

Lost Trauma

compassion
with
community
Help your
self



• Wood
• Wax

Informed Trauma

CULTURAL AND HISTORICAL

Understanding a trauma survivor's cultural and historical background is crucial because it can significantly impact how they experience and process trauma, providing context for their reactions and offering potential avenues for healing by allowing for culturally relevant coping mechanisms and acknowledging the collective trauma experienced by their community or group throughout history; this is often referred to as "historical trauma."

Please remember
Marginalized groups have experienced trauma in the very places they seek help
Intersectionality is a framework that can help improve trauma-informed care by considering how a person's identity intersects with their experience of trauma

• INTERSECTIONALITY
• DISCRIMINATION AND OPPRESSION
• EACH INDIVIDUAL HAS THEIR OWN UNIQUE EXPERIENCES OF OPPRESSION
• ACKNOWLEDGE THAT EACH INDIVIDUAL HAS THEIR OWN UNIQUE EXPERIENCES OF OPPRESSION AND DISCRIMINATION AND EACH INDIVIDUAL HAS THEIR OWN UNIQUE EXPERIENCES OF OPPRESSION

HERE ARE THE 6 FUNDIMENTS OF TRAUMA
CARING
INFORMED

Are benefits of peer support

• Trustworthiness and Transparency
• Be consistent
• Communicate effectively
• VALIDATE THEIR FEELINGS
• Make them feel safe
• Empowerment
• Be patient

Let me explain...

IT CONSIDERS THE
PATIENT'S PAST AND
PRESENT LIFE
SITUATION

Why is this concept
of care so important?

Keep up the
amazing
work.

WHAT IS TRAUMA?
Trauma results from exposure
to an incident or series of
events that are potentially
disturbing or life-threatening
to the individual's emotional and
mental, physical, social, and/or spiritual
well-being.

TO "WHAT HAPPENED
TO YOU?"

"WHAT'S WRONG
WITH YOUR"
FOCUS FROM
CARE SHIFTS THE
TRAUMA-INFORMED

- 1.SAFETY
- 2.TRUSTWORTHINESS AND
TRANSPARENCY
- 3.PEER SUPPORT
- 4.COLLABORATION AND
MUTUALITY
- 5.EMPOWERMENT, VOICE, AND
CHOICE
- 6.CULTURAL, AND HISTORICAL

Safety

WE HAVE TO CREATE
OPPORTUNITIES FOR
INDIVIDUALS AND COMMUNITIES
TO SHARE THEIR STORIES,
GRIEVE, AND BE VALIDATED IN
THEIR EXPERIENCES IN ORDER
TO MOVE TOWARDS HEALING.

—Laura Porter

COLLABORATION AND MUTUALITY

Involve them in decision making

Avoid any Power imbalance

Strive for transparency

EMPOWERMENT, VOICE AND CHOICE

- Respect their choices: Allow them to express themselves in the way they need to, whether that's through talking, writing, or creative outlets.
- Respect their boundaries: Ask for consent before touching, hugging, or asking personal questions.
- Respect their preferences: Follow their lead on how much and when they want to talk about their trauma.

Be patient

- Physical safety: Protection from harm and danger, including basic needs like food, shelter, and protection from physical threats
- Emotional safety: Feeling secure enough to express thoughts and feelings without fear of judgment, ridicule, or harm
- Sense of security in one's environment: The belief that one's surroundings are stable and predictable