



Who I Am: The Intersectionality Between Precognitive Trauma, Neurodiversity and Practitioner Experience

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Acknowledgement of Country

Act for Kids would like to acknowledge the Traditional Owners of the land where our Australian offices are based.

We would also like to acknowledge Elders past, present and emerging.

We seek to foster a culture of friendship and partnership between Act for Kids and Aboriginal and Torres Strait Islander peoples, organisations and communities.

About Act for Kids

Act for Kids is a for-purpose organisation that partners with families and communities to help keep kids safe, heal from trauma and lead happy lives.

Our vision is for **all kids to have a safe and happy childhood.**

During 2024, Act for Kids supported **36,771** children and families across our various services.



28,956
Family Support

Therapy Services

2,033



2,775
Learn to be
Safe with
Emmy & Friends



68
SafeKIDS

Individual Support Services



329

Over the past 6 years, Act for Kids has delivered services to almost

1/4 of a million

people and children in need.



Learn to Be Safe with Emmy Website: www.emmyandfriends.com.au

The background is a soft-focus photograph of a field with numerous dandelion seed heads. A semi-transparent red rectangular box is centered on the page, containing white text. Two white square boxes are placed on the red background: one in the upper right corner and one in the lower left corner.

Content with Care

The following presentation includes sensitive themes.

I would like to acknowledge and honour individuals present today who carry lived experience of trauma, survival, and resilience. Whether your story is similar or vastly different, your presence here matters deeply.

This presentation draws from personal reflections and insights and is not intended to speak on behalf of all individuals with similar experiences.

I invite you to listen with care, curiosity, and understanding that this is one perspective among many.

Aims

To raise awareness and advocate for children born from survivors of rape.

To highlight the important role professionals play in shaping the alternative positive storyline, whilst honouring the origin story a child may be born with.

To validate, advocate, and celebrate Mothers and their experiences.

Precognitive Trauma	DEVELOPMENT SOCIAL AND EMOTIONAL PHYSICAL HEALTH LANGUAGE ATTACHMENT IDENTITY AND ORIGIN INTERPERSONAL RELATIONSHIPS BEHAVIOURAL EXPRESSION OF CONNECTION	Epigenetic Plasticity
Maternal Trauma		Attachment Repairing
Epigenetics		Finding Value Beyond Origin Story
Fear of 'Inheriting' Traits		Reshaping Narrative
Disclosure Timing and Method		Limited Reparenting
Existential Identity		Identity Integration
Birthday Grief and Loss		Birthday Honouring
Complex Shame Experiences		Shared Meaning and Purpose
Idealisation of Caregivers		Healthy Boundary Setting
Unconscious Trauma Responses		Bottom-Up Processing
Transgenerational Trauma		Post-traumatic Growth Contagion

Shaped by Fire
(Impact)



Reshaped to Shine
(Exceptions)

VISIBLE

Stealing

Regressive Behaviours

People Pleasing

Lying

Rage

Peer and Social Difficulties

INVISIBLE

Noticing of the 'Different'

*There is something wrong with me.
I am too difficult to be around.
I am not good enough.
I am unlovable.*

"What the world saw as disruption was really a child struggling to make sense of what couldn't be spoken because it was not yet known, only felt."

- Kimberleigh Hooper

Holding Space, Shaping Change: For Practitioners with Lived Experience

Honour your story with care.
Your lived experience is a strength, not your sole identity.
Share it purposefully and carefully.

Embed practices in working environments that hold space for celebratory and storytelling needs that honours lived experience with dignity.

Seek supervision and mentorship from professionals who support you to see your value beyond your story.

Know that healing and sustainability are collective experiences (shaped by community, supports, and a shared purpose).

Set boundaries between your lived experience and other professional identities.

Self Check: *Am I leading from a place of my experience, or my expertise right now?*

Advocacy: Professionals with Lived Experience are not a liability. When integrated, we can become deep sources of wisdom, compassion, and leadership.

Holding Space, Shaping Change: Supporting Children with Painful Origins

Keep focusing on who they *are*, not just where they came from.


Know that the Mother is also navigating their own ongoing trauma. Don't just see them for what they are not doing, but for who they can become.

Know that once the origin story is disclosed, regardless of *how*, it will likely be retold many times and in many ways as part of processing.

Know that trauma may be present – even if unspoken (e.g., carrying transgenerational trauma from the Mother's experience).

Hold space to be curious about a child's origin story with attention to how it was disclosed and listen to the retelling of the story for signs of complex internalization through feelings of guilt, grief, shame, and confusion.

Advocacy: Honouring the Mother-Child bond. Normalising the emotional dissonance Mothers can feel: Loving their child *and* experiencing reminders of the trauma.

A detailed painting showing several hands of different skin tones (light, medium, and dark brown) reaching towards a central circular mosaic. The mosaic is composed of many small, irregularly shaped tiles in various colors including blue, orange, yellow, green, and purple. Some hands are already placing or holding tiles, while others are reaching out. The background is a soft, neutral tone.

