



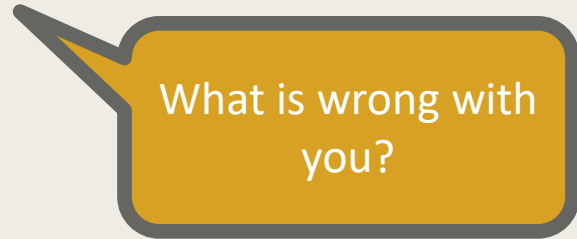
# TRAUMA RESPONSIVE CARE

Ragan Schriver, Psyd, LAPSW

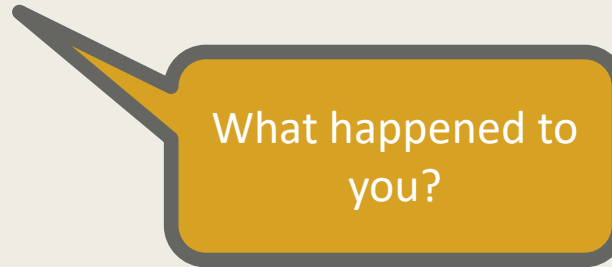


Trauma-Informed Care (TIC) provides a new paradigm under which the basic premise for organizing services is transformed.

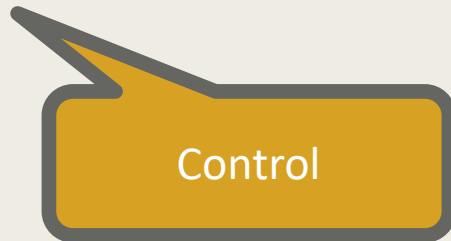
From:



To:



From:



To:



# perspectives on trauma

Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster.

- *American Psychological Association*

Psychological trauma may set in after a distressing or life-threatening event

- *Psychology Today*

A very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time

- *Merriam-Webster*

# Trauma Defined

- ▶ Trauma is an event that is extremely upsetting and at least temporarily overwhelms internal resources.
- ▶ It can be a single event
- ▶ More often than not it is multiple events over time (complex, prolonged trauma)
- ▶ An interpersonal violence or violation, especially at the hands of an authority/trust figure is especially damaging
  - ▶ *Child abuse experiences*
  - ▶ *Domestic violence*



- “Poverty is hunger. Poverty is lack of shelter. Poverty is being sick and not being able to see a doctor. Poverty is not having access to school and not knowing how to read. Poverty is not having a job, is fear for the future, living one day at a time. Poverty is losing a child to illness brought about by unclean water. Poverty is powerlessness, lack of representation and freedom.”





## Stress and the tiger

- *Bodies designed to respond to stress*
- *Adrenalin and cortisol help us run from tiger or hide*
- *Threat of short duration*

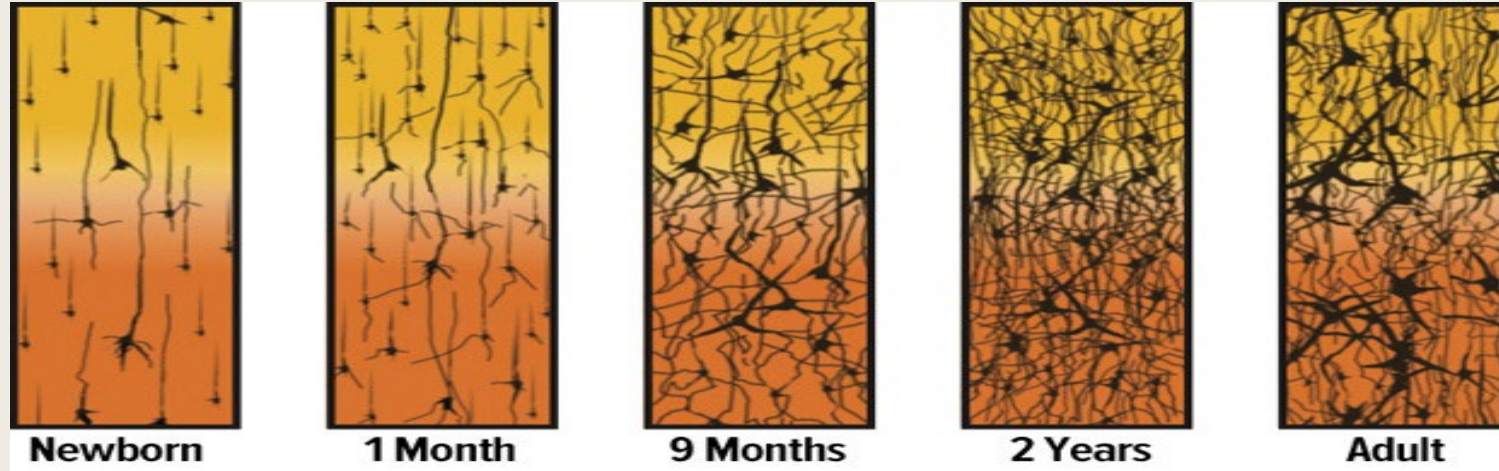
BUT...when the  
tiger lives in your  
home,  
neighborhood or  
life



