A Trauma Informed Approach to Listening
Someone who has experienced sexual violence has often experienced “Trauma”
Trauma Defined
The Effects of Trauma

- Trauma impairs: memory, concentration, new learning and focus.

- Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.

- Trauma impacts an individual’s ability to: trust, cope, form healthy relationships.

- Trauma disrupts: emotion identification; ability to self-sooth or control expression of emotions; one’s ability to distinguish between what’s safe and unsafe.

- Trauma shapes: a person’s belief about self and others; one’s ability to hope; one’s outlook on life.
RETRAUMATIZATION

WHAT HURTS?

SYSTEM
(POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")

- Having to continually retell their story
- Being treated as a number
- Procedures that require disrobing
- Being seen as their label (i.e., addict, schizophrenic)
- No choice in service or treatment
- No opportunity to give feedback about their experience with the service delivery

RELATIONSHIP
(Power, Control, Subserviveness)

- Not being seen/heard
- Violating trust
- Failure to ensure emotional safety
- Noncollaborative
- Does things for rather than with
- Use of punitive treatment, coercive practices, and oppressive language
WHAT HELPS?
Creating a Trauma-Informed environment using the following five principles:

SAFETY
- CREATING AREAS THAT ARE CALM AND COMFORTABLE

CHOICE
- PROVIDING AN INDIVIDUAL OPTIONS IN THEIR TREATMENT

EMPOWERMENT
- NOTICING CAPABILITIES IN AN INDIVIDUAL

COLLABORATION
- MAKING DECISIONS TOGETHER

TRUSTWORTHINESS
- PROVIDING CLEAR AND CONSISTENT INFORMATION
Compassion Fatigue & Secondary Trauma

Trauma related stress reactions and symptoms resulting from exposure to another individuals’ traumatic experiences, rather than from exposure directly to a traumatic event.
IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).

SELF-CARE IS NOT LAZY OR SELFISH. SELF-CARE IS HEALTHY. SELF-CARE IS IMPORTANT. SELF-CARE IS NECESSARY.

YOU DESERVE TO BE AS NICE TO YOURSELF AS YOU ARE TO OTHER PEOPLE.