



Trauma-Informed Care

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Keeping safe today

- Trauma is an emotive subject and today's workshop may trigger difficult feelings
- Please take time out if needed or leave the workshop at any time if you need a few minutes
- Support each other. Speak to someone you trust if you've found this difficult

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Over a 12 month period, compared to people with no ACEs, those with four or more ACEs were:



2x

more likely to have frequently visited a GP**

3x



more likely to have attended A&E

3x



more likely to have stayed overnight in hospital

Up to the age of 69 years, those with four or more ACEs were 2x more likely than those with no ACEs to be diagnosed with a chronic disease*^{\$}

For specific diseases they were:

4x



more likely to develop **Diabetes (Type 2)**

3x



more likely to develop **Heart Disease**

3x



more likely to develop a **Respiratory Disease**

Levels of health service use were higher in adults who experienced more ACEs*[#]

Childhood Trauma

An event that a child finds overwhelmingly distressing or emotionally painful, often resulting in lasting mental and physical effects.

2x
more likely to develop
DEPRESSION

3x
more likely to develop
ANXIETY DISORDERS

Common causes:

 Child abuse (physical, emotional, sexual)

Grief 

Witness/victim of violence 

 War/Terrorism

 Neglect

Medical trauma 

Substance misuse 

 Mental illness

 Bullying in school

Separation from loved ones 

LONG-TERM IMPACTS:

Affects perception of reality



Takes away sense of safety



Wires brain to expect danger

Increases stress hormones flowing through the body



Triggers fight, fright or freeze response



Creates a sense of helplessness



Creates relationship problems

Results in serious behaviour problems



“The initial trauma of a young child may go underground but it will return to haunt us”
James Garbarino

PREFRONTAL CORTEX (PFC)

"Thinking Centre"

Underactivated

Difficulties concentrating & learning.

A traumatised brain is "bottom heavy"

ANTERIOR CINGULATE CORTEX (ACC)

"Emotion Regulation Centre"

Underactivated

Difficulties with managing emotions.

