Trauma Informed Approaches

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Today

- Thinking about trauma – definitions & impact over-time

- Introduce Trauma Informed Principles

- Start a conversation about what this might mean for all of us – in our homes, in our work, as citizens…
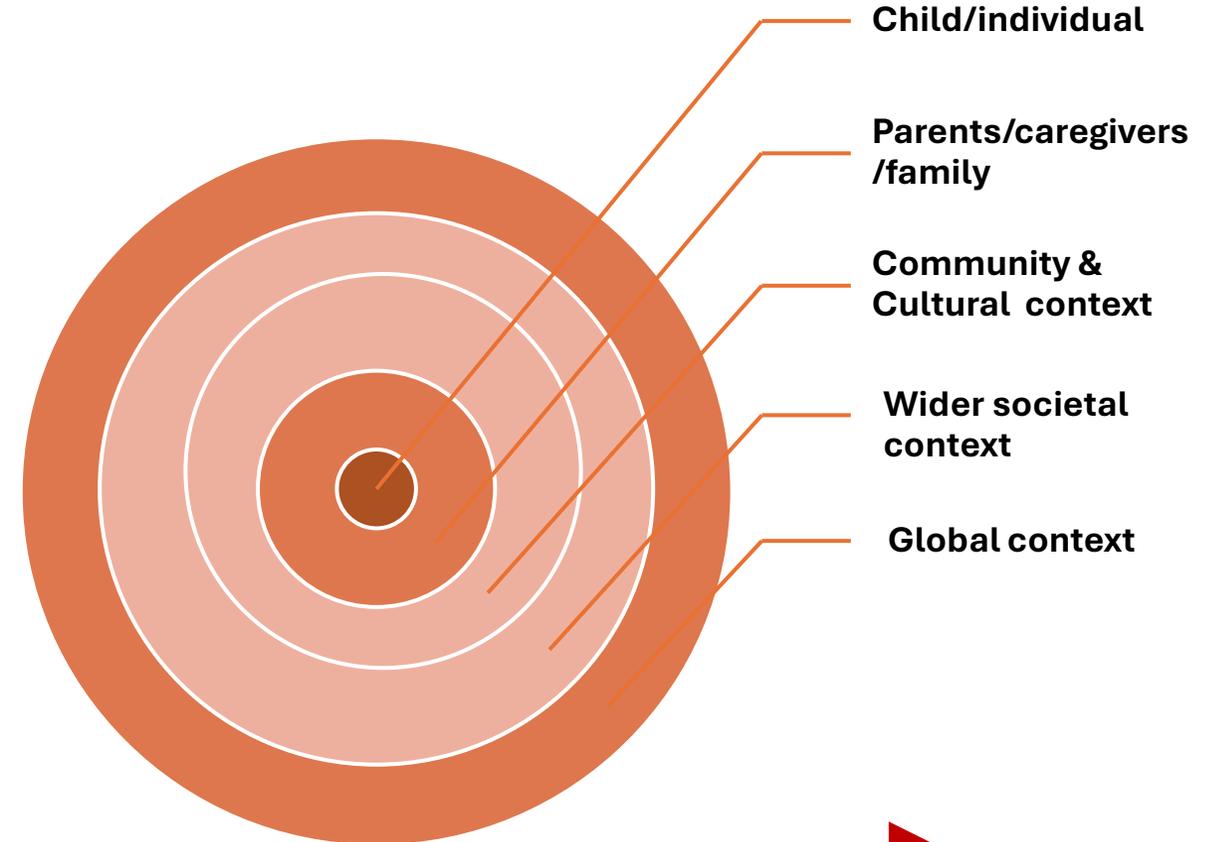
Creating a safe space...
Taking care of ourselves & each other

We live relational & social lives – multiple levels of interacting context over time

Child/individual

Parents/caregivers /family

Community & Cultural context

Wider societal context

Global context

PAST

PRESENT

FUTURE

Social Inequalities & Intersectionality:

privilege or disadvantage?

