



**Trauma-Informed Care:
The Body Keeps the Score**

What is Trauma?

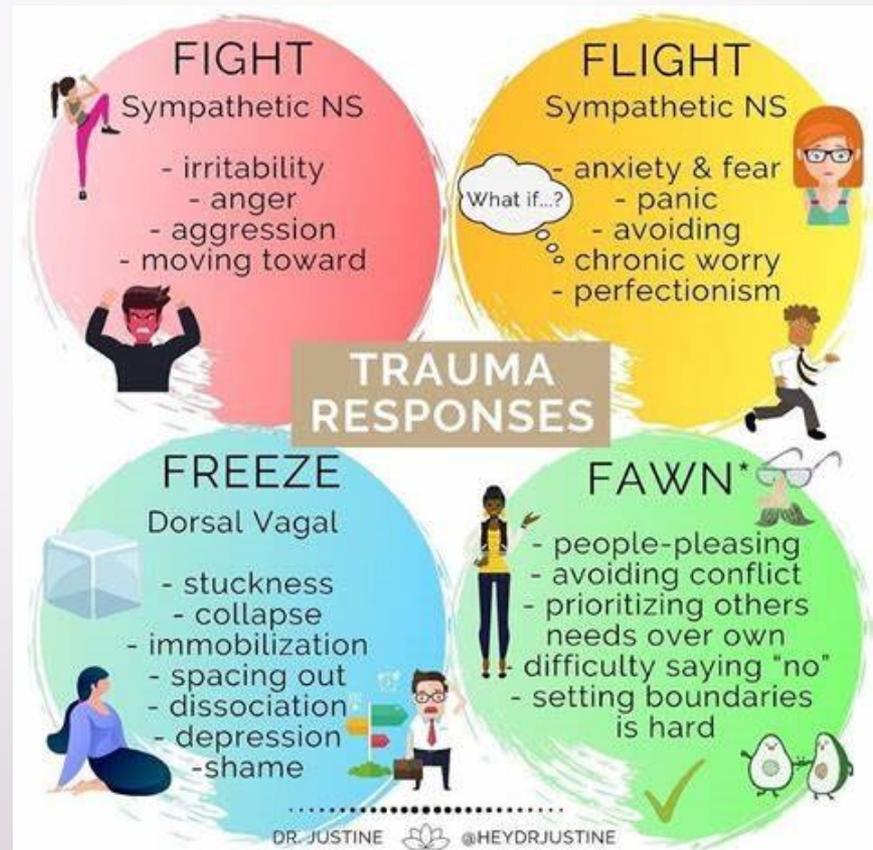
Trauma: exposure to an incident or series of events that is emotionally or physically harmful or life-threatening, that has lasting adverse effects on the individual's well-being.

May include:

- Physical, sexual, and emotional abuse;
- Childhood neglect;
- Violence in the community;
- Natural or human-made disasters and forced displacement;
- Sudden, unexplained separation from a loved one;
- Poverty and discrimination.

Fear Responses

- Fight
- Flight
- Freeze
- Fawn



The four "F"s of fear

(your choices when the tiger is in the room.)

1. FIGHT: Attack the tiger

2. FLIGHT: Run from the tiger

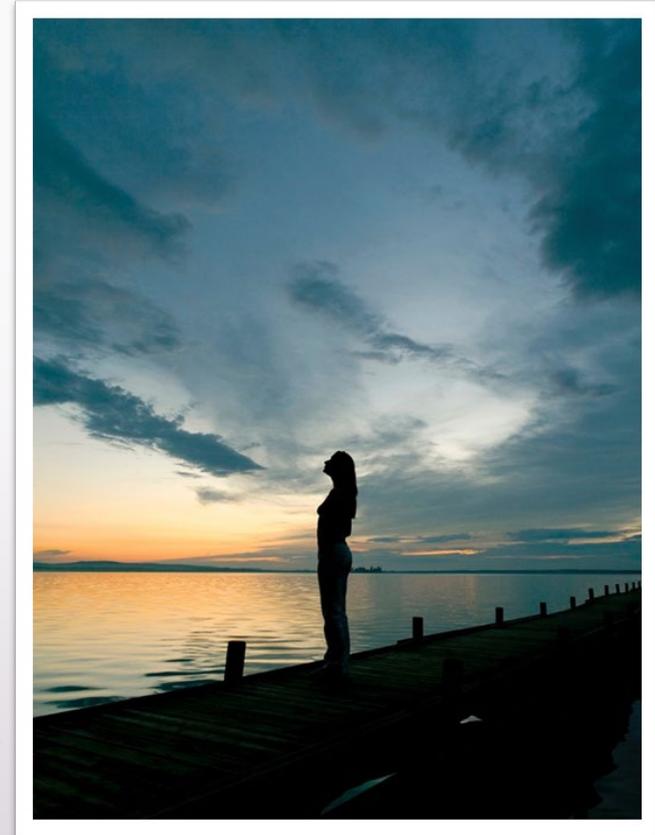
3. FREEZE: Hide from the tiger

4. FAUN: Convince the tiger not to eat you

How Does Exposure to Trauma Affect an Individual's Health?

