

Trauma Informed Lancashire

Training: Introduction to Trauma Informed- Lunch and Learn

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What is a Trauma Informed Approach?

Trauma informed approach and practice means recognising:

- how common traumatic stress is
- potential impacts of trauma

and

- acting to avoid people becoming 'retraumatised' or unnecessarily stressed by interacting with you or your service.
- It may also mean reviewing/auditing your service and making changes to make your service accessible to those who struggle to trust professionals

Trauma affects us all



*Trauma, is a ‘**common human experience**’. It happens to **YOU** and to **ME** and to individuals in the **COMMUNITIES** we live and work within.*

If we can understand its affects and consequences we will be better placed both personally and organisationally to deal with the experience of Trauma and to help those in need.

What is Trauma

Traumatization occurs when **both internal and external resources are inadequate to cope with external threat.**

Van der Kolk B. A. (1989).

What is Trauma/ Adverse Childhood Experience?

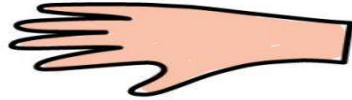
Please discuss/ shout out

Adverse Childhood Experience

Abuse



Physical abuse



Sexual abuse



Verbal abuse

Neglect



Emotional neglect



Physical neglect

Growing up in a household where:



There are adults with alcohol and drug problems



There are adults with mental health problems



There is domestic violence



There are adults who have spent time in prison



Parents have separated

What is a Traumatic Experience?

Trauma is more than Adverse Childhood Experiences:

Racism

Bullying

Death

Living in Poverty

Community Trauma.....

Types of Trauma

Adverse Childhood Experiences

Domestic violence
Drugs and/or alcohol abuse familial
mental health issues
Physical abuse
Emotional abuse
Sexual abuse
Neglect
Loss due to separation or divorce of
parents
Loss due to bereavement
Incarceration of a family member

Type 1 Trauma

Car accident
Single occurrence of
sexual assault
Terrorist incident
Physical assault