"There is no such thing as a single-issue struggle because we do not live single-issue lives."
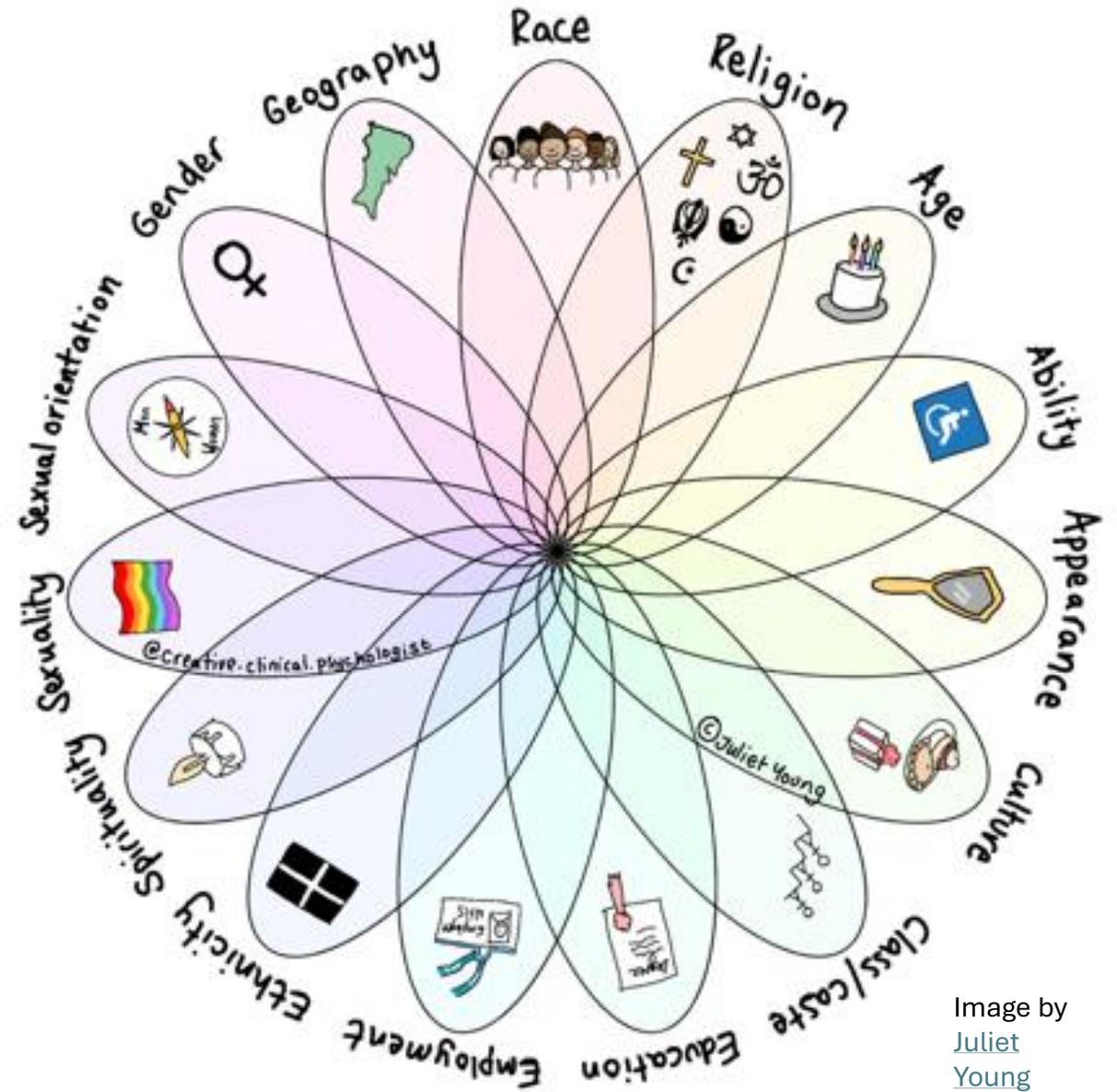
– Audre Lorde

Image by Juliet Young

Inequalities matter

The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression · Physical & Emotional Neglect · Emotional & Sexual Abuse · Divorce · Mental Illness · Substance Abuse · Incarceration · Domestic Violence · Homelessness

Adverse Community Environments

Poverty · Discrimination · Violence · Community Disruption · Lack of Opportunity, Economic Mobility & Social Capital · Poor Housing Quality & Affordability

Ellis W., Dietz W. BCR Framework *Academic Peds* (2017)

Thinking about Trauma... & Survival

What is trauma?

Gabor Mate

https://youtu.be/B1k6tjkW_ow

Trauma is a wound

" "It's not what happened to you (**the traumatic episode**)...

... it's the wound that happens inside of you (as a result of **what happened to you**)..." "

EVENT → **EXPERIENCE** → **EFFECT** →
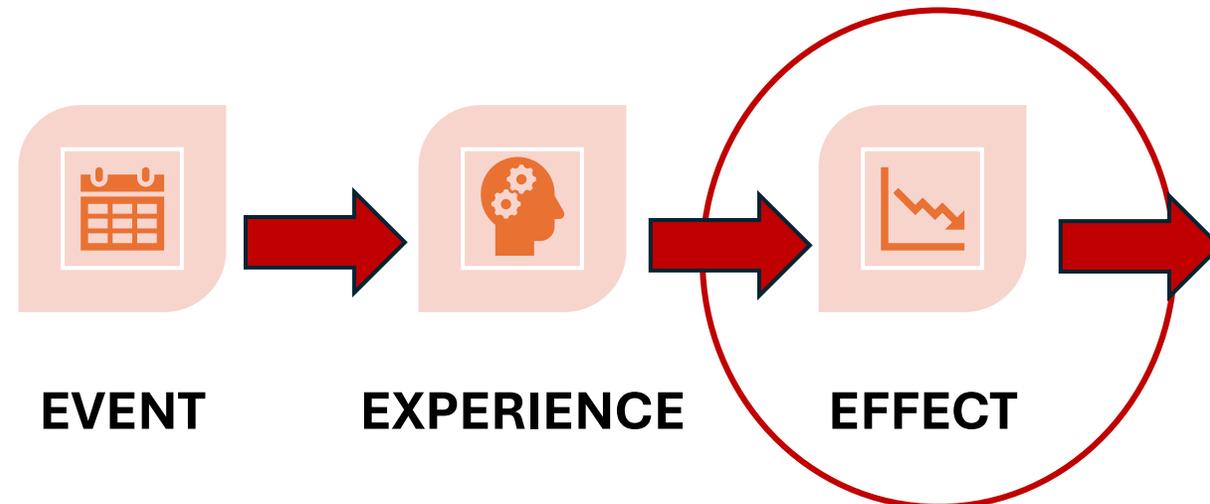
Traumatic experiences...

