

Case Example – Part One Anthony and Natalia



Natalia and Anthony have been resource parents for about two years. Their most recent foster child is Henry who is seven years old. In addition, they have a 10-year-old biological daughter, Marie. Henry was removed due to physical abuse and violence in the home. Henry has been verbally aggressive toward both Marie and Natalia on a few recent occasions. Most recently stating when he was upset that Natalia is mean and stating that he hates her. He also told Marie that she is stupid and that he is going to destroy her favorite toy.

Does this scenario seem familiar to you?

What do you think is going on with the child?

What specific challenges does this type of situation pose for a caregiver?

How might the adults be emotional containers?

Case Example – Part Two– Anthony and Natalia Secondary Traumatic Stress and Coping



Henry has been having nightmares and recently told Natalia that he dreams about his parents fighting and his mom getting hurt. Natalia and Anthony have both seen him playing out fights with his action figures on several occasions and noticed that his play with them is getting increasingly violent. Natalia asked him more about his play, and Henry shared several details about the violence that he witnessed between his parents. Anthony witnessed his step-dad hitting his mom when he was a child and he has had several nightmares of his own in the past few weeks.

How might hearing these details impact Natalia and Anthony?

How might this impact their parenting?

What are some ways that they might cope with the trauma exposure?