

# Trauma

Complex Trauma  
Community Violence  
Domestic Violence  
Early Childhood  
Trauma  
Medical Trauma  
Natural Disasters

Physical/ Sexual  
Abuse  
Neglect  
Refugee and War  
Zone Trauma  
School Violence  
Terrorism  
Traumatic Grief

# TERMS

- ▶ *Trauma Aware* – Is the foundation for trauma-informed practice, individuals understand the prevalence of trauma in society, the range of responses, effects and adaptations that people make to cope with Trauma and how this influences service delivery
- ▶ *Trauma Informed Practice* – Integrates an understanding of past and current violence and trauma into all aspects of the service delivery system. (i) A key aspect of trauma informed services is to create an environment where service users do not experience
  - ▶ further traumatization or re-traumatization (events that reflect earlier experiences
  - ▶ of powerlessness and loss of control) and where they can make decisions about
  - ▶ their treatment needs at a pace that feels safe to them.(ii)

# *Trauma Focused –Trauma Specific*

- ▶ Therapy uses a range of techniques for the purpose of dissipating the difficult feelings experienced by a trauma victim through a change in his thoughts, beliefs and behavior. The principal techniques in trauma-focused therapy are exposure, cognitive restructuring and learning methods for emotional and physical adjustment. For example:
  - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT);  
individual, family
  - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS); group
  - Trauma-Focuses Coping in Schools; individual, group
  - Trauma Systems Therapy (TST); systems

# Trauma Sensitive

- » trauma sensitive" When we avoid ever "triggering" it, and thereby not helping the young person to experience, reflect on, and learn to be more self-directed in the face of trauma reactions. |

# Trauma Informed System of Care

Recognize and respond to the impact of trauma on those who come in contact with the system including children, family, caregivers, and service providers.

# Trauma Informed System of Care

- ▶ Programs and agencies maintain trauma awareness, knowledge, and skills in their organizational cultures, practices, and policies.
- ▶ Act in collaboration with all those involved with the child, using the best available science, to facilitate and support the recovery and resiliency of the child and family.

# Trauma Informed System of Care

- ▶ A service system with a trauma-informed perspective is one in which programs, agencies, and service providers:
  - ▶ (1) routinely screen for trauma exposure and related symptoms;
  - ▶ (2) use culturally appropriate evidence-based assessment and treatment for traumatic stress and associated mental health symptoms;
  - ▶ (3) make resources available to children, families, and providers on trauma exposure, its impact, and treatment;
  - ▶ (4) engage in efforts to strengthen the resilience and protective factors of children and families impacted by and vulnerable to trauma;

# Trauma Informed System of Care

- ▶ (5) address parent and caregiver trauma and its impact on the family system;
- ▶ (6) emphasize **continuity of care and collaboration** across child-service systems; and
- ▶ (7) ensure that there are trauma specific services, programs and staff trained to provide trauma-specific services when a child, youth or parent ask for additional support.
- ▶ (8) Physical, emotional, spiritual and cultural safety is required for building **trustworthy relationships**
- ▶ (9) maintain an environment of care for staff that addresses, minimizes, and treats secondary traumatic stress, and that increases staff resilience. Promotes and programs for self-care, educates and trains self regulation (NCTSN)



# Antidote >>

Noun:  
something that stops the harmful effects of,  
corrects or improves the bad effects of something

# The Principle of Empathy

A superpower  
with it you can be present, you can not only listen you can  
hear,  
You are there in the moment and available to help



# Inoculation >>

Trauma Informed Practice

## Strategies for Prevention and Intervention of Secondary Traumatic Stress

“...We are stewards not just of those who allow us into their lives but of our own capacity to be helpful...”

