



Trauma Informed Care

Trauma Informed Care

Shelly Virva, LMSW

Clinical social worker

Center for Integrative Medicine/Network180



Overview

- ▶Definitions
- ▶Prevalence
- ▶Impact of Trauma
- ▶Trauma Informed Care
- ▶References
- ▶Resources

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What is Trauma?

- "Trauma results from an event, series of events or set of circumstances that is experienced by and individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the **individual's functioning and physical, social, emotional or spiritual well-being**" (SAMHSA 2012)

What is trauma?

A traumatic event is one in which a person experiences (witnesses or is confronted with):

- ▣ Actual or threatened death
- ▣ Serious injury
- ▣ Threat to the physical integrity of self or another

Responses to a traumatic event may include

- ▣ Intense fear
- ▣ Helplessness
- ▣ Horror
- ▣ Attachment

(Marcenich, 2009)

What is trauma?

“Prolonged exposure to repetitive or severe events such as child abuse, is likely to cause the most severe and lasting effects.”

“Traumatization can also occur from neglect, which is the absence of essential physical or emotional care, soothing and restorative experiences from significant others, particularly in children.”

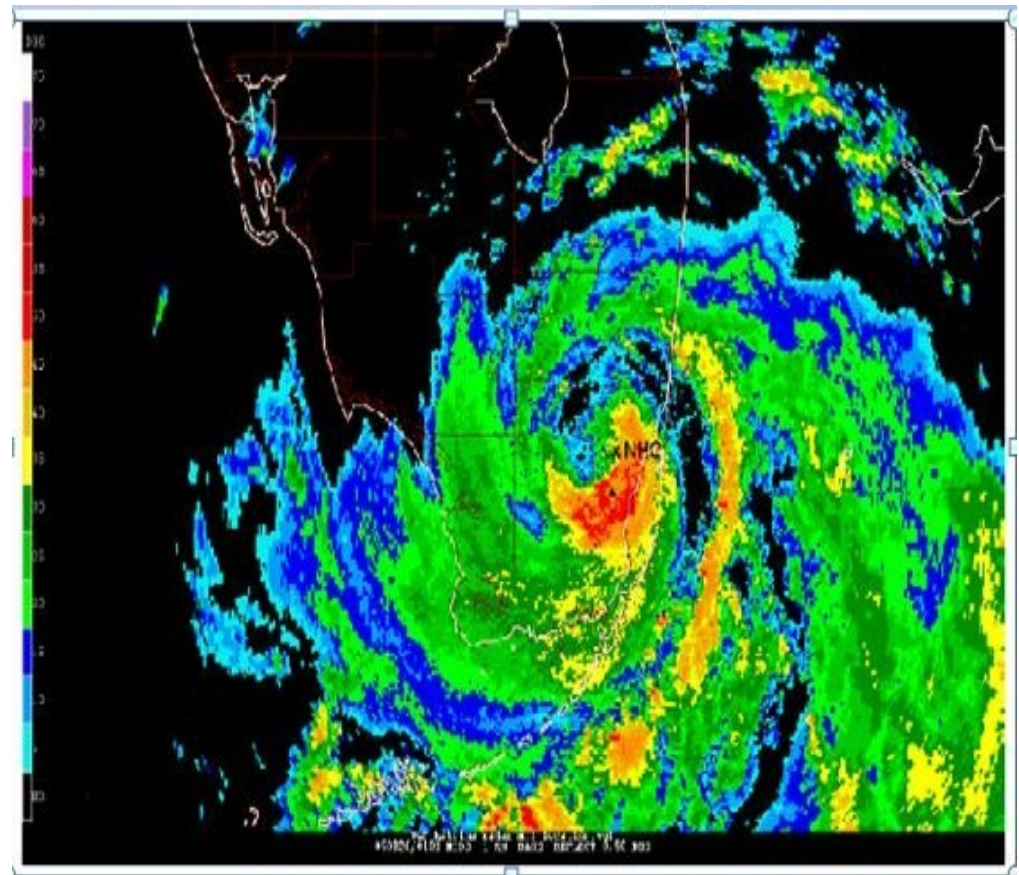
(International Society for the Study of Trauma and Dissociation, 2009)

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What Is Trauma

- **Natural Disasters**

- Hurricanes
- Tornadoes
- Tsunamis
- Flooding



What is trauma?

