

Introductory Trauma Resource

Trauma: Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being. (SAMSHA, 2014)

EVENT	EXPERIENCE	EFFECTS
Human-made Disasters Personal Disasters Natural Disasters Historical/Generational	Abuse Rape War Homelessness	Human-trafficking Police brutality Microaggressions Arrest Mental illness Physical illness Impaired relationships Financial stress

Some triggers/feelings of those who have experienced trauma.

Excluded Judged Alone Betrayed	Powerless Blamed Forgotten Empty	Unheard Disrespected Manipulated Disconnected	Scolded Unsafe Ignored Frustrated
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People who have experienced trauma, need a trauma-informed community.

<ul style="list-style-type: none"> Promote trauma awareness and understanding. Recognize trauma related symptoms and adaptive behaviors. Trauma from the individual’s environment. Minimize (re)-traumatization. 	<ul style="list-style-type: none"> Create a safe environment. Recovery from trauma is a primary goal. Control, choice, and autonomy. Build collaborative relationships. Focus on strengths to promote resilience. Prayer and spiritual allies.
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How to create a safe space.

<ul style="list-style-type: none"> Not criminalizing those who are trafficked. Collaborate. Provide services that are relevant, culturally sensitive and affirming. Respect boundaries. 	<ul style="list-style-type: none"> Be patient, be kind. Do not take it personal if they reject help. Be consistent and show up. Build trust. Be aware of their triggers.
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Treatment Options for Trauma Survivors.

<ul style="list-style-type: none"> Eye Movement Desensitization and Reprocessing Traumatic Incident Reduction Rapid Resolution Trauma-Focused Cognitive Behavior Therapy Expressive Art Therapies: Music, Art, Dance/Movement 	<ul style="list-style-type: none"> Yoga Self-Defense Skills Boxing Residential Treatment programs Group Homes Trauma/Resiliency work-groups
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