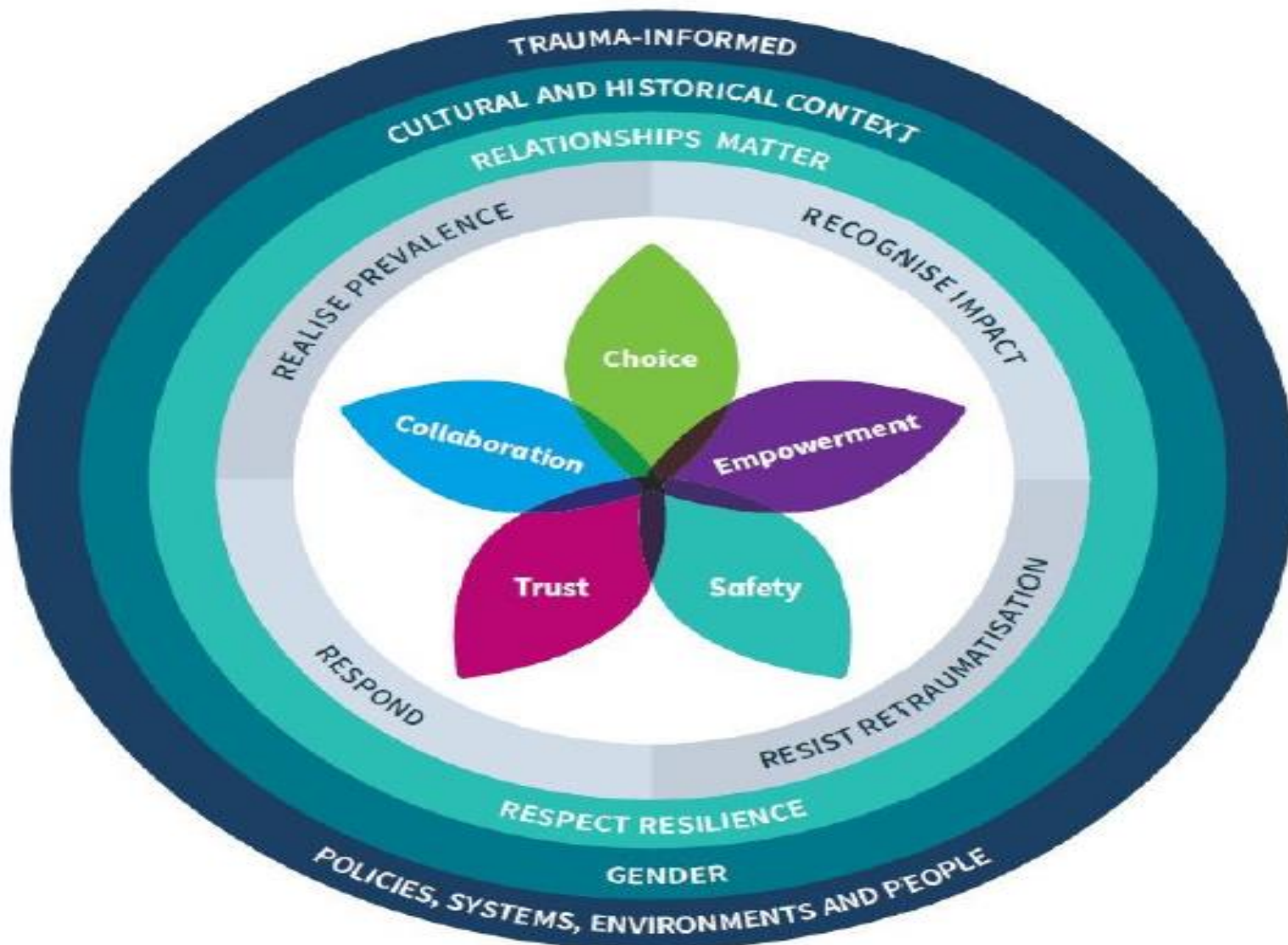
AMYGDALA
"Fear Centre"

Overactivated

Difficulty feeling safe, calming down, sleeping

Complex Trauma: a result of repetitive, prolonged trauma








Trauma-informed services
approach people by asking
“What has happened to you?”
rather than
“What is wrong with you?”

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- 
- Traumatic events are those in which the person is harmed, where there is threat of harm or where the person sees someone else being harmed
 - Traumatic events can happen once (as in a car accident or assault) or repeatedly (such as in domestic abuse, childhood sexual abuse, military combat, torture or war)

