

# Virtual Reality in trauma responsive training improves understanding of childhood trauma



keyassets

SERVING CHILDREN, FAMILIES & COMMUNITIES

Key Assets Australia in partnership with Antser piloted the implementation of Virtual Reality (VR) within trauma-responsive training across over 100 educational personnel, foster carers, social workers, youth workers and NDIS therapists.



## TRAINING

VR content comprises three dimensional videos providing first-person perspective as a child in utero and infancy within an abusive environment, demonstrating the physical, psychological and neurological impact of trauma and neglect.

It also illustrates therapeutic approaches to behavioural and emotional challenges for caregivers and educators.

## BENEFITS

- Understanding of the 'lived experiences' of children who live in out of home care
- How your behaviour affects outcomes for children
- Raise awareness of trauma responsive practice
- How nonverbal communication impacts a child
- Empathy development to connect with a child or young person who lives in out of home care
- Understanding of a child's needs.

## TESTIMONIALS

"Provided me with different perspectives and allowed me to deepen my thinking." - Social Worker

"I think it is a more effective tool, when you have a foster child & it assists in practical, everyday situations, to see the behaviours for what they really are." - Carer

"Helps to put you inside the actual environment." - Teacher

Source: "Evaluation of Key Assets Virtual Reality Pilot Final Report: April 2021" by QImprove

## IMPROVED PERMANENCY AND PLACEMENT STABILITY (SHORT-TERM)

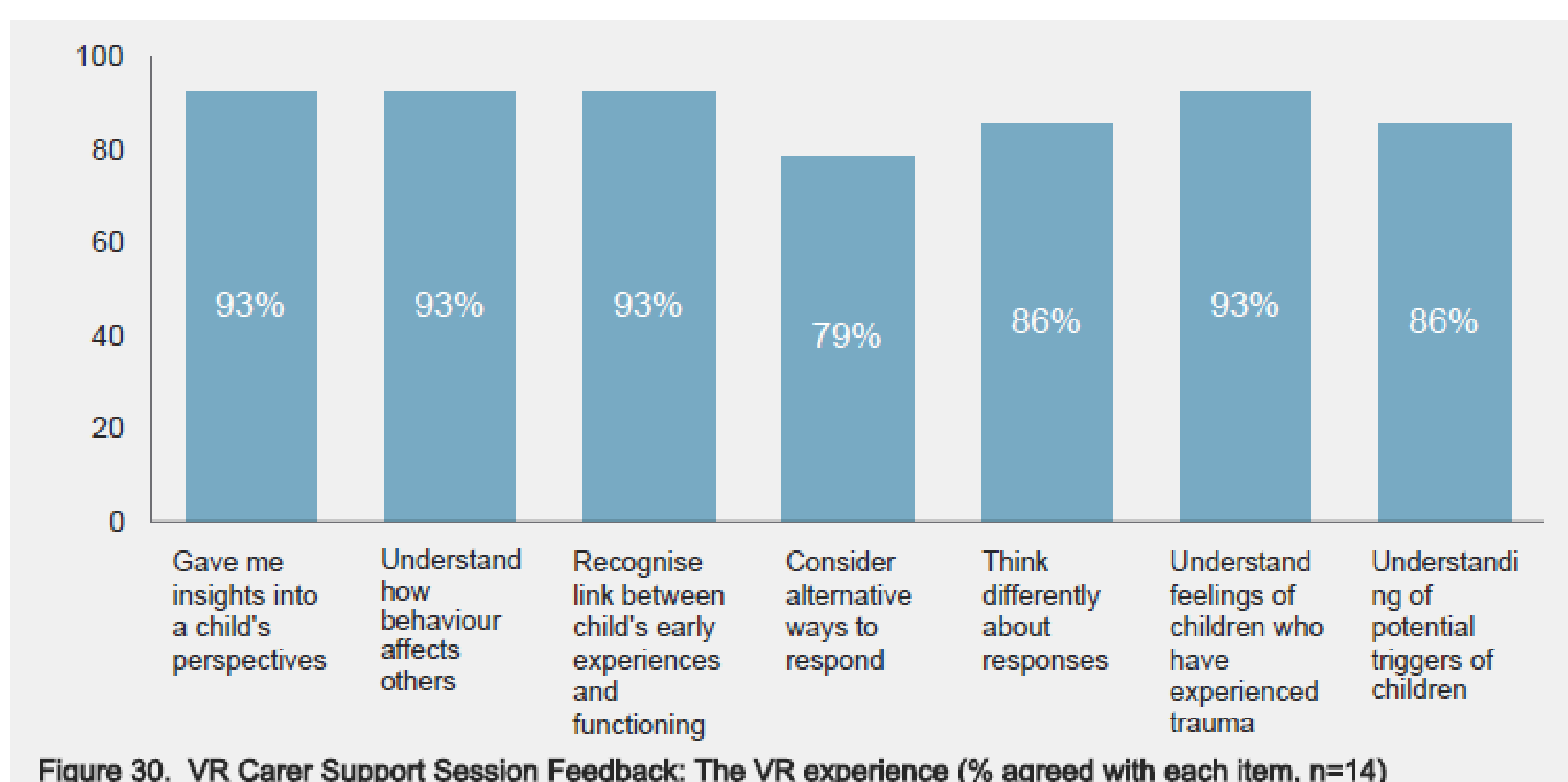


Figure 30. VR Carer Support Session Feedback: The VR experience (% agreed with each item, n=14)

