When an event is traumatic to children and adults, they may be negatively impacted emotionally, physically, and spiritually by these adverse life events.

Trauma-Informed Care is about ensuring ALL individuals feel physically and emotionally safe, are noticed and listened to, and are given a voice.

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-sooth 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, “THE WAY THINGS ARE DONE”)

- Having to continually retell their story
- Being treated as a number
- Procedures that require disrobing
- Being seen as their label (i.e., addict, schizophrenic)
- No choice in service or treatment
- No opportunity to give feedback about their experience with the service delivery

RELATIONSHIP (POWER CONTROL, SUBVERSIVENESS)

- 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


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