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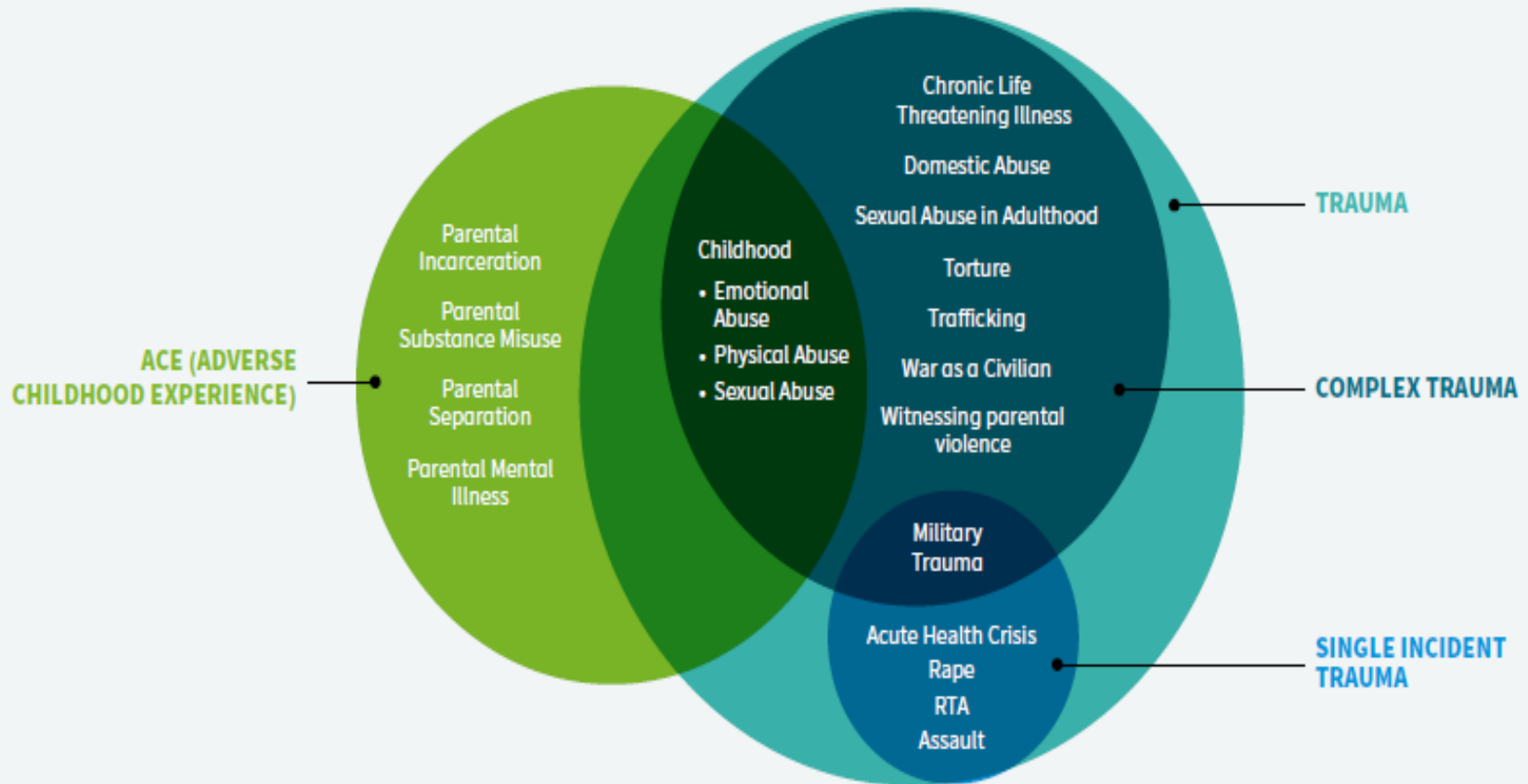
Sources of Trauma:

- Sexual Abuse
- Physical Abuse
- Emotional Abuse
- Neglect
- Serious Accident
- Natural Disaster
- Assault/Rape
- Change in Family dynamic
- Moving
- War—Combat experience
- Witnessing/learning of traumatic event
- Hostage/torture
- Horrific death/loss of a loved one
- Serious surgery/medical diagnosis
- Witnessing Domestic Violence
- Drug use in home

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“Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from their selves.”

Bessel Van Der Kolk 'The body keeps the score'



