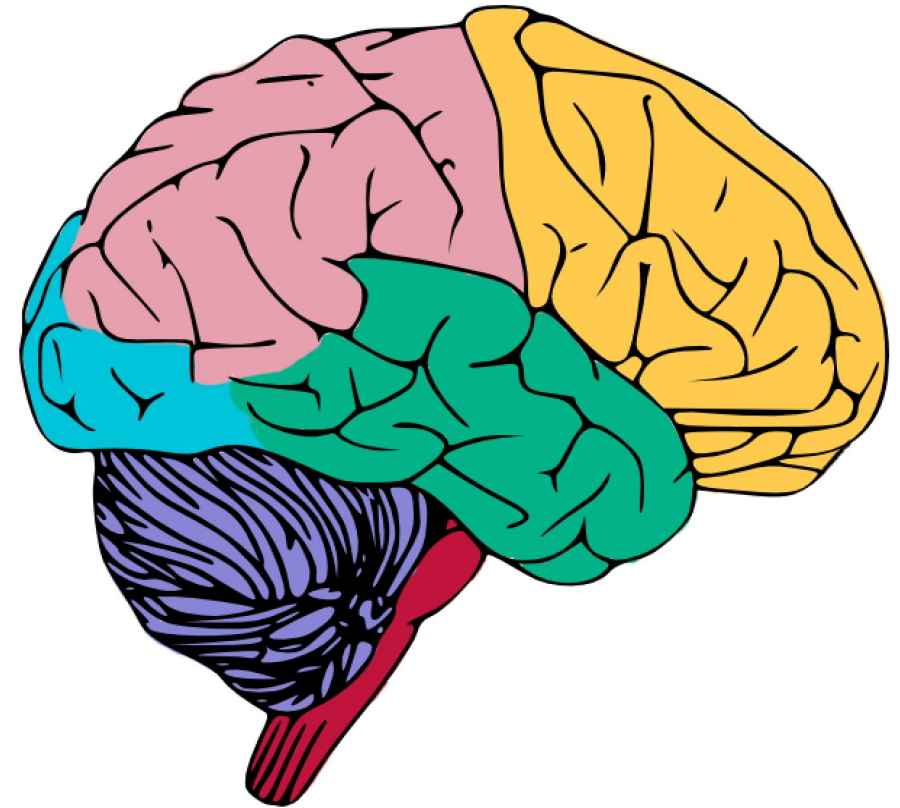


Trauma Informed Social Work

Module 1: Introduction & Course Overview



Agenda

- Introductions
- Review Course Modules and Assignments
- Guidelines for Classroom Discussion & Class Agreement
- Defining Trauma & Stress
- Planning for self Care



Class Guidelines

1. Self-care
2. Operate with an awareness of varying types of trauma that others may be experiencing/experienced
3. Appreciate risk-taking/being brave
4. Be willing to collaborate enthusiastically
5. Clear and effective communications within class and group settings
6. Being respectful and open to hearing peoples' experiences
7. Allow each person space to speak
8. Allow space for vulnerability and provide support
9. Intention vs. impact
10. Calling-in vs calling-out
11. Let's practice confidentiality /ask permission before sharing the lived experiences of others

Course Modules

1. INTRODUCTION
& CORE CONCEPTS

2.
INTERSECTIONALITY
& TRAUMA


3. TRAUMA &
RESILIENCE

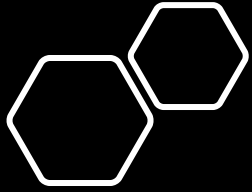
4. TRAUMA &
ORGANIZATIONS

5. CROSS-CULTURAL
APPROACHES TO
TRAUMA

6. PATHWAYS TO
HEALING

Trauma & Stress

- 
- Is there a difference between trauma and stress?