“When we show up, we’re
saying to our kids:

*You matter. I see you.
I care about what you’re
going through. ”*

Dr. Dan Siegel and Tina Payne Bryson
The Power of Showing Up

She is Like Glass

*She is like glass –
not the kind that shatters at the first touch,
but the kind that's been forged in heat
so intense it remade her shape.*

*She is transparent –
not because she wants to be seen,
but because life never gave her the choice to hide.
You can see the cracks if you look closely –
hairline fractures etched by pain,
by things taken from her too soon.*

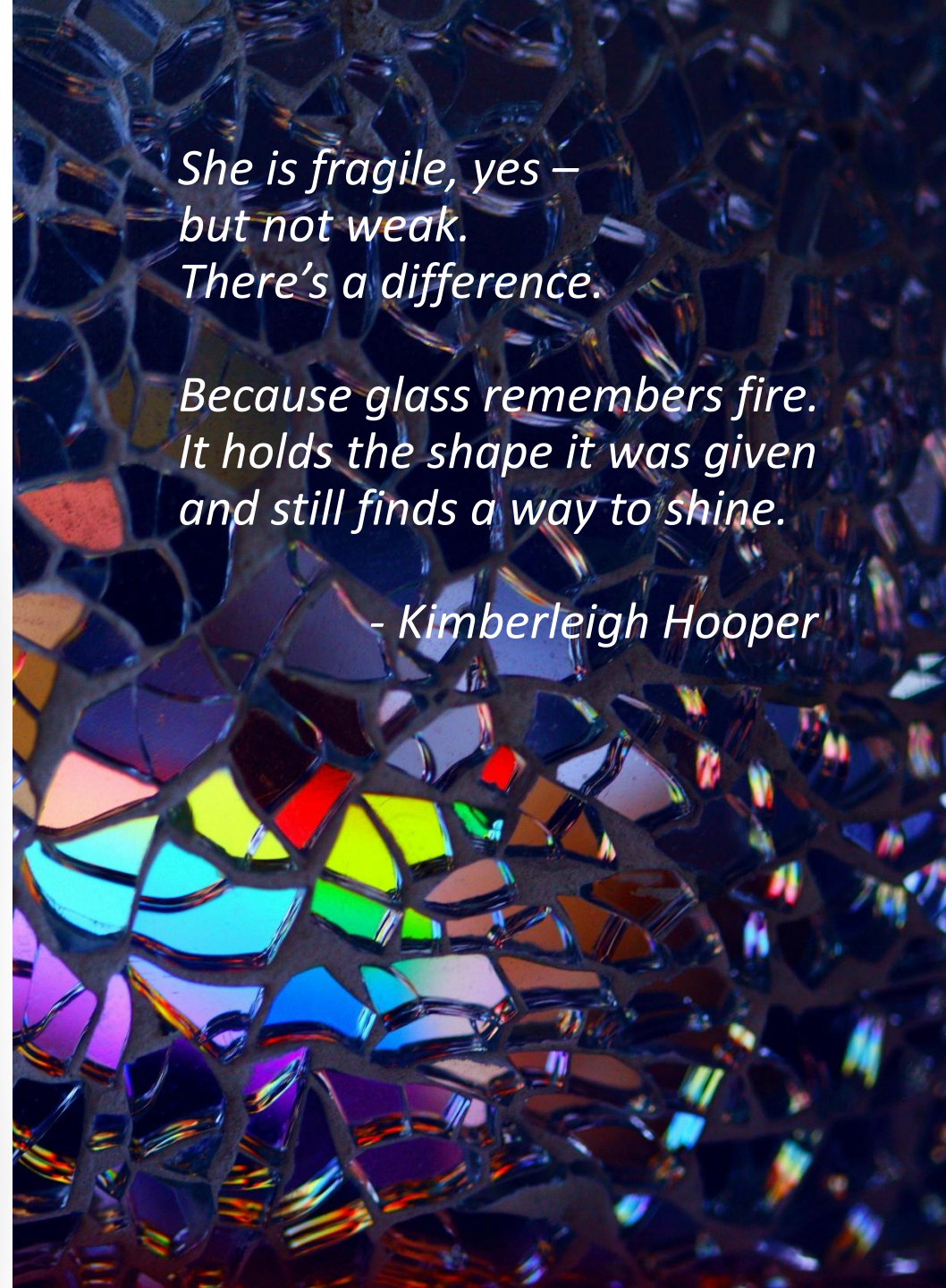
And yet she holds.

*She reflects light in ways steel never could.
She has edges that cut when she's cornered,
but when the sun hits her just right,
she throws rainbows on the walls
in places she once thought she'd never survive in.*

*She is fragile, yes –
but not weak.
There's a difference.*

*Because glass remembers fire.
It holds the shape it was given
and still finds a way to shine.*

- Kimberleigh Hooper



References

- BBC World Service. (2023). *Exploring grief and shame with children born from rape*. [Video]. YouTube.
<https://www.youtube.com/watch?v=IE9lq82hy7I>
- Save the Children's Resource Centre. (2022). *Tronick's Still Face Experiment*. [Video]. YouTube.
<https://www.youtube.com/watch?v=f1Jw0-LExyc>

Thank you