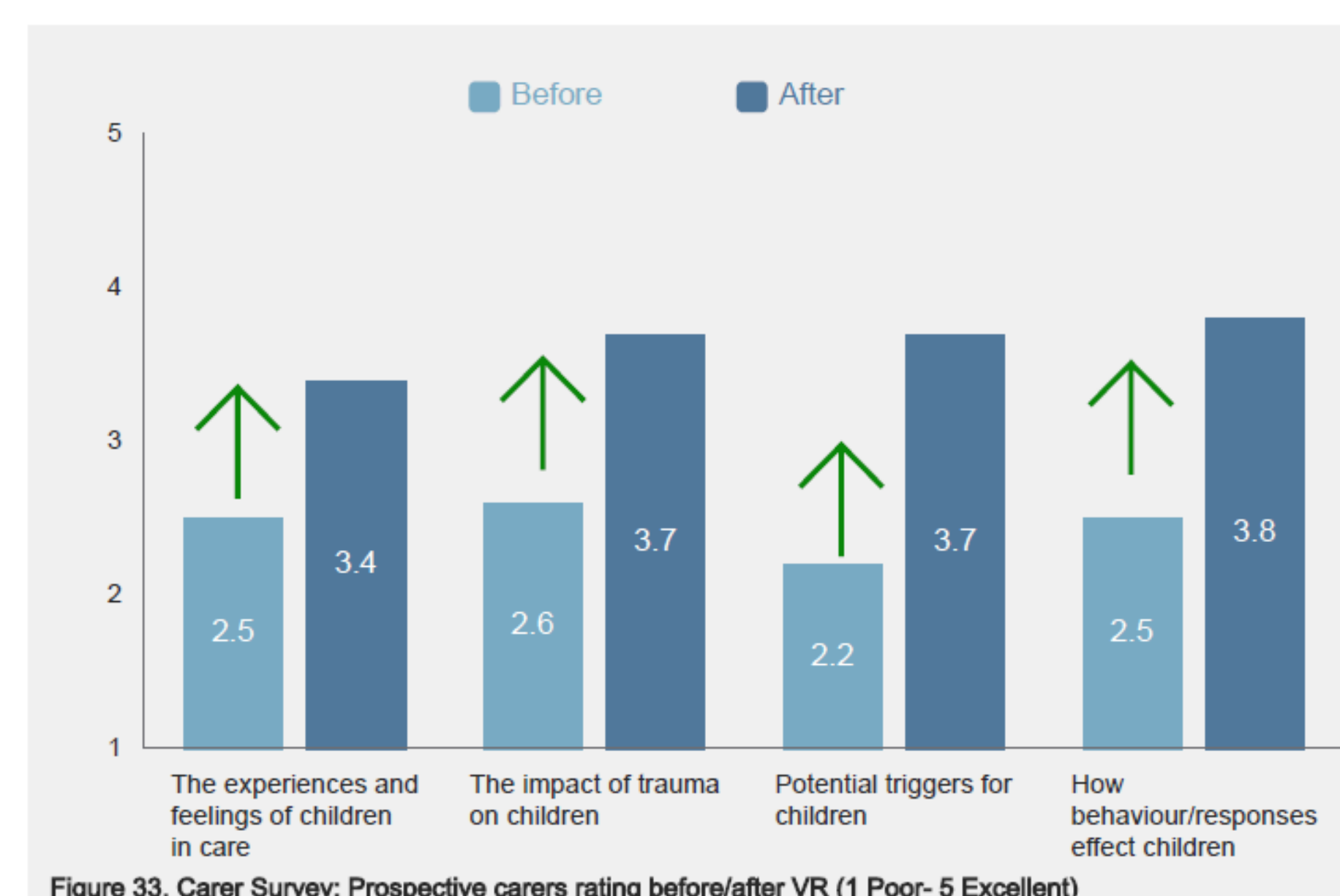


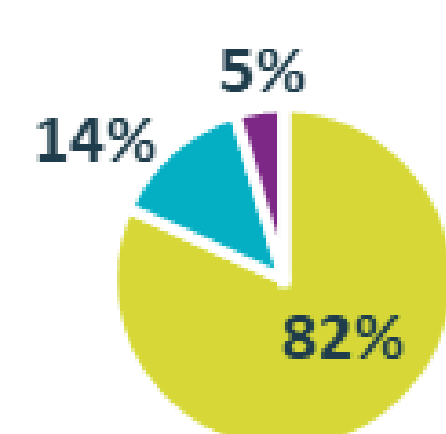
Figure 33. Carer Survey: Prospective carers rating before/after VR (1 Poor- 5 Excellent)



Source: "Evaluation of Key Assets Virtual Reality Pilot Final Report: April 2021" by QImprove

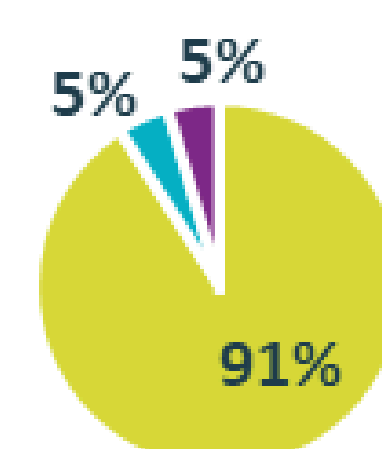
## KEY ASSETS AUSTRALIA - QUEENSLAND FEEDBACK

VR experience: Gave me a greater understanding of the potential triggers of students who have experienced trauma



Strongly Agree  
Agree  
Neither Agree or Disagree  
Disagree  
Strongly Disagree

VR experience: Helped me understand how my behaviours / responses / decisions affect others



Strongly Agree  
Agree  
Neither Agree or Disagree  
Disagree  
Strongly Disagree

Source: Evaluation - Qld April 2024

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