

Additional Resources

Trauma-Informed Care 201

Recognize: What does trauma look like?

Common Signs and Symptoms of Trauma

- Headaches, backaches, stomachaches, etc.
- Flashbacks or frequent nightmares
- Being very sensitive to or easily startled by noise or being touched
- Difficulty trusting and/or feelings of betrayal
- Always expecting something bad to happen
- Not remembering periods of your life
- Sudden sweating and/or heart palpitations
- Finding yourself in situations where others abuse or take advantage of you
- Lack of concentration, irritability, sleep problems, feeling numb
- Excessive watchfulness, anxiety, anger, shame, or sadness
- Emotional swings and/or outbursts of anger



Supporting individuals in managing trauma in healthy ways

Calming Strategies for Moments of Panic

Breathing

Encourage the individual to take deep breaths, focusing their attention on each “out” breath

Grounding Exercise

Sit on a chair, feel your feet on the ground, and your back supported by the chair; look around you and pick six objects that have red or blue in them.

Sensory Input

Engaging one or more senses- sight, sound, taste, smell, touch or movement. Examples: Listening to uplifting song, Smelling ground coffee, Petting an animal, Going outside for a walk

Proactive Strategies for Managing Trauma

- **Engage the Individual**

You can support the healing process by spending time and talking face to face

- **Acknowledge and Validate Concerns**

- **Encourage Mindful Movement**

Exercise that is rhythmic; Focus on how the body feels and all of the senses

- **Encourage Connection with others**

Talk to the individual about “normal things” that have nothing to do with the traumatic event that triggered the stress

- **Encourage Routine**

Establishing predictable structure and routine can help minimize stress

- **Encourage a Healthy Diet**

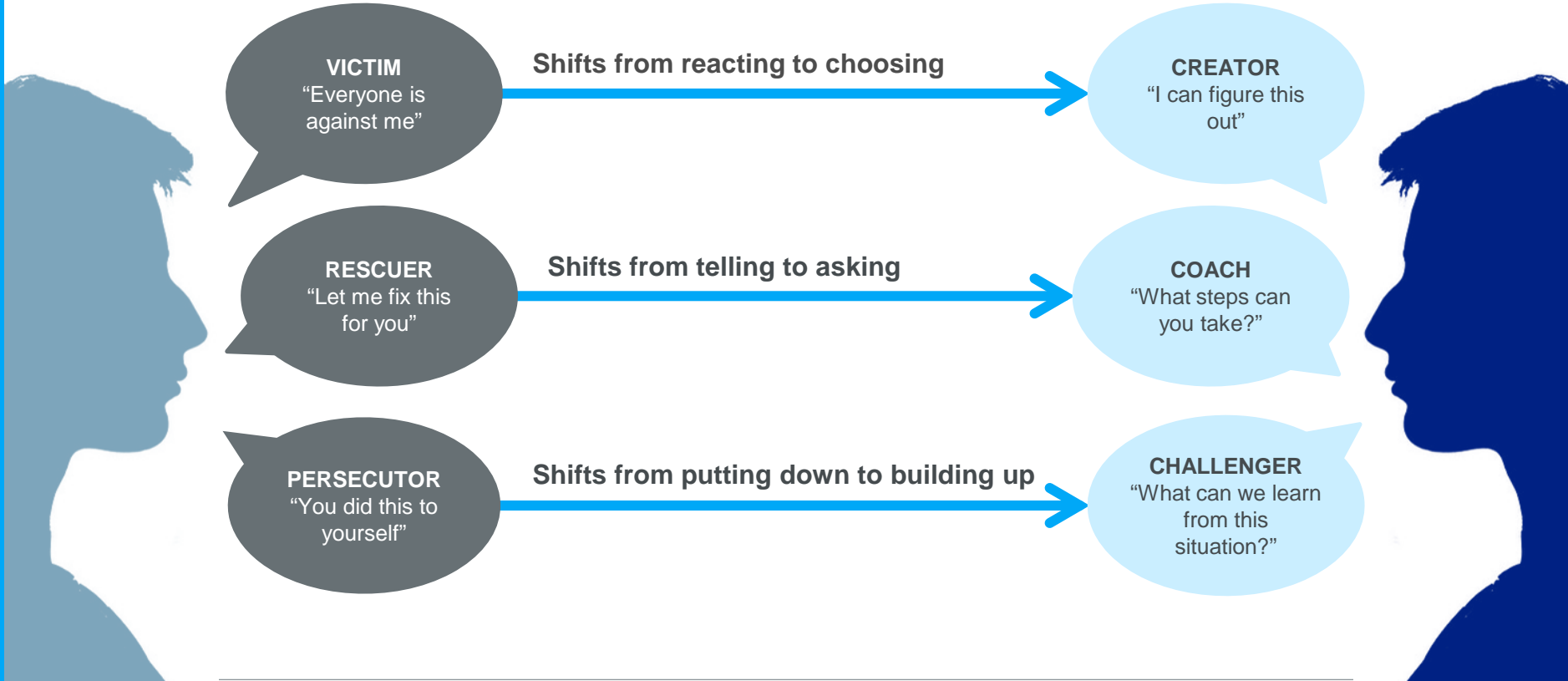
Preventing Secondary Traumatization in Helping Professionals