Interpersonal violence tends to be more traumatic than natural disasters because it is more disruptive to our fundamental sense of trust and attachment and is typically experienced as intentional rather than as an accident of nature.

What is trauma?

Trauma and traumatic events include personal and private experiences and public experiences.

▣ Examples of personal and private events:

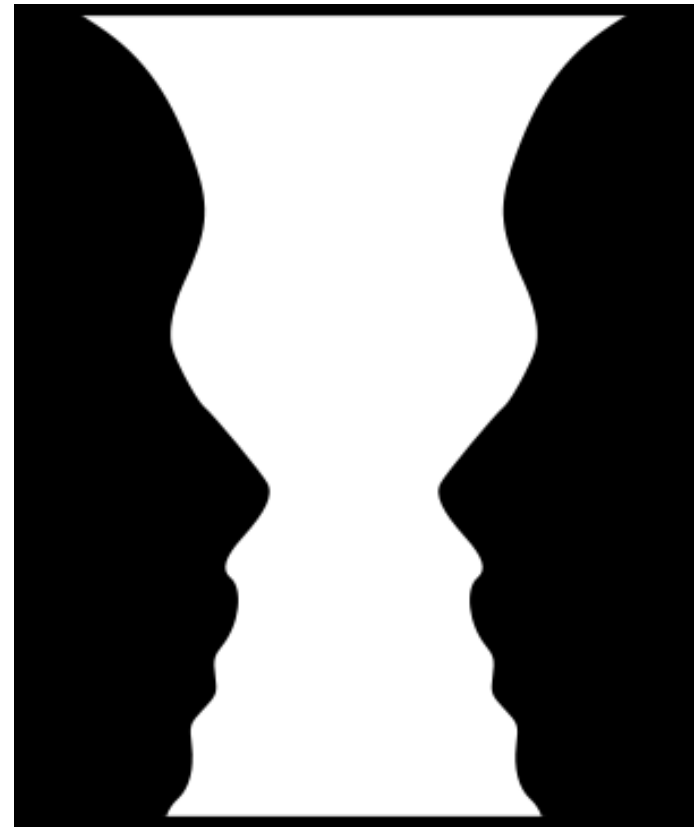
- Sexual assault
- Sexual abuse
- Domestic violence/interpersonal violence
- Witnessing domestic violence

▣ Examples of public trauma/traumatic events:

- Natural disasters
- War
- Community violence

What is trauma?, cont.

- ▣ Perception of trauma varies vastly among individuals.
- ▣ Trauma is something that overwhelms our coping capacity
 - Affects the whole self
 - Physical
 - Emotional
 - Intellectual
 - Spiritual



Prevalence

- ▶ A report of child abuse is made every ten seconds in the United States.
(Childhelp, 2013)
- ▶ Children who experience child abuse and neglect are 59% more likely to be arrested as a juvenile, 28% more likely to be arrested as an adult, and 30% more likely to commit violent crime.
(Child Welfare Information Gateway, 2006)
- ▶ Trauma histories are pervasive among youth in America (especially youth from diverse cultural backgrounds).
(Marcenich, 2009)
- ▶ Children with disabilities are more likely to experience neglect than children without disabilities.
(Child Welfare Information Gateway, 2006)



Prevalence

- ▶ More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner.

(CDC, 2013)

- ▶ Nearly 80% of female offenders with a mental illness report having been physically and/or sexually abused.

(Marcenich, 2009)

- ▶ The majority of clients served by public mental health and substance abuse service systems are survivors of trauma.

(Mueser et al, 1998)

- ▶ Seventy-five percent (75%) of women and men in treatment for substance abuse report trauma histories.

