

Trauma Informed Care and Trauma Stewardship: Metabolizing your trauma and providing services





Trauma Informed care

TIC is a strengths-based service delivery approach that is rooted in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and clients.

Hopper, Bassuk, & Olivet, 2010

PRINCIPLES OF TRAUMA INFORMED CARE

- TRAUMA
- LANGUAGE ACCESS & CULTURAL SENSITIVITY
- SAFETY
- TRUSTWORTHINESS
- CHOICE
- COLLABORATION
- EMPOWERMENT



Chief Noise & Family of the Salish Tribe, 1908



Trauma

Is an extraordinary psychological experience caused by threats to life and body or personal encounters with violence or death

- Disasters: natural
- Atrocities: human

Types of trauma

- Acute trauma
- Repetitive trauma
- Complex trauma
- Developmental trauma
- Vicarious trauma
- Cultural, Historical and/or Intergenerational trauma



مریم حسنا

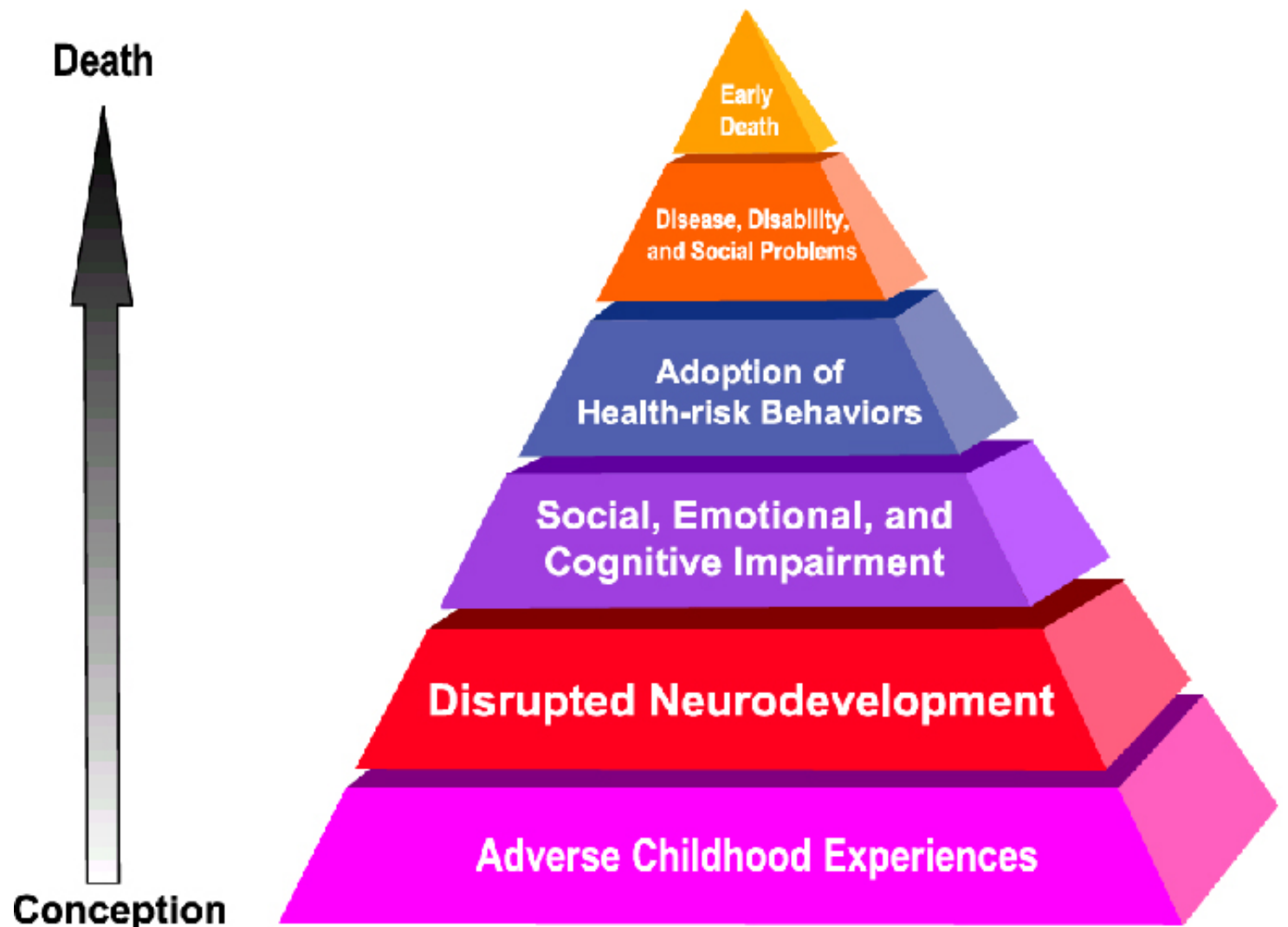
@Maryamhasnaa



Many of your emotional triggers came from when you were so young that the part of your brain that records memories wasn't even formed. This is why you might not be able to access the memory of the trauma. But the body remembers, in your muscles, tissue, bones and especially spine



informedtrauma



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Vicarious Trauma

Is the emotional residue of exposure that counselors have from working with people as they are hearing their **trauma** stories and become witnesses to the pain, fear, and terror that **trauma** survivors have endured.