Type 2 Trauma

Multiple traumatic events
over a period of time

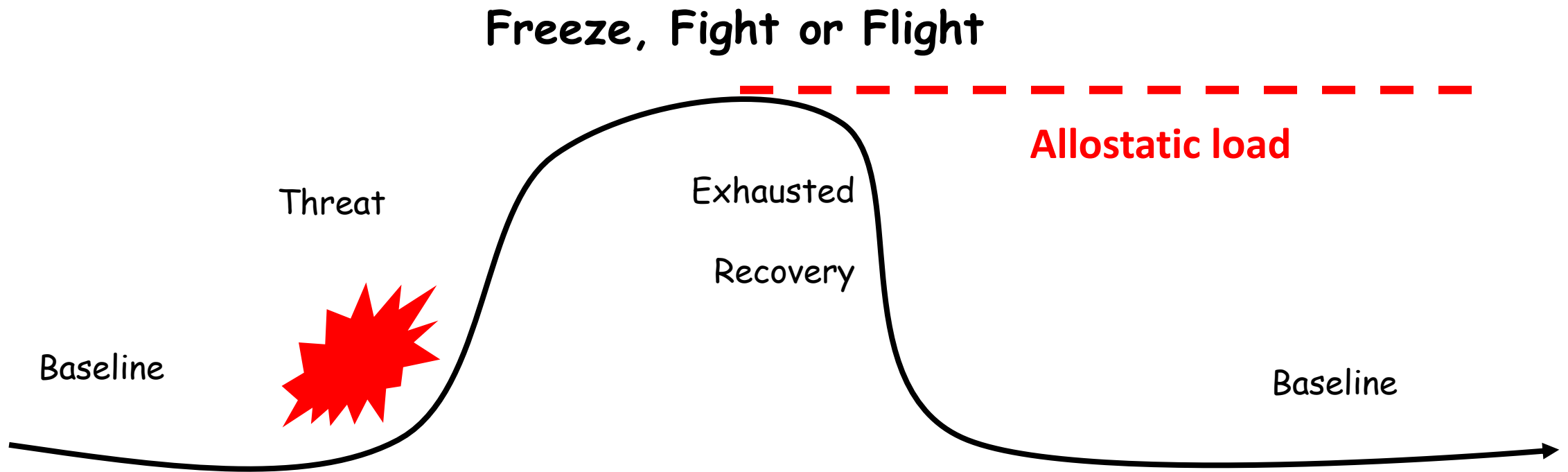
Complex Trauma

Repeated, often multiple
forms of abuse - physical,
sexual and/ or emotional

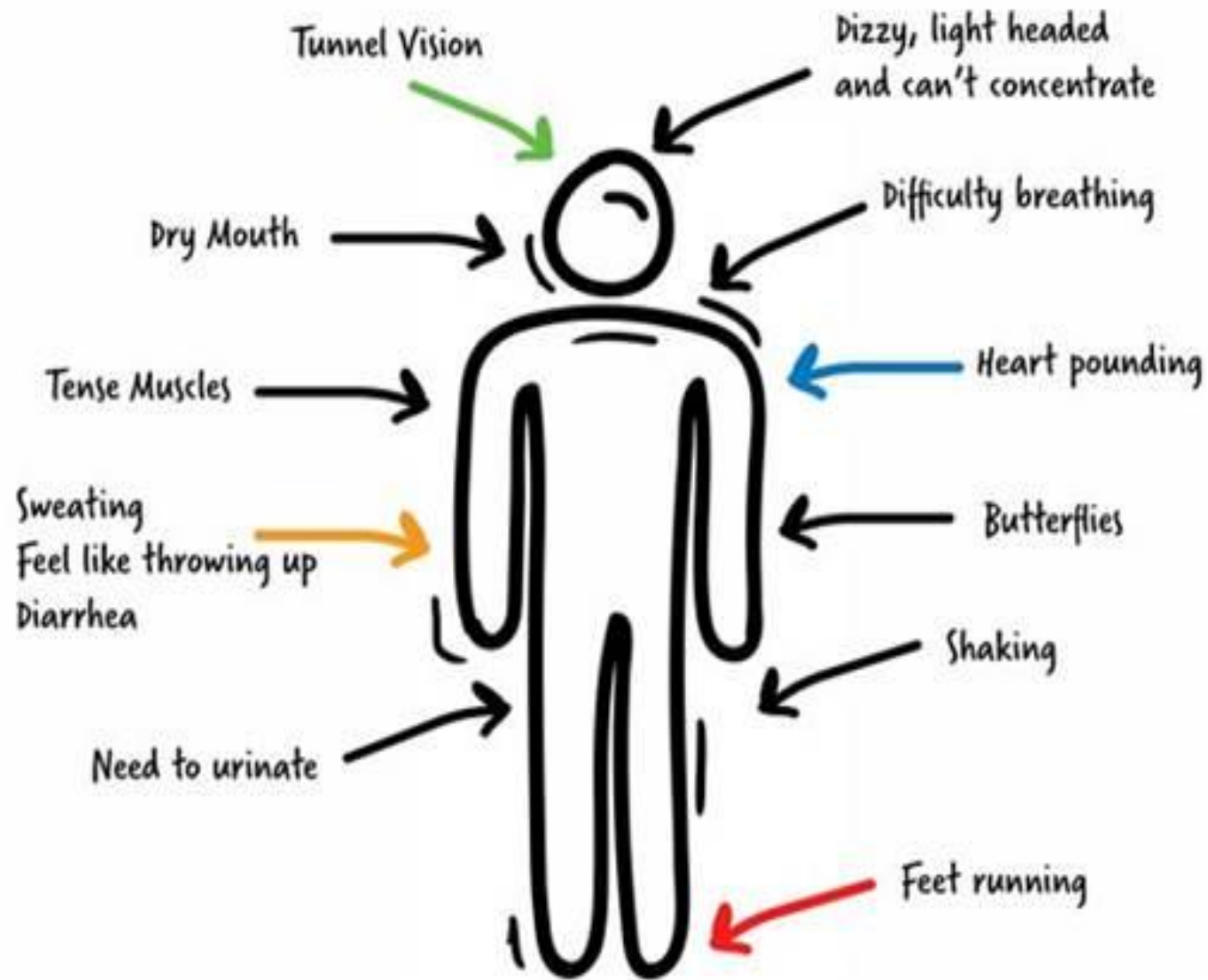
Can arise in the context of
extreme neglect