...are very stressful, frightening or distressing events that are difficult to cope with or **out of our control.**

... **threaten or violate** one's **safety, health, security, trust and bodily integrity.**

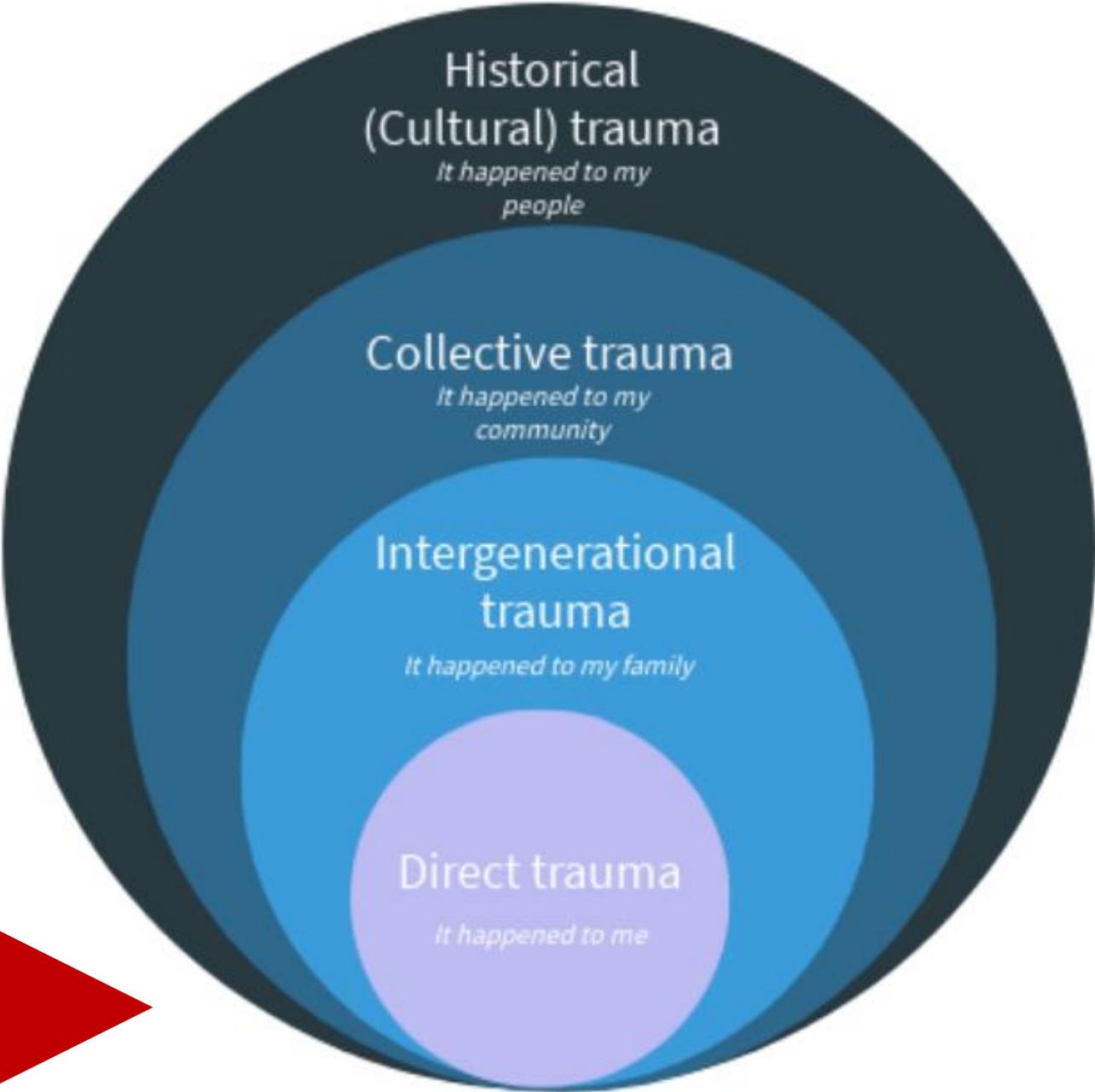... may be **directly experienced or witnessed – physical or emotional**

... can happen **at any age**. They can affect us **at any time**, including a long time after the event.

**... are common – the significance of multiple adverse experiences**

Acute
Single extraordinary **events**

Chronic & Complex
varied & multiple traumatic **experiences** over extended time periods

