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# Overview of Trauma and Trauma-Informed Care

*Naquetta Davis, MS*

**Checking in with self**



**Skipping Stone**

# What is Trauma?



Trauma is an occurrence which is outside the scope of everyday human experience and which would be notably distressing to almost anyone.

(American Psychiatric Association, 1987)



Trauma is universal regardless of...

- Age
- Culture
- Gender
- Class



# Acute Stress Disorder (ASD) & Posttraumatic Stress Disorder (PTSD)

ASD = up to 30 days



PTSD = more than 30 days  
through life

# One's Experience is Determined by...

## Events ("Simple" Trauma)



## Ongoing Situations (Complex Trauma)



# Adverse Childhood Experiences (ACE) Study

The three types of ACEs include

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Possible Risk Outcomes:

## BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

(The Center for Disease Control and Prevention, 2015).

# What is “Re-traumatization”?



# So what is Trauma-Informed Care? (TIC)

We stop asking:  
“What is **wrong** with this person?”



*and begin asking....*  
“What has **happened** to this person?”

**\*\* Universal precaution**



# Three Levels of Trauma Practice

## Trauma-Informed



- All interactions are anchored in the 5 values/principles
- All staff have received foundational training on trauma/Trauma-Informed Care
- Universal precaution

## Trauma-Sensitive



- Decision to use evidence-based trauma screening and assessment tools
- Deliberate changes to environment, policies and procedures to address potential for re-traumatization
- Acknowledge impact of the work on staff

## Trauma-Specific



- Offering evidence-based interventions designed to treat trauma, such as:
  - Eye Movement Desensitization Reprocessing (EMDR)
  - Cognitive Processing Therapy (CPT)
  - Prolonged Exposure (PE)
  - Seeking Safety
  - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

# Key Points

- Trauma is universal, no one is immune from the possibility of experiencing trauma.
- Trauma has existed for a very long time, it only has been a topic at the professional level relatively recently
- Trauma shatters or injures a person's world view
- Less than 10% of the population gets a diagnosis of PTSD meaning that individuals may still have a history of trauma and have trauma symptoms without having a diagnosis.
- Trauma can be caused by a single event or individuals can experience multiple trauma during their lifetime
- Aces are very common
- Re traumatization is usually unintentional, it is **always hurtful**
- Trauma-Informed Care is an approach that assumes that individuals are more likely than not to have a history of trauma.
- Trauma-Informed Care is taking that shift from asking, "What is wrong with this person?" to taking a step back and saying "What has happened to this person?"
- **Everyone in every role and every organization can be Trauma Informed**



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# Additional Resources

<https://www.heartlandalliance.org/now-more-than-ever-we-need-to-create-trauma-informed-workplaces/>

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>



**THANK YOU!**  
Any Questions?

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