

# Constructions of complex trauma and implications for women's wellbeing and safety from violence

Women with experiences of complex trauma are a significant but overlooked group of victims and survivors of gender-based violence in Australia. Women who have experienced complex trauma have interlinked health and safety needs, and are often in frequent contact with crisis services and police due to domestic violence and sexual assault. The guiding question of this study was: "How can agencies and services improve collaboration to meet the health and safety needs of women with complex trauma?"

The project developed a set of key principles of best practice which promote client led, responsive, flexible, timely care and interventions facilitated through strong coordination and collaboration across services. This practice studio would aim to implement the key principles of best practice as described in the report (p. 8 of the RTPP/research summary).

Additional recommendations emerging from the report including complex trauma training and support for workers (vicarious trauma) could also be acted on.

This practice studio would require an integrated approach with one lead practice studio host supporting a range of services to come together. To that end, an organisation nominating to become a practice studio host would need to be able to demonstrate their connections with other services and their ability to bring services together.

## **Further reading:**

[Constructions of complex trauma and implications: Key findings and future directions](#)

## **See also:**

[Webinar: Working with women who have experienced complex trauma in mental health & refugee services](#)