



TRAUMA INFORMED CARE

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Today's Overview

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- Definition of Trauma

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- How does it affect our clients?

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- TIC and the Five Guiding Principles

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- Vicarious Trauma

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- Parking Lot (As Time Allows)



TRAUMA

Definition of Trauma

Trauma

- Emotionally painful experience that overwhelms

Complex Trauma

- Multiple traumatic instances

HOW DOES COMPLEX TRAUMA AFFECT OUR CLIENTS?

DOWN WITH STIGMA



**BORDERLINE
PERSONALITY
DISORDER**

I didn't
say it
was your
fault

I said I
was going
to Blame
you



Just a Few

Emotion
Dysregulation

- Hyperarousal
- Survival all the time

Resistant

- Fear of unknown

Dissociation

- Out of Body

Self-medication

- Drugs, Alcohol

Decision Making
Process Affected

- No trust for anyone including self

Children-Just a few

Hyperarousal

- Always on Alert

Attachment

- Difficult to maintain relationships
- Continuing cycle

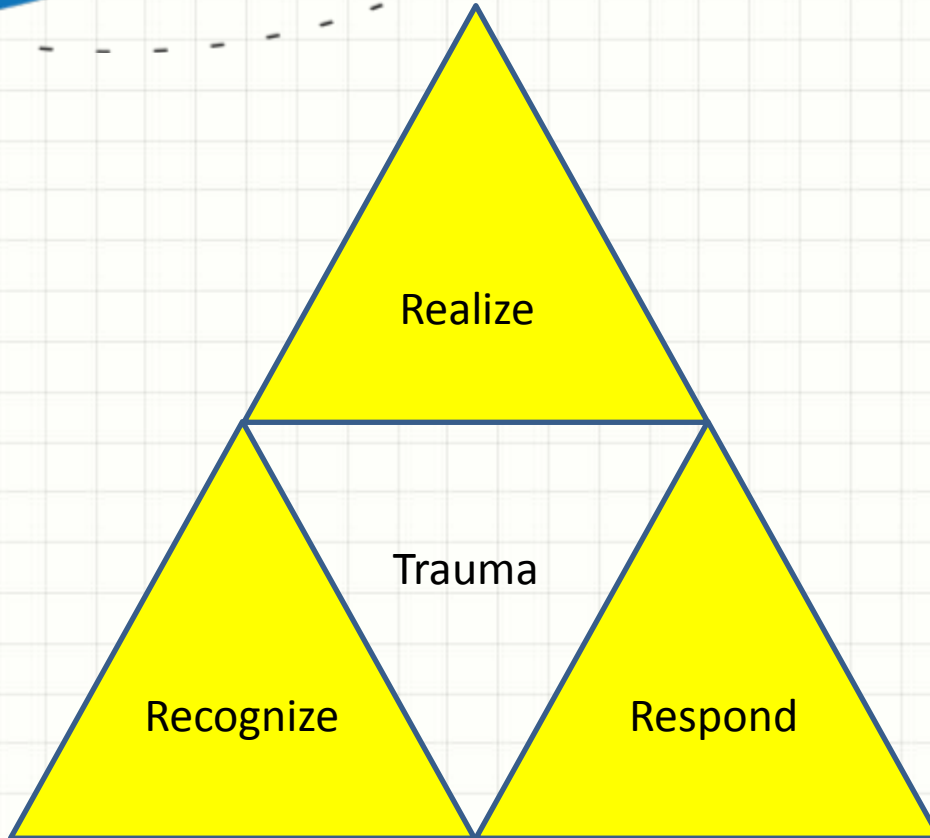
Poor physical and mental health

- Improper Brain Development
- Impaired cognitive and social skills



Video- Long Term Effects of Domestic Violence

TRAUMA INFORMED CARE (TIC)



What is Trauma Informed Care (TIC)

- *Trauma Informed Care* is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of *trauma*.
(traumainformedcareproject.org)
- Realize, Recognize, Respond
- “What’s Wrong With You?”
- “What Happened To You?”

The Five Guiding Principles of TIC

- SAFETY
- TRUSTWORTHINESS AND TRANSPARENCY
- CHOICES
- COLLABORATION
- EMPOWERMENT

Safety

- Ensuring physical and emotional safety
- Ask the client
- Safety plan
- Never, Ever Assume/Non-judgmental

Trustworthiness

- Maximizing trustworthiness/Making tasks clear
- No collaboration-No trust
- Maintaining appropriate boundaries

Choice

- Prioritizing consumer choice and control
- Respect their voice
- They are the expert

Collaboration

- Maximizing collaboration and sharing of power with clients
- Respect within the work space
- We should ask...
 - Are choices respected? Given consideration?
 - Honest respect and understanding?

Empowerment

- Prioritizing consumer empowerment and skill-building
- Validate, normalize and educate
 - They are right to feel their emotions
 - **Psychoeducation a must!!!**
 - Normalizes reactions
- Honor their survival

Culture-Has become the 6th guiding principle

- Acknowledge , respect and integrate cultural values, beliefs and practices within care
- Ask questions
 - Ask about their culture.
- Never assume



VICARIOUS TRAUMA

What Is Vicarious Trauma


- Helps trauma reactions resulting from exposure to clients' traumatic experiences
- Cumulative
- Not burnout

Symptoms of Vicarious Trauma

- Irritability, Poor Sleep, Misuse of Alcohol, Over or Under eating
- Headaches, Bowel/Digestion Problems, Lowered Immunity
- Loss of interest, Poor relationships, Questioning their identity/world view/spirituality

Strategies to Prevent or Negate Vicarious Trauma

- Self-Care
 - Exercise- Find what works for you
 - Breathing Exercises
 - Debriefing/Supervision
 - Self-knowledge
 - Nutrition



“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

-Eleanor Brownn

Strategies to Prevent or Negate Vicarious Trauma

- Boundaries
 - Ensure this is about the client
 - Maintain established conventions
 - Leave the work at work
 - Ask questions to examine boundary issues

Summary

- Think Trauma First
 - Is this behavior related to violence and abuse?
- Support the Client and Be the Example
 - This will help to keep with guiding principles of TIC
- Maintain Self-Care
 - This allows you to continue to help and be healthy



QUESTIONS?