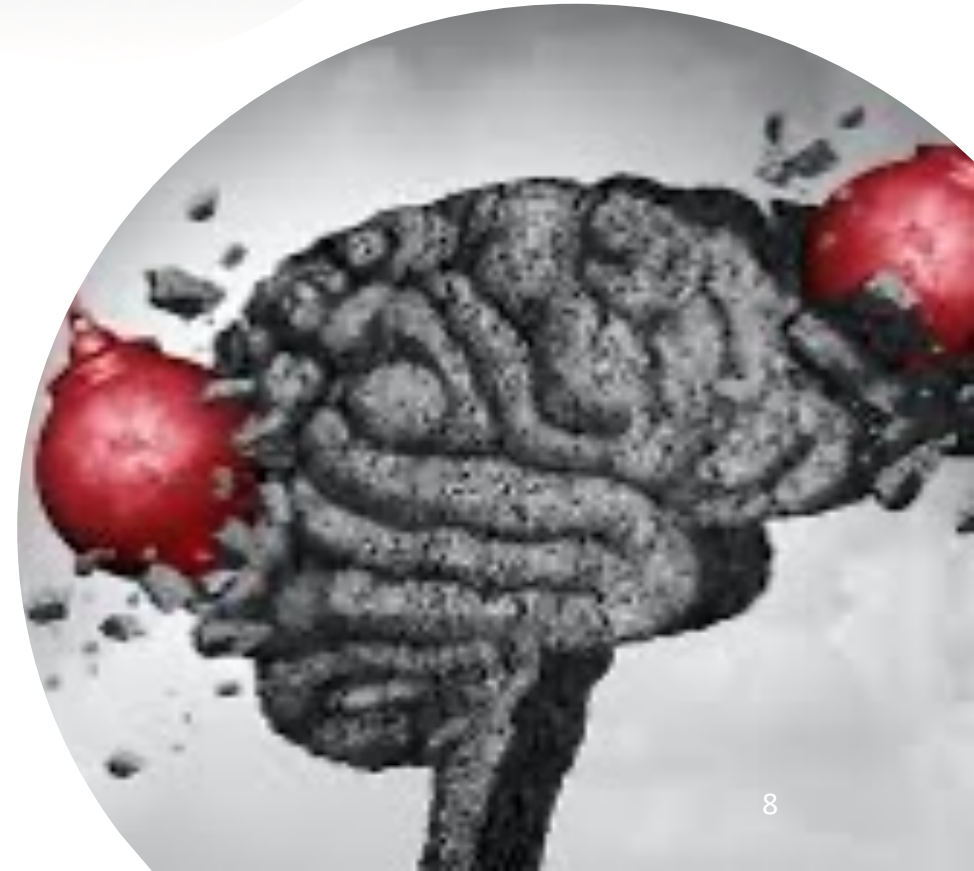
Difference Between Trauma & Stress . . .



<https://youtu.be/BJfmfkDQb14>

What is Trauma?

- An emotional state of **discomfort** and **stress** resulting from memories of an extraordinary, catastrophic experience that shatters the survivor's sense of invulnerability to harm, rendering them acutely vulnerable to stressors (Figley, 1988, 1995).



Key Things to Note About Trauma

Trauma overwhelms an ordinary system of care that gives people a sense of control, connection, and meaning in the world (Herman, 1992).

Traumatic events disrupt attachments between individuals and within families (Allen, 2001).

Distinction between events that are traumatic (e.g., represent a threat to physical integrity) and the responses to trauma.

Traumatic stress response are a set of neurobiological reactions along with strong affective experiences (McEwen, 1999).