(SAMSHA/CSAT, 2000)



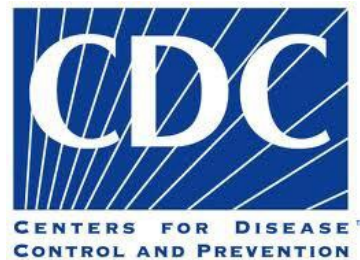
Prevalence

ACE STUDY

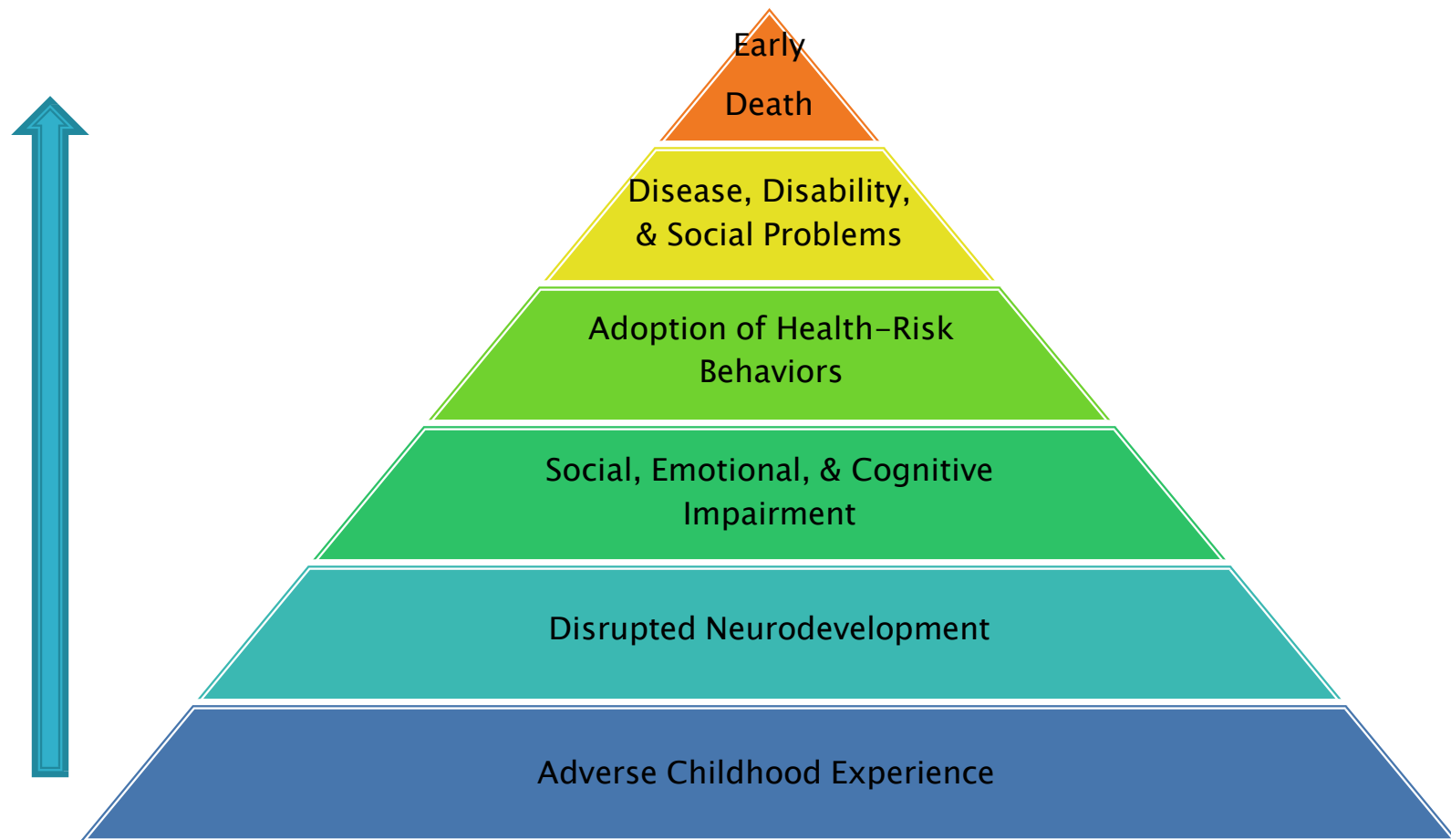
- ▣ Research study of 17,000 participants.
- ▣ Adverse Childhood Experiences (ACEs) can affect an individual's physical and emotional health throughout the life span.
- ▣ Trauma/traumatic experiences are far more prevalent than previously recognized.