Reduce risk and enhance protective factors:

- Provide regular trauma-informed supervision that is **relationally based**.
- Supervisors should **raise questions on boundaries** on a regular basis. **Supervisors' openness is vital** in assisting staff manage intense feelings.
- Encourage staff to **explore their own trauma** histories (i.e. Therapy)
- Encourage **physical activity** and teach **mindfulness** strategies (i.e. Self-Care training)
- Conduct regular team debrief sessions; offer a dedicated **safe environment** where staff can talk about their fears and worries

Source: SAMSHA

Shifting the Dynamic








Drama Triangle Self-Evaluation

Individual	Team
<ul style="list-style-type: none">• What part am I playing in all this?• Why am I creating this?• How am I creating this?• In what ways am I still on this triangle?• Am I a helpless Victim or am I somehow, consciously or unconsciously, creating this?• What is it that I really want, need or desire for myself and from others?• What can I do to change this?• How can I take positive action to create something more harmonious, more positive?	<ul style="list-style-type: none">• What part is the team playing in all this?• Why are we creating this?• How are we creating this?• In what ways are we still on this triangle?• Are we a helpless Victim or are we somehow, consciously or unconsciously, creating this?• What is it that we really want, need or desire for our self and from others?"• What can we do to change this?• How can we take positive action to create something more harmonious, more positive?

Principles of Trauma Informed Care



 <p>Safety: Physical and Emotional Safety</p>	 <p>Trustworthiness: Clarity, Consistency, and Boundaries</p>	 <p>Empowerment: Recognizing Strengths and Building Skills</p>	 <p>Choice: Consumer Choice and Control</p>	 <p>Collaboration: Collaborating and Sharing Power</p>
<p>To what extent do service delivery practices and settings ensure the physical and emotional safety of consumers?</p>	<p>To what extent do current service delivery practices make the tasks involved in service delivery clear? Ensure consistency in practice? Maintain boundaries, especially interpersonal ones, appropriate for the program?</p>	<p>To what extent do current service delivery practices prioritize consumer empowerment, recognizing strengths and building skills?</p>	<p>To what extent do current service delivery practices prioritize consumer experiences of choice and control?</p>	<p>To what extent do current service delivery practices maximize collaboration and the sharing of power between providers and consumers?</p>
<p>How can services and settings be modified to ensure this safety more effectively and consistently?</p>	<p>How can services be modified to ensure that tasks and boundaries are established and maintained clearly, consistently, and appropriately?</p>	<p>How can services be modified to ensure that experiences of empowerment and the development or enhancement of consumer skills are maximized?</p>	<p>How can services be modified to ensure that consumer experiences of choice and control are maximized?</p>	<p>How can services be modified to ensure that collaboration and power-sharing are maximized?</p>