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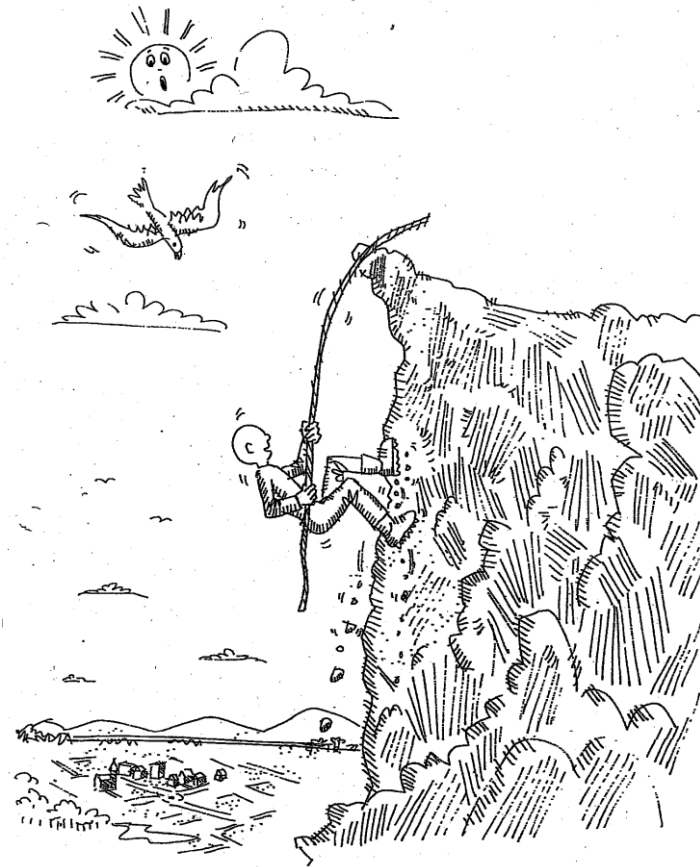
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The Cliff

THE PEOPLE I WOULD GET TO HOLD
THE ROPE FOR ME...



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Trauma in relationships

When trauma happens between people (childhood sexual abuse, domestic abuse, rape or assault for example) it usually involves an overwhelming sense of threat and danger alongside a significant breach of trust, coercion, lack of control, powerlessness and domination‘

The core experience of psychological trauma are disempowerment and disconnection from others. Recovery, therefore, is based on the empowerment of the survivors and the creations of new connections'

Herman (1992) *Trauma and Recovery* pg 133



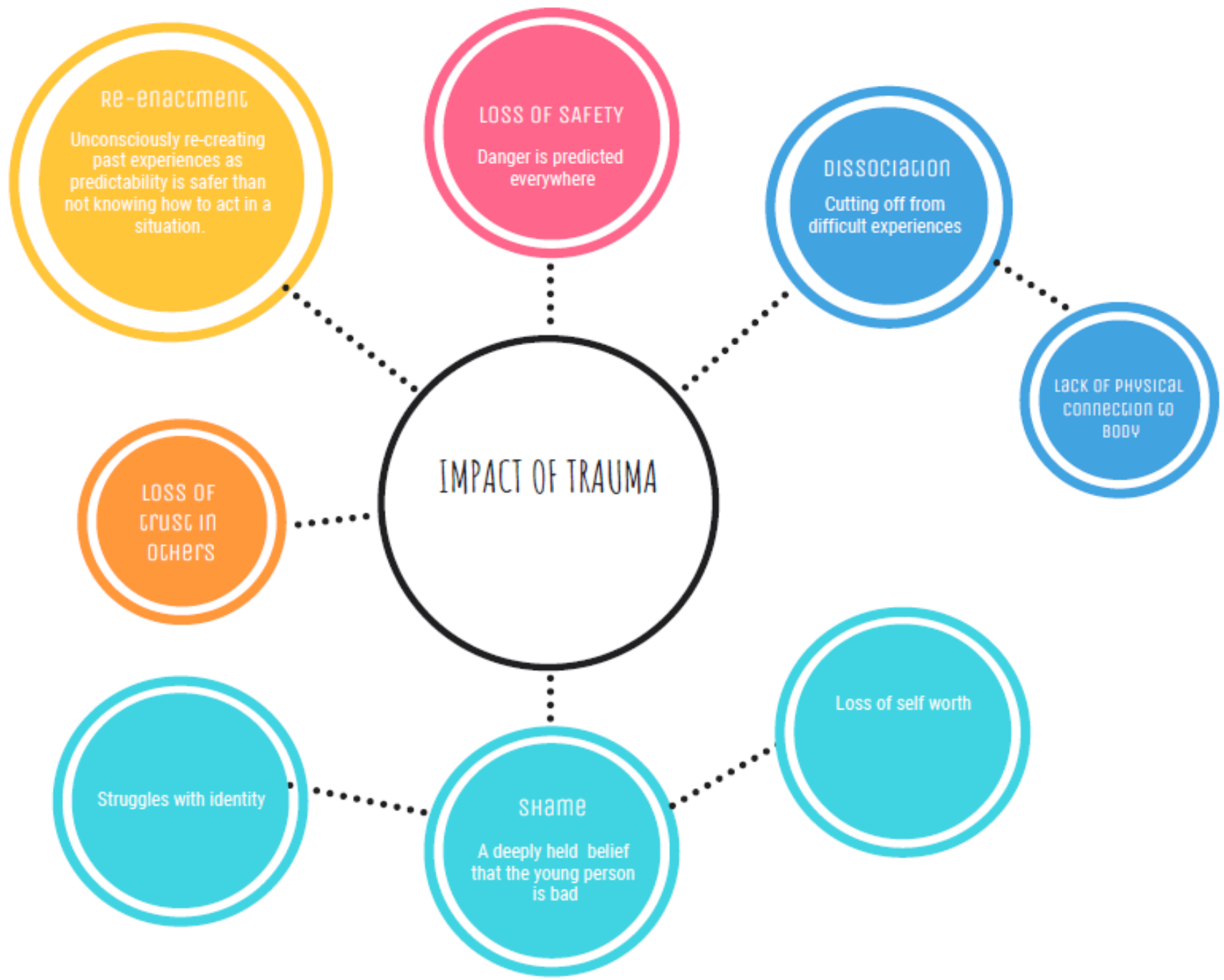
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IMPACT OF TRAUMA

