TRAUMA INFORMED ENGAGEMENT

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UNDERSTANDING TRAUMA

• Trauma is more common than most realize.
• Trauma may be defined differently among diverse groups or individuals within a group.
• Trauma has many forms.
• Trauma may or may not be recognized.
FORMS OF TRAUMA

- Acute Trauma—Single episode
- Chronic Trauma—Prolonged repeated episodes
- Complex Trauma—Experience of various types of trauma over a prolonged period, often beginning in childhood.
TRAUMA INFORMED PRACTICES

• Develop an attitude of empathy.
• Take nothing at face value.
• Create an environment of trust and safety.
• Explain what, when and how before touching.
• Ask permission to ask questions.
• Take the time needed to engage the person.
TRAUMA INFORMED PRACTICES

• Believe that people want help.
• Know that those who experience trauma have rarely had someone genuinely care for them so be patient.
• Suggest instead of instruct.
• Be willing to learn from the individual—don’t be the expert.
• Speak in terms that are well understood—know your audience.