SIDAC Presents

Trauma Informed Care

Presenter

Mark Sanders, LCSW, CADC
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
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 Illness.

• 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 Santuary, 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
Collaboration and Mutuality

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