Complex trauma is
interpersonal in nature

Early Life Experiences and The Brain



What happens during a Trauma/Stress Response

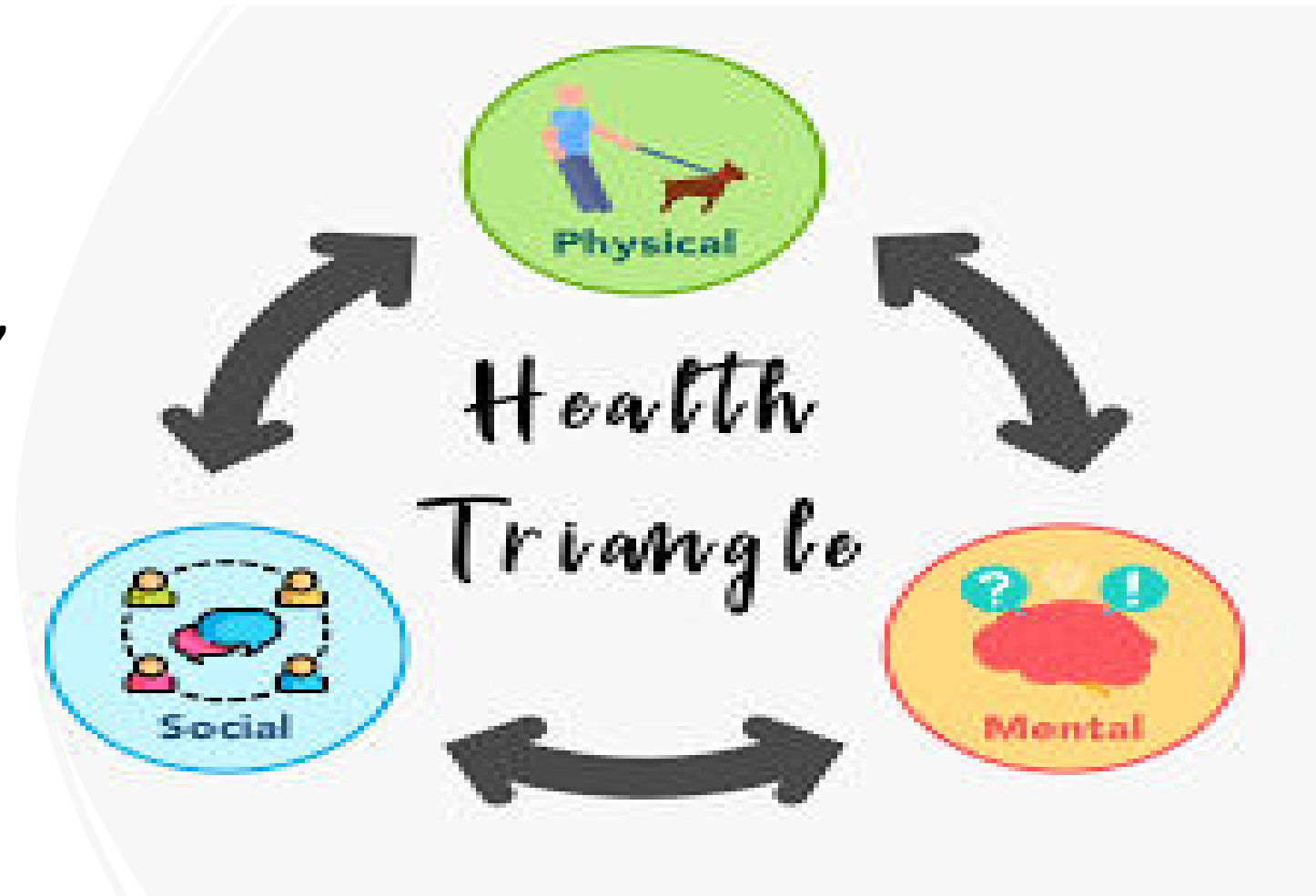


The Impact of trauma on the physical body



Why does it matter?

Without the right support, trauma/ACEs can have negative, lasting effects on **physical health**, **mental health**, and **social outcomes**.



Is it all doom and gloom?



How does Trauma impact on individuals, children and communities?

Everyone responds to trauma in their own way. Trauma can present as:

- angry outbursts,
- poor self-esteem,
- distrusting,
- anxious,
- difficulty controlling emotions,
- feelings of guilt/shame,
- hyper-vigilance
- perceived hostility in others.

Professional Curiosity

The capacity and communication skill to explore and understand what is happening within a family, rather than making assumptions or accepting a version of events at face value.

Why might someone not be honest? Embarrassment, shame, worried about what might happen, no one has ever asked before....

Language

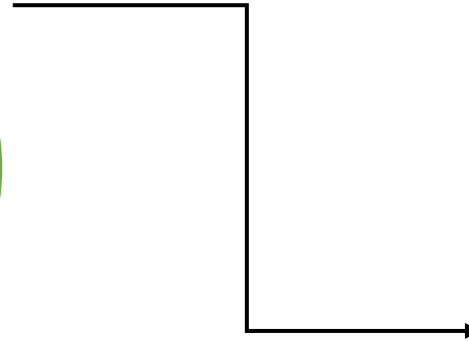
What has happened to you ?

rather than

What is wrong with you?

Importance of Language: Attention Seeking

Ignoring ATTENTION SEEKING BEHAVIOUR doesn't make the underlying need go away.....



Instead.... These unmet needs create SHAME which can be chronic and pervasive

*People seek attention through behaviour when attempts to get care by asking verbally have **failed**.*

Humans are expressive and creative. It is a sign of a healthy brain that we creatively try different ways to get our needs met.

Language : Aggressive

What does being aggressive actually mean??

Dysregulated ?

Struggling to contain emotions?

Stamping their feet?

Raising their voice.....

say what is happening rather than just using a word...

When we are emotionally dysregulated we might feel cross, anxious, stressed, upset, distracted and this makes it hard to be 'emotionally available' to interact and learn.

Trauma, is a 'common human experience'. It happens to YOU and to ME and to individuals in the COMMUNITIES we live and work within.

Being 'Trauma Informed' means using a knowledge of trauma and its potential effects to be kind, empathetic and compassionate.

Being kind is at the heart of everything you do as a professional or organisation.

Video: Empathy v Sympathy

[Brené Brown on Empathy vs Sympathy - YouTube](#)

Opening Doors: Trauma Informed Practice for the Workforce on Vimeo

Final Thought...



“ There comes a point where we need to stop just pulling people out of the river.

We need to go upstream and find out why they're falling in.

- Desmond Tutu



Trauma
Informed
Lancashire

Get in touch

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VIOLENCE REDUCTION
NETWORK



<https://www.traumainformedlancashire.co.uk/>