

Trauma Informed Care

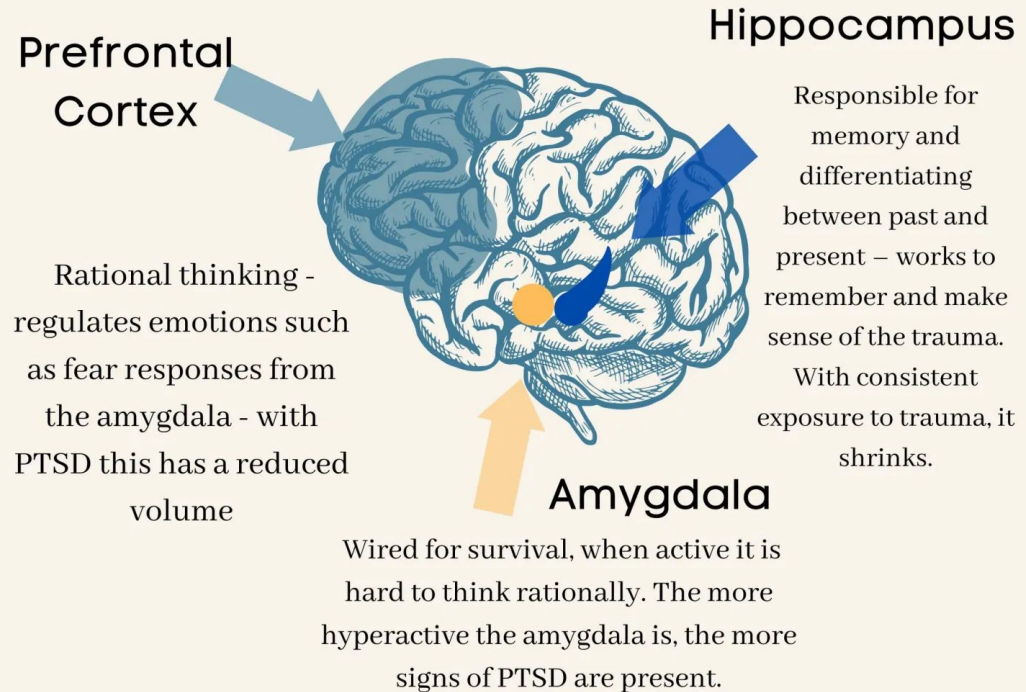
Colorado Hosting Asylum Network

What is trauma?

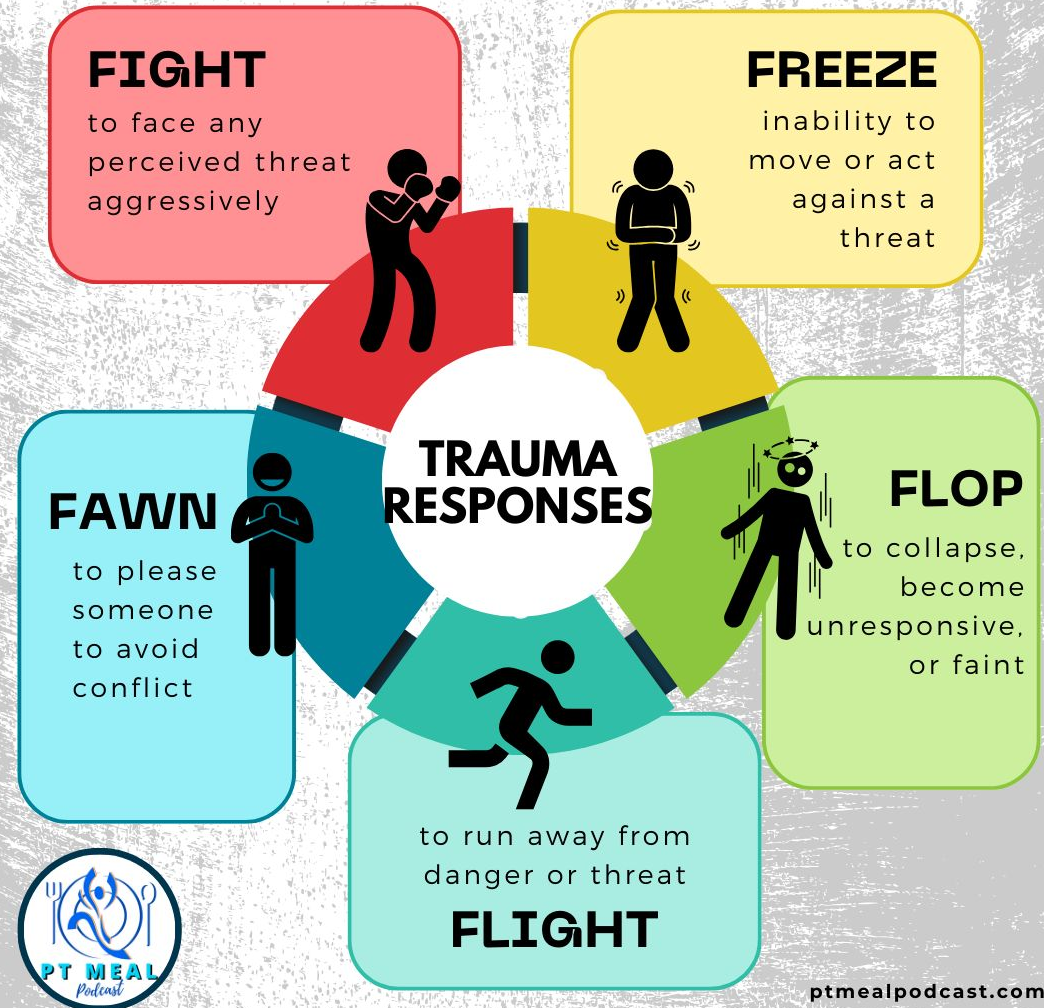
- An emotional response to an event or experience
- Overwhelms a person's typical approaches to coping
- Collective trauma can be experienced by a group
- Historical trauma is used to refer to trauma surrounding structural racism, oppression, and discrimination
 - Can be passed down through generations
- NOT a synonym for stress

