

Becoming Trauma Informed



"A program 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 retraumatization"

~ SAMHSA (2014)

What is a Trauma?

EVENT



What happened

EXPERIENCE



How the event is perceived

EFFECT



The aftermath of the event and experience

REALIZE

The widespread impact of trauma and understand potential paths for recovery



RECOGNIZE

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

The Key to using a



Trauma Informed Approach

RESPOND

By fully integrating knowledge about trauma into policies, procedures, and practices;



RESIST

Re-traumatization.

"There is nothing wrong with us, something happened to us"

~Anonymous

"What is wrong?"



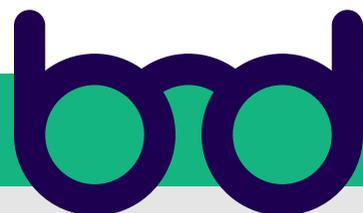
"What happened?"

Building Safety & Trust



- Provide the opportunity for choice, collaboration and connection.
- Respond to the distress of the person; Offer support, take a break and ask what they may need to continue.
- Focus on strengths, skill building and empowerment.
- Destigmatize and normalize responses.
- Be consistent.
- Be clear in your words.
- Don't ask for more information than you need at the time; Details of the trauma are not needed to provide support.

Shift your interpretations to see the experience through a trauma informed lens



ASK YOURSELF:

"Is what I'm seeing a trauma response?"

"This person is weak"
"This person is not coping well"



"This person is resilient"
"This person has developed survival skills"

Understand the variety of responses to trauma
Fight >>> Flight >>> Freeze

Source: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014)



For more information about this project, visit:
<http://www.tricountywomenscentre.org/>

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