Relational experiences over time

Historical (Cultural) trauma
It happened to my people

Collective trauma
It happened to my community

Intergenerational trauma
It happened to my family

Direct trauma
It happened to me

The ripple effects of prolonged uncertainty & unpredictability: 'Much more than PTSD' (Coulter & Mooney, 2017)
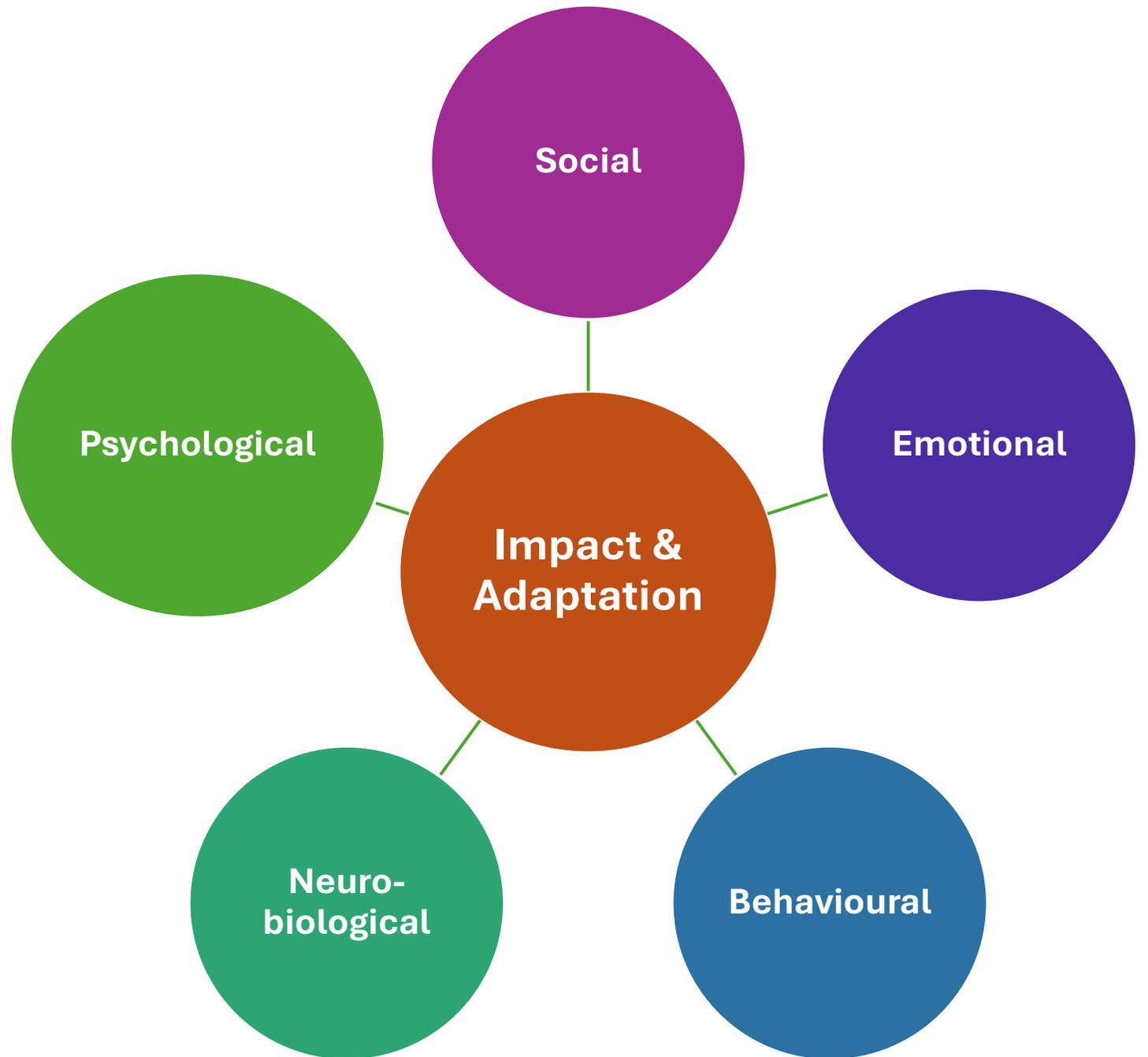
Social

Emotional

Behavioural

Neuro-biological

Psychological

Impact & Adaptation

Traumatic stress looks & feels
different for each person
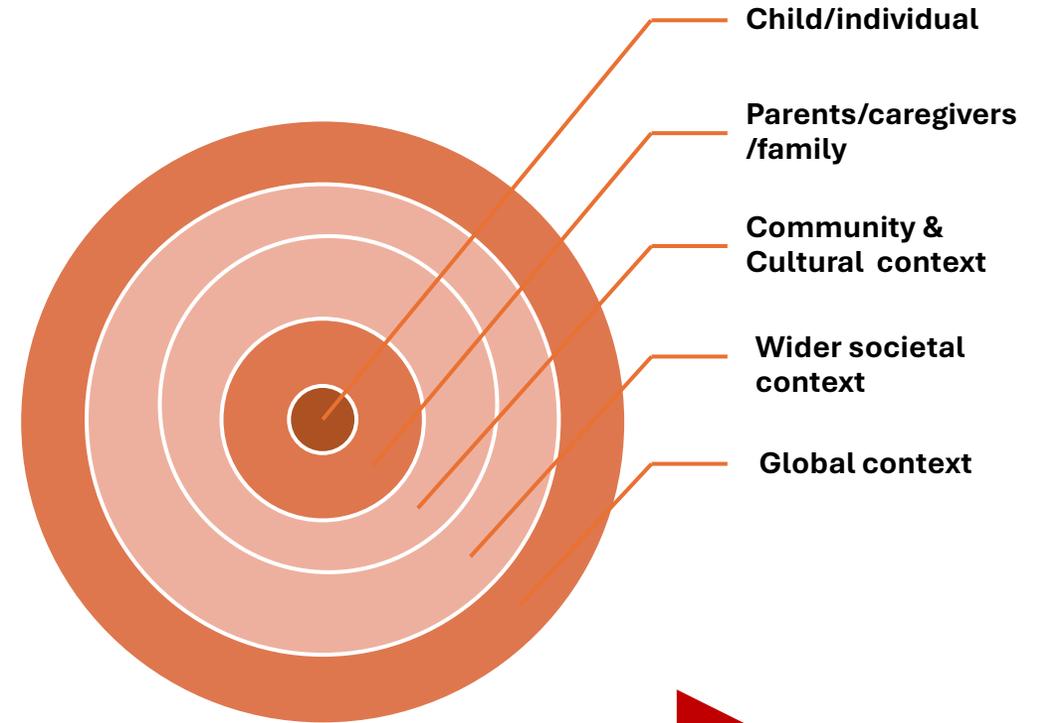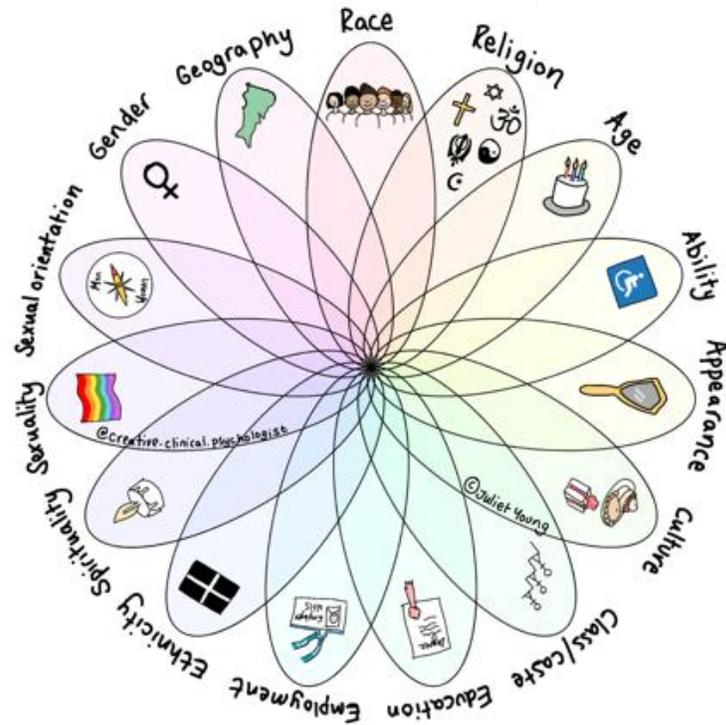
LIFE COURSE