- The amygdala = primitive brain
- The amygdala is usually most active with individuals who have experienced traumatic events
- Your brain can tell you that you are unsafe, even when you are safe.
- This is our brain's way of protecting us from future trauma

HOW TRAUMA AFFECTS THE BRAIN



- Response can differ depending on the situation
- Trauma responses are not easily predictable
- Recognizing that a response is happening is the first step to help
- Helping someone regulate
 - Deep breathing
 - Take a walk
 - Talk about something else
 - Be outside
 - Meditation



The Four Rs of Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

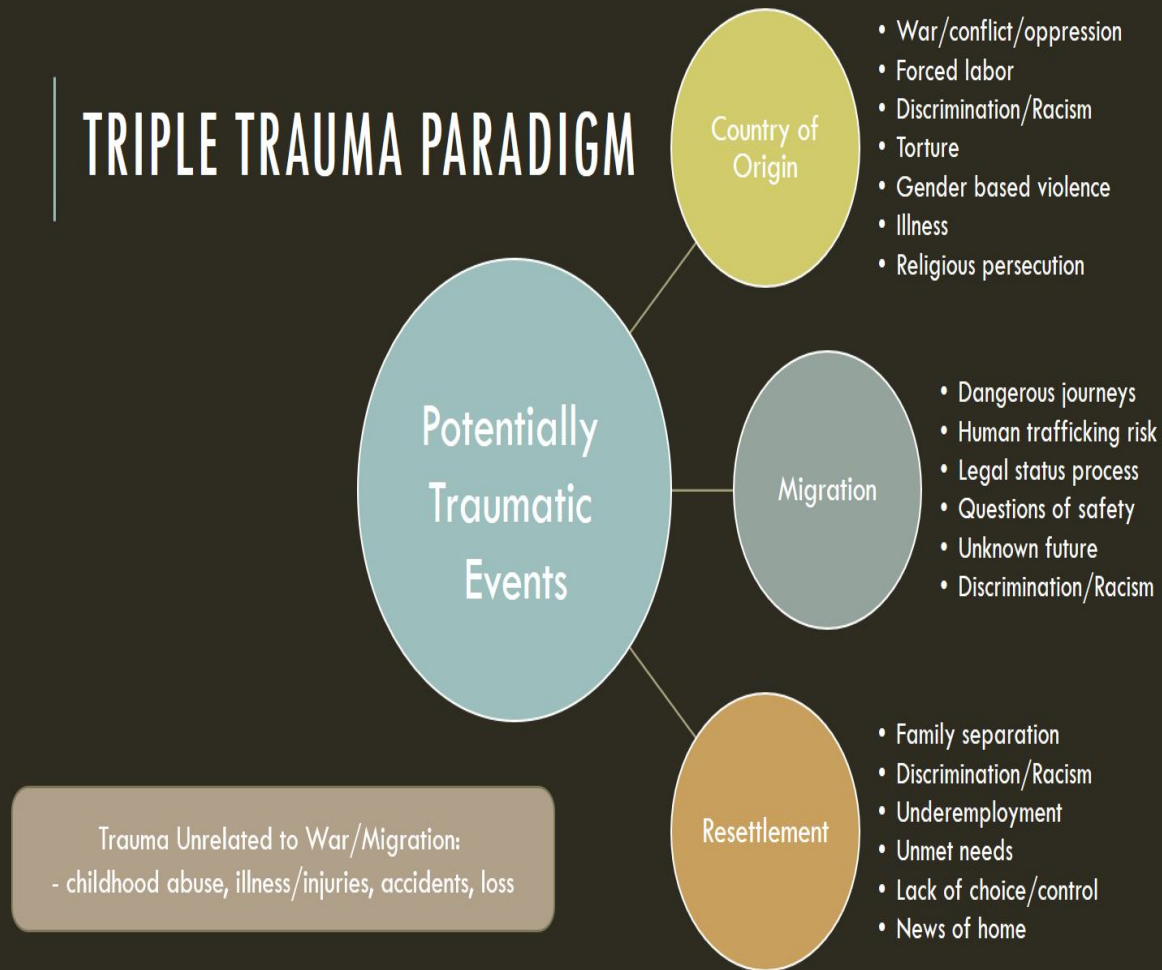


(National Center for Trauma Informed Care, 2018)

The Refugee Experience

- Usually man-made trauma
- Multiple losses
- Gender-based violence
- Forced isolation
- Detention in the U.S.
- Complex forms of trauma
 - Multiple or repeated traumatic experiences

TRIPLE TRAUMA PARADIGM



In Practice

- Understanding trauma and its effects
- Understanding your guest's values
- Healing happens through relationships
- Window of tolerance
- Trauma and understanding trauma is not linear

