



# The TARA Project – Trauma, Attachment, Resilience into Action

## ABOUT THE TARA PROJECT

The TARA Project is a research partnership between Dublin South Central (DSC), TUSLA, Child and Family Agency and University College Cork. TARA is a practice model that has been developed to promote *how* to embed and realize the principles of trauma-informed care into tangible concrete practices.

The overarching aim of this partnership is to integrate trauma-informed practices (TIPs) in the DSC Area, TUSLA, to support responding to the complex needs of, and improve outcomes for, the children and families who come into

## RECENT OUTPUTS

In December 2025, the [TARA Project website](#) was launched, providing access to project resources, updates, and practice materials.

Recent peer-reviewed articles published in *Child Abuse Review* include [an exploration of insights from the TARA Practice model](#), published May 2026, and [an evaluation of child welfare professional education in trauma-informed care](#), published January 2026.

## Cluster Practice Outputs

Phase 2 of the project focused on co-creating practical initiatives informed by the TARA model with frontline professionals to integrate TIPs into everyday service delivery. Since January 2025, 31 TUSLA practitioners collaborated in cluster groups to design innovative resources and tools. Interested practitioners joined four clusters, which produced six initiatives in total. The clusters presented their initiatives at *The Practice Initiatives Showcase Event* in December 2025. The four clusters were:



### Building Practitioner Resilience

Professional Supervision Environment



### The Ripple Effect

Trauma-Informed Practice for Children Experiencing Multiple Moves in Foster Care



### The Communication Cogs

Glance Card on Trauma-informed Care Collaboration



### Time Bandits

1. Sensory Pack
2. Bringing Kids Together
3. TARA Whole Team Foster Care Approach

Further information about the clusters can be found on the TARA website: [The Work of the Clusters](#).