Trauma & Resilience/Recovery/Integration

Living with... Living after...

Hope

Most trauma symptoms are protective (i.e. They help us survive)

There is **a process of natural recovery** (<u>once a form of safety has been established</u>) during which the adverse experiences may become integrated into the person's life history

The typical pattern for even the most catastrophic experiences is **resolution of symptoms with time** and not the development of PTSD – and **<u>some may need more specialist support</u>**

The Power of Positive Experiences

Benevolent/Positive Childhood Experiences
(Narayan et al., 2018)
characterised by safety and security, positive
self-perceptions and social support –
help protect from harm

'one caregiver
you felt safe with'

'one teacher who cared'

'an adult who could provide
you with support & advice'

'predictable home routine, like
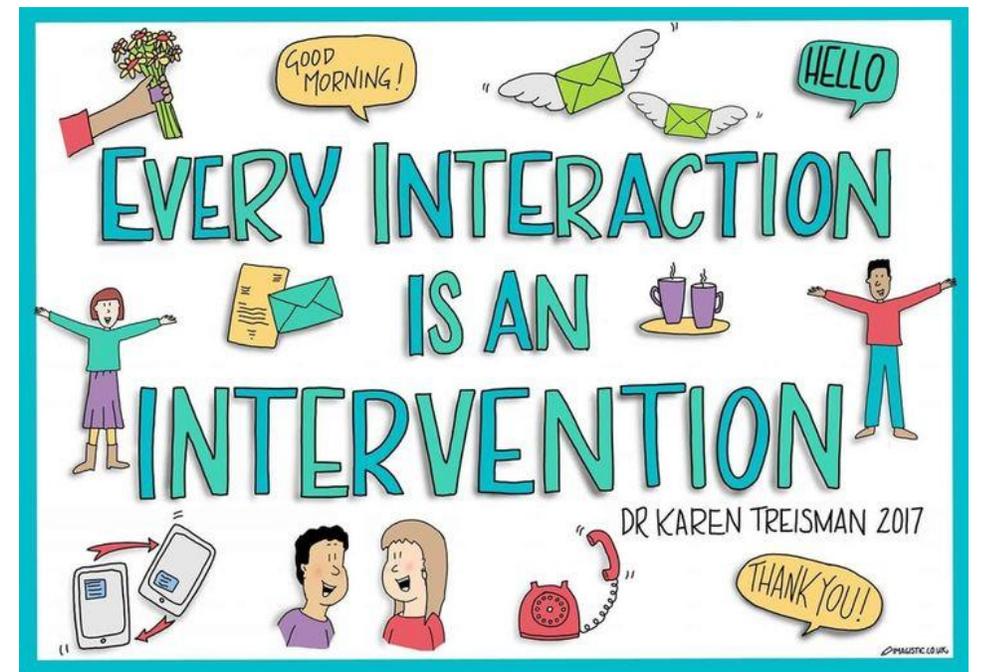regular meals & bedtime'

The Good Times Matter!

Relational Repair

Trauma informed approach

A response to traumatising systems....