RE-ENACTMENT

Unconsciously re-creating past experiences as predictability is safer than not knowing how to act in a situation.

LOSS OF SAFETY

Danger is predicted everywhere

DISSOCIATION

Cutting off from difficult experiences

LACK OF PHYSICAL CONNECTION TO BODY

Loss of self worth

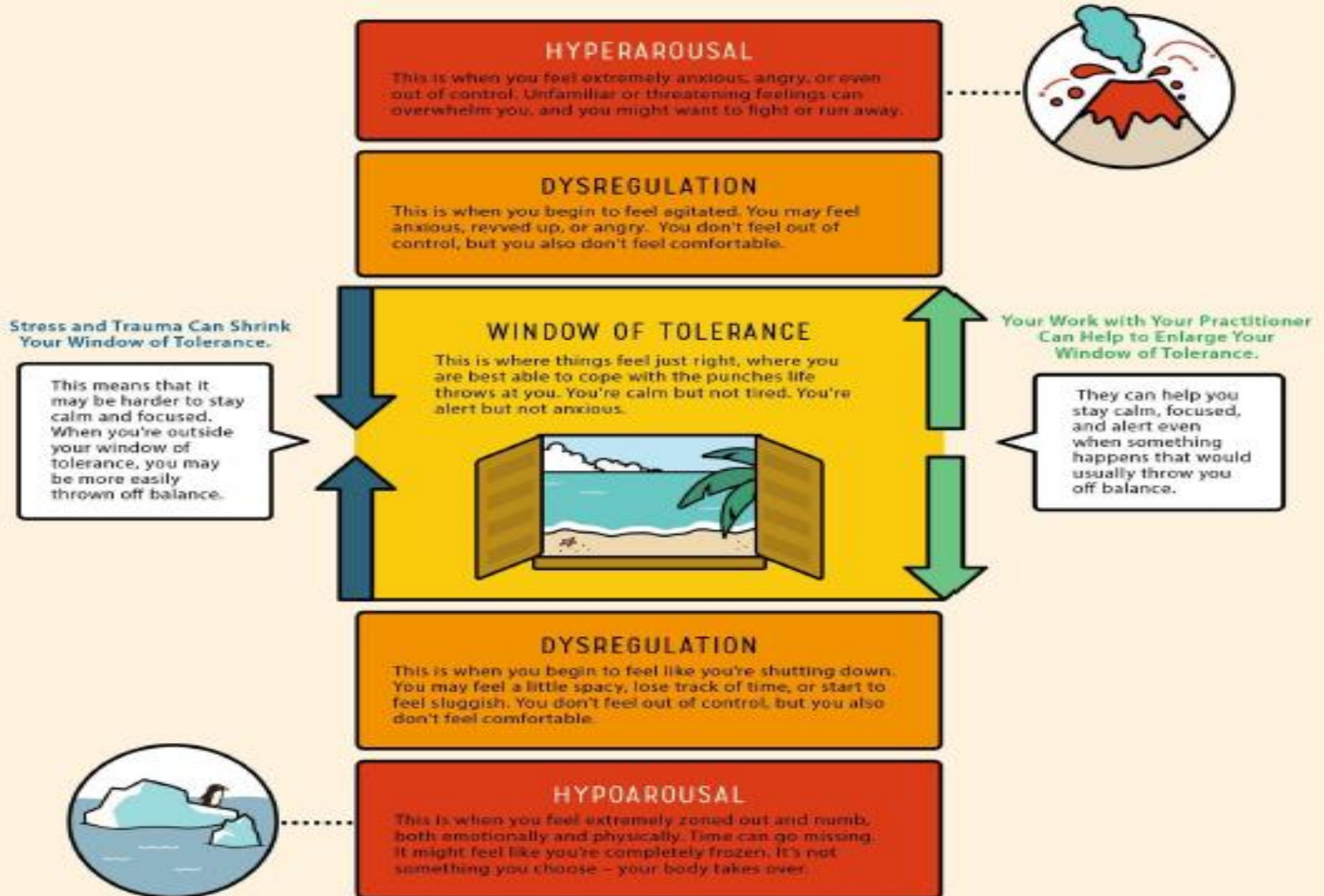
SHAME

A deeply held belief that the young person is bad

Struggles with identity

LOSS OF TRUST IN OTHERS

How Trauma Can Affect Your Window of Tolerance






Impact of trauma

- On the self: adaptation to threat
- On how we cope to survive
- On our relationships

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Read the person's story and think about how their experiences might have affected them

- How might they feel?
- How might they view themselves/other people/situations?
- What might their expectations be of how their appointment with someone who's there to help will go?

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- How might you help them feel

- Safe
- Empowered
- That you can be trusted
- That you are working collaboratively with them
- That they have some control

