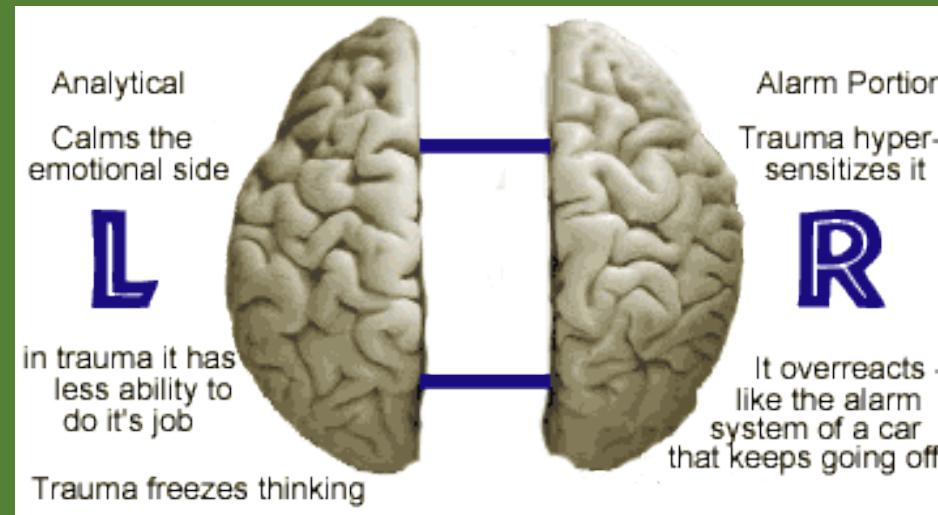


A Trauma Informed Approach to Listening

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-soothe 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, SUBVERSIVENESS)



NOT BEING SEEN / HEARD



VIOLATING TRUST



FAILURE TO ENSURE EMOTIONAL SAFETY



NON COLLABORATIVE



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

CHOICE

EMPOWERMENT

COLLABORATION

TRUSTWORTHINESS



**CREATING
AREAS THAT
ARE CALM AND
COMFORTABLE**

**PROVIDING AN
INDIVIDUAL
OPTIONS IN
THEIR
TREATMENT**

**NOTICING
CAPABILITIES IN
AN INDIVIDUAL**

**MAKING
DECISIONS
TOGETHER**

**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.



