Module 1: What is Trauma Informed Care

Mandy Davis
Agenda

BE GENTLE:
New territory ahead
Agenda

• Define Trauma
• Define Stress
• Define Trauma Informed Care
• Principles of Trauma Informed Care
What is Trauma?
What is Trauma?

• Can be a single event
• More often it is multiple events, over time (complex, prolonged trauma)
• Interpersonal violence or violation, especially damaging at the hands of an authority or trust figure
• Three Es of SAMHSA: Event, Experience, Effect
What is Trauma?

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Types of Trauma
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- Ageism, ableism, classism, racism, Islamophobia, sexism, hate crimes
- Abuse and neglect
- Bullying
- Unexpected, sudden death
- War
- Assault
- Domestic violence
- Witnessing violence
How do you define trauma?
How do you define trauma?

How does your system define trauma?
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How does your system define trauma?

How do these definitions impact how we do our work?
Some terms to think about:

**POSITIVE**
Brief increases in heart rate, mild elevations in stress hormone levels.

**TOLERABLE**
Serious, temporary stress responses, buffered by supportive relationships.

**TOXIC**
Prolonged activation of stress response systems in the absence of protective relationships.
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realizes the widespread impact of trauma and understands potential paths for recovery;

recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and

responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.”

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Substance Abuse and Mental Health Services Administration. *SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach.*

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Trauma Informed Care (TIC) recognizes that traumatic experiences terrify, overwhelm, and violate the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to restore a sense of safety, power, and worth.

THE FOUNDATIONS OF TRAUMA INFORMED CARE

Commitment to Trauma Awareness
Understanding the Impact of Historical Trauma and Oppression

Agencies Demonstrate Trauma Informed Care with Policies, Procedures and Practices that:

Create Safe Context through:
- Physical safety
- Trustworthiness
- Clear and consistent boundaries
- Transparency
- Predictability
- Choice

Restore Power through:
- Choice
- Empowerment
- Strengths perspective
- Skill building

Build Self-Worth through:
- Relationship
- Respect
- Compassion
- Acceptance and Non-judgment
- Mutuality
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