of childhood trauma that includes the physical and psychological effects of injuries, pain and illness, as well as the experience of hospitalization, medical treatments and other procedures. The effects of PMT can trigger a range of mental health concerns such as acute stress disorder, post-traumatic stress disorder, depression and anxiety. Yet few studies have explored resilience in children experiencing PMT, particularly from a child's perspective. Thus, this study will use semi-structured interviews to explore the experiences of ten to twelve English-speaking Specialized Orthopaedic and Developmental Rehabilitation (SODR) inpatients aged 6-12 at a children's rehabilitation hospital located in Toronto, Ontario. The four main research questions to be explored are: In what ways do children consider their medical experiences traumatic or not? How do children understand resiliency? In what ways do children perceive themselves as resilient or not? What factors promote and inhibit resiliency? The interviews will be recorded and transcribed verbatim, then analyzed phenomenologically to better understand the lived experiences of child participants. The findings of the study will be used to inform future clinical practice as trauma work intersects with a variety of professions. Social workers are well positioned to organize, build connections and lead inter-professional teams that could benefit from a trauma-informed and resilience-based model. Therefore, using a strengths-based resiliency framework has the potential for direct positive effects for affected children as well as for their families and other systems.

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The power of emotions: Discussing the emotions behind our choices and how to take control (mental health, resilience and emotional intelligence)

Leo Barbe

Think Don't Shoot, Canada

90% of our choices are made based on an emotion or combination of emotions. We are either in control or allow our emotions to make choices for us. Why after doing something in anger do you regret it? Did you think the choice through or did you act based on the emotion of distress? Everyday there are choice we make that range from large to small. Each choice is helping to build or destroy our futures. From battling PTSD to coping with anxiety and depression, the daily decisions we make have power. Leo will be diving into the "power of our emotions" and the choices they drive us to make. Helping the audience understand the course of our lives and how it start early in our adolescence. From where we grew up and how we were raised to the people we surround ourselves with and the culture of we connect with. There is a course to our emotions and how they direct our decision making process. The ego can be our largest opponent when taking control of our emotions. The daily "self-talk" we use can push us to greatness or destroy our sense of happiness. Our emotions become thoughts, our thoughts became behaviors and our behaviors become actions. When we understand and can control of emotions we can then take control of our mental health along with our lives. Leo will be using his dynamic spoken word, powerful power point images and relevant storytelling to deliver the presentation.

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