

SIDAC

Presents

Trauma Informed Care

Presenter

Mark Sanders, LCSW, CADDC

Definitions of Trauma

Definitions of Trauma Continued

Trauma is an emotional response to a terrible event like an accident, sexual assault, or natural disaster. Immediately after the event, shock and denial often occur. The longer-term reactions often include unpredictable emotions, flashbacks, strained relationships and physical symptoms

Source: APA

Definitions of Trauma Continued

Trauma is a pervasive problem. It results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning, mental, physical, social, emotional and/or spiritual well-being.

Source: Trauma Informed Care Implementation Resource Center

Trauma

We are a nation of Unhealed Historical trauma survivors

- *African Americans*
- *Native Americans*
- *Asians*
- *Latino/Hispanics*
- *Immigrants*
- *Refugees*
- *Wars*

Lessons from History:

The Alcoholic Republic

“Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history.”

Rationale

- *The British had all the tea*
- *Water was impure*
- *Milk spoiled easily*







Martha Washington
Leader of the Temperance Movement

The Bill of Rights

The first 10 Amendments of the Constitution reflects all the things a trauma survivor would need to feel safe.

Amendment 1

Freedom of Speech

Amendment 2

The Right to Bear Arms



George Washington



Civil War

Source: flicks
commons

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.



September 11 Memorial

The National Residue of Our Historical Trauma

- *More guns than people*
- *The highest homicide rate in the world*
- *The highest imprisonment rate in the world*
- *Leads the world in illicit drug Use*
- *Leads the world in cigarette smoking*

Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action

You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

*Discovered A Strong Correlation Between
Early Childhood Trauma and
Physical and Mental Illness in Adulthood*

Adverse Childhood Experiences ACE's

Before age 18 (10 ACE's)

- *Abuse (physical, emotional, sexual and/or neglect)*
- *Exposure to parental domestic violence*
- *Parental mental illness or Substance Use Disorder*
- *Parental separation or divorce*
- *Loss of a parent through death, deportation, incarceration*

Results

- *Compared to an ACE's Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder*
- *A score of 5, the person is 10 times more likely to develop a Substance Use Disorder or Mental Inness*
- *Life expectancy of a person who scores 6 is age 60 (monitoring)*

6 Guiding Principles of Trauma Informed Care

- *Safety*
- *Trustworthiness and Transparency*
- *Peer support*
- *Collaboration and mutuality*
- *Empowerment and choice*
- *Cultural, historical and gender issues*

6 Guiding Principles of Trauma Informed Care Continued

Safety

- Trauma Informed System of Care-Every member of the service team receives training*
- Trauma informed leadership- Safe Sanctuary, calm, emotionally regulated, voice and choice, honor the 6 principles of trauma informed care*
- From the initial phone call through termination and follow up*
- Safety in counseling*
- Safety in the home*
- Safety in the community*

6 Guiding Principles of Trauma Informed Care Continued

Trustworthiness and Predictability

- Counselor qualities-empathy, warmth, genuineness, charisma, believability*
- Informed consent*
- Keep your word*
- 10 minutes equals 10 minutes*
- Follow through*
- Congruence-between who you are and who you appear to be*
- Minimize confrontation and build assets*

6 Guiding Principles of Trauma Informed Care Continued

Peer Support

- *Community welcome*
- *Safety in therapy groups “safety is more important than cure”*
- *Buddy system*
- *Recovery coaching – Pre-treatment, In-treatment and post treatment recovery support*

6 Guiding Principles of Trauma Informed Care Continued

Collaboration and Mutuality

- *"What are your goals in recovery?"*
- *"It's up to you."*
- *Voice In-treatment plan and treatment plan reviews*
- *Egalitarian relationship*

6 Guiding Principles of Trauma Informed Care Continued

Empowerment and Choice

- Not doing for people what they are capable of doing for self*
- Naming traumatic experiences*
- Believing in the capacity of the individual to change and grow*
- Honoring multiple pathways of recovery*
- Motivational interviewing*
- Strength based counseling approaches*

Conducting a Strength-based Assessment

- *What do you do well?*
- *How have you been able to endure so much?*
- *What do you like to do in your leisure time?*
- *What is the best thing you ever made happen?*

Strength-based Assessment Continued

- *What are the three best moments you can recall in your life?*
- *What is your previous life suffering preparing you to do with the rest of your life?*
- *When you faced that challenge, what sources of strength did you draw from?*
- *What have you learned from what you have gone through?*
- *Which of your experiences have taught you the most about your own resilience?*

6 Guiding Principles of Trauma Informed Care Continued

Cultural, historical and gender issues

- Be a student of historical and current trauma.*
- Be aware of current and historical tensions between your and the client's cultural group and be willing to talk about it.*
- Address microaggressions in counseling-intentional and unintentional insults.*
- Discuss intersectionality-Ways in which the life of the counselor and client are similar and different.*
- Allow the client to be the teacher about their culture*

Cultural. Historical and Gender Issues Continued

- *There are sub-cultures within cultures that have similar and different experiences*
- *Learn as much as possible about gender identity*
- *Understand and honor client request for same gender counselor*
- *Strive for cultural humility and gender competence.*

Trainers' Contact Information

Email

Mark Sanders

onthemark25@aol.com

Website

onthemarkconsulting25.com



