

Trauma-Informed Practice 101

Building a safer and more effective workplace

Sample Content

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Our Goals for Today...

- Understand what trauma-informed practice means.
- Recognize the prevalence of trauma in the population.
- Learn about Adverse Childhood Experiences (ACEs).
- Identify 5 guiding principles of trauma-informed practice.
- Understand how to apply these principles in your work.

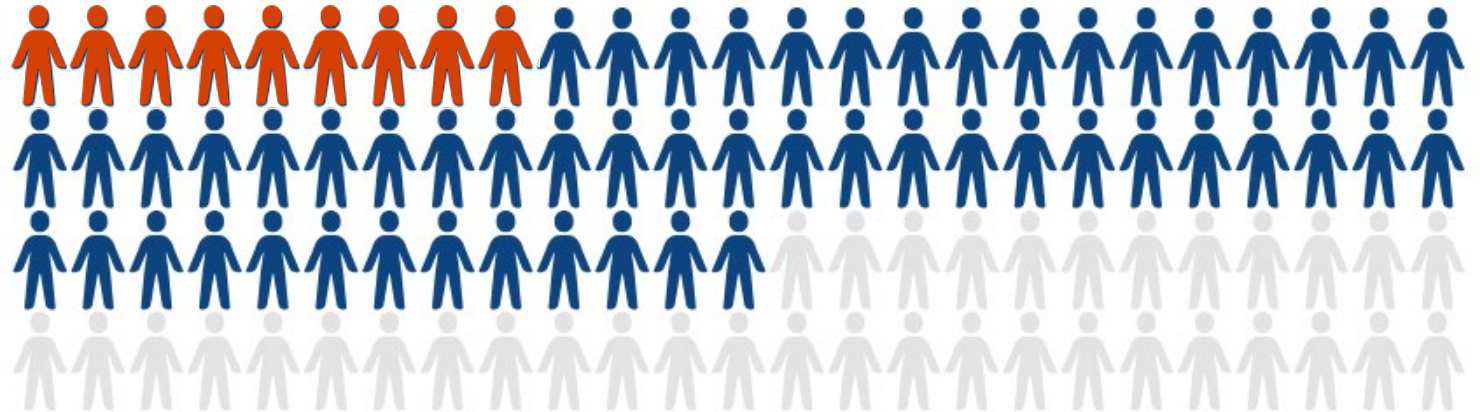
How many **Canadians** are exposed to potentially **traumatic events** in their lifetime?

63%

of adults report some form of
lifetime **trauma exposure**

9%

meet the criteria for PTSD





(BC Provincial Mental Health and Substance Use Planning Council, 2013)

Trauma-informed practice is a lens through which
we see, understand, and support service users



What if TIP
**wasn't as
complicated** as
you imagined?

What if, at its core, it simply
involved small actions—many of
which you likely **already do**,
especially on days when you're
well-rested and emotionally
regulated.

Five Guiding Principles of Trauma-Informed Practice

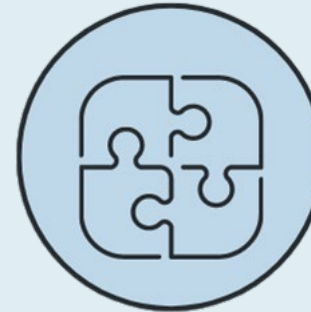
SAFETY



**CULTURAL,
HISTORICAL, &
GENDER ISSUES**



TRUSTWORTHINESS



**COLLABORATION
& CHOICE**



EMPOWERMENT

(SAMHSA, 2014)

“Here is what is going to happen today...”

“I’m sorry, I misspoke when I said...”

“Before we start, you should know that our policy is...”

“I will try to do that for you before tomorrow. If something comes up, I will let you know.”

Strengths-Oriented Questions

EXCERPTED FROM *TRAUMA-INFORMED CARE IN BEHAVIORAL HEALTH SERVICES*, 2014

Examples of potential strengths-oriented questions include:

- The history that you provided suggests that you've accomplished a great deal since the trauma. What are some of the accomplishments that give you the most pride?
- What would you say are your strengths?
- How do you manage your stress today?
- What behaviors have helped you survive your traumatic experiences (during and afterward)?
- What are some of the creative ways that you deal with painful feelings?
- You have survived trauma. What characteristics have helped you manage these experiences and the challenges that they have created in your life?
- If we were to ask someone in your life, who knew your history and experience with trauma, to name two positive characteristics that help you survive, what would they be?
- What coping tools have you learned from your ____ (fill in: cultural history, spiritual practices athletic pursuits, etc.)?
- Imagine for a moment that a group of people are standing behind you showing you support in some way. Who would be standing there? It doesn't matter how briefly or when they showed up in your life, or whether or not they are currently in your life or alive.
- How do you gain support today? (Possible answers include family, friends, activities, coaches, counselors, other supports, etc.)
- What does recovery look like for you?



Excerpted from Substance Abuse and Mental Health Services Administration. (2014). *Trauma-informed care in behavioral health services: Treatment improvement protocol (TIP) series 57* (HHS Publication No. (SMA) 13-4801). Substance Abuse and Mental Health Services Administration.