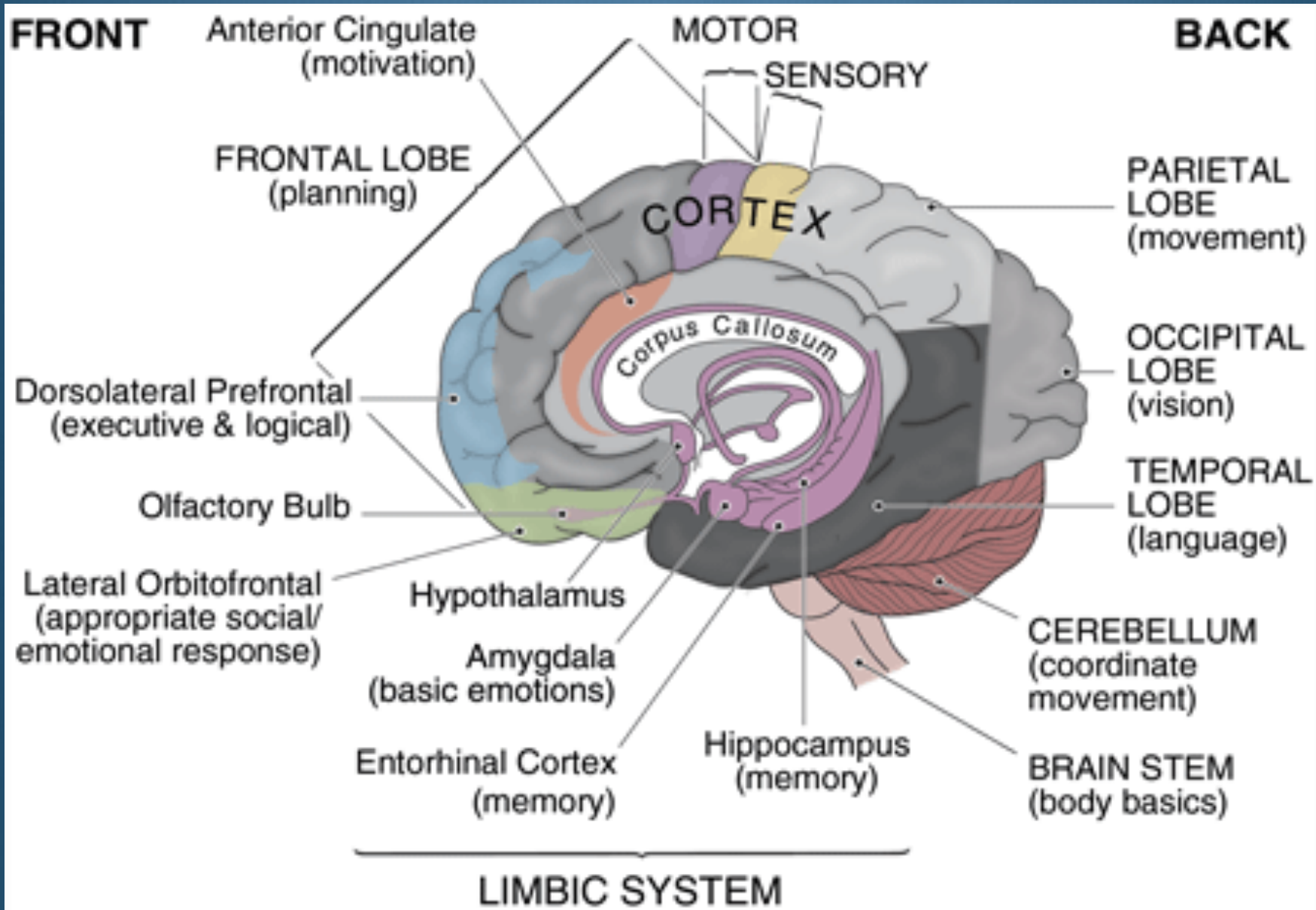


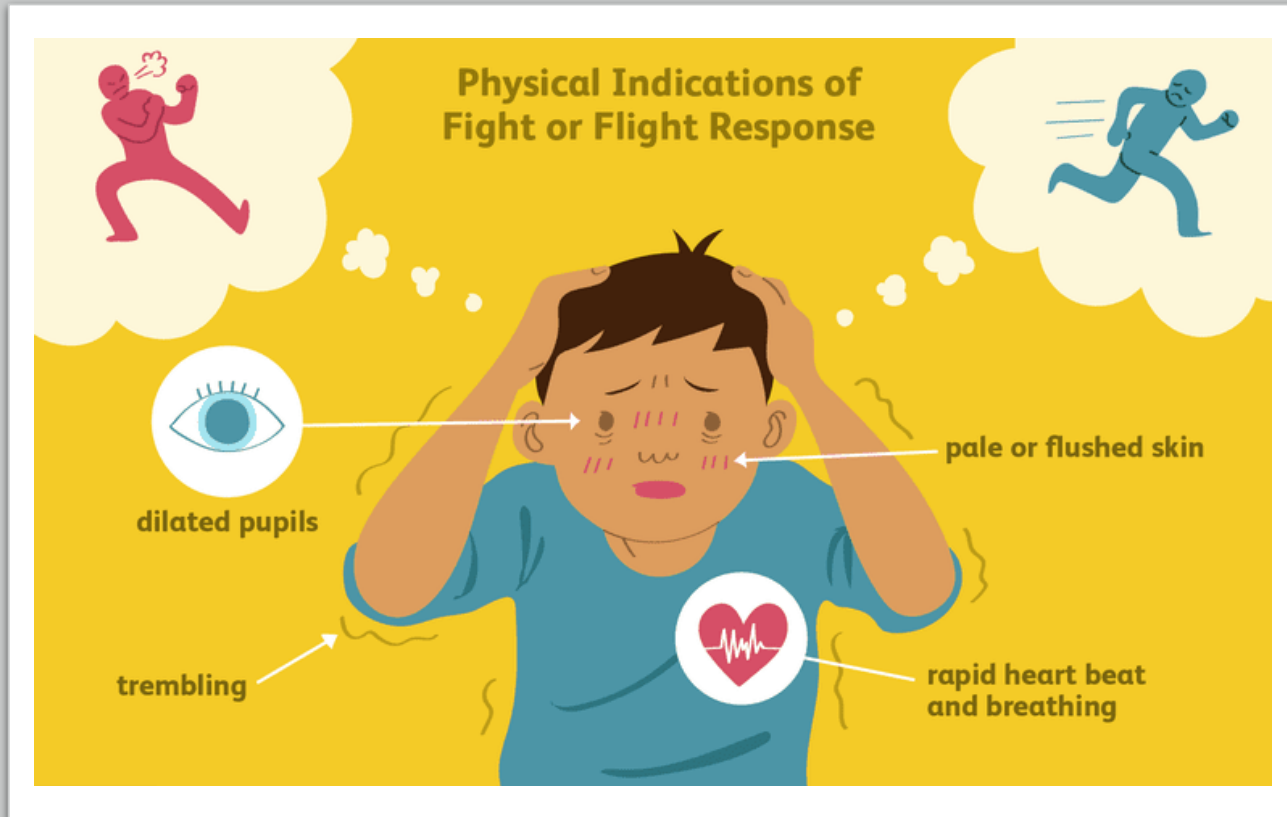
Historical Trauma

Historical trauma - Cumulative emotional and psychological wounding from massive group trauma across generations, including lifespan. (Brave Heart, 2004)

stress







ANCIENT SURVIVAL
RESPONSES
TO LIFE
THREATENING
CIRCUMSTANCES

What is your go to survival response?

What to we do?

U.S. Department of Veterans Affairs,
PTSD: National Center for PTSD
https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

- **Increase Sense of Safety**
 - Reduce anxiety with healthy actions that make you feel safer.
- **Stay Connected**
 - Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
 - Be flexible and creative in accessing support via phone, email, text messaging, and video calls
- **Improve Your Sense of Control and Ability to Endure**
- **Accept circumstances that cannot be changed and focus on what you can alter.**
 - Modify your definition of a "good day" to meet the current reality of the situation.
- **Cultivate Ways to be More Calm**
 - Mindfulness can be really helpful to reset your nervous system
- **Remain Hopeful**

BREATHING EXERCISE

FOR RELAXATION #1



INHALE
THROUGH NOSE

Perform for
2 to 5 Minutes

Instagram: @elevatevibe

If trauma impacts the epigenetic transfer of trauma, culture and connection can mitigate these affects. If we want to prevent substance misuse we need to focus more on stress, trauma, and poverty while providing intervention options that are grounded on traditional indigenous knowledge.



Summary

- Trauma-informed care begins with understanding the trauma-informed brain.
- Prevalence of traumatic histories is very high among individuals involved with mental health, social service, substance-use, & criminal justice systems.
- Trauma-anchored responses are learned adaptations for survival.
- Re-experiencing & re-enactment is frequent in service settings and is out of the individual's awareness.
- Key to successful interventions is reduction of possible reminders/threat cues.