



2018

**Review of The Three Pillars of Transforming Care: Trauma and Resilience in the Other 23 Hours. Howard Bath and John Seita.
Reviewed by Elizabeth Carey.**

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Recommended Citation

Carey, Elizabeth (2018) "Review of The Three Pillars of Transforming Care: Trauma and Resilience in the Other 23 Hours. Howard Bath and John Seita. Reviewed by Elizabeth Carey.," *The Journal of Sociology & Social Welfare*: Vol. 45 : Iss. 3 , Article 9.

Available at: <https://scholarworks.wmich.edu/jssw/vol45/iss3/9>

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Book Reviews

Howard Bath and John Seita, *The Three Pillars of Transforming Care: Trauma and Resilience in the Other 23 Hours*. University of Winnipeg Faculty of Education Publishing (2018), 136 pages, \$25.00 (hardcover)

In the field of child caring, practice and research continue to improve and refine the direct services professionals apply to help young people heal and grow. The field is vast and the evidence regarding effective practices and programs includes a broad array of techniques to improve the lives of young people. In the last few decades, the science behind the impact of childhood trauma and the evidence regarding the role resilience plays in life outcomes outlines much promise to practice and has improved outcomes faster than in previous generations.

General knowledge across the field now includes a basic understanding that the experiences we have as children, especially adverse experiences, not only impact our development and our functioning during childhood, but also have implications for negative health outcomes as adults. The pioneer study outlining this is the *Adverse Childhood Experience (ACE)* study, by Vincent Felitti and colleagues, published in 1998, that is, 20 years ago. As the information from this study has begun to spread through the social services, child caring and medical fields, so have the efforts to understand the resilience factors that help to mitigate negative effects later in life.

The subtitle *Trauma and Resilience in the Other 23 Hours* demonstrates that this book is intended to improve the care young people receive all day long, outside of the traditional one-hour therapy session that might be considered their main treatment. The authors outline what adversity and trauma do to our brains, the outcomes we might expect without assistance, and the ways to build connections and skills for resilience for professionals in programs responsible for the care of youth.

The themes of trauma and resilience are timely and needed for the professionals who work with youth served in residential and educational settings today. One approach could have been to focus only on the science and the possible negative outcomes, without the plan to build resilience and improve functioning. This approach would have left us on a path to have minimal impact on the life outcomes of our youth. Instead of describing and outlining the expected health problems, relationship difficulties and possible early death of those who have suffered trauma and adversity, Bath and Seita take the reader directly from understanding into strategies that work. One of the greatest strengths of *The Three Pillars of Transforming Care* is the real life stories and examples spread throughout every chapter. They are written and shared in easily digestible sections from the perspectives of both a young person and a practitioner. They lead the reader through understanding into actions.

The outline is easy to follow and describes styles and methods to use with young people based on the observable behaviors and histories of trauma. As a practitioner, the book guides me through transforming my own style and behaviors to better improve the healing for each child. The main focus of the middle section of the book is on the Three Pillars of *Safety, Connections* and *Coping* with detail and stories that are tied to brain science and effective interventions to build these pillars for youth. As the pillars are built through interventions and support, the resulting healing and growth create the substance of the Road to Resilience.

The most important takeaway from this book is that childhood trauma and its impacts can be transformed, available interventions can be tailored to foster healing and growth, and that youth can and will improve their overall well-being with the help of caring, trained professionals. This book is highly recommended for those that are interested in an accessible way to transform their own practice and that of their organization toward healing and resilience of youth.

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