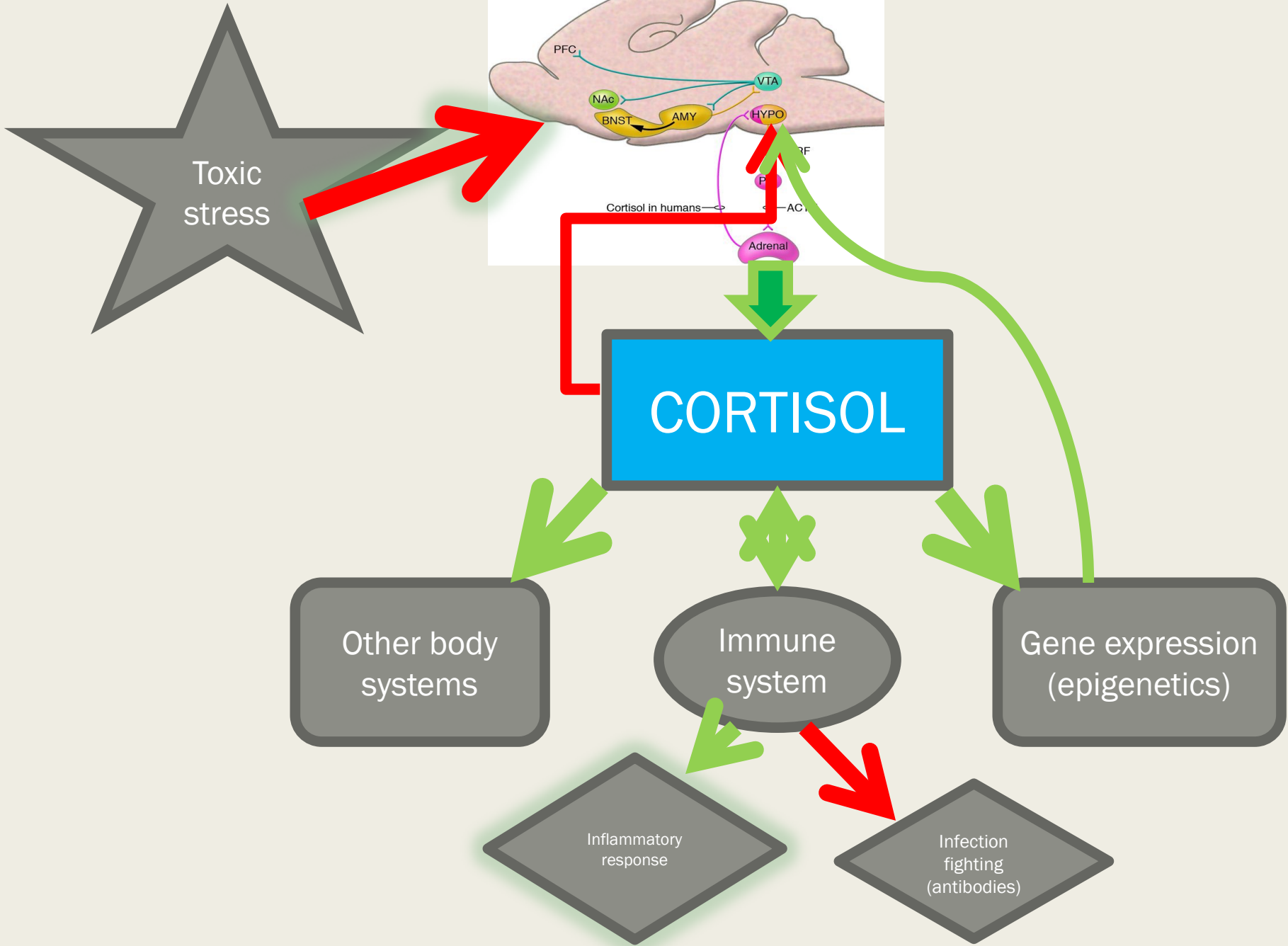
# Effects of Trauma on the Brain







Neuron density over time



# Brain process under typical conditions

Observe → Input → Interpret → Process → Evaluate Options → Plan → Act

# Alarm system "Express Route"

Observe

Interpret

**DANGER**

Act

React (Flight - Flight - Freeze)