V. J. Felitti, MD
Kaiser Permanente



R. F. Anda, MD, MS
Centers for Disease
Control and Prevention



ACEs Conceptual Framework

ACEs Statistics

- 67% of the population has at least 1 ACE.
- 1 in 8 people have 4 or more ACE.
- Increased ACEs score correlates to worse health outcomes.

ACEs Statistics

- **A person with an ACEs of 4 or more has:**
 - 2 ½ x the risk of COPD
 - 2 ½ x the risk of hepatitis
 - 4 ½ x the risk of Depression
 - 12 x the risk of suicidality
 - As compared to those 0 ACEs

ACEs Statistics Cont.

- **A person with an ACEs of 7 or more has:**
- Triple the risk of lung cancer
- 3 ½ x the risk of ischemic heart disease
- As compared to those with 0 ACEs

Impact of Trauma

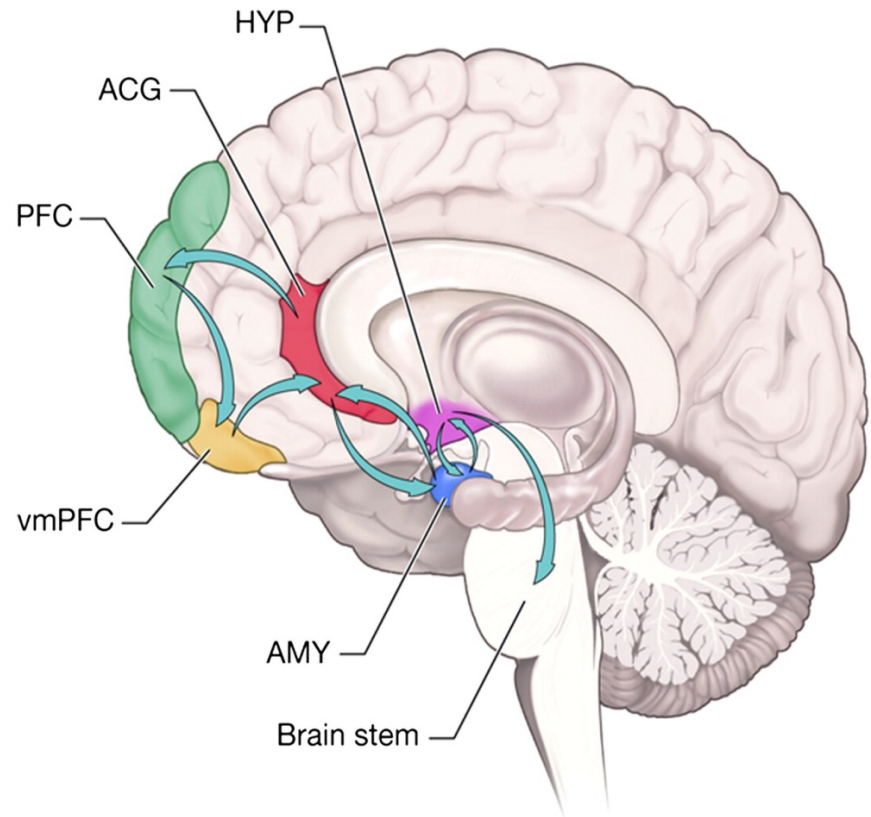
- ▣ Activation of survival responses:
 - Fight
 - Flight
 - Freeze
 - Submit
- ▣ Shutting down of non-essential tasks.
- ▣ Rational thought is less possible at this time.

(Hopper, 2009)



Impact of Trauma

- Thinking Brain(Cortex)
 - Personality
 - Choices
 - Actions
 - Who we are
- Animal Brain(Midbrain)
- Reacts to situations
 - Instinct
 - Fight or flight (Fear)
 - Reacts before Cortex does



Impact of Trauma

- ▣ Prolonged exposure to trauma and/or repetitive traumatic events MAY:
 - Cause an individual's natural alarm system to no longer function as it should.
 - Create emotional and physical responses to stress.
 - Result in emotional numbing and psychological avoidance.
 - Affect an individual's sense of safety.
 - Diminish an individual's capacity to trust others

(Hopper, 2009)

Impact of Trauma

- ▣ The following responses to trauma/traumatic events are components of Posttraumatic Stress Disorder (PTSD):
 - Hyperarousal: nervousness, jumpiness, quickness to startle.
 - Re-experiencing: intrusive images, sensations, dreams, memories
 - Avoidance and Withdrawal:
 - feeling numb, shutdown or separated from normal life
 - pulling away from relationships and/or activities
 - avoiding things that trigger memories of trauma/s

Why medical offices can be distressing

- θ Invasive procedures
- θ Removal of clothing
- θ Physical touch
- θ Personal questions that may be embarrassing/distressing
- θ Power dynamics of relationship
- θ Gender of healthcare provider
- θ Vulnerable physical position
- θ Loss of and lack of privacy (SAMSHA 2014)

So what is Trauma Informed Care?