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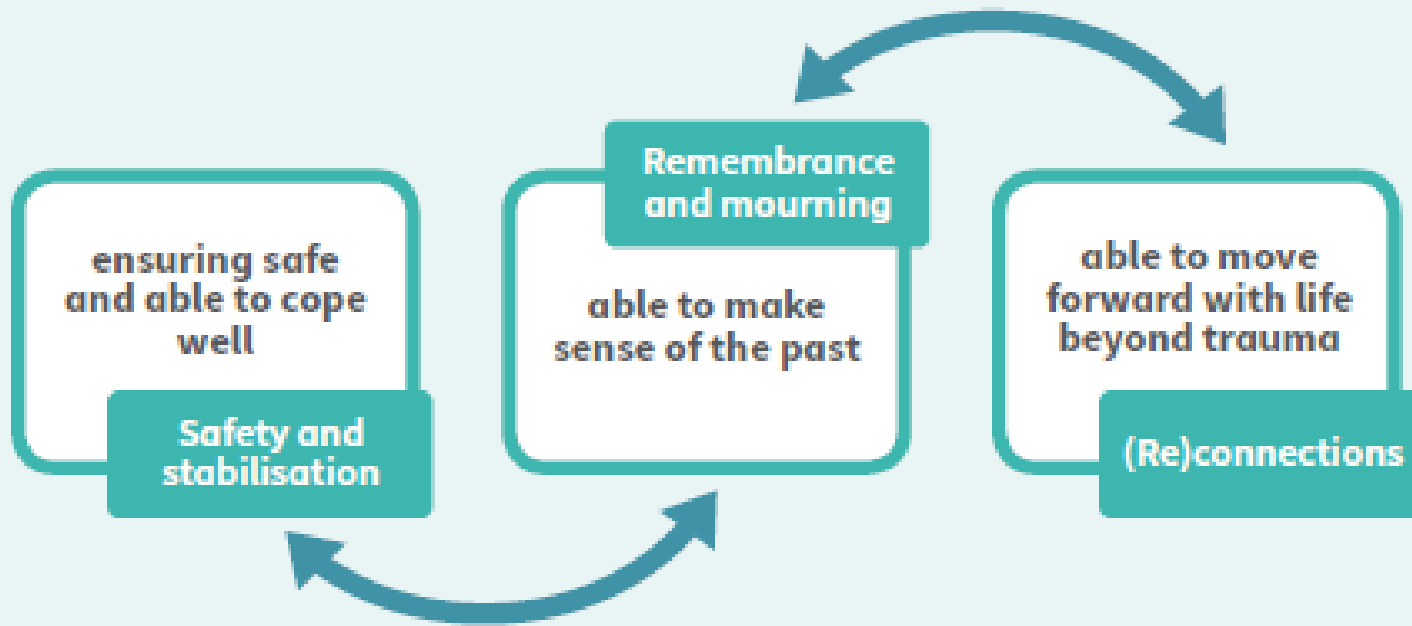
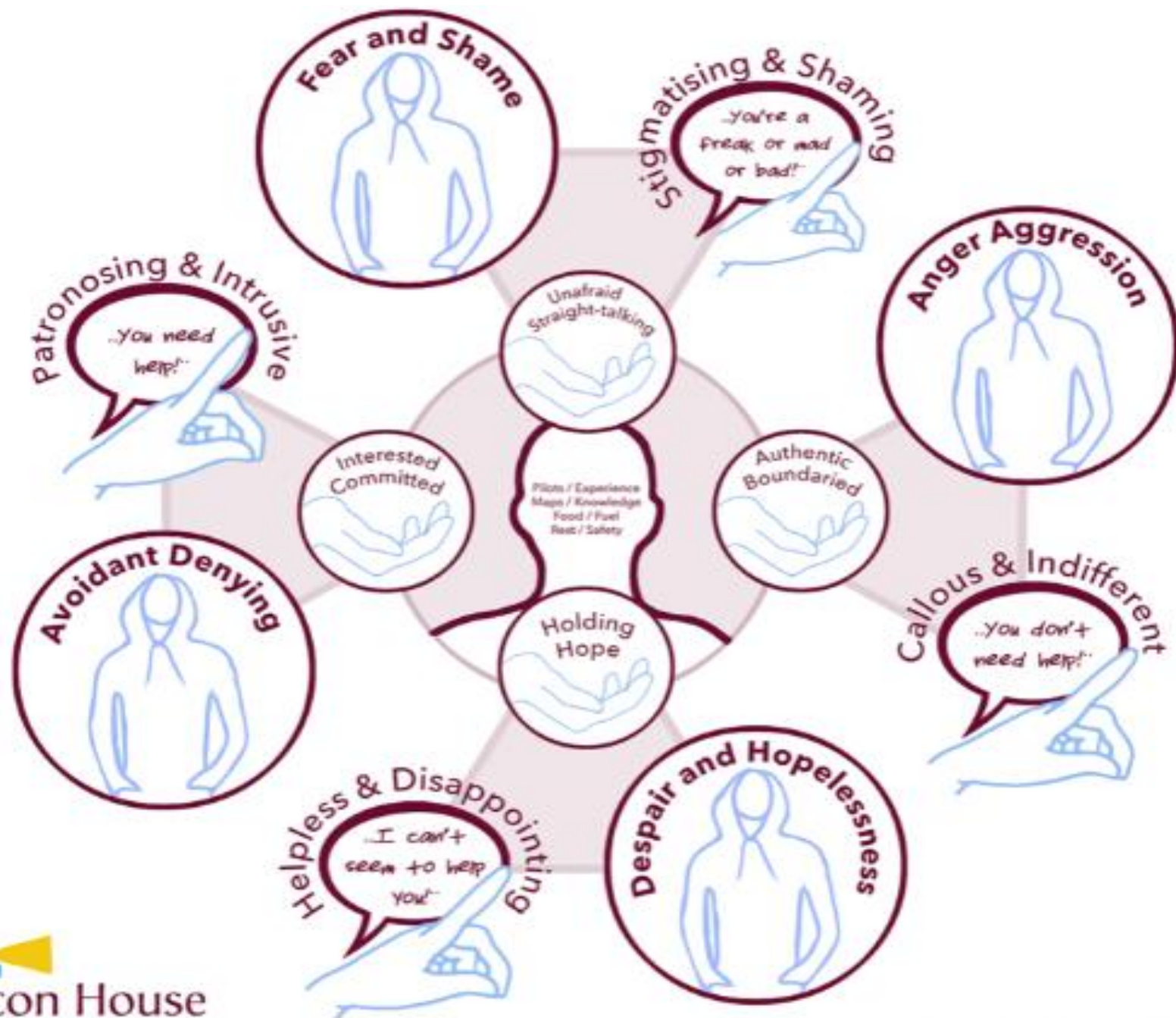