building more responsive service delivery for EVERYONE

Trauma Informed Assumptions – the 4 Rs

REALISE

the widespread impact of trauma & adversity

RECOGNISE

the signs and symptoms

4 Rs

RESPOND

by integrating knowledge into policies & practices

RESIST

RE-TRAUMATISATION

Substance Abuse and Mental Health Services Administration, 2014

Trauma Informed Principles

Safety

Inclusion

Trustworthiness

6 core principles

Empowerment

Choice

Collaboration
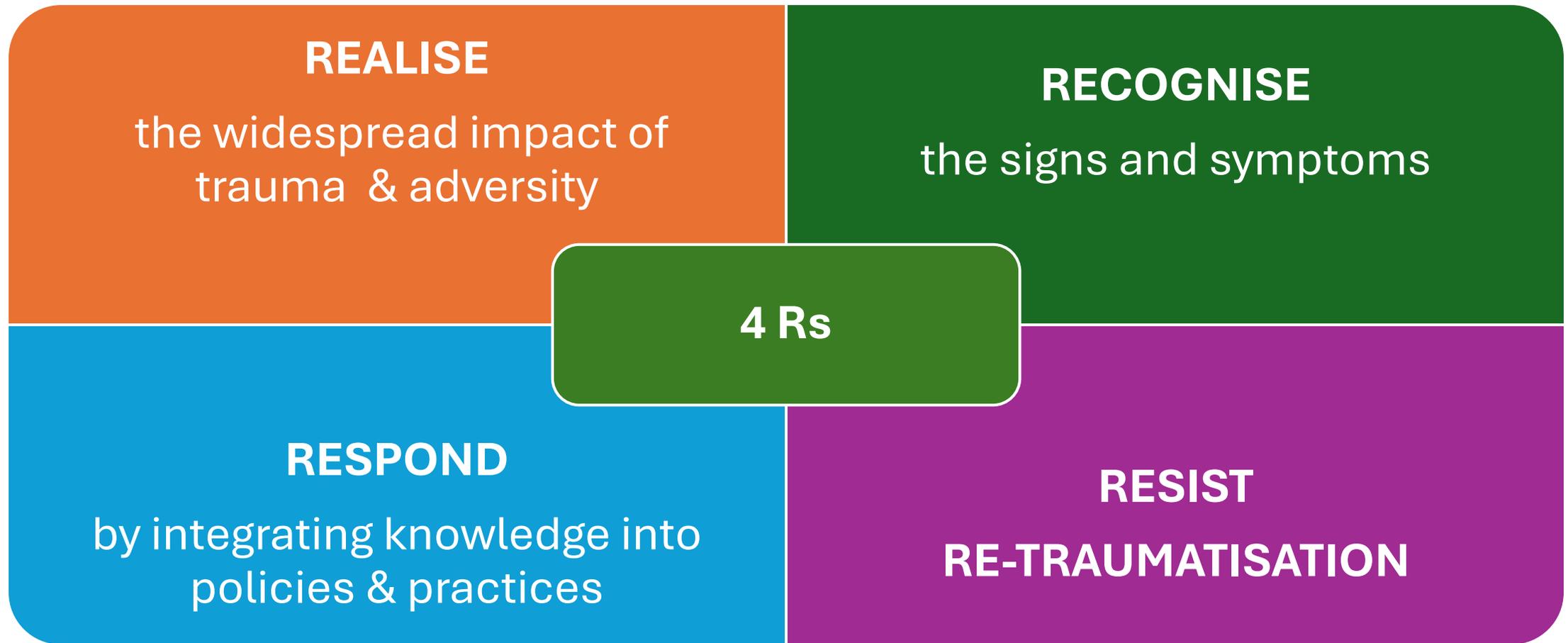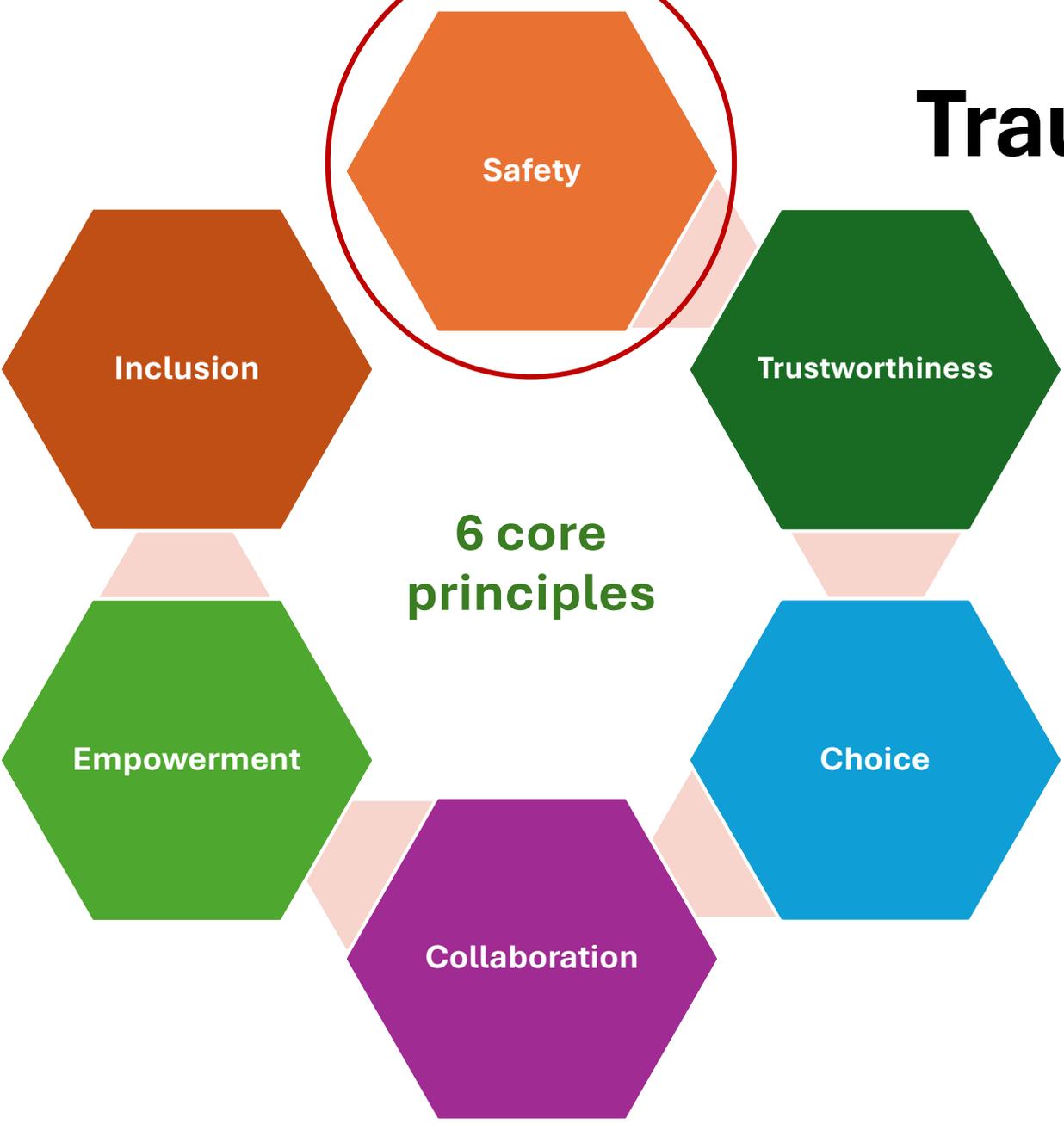
Relational trauma requires relational repair