- ▣ Aims to avoid re-victimization.
- ▣ Appreciates many problem behaviors began as understandable attempts to cope.
- ▣ Strives to maximize choices for the survivor and control over the healing process.
- ▣ Seeks to be culturally competent
- ▣ Understands each survivor in the context of life experiences and cultural background.

• (Alvarez and Sloan, 2010)

Stories Matter in Trauma-Informed Care

"Not all scars show, not all wounds heal
Sometimes you can't always see The
pain someone feels"

[CreativeFan.com](https://www.creativefan.com)

What happened to you?

Trauma-Informed Care: Norms & Principles

- •Reducing barriers/Maintaining confidentiality
- •Remaining client-centered
- •Embracing transparency
- •Building a relationship
- •Avoiding judgment and labels
- •Staying community-based
- ****Applies to patients, providers, & teams****

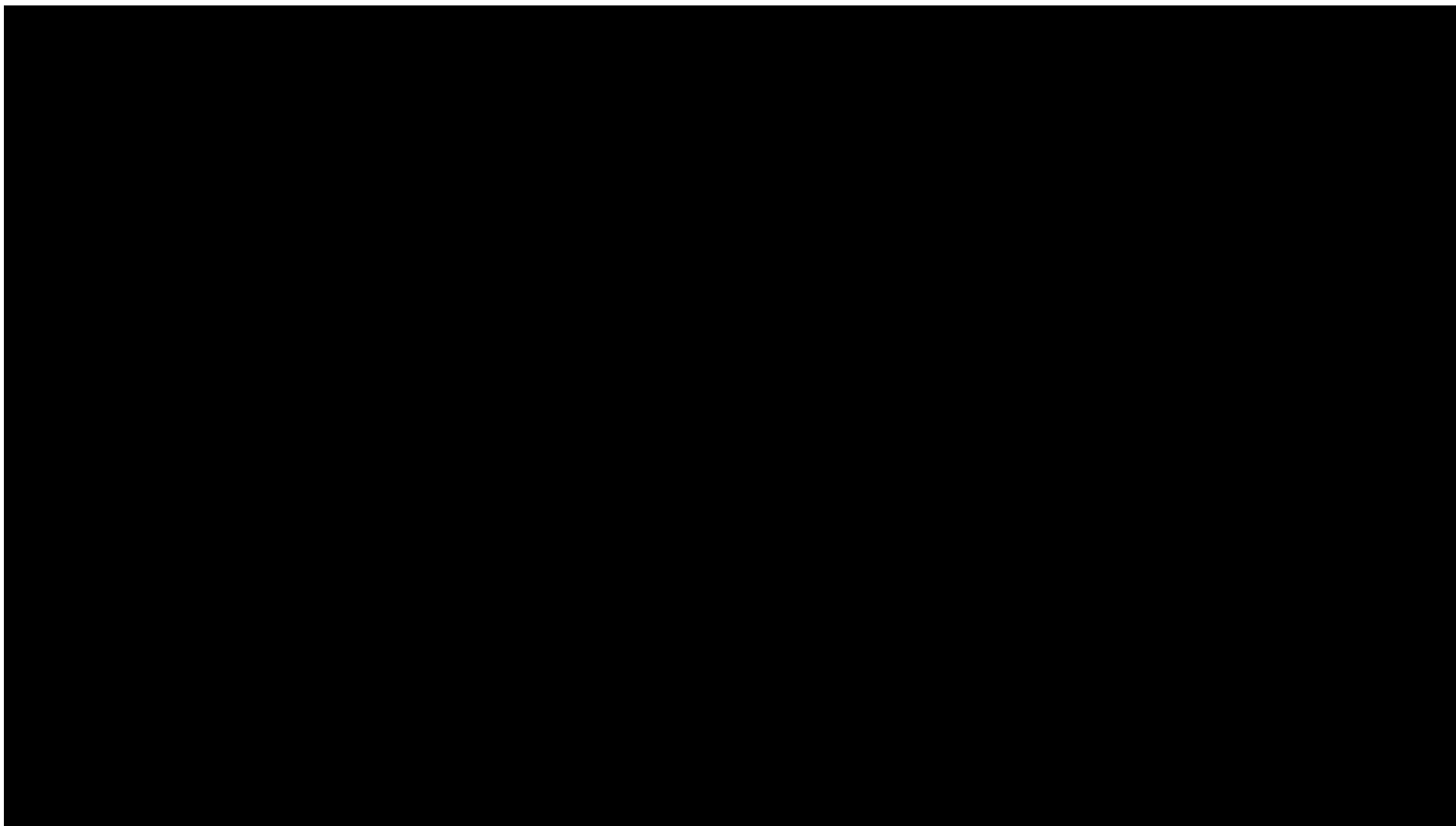
- <http://www.chcs.org/building-trauma-informed-mindset-lessons-careoregons-health-resilience-program/>