Figure 1. Phased based approach

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WHAT PEOPLE AFFECTED BY TRAUMA TOLD US

- “The disclosure is a gift and not a gift we want but a gift of trust. So important it is seen as that.”
- “Trust is the biggest issue. I decided at onset I would be honest and have stuck with that. If I am giving honesty, I want that back. I am lucky, I get that. I ask questions and I get honest answers. For someone who has my background, trust will be broken easily. You have never had it your entire life.”

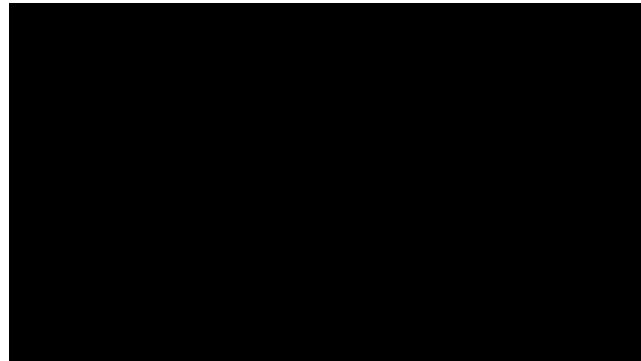
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NES Opening Doors Video



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- www.traumaticstress.org.uk

After the event

LEAFLET

Supporting children after a frightening event

This leaflet is designed to help adults to understand how children and young people might react to frightening events, and to give some ideas of what might help. Further copies are available from www.traumaticstress.org.uk

Reactions after a frightening event

Children and young people sometimes witness or are involved in things that they find very scary or stressful such as accidents, violence or terrorist attacks. As they try to understand what happened and "get their heads around it", the following reactions are common:

- Nightmares
- Memories or pictures of the event

Memories of frightening events often start out as pictures and sounds that pop into people's heads when they don't want them to.



The memories may bring with them all the fear and distress that came with the original event.

- *Beacon House*
- *NHS Education Scotland*
- *Bruce Perry: The boy who was raised as a dog 2006*
- *Van der Kolk: The body knows the score 2014*
- *Judith Herman: Trauma and recovery 1992*

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