Exposure trauma has been linked with adverse health outcomes, including:

- Obesity, heart disease, cancer, lung disease, and liver disease;
- Viral hepatitis;
- Autoimmune diseases;
- Sexually transmitted infections; and
- Depression, suicide, alcoholism, drug abuse, and smoking.



Let's Talk about the People



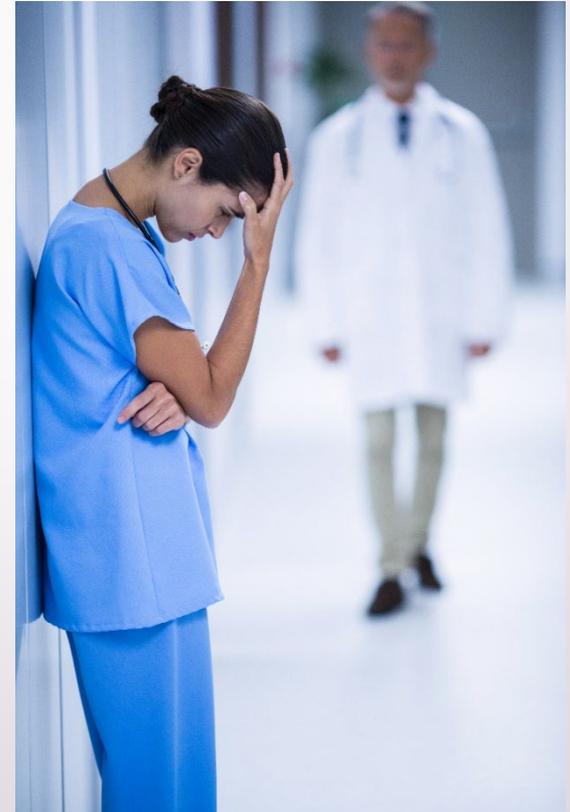
- This is Kara
- Kara is a 37 year old woman
- She has fibromyalgia, rosacea, and IBS
- Kara sees a therapist and does not feel she can function without weekly therapy.

Differences in Trauma Histories.



Can the Effects of Trauma be Avoided or Addressed Within a care setting?

- Protective factors, such as having **supportive relationships** and a **positive future outlook**, can help shield individuals from the effects of trauma.
- Creating health care and social service systems that employ **trauma-informed principles**, can help patients begin the healing process.



How can Health Care Providers Help Patients Heal from Trauma?

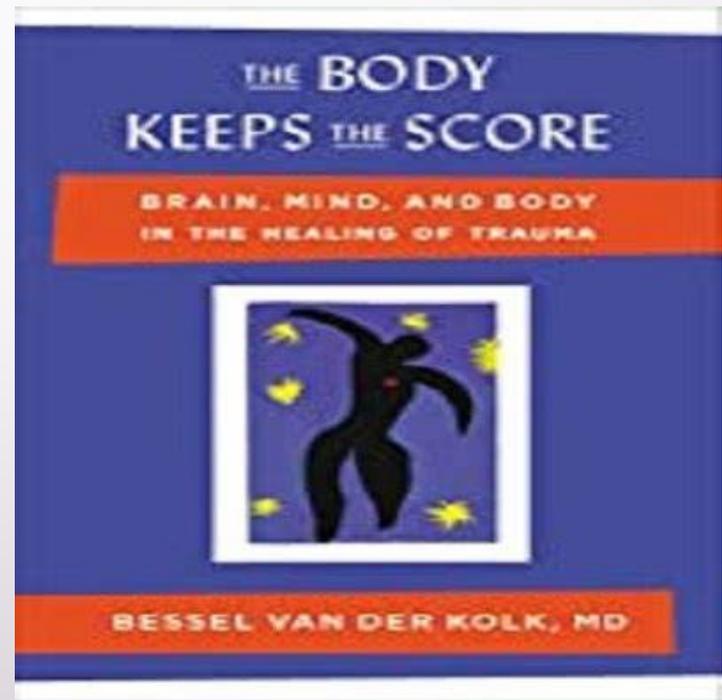
- Health care providers can build **trauma-informed health care organizations** that create safe, caring, inclusive environments for all patients.
- *Trauma-informed care* acknowledges that understanding patients' life experiences is key to delivering effective care.
- Implementing trauma-informed approaches to care may also help avoid provider and staff burnout and workforce turnover.

The 4 R's of Trauma-Informed Organizational Practices

- A program, organization, or system that is trauma-informed:
- Realizes the widespread impact of trauma and understands potential paths for recovery
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices, and
- Resist re-traumatization actively.

Key Principles of Trauma-Informed Approach

1. Safety
2. Emotionality
3. Lifestyle
4. Future



3 Big Ideas

- The body needs to learn that the danger has passed and to live in the Reality of the Present
- Being traumatized is not just an issue of being stuck in the past; it is just as much a problem of not being fully alive in the present.

Big Idea

- No one care “TREAT” a war, or abuse, rape, assault, or other events. What has happened can't be undone. But what can be dealt with are the imprints of the trauma on the body, mind, and soul.

Types of Therapy

- **Several types of therapy allow those who suffer from trauma to mend the fracture between their physical and emotional being.**
 - Things like yoga, EMDR, and mindfulness help the individual become more connected with their body, allowing them more control when trauma attempts to impact their body.