Principles of a Trauma Informed Practice

- 1. Respect
- 2. Taking Time
- 3. Rapport
- 4. Sharing Information
- 5. Sharing Control
- 6. Respecting Boundaries
- 7. Fostering Mutual Learning
- 8. Understanding Non-linear Healing
- 9. Demonstrating Awareness and Knowledge of Trauma

- Handbook on Sensitive Practice for Health Care Practitioners: Lessons from Adult Survivors of Childhood Sexual Abuse was researched and written by Candice L. Schachter, Carol A. Stalker, Eli Teram, Gerri C. Lasiuk and Alanna Danilkewich

The Power of Empathy



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American Psychological Association's Disaster Response Network

Website: <http://www.apa.org/practice/programs/drn/index.aspx>

Description: Disaster Response Network professionals engage in a crisis response to disasters. Resources include trauma response guidelines and self care resources.

American Red Cross

Website: <http://www.redcross.org/>

Description: Organization responds to the immediate needs of crisis/trauma survivors. Training for professionals to become first responders provided by Red Cross.

International Society for Traumatic Stress Studies

Website: <http://www.istss.org/Home.htm>

Description: An international collection of studies, research and education regarding trauma. Organization is responsible for the publication, Journal of Traumatic Stress. Includes membership opportunities. Also provides guidelines for treatment of trauma.

National Child Traumatic Stress Network

Website: <http://www.nctsn.org/>

Description: Program works to educate professionals and nonprofessionals about trauma and evidenced based practices for trauma interventions. Site provides definitions of different types of trauma and evidence based practice resources.

The Trauma Informed Care Project

Website <http://traumainformedcareproject.org/>

Description: The Program works to educate large systems and practitioners' on the trauma and its impact on people. To help promote trauma informed care by changing policies, structures and practices.

Sidran Institute: Traumatic Stress Education and Advocacy

Website: <http://www.sidran.org/index.cfm>

Description: An international non-profit organization dedicated to assisting individuals, professionals and communities. The Institute works to provide education and resources related to trauma informed care. Additional information is offered regarding dissociation and co-occurring disorders such as substance abuse.

The International Society for the Study of Trauma and Dissociation

Website: <http://www.isst-d.org/>

Description: Association dedicated to research and education on trauma and dissociation. Includes extensive resources for professionals such as literature and trainings. An informative FAQ section and information for clients. Additionally, an extensive list of additional electronic resources.

The Trauma Center at Justice Resource Institute

Website: <http://www.traumacenter.org/index.php>

Description: The Center is a treatment and training center founded by Dr. van der Kolk internationally renowned expert in trauma. Trainings are provided for practitioners, resources to evidenced based methods and recent research. Also provides direct services to trauma survivors.

United States Department of Veterans Affairs: National Center for PTSD

Website: <http://www.ptsd.va.gov/>

Description: Information for survivors and providers. Information on veteran's benefits. Resources for PTSD diagnosis. Extensive information regarding PTSD such as the neurobiology of PTSD information and resources for PTSD interventions.