Every interaction is an intervention (Treisman, 2016)

Small things matter!

Substance Abuse and Mental Health Services Administration, 2014

Relationships matter

From trauma to trust

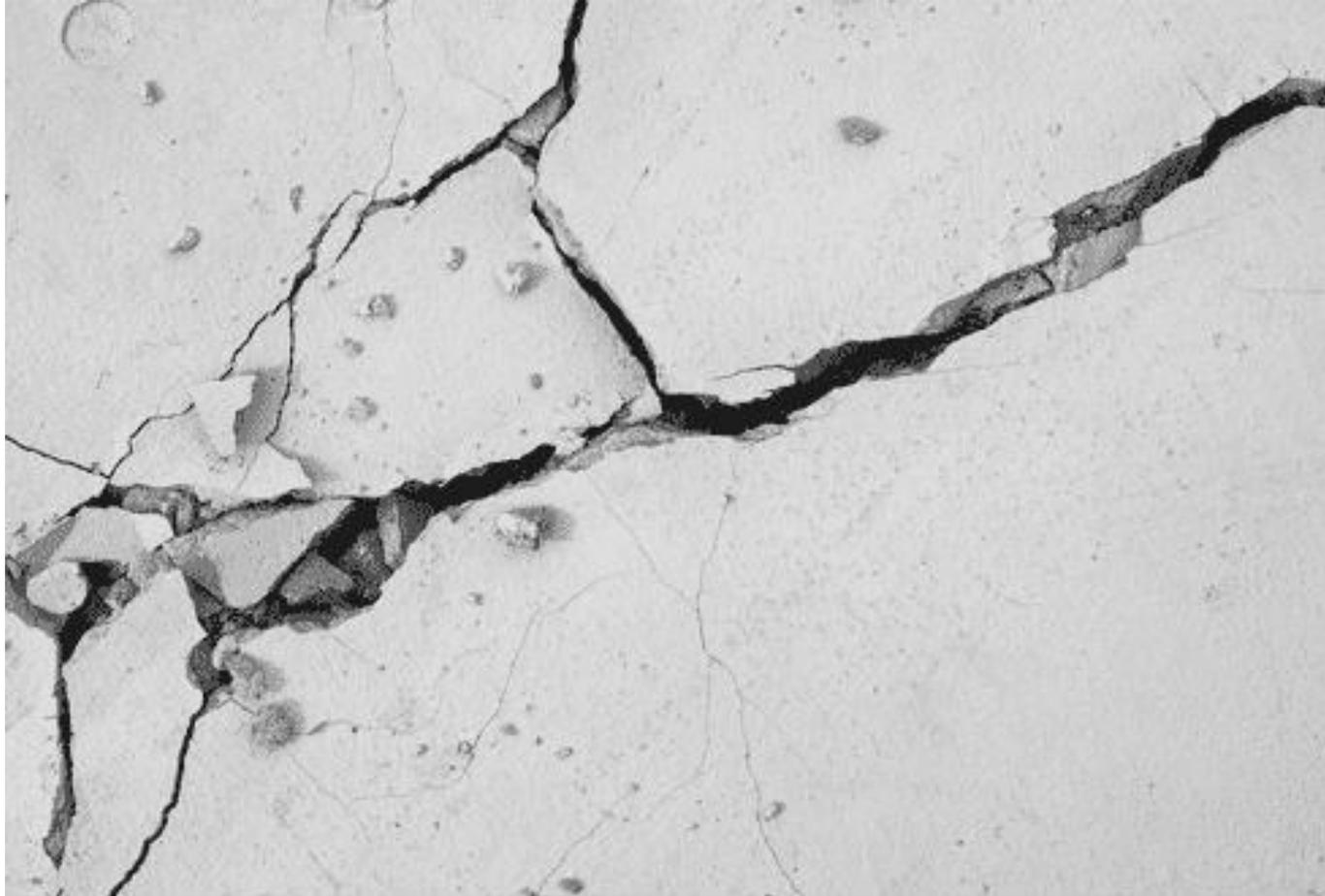Doing no further harm

What does this mean for us?

In our home lives... work lives... as neighbours... as citizens

3rd March 2026...

Normalisation of the cruelties of war

Erosion of women's rights

Overt vocalisation of racism & supremacy

Extreme wealth inequality

Rising hatred & division

"There's a crack in everything, that's where the light gets in"
Leonard Cohen

Evaluation of the Trauma Responsive Greater Manchester Programme

TRAUMA RESPONSIVE GREATER MANCHESTER

June 2024

VILLE NON-VIOLENTE
MARSEILLE INFORMÉE SUR LE TRAUMA

We are on a journey

Implementing Trauma Informed Approaches in Northern Ireland
Executive Summary

- Suzanne Mooney
- Montserrat Fargas Malet
- Mandi MacDonald
- Deirdre O'Neill
- Lisa Bunting
- Colm Walsh
- David Hayes
- Lorna Montgomery

QUEEN'S UNIVERSITY BELFAST   SBNI

Trauma Informed Oregon serves as a centralized source of information and resources for trauma informed efforts.