~~Process~~

~~Evaluate Options~~

~~Plan~~

With repeated stress, the Alarm System  
“Express Route” becomes the main road

Observe

**DANGER**



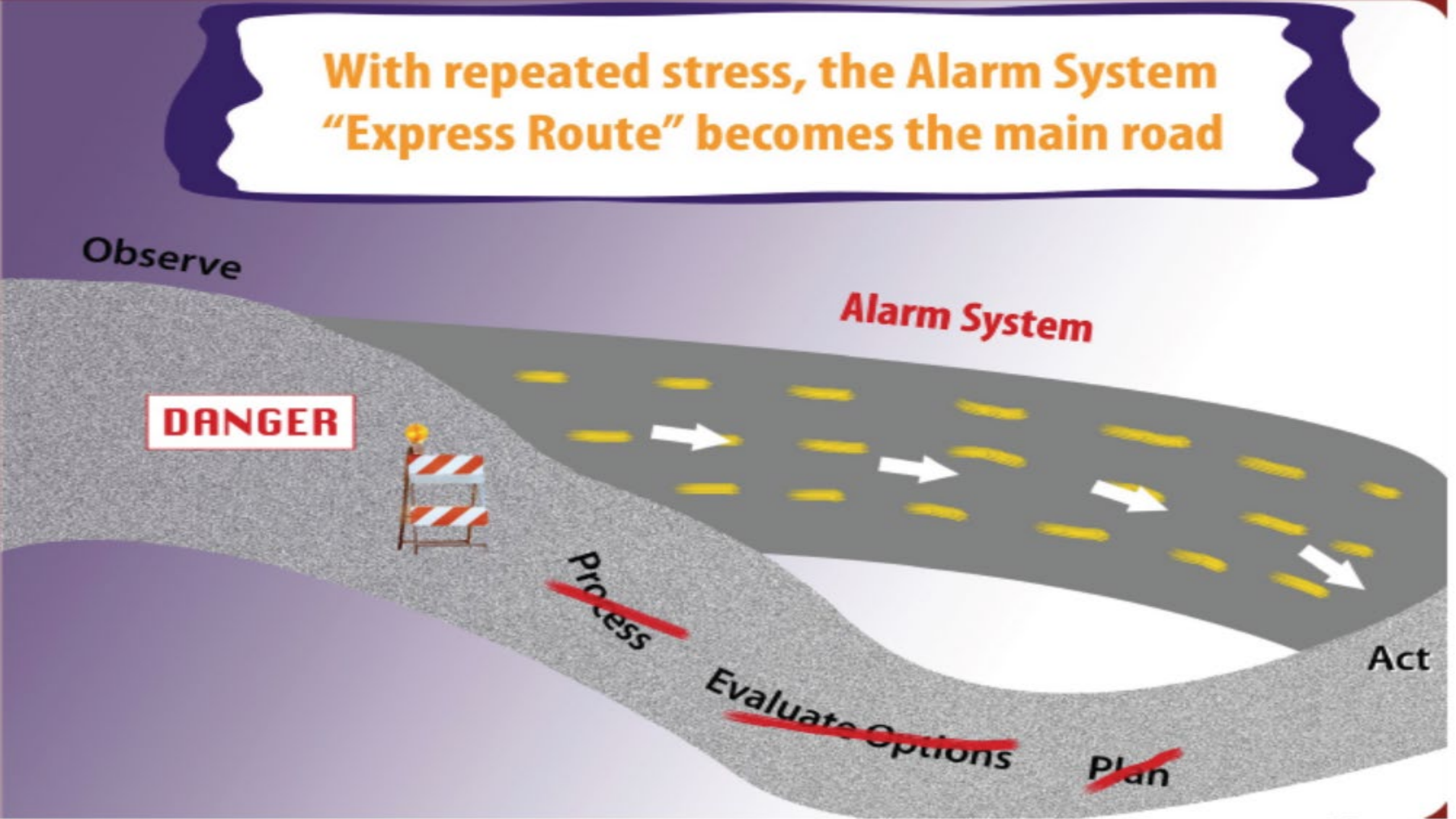
~~Process~~

~~Evaluate Options~~

~~Plan~~

**Alarm System**

Act



# Core Principles of TIC

- **Awareness:** everyone knows the role of trauma
- **Safety:** ensuring physical and emotional safety
- **Trustworthiness:** maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries
- **Choice:** respect and prioritize consumer choice and control
- **Collaboration:** maximizing collaboration and sharing of power with consumers
- **Empowerment:** prioritizing consumer empowerment and skill-building
- **Cultural humility:** respecting diversity within programs, provide opportunities for clients to express culture



