



Module 3: Trauma Specific, Trauma Sensitive, Trauma Informed

Mandy Davis

Agenda

**BE GENTLE:
New territory ahead**

Agenda

- Definition of Trauma Specific
- Definition of Trauma Sensitive
- Definition of Trauma Informed
- Examples of how systems might provide Trauma Specific Treatment but not be Trauma Informed

Trauma Informed Care

“A program, organization, or system that is trauma-informed:

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.”

(SAMHSA’s Concept of Trauma and guidance for a Trauma-Informed Approach, 2014
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>)

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Trauma Specific v. Trauma Informed

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- Trauma Recovery/Trauma Specific Services
 - Reduce symptoms
 - Promote healing
 - Teach skills
 - Psycho-empowerment and education, mind-body, other modalities
- Trauma Sensitive
 - Bring an awareness of trauma into view
 - Trauma lens
- Trauma Informed Care
 - Guide policy, practice, and procedure
 - Assumption: every interaction with a survivor of trauma activates a trauma response or does not
 - Corrective emotional experiences
 - Parallel process

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Everyone should be trauma informed

Everyone should be trauma informed

Not everyone should do trauma specific service

Everyone should be trauma informed

Not everyone should do trauma specific service

Refer out

Everyone should be trauma informed

Not everyone should do trauma specific service

Refer out

Contract in

Safety

Safety

Trustworthiness and transparency

Safety

Trustworthiness and transparency

Peer support and mutual self help

Safety

Trustworthiness and transparency

Peer support and mutual self help

Collaboration and mutuality

Safety

Trustworthiness and transparency

Peer support and mutual self help

Collaboration and mutuality

Empowerment, voice and choice

Safety

Trustworthiness and transparency

Peer support and mutual self help

Collaboration and mutuality

Empowerment, voice and choice

**Cultural, historical, and gender
issues**

Safety

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Being trauma informed is





Being trauma informed is

Critical for survivors and those who have experienced toxic stress



Being trauma informed is

Critical for survivors and those who have experienced toxic stress

Valuable for all people regardless of trauma history

Do you provide trauma specific services?





Do you provide trauma specific services?

Do you need to?



Do you provide trauma specific services?

Do you need to?

If you don't, are there enough resources in the community for people to access?



Do you provide trauma specific services?

Do you need to?

If you don't, are there enough resources in the community for people to access?

Do folks in your community have access to culturally responsive and linguistically appropriate trauma specific services?



Is your organization trauma informed?



Is your organization trauma informed?

What are you currently doing?



Is your organization trauma informed?

What are you currently doing?

Are there areas for improvement?



Is your organization trauma informed?

What are you currently doing?

Are there areas for improvement?

What are the barriers as you strive to be trauma informed?