Search ...

We help organizations and systems restore a sense of safety, power, and self-worth to individuals, families, and communities in the following ways:

Government of Canada   Gouvernement du Canada

MENU ⌄

Canada.ca › Departments and agencies › Public Health Agency of Canada

Trauma and violence-informed approaches to policy and practice

West Yorkshire trauma informed 2030
Adversity, Trauma and Resilience Programme

Violence Reduction Unit   West Yorkshire Health and Care Partnership

Education, Justice, Health and Social Care // Child & Adult Settings // Universal, Targeted & Strategic

Trauma Informed Toolkit

Trauma Informed Oregon

A wide range of excellent resources

Trauma Informed Oregon serves as a centralized source of information and resources for trauma informed efforts.

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From Trauma to Trust
(Jennifer McIntosh & colleagues, Bouverie Centre, La Trobe University, Australia)

1.
Providing safety

2.
Creating security

3.
Teaching repair

4.
Building joy

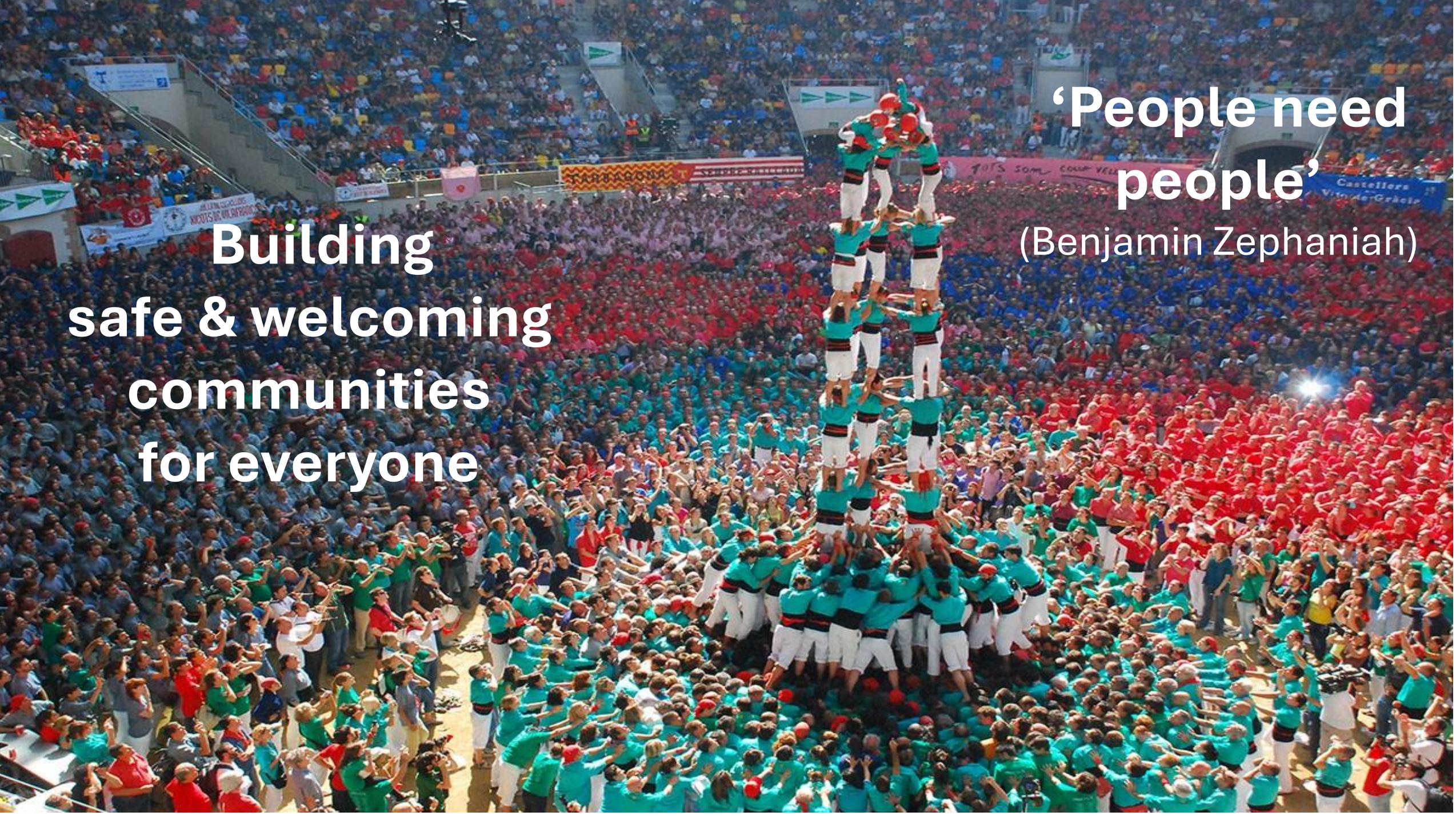| 1. Providing safety | 2. Creating security | 3. Teaching repair | 4. Building joy |

home → work → communities → society

'People need people'
(Benjamin Zephaniah)

Building
safe & welcoming
communities
for everyone

Taking care of ourselves & each other

we all need to feel safe to help build safety for others

Some references

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