The Effects of Trauma

- Trauma impairs: memory, concentration, new learning and focus.
- Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.
- Trauma impacts an individual’s ability to: trust, cope, form healthy relationships.
- Trauma disrupts: emotion identification, ability to self-soothe or control expression of emotions; one’s ability to distinguish between what’s safe and unsafe.
- Trauma shapes: a person’s belief about self and others; one’s ability to hope; one’s outlook on life.

RETRAUMATIZATION

WHAT HURTS?

SYSTEM (POLICIES, PROCEDURES: TELL ME WHAT HAPPENED)

- Having to continually retell their story
- Being treated as a number
- Procedural disorientation
- Being seen as the label (e.g., addict, schizophrenic)
- No choice in service or treatment
- No opportunity to provide feedback about their experience with the service delivery

RELATIONSHIP (POWER CONTROL, SUBMISSION)

- Not being seen/heard
- Violating trust
- Failure to ensure emotional safety
- Noncollaborative
- Does things for rather than with
- Use of punitive treatment, coercive practices and oppressive language

WHAT HELPS?

Creating a Trauma-Informed environment using the following five principles:

- Safety
- Choice
- Empowerment
- Collaboration
- Trustworthiness


Please feel free to contact authors at sw-ittc@buffalo.edu.
To learn more about us visit our website at http://www.socialwork.buffalo.edu/research/ittc/