# Multidimensional approach to *Prevention* and *Intervention* of Secondary Traumatic stress

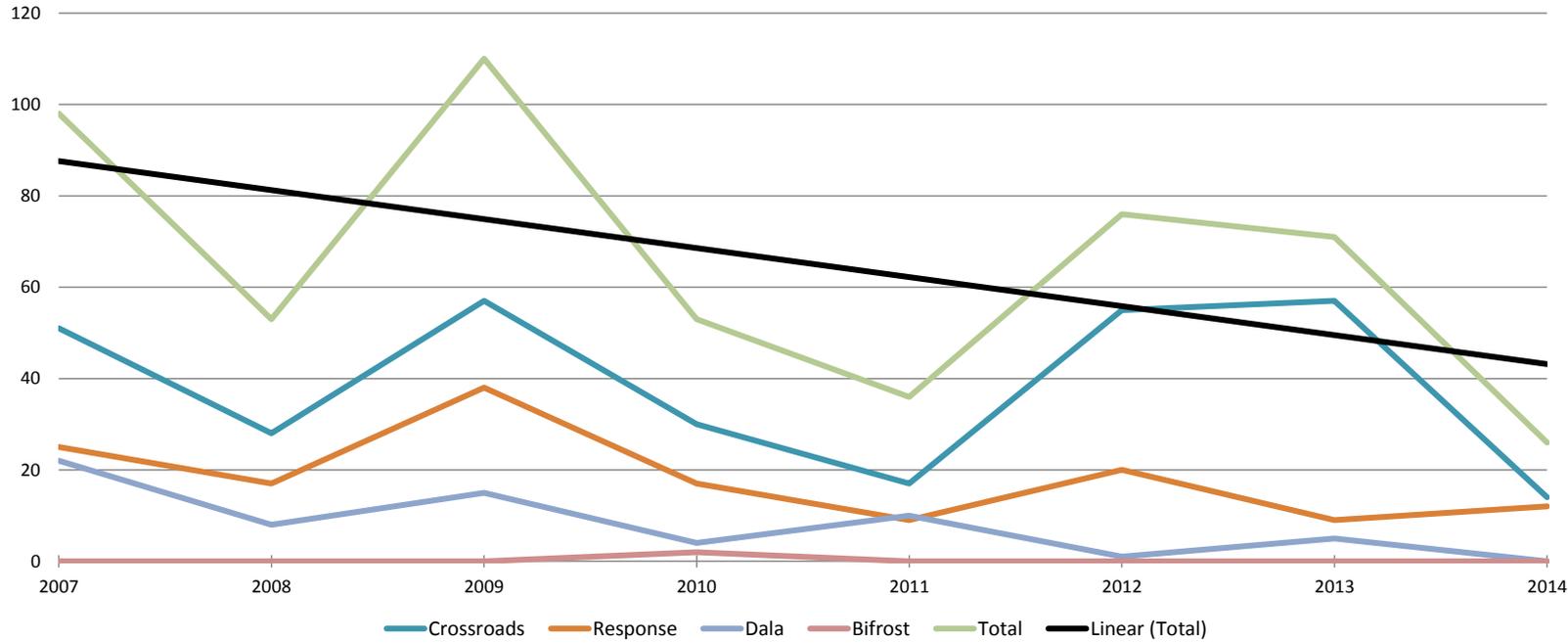
## Prevention

- ▶ A triad of Psychoeducation, Skills training, Supervision
- ▶ Work place self-care groups
- ▶ Flex time scheduling
- ▶ Use of evidence-based practices
- ▶ Exercise good nutrition and good sleep hygiene

## Intervention

- ▶ Strategies of evaluation
- ▶ CBT
- ▶ Mindfulness training
- ▶ Reflective Supervision and Reflective practice
- ▶ Informal and formal processes for debriefing crisis events
- ▶ Caseload adjustments and change in job assignments
- ▶ EAP or other outside services

### Behavioural Management Data Summary Review



[1] National Child Traumatic Stress Network. (n.d.). *Types of traumatic stress*. Retrieved October 19<sup>th</sup>, 2015, <http://www.nctsn.org/trauma-types>

[2] National Child Traumatic Stress Network. (n.d.). *Defining Trauma and Child Traumatic Stress*. Retrieved October 19<sup>th</sup>, 2015, <http://www.nctsn.org/content/defining-trauma-and-child-traumatic-stress>

[3] National Child Traumatic Stress Network. (2011). *Secondary Traumatic Stress: A fact sheet for Child-Serving Professionals*. Retrieved October 19<sup>th</sup>, 2015, <http://www.nctsn.org/products/secondary-traumatic-stress-fact-sheet-child-serving-professionals%20>

[4] National Child Traumatic Stress Network. (2007). *Service System Brief: Creating Trauma-informed Child-Serving Systems*. Retrieved October 19<sup>th</sup>, 2015, [http://www.nctsn.org/nctsn\\_assets/pdfs/Service\\_Systems\\_Brief\\_v1\\_v1.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Service_Systems_Brief_v1_v1.pdf)

Quote[5] Conte, JR. (2009). Foreword. In L. Van Dernoot Lipsky, *Trauma stewardship. An everyday guide to caring for self while caring for others* (p. xi). San Francisco: Berrett-Koehler Publishers, Inc. Available at: <http://traumastewardship.com/foreword.html>

[6] British Columbia Center For Women's Health (2013). *Trauma informed Practice Guide*. Retrieved October 19<sup>th</sup>, 2015, [http://bccewh.bc.ca/wp-content/uploads/2012/05/2013\\_TIP-Guide.pdf](http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf)

[8] Pynoos, R. S., Fairbank, J. A., Steinberg, A. M., Amaya-Jackson, L., Gerrity, E., Mount, M. L., & Maze, J. (2008). The National Child Traumatic Stress Network: Collaborating to improve the standard of care. *Professional Psychology: Research and Practice*, 39(4), 389.