Not all people react to horrific event in the same way

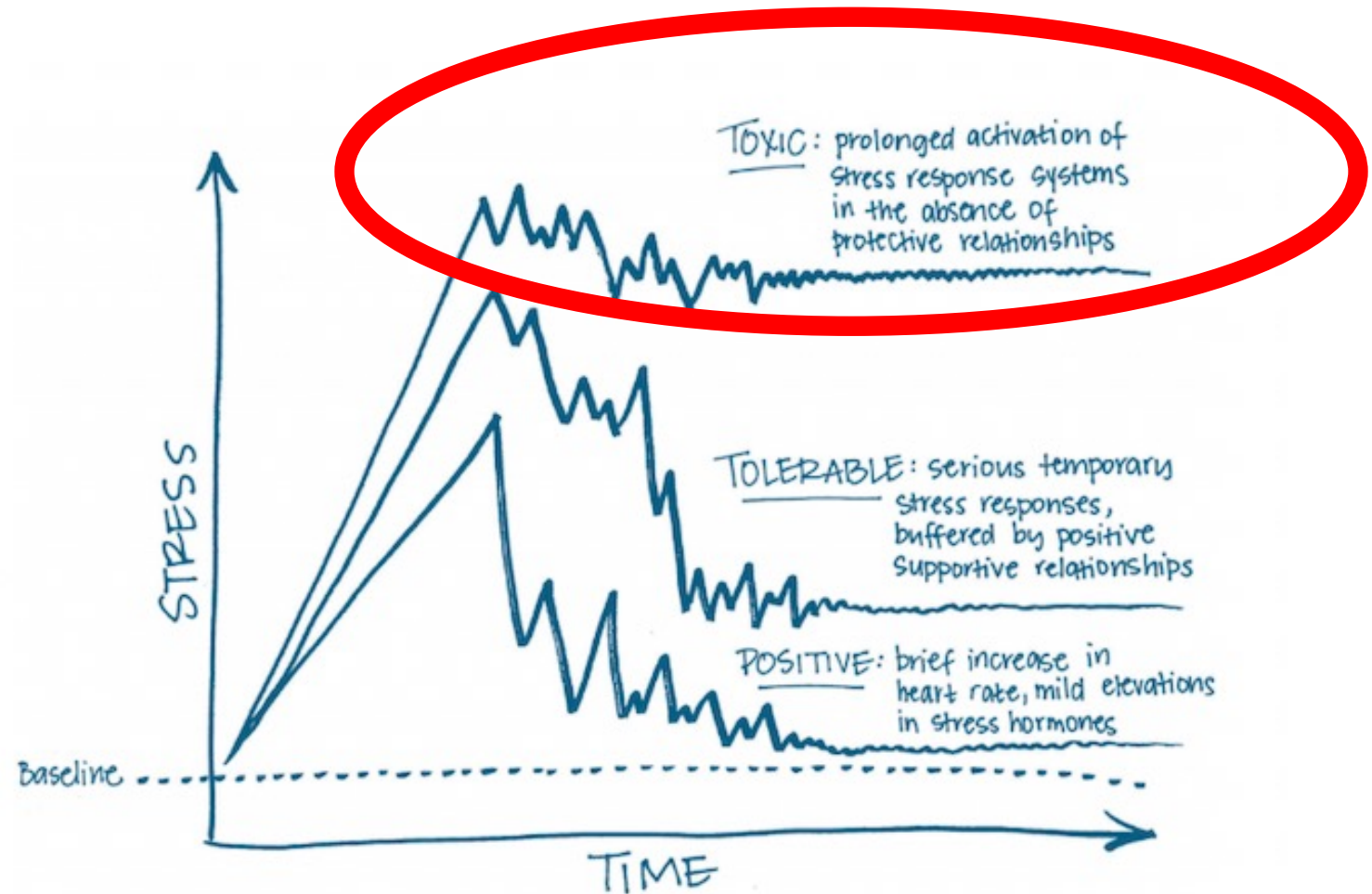
Stress



What is Stress?

- A response to an external cause (e.g., moving to a new home; getting married)
- Normally goes away once the situation is resolved or the event has passed
- Can be positive or negative

Types of Stress



Trauma- Informed Care

What is Trauma-Informed Care (TIC)

- Trauma-informed care refers to “*an intervention and organizational approach that focuses on **how** trauma may affect an individual's life and his/her response to behavioral health services from prevention through treatment.*” (SAMSHA, 2014, p.11)
- For TIC to be effective change at all levels of the organization is required
- The primary premise of TIC is to **avoid re-traumatization** of the person/group

Limitations of Trauma-Informed Care

- Trauma-informed care does not cover the totality of experiences and only focuses on harm, injury and trauma
- Deficit-based
- Incomplete care
- Trauma informed care presumes that the trauma is an individual experience rather than a collective one
- TIC requires that we treat trauma in people but provides very little insight into how we might address the root causes of trauma in neighborhoods, families, and schools
- **If trauma is collectively experienced, this means that we also have to consider the environmental context that caused the harm in the first place**
- TIC focusing on the treatment of pathology (trauma) rather than fostering the possibility (well-being)

Healing- Centered Engagement

- A holistic approach that involves culture, spirituality, civic action, and collective healing
- Views trauma not as an individual isolated experience
- Highlights the ways in which trauma and healing are experienced collectively

Practice Notes to Address Trauma Blind Spots

(Influenced by Healing
Centered Engagement)

1. Start by building empathy

2. Encourage young people to dream and imagine.

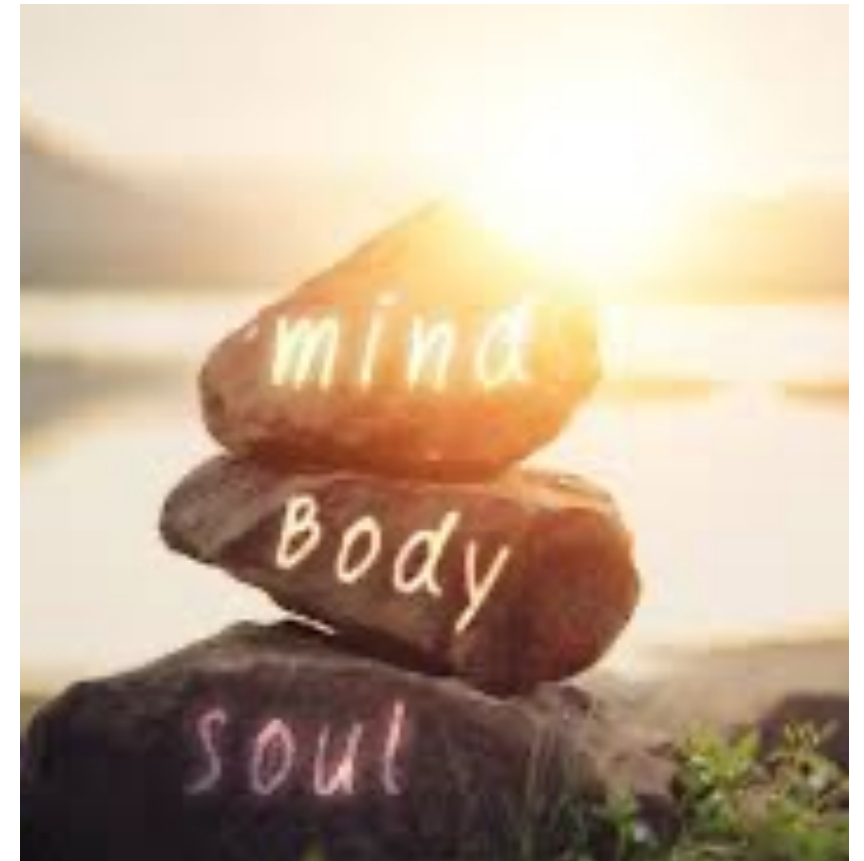
Greatest causality of trauma is also the loss of the ability to dream and imagine another way of living.

3. Build critical reflection and take loving action. By collectively responding to political decisions and practices that can exacerbate trauma. Builds a sense of power and control over their lives.

Self Care

Definition of Self Care

“Personal self care is a process of ***purposeful engagement*** in practices that promote ***holistic health and wellbeing*** of the self, whereas professional self care is understood as the process of ***purposeful engagement*** in practices that promote ***effective and appropriate use of self*** in the ***professional role*** within the context of ***sustaining holistic health and well-being***” (Lee & Miller, 2013, p. 98 as cited in Bressi & Vaden, (2017))



Individual Activity

(10 Minutes)

Take a few minutes to complete the self care assessment form (Saakvitne et al., 1996).

- Which of the six areas of self care do you need to improve on?
- What strategies will you take to improve in this/those area(s)?
- Which areas are you doing great in?

Self Care . . .

- Materials reviewed and discussions held in this class may result in the need for mental health support.
- Please ensure that you utilize the various resources available to you at BMC'S Health Center*.

101 North Merion Avenue

610-526-7360

<https://www.brynmawr.edu/healthcenter/counseling-se>

- All currently enrolled BMC undergraduate, graduate, and post-bac students can meet with a counselor for a 30-minute brief assessment. During this meeting, the student and counselor will discuss the student's needs and identify a range of options best suited to meet the stated needs.
- To speak with a counselor when the Health Center is closed, call: 610-526-7778



Food for Thought . . .

*“Don’t take your health for granted.
Don’t take your body for granted.
Do something today that
communicates to your body that
you desire to care for it. Tomorrow
is not promised.” (Jada Pinkett
Smith)*