

# Trauma-Informed Care

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# Objectives

- Participants will be able to define key aspects of trauma-informed care
- Participants will gain understanding in the difference between trauma-informed care and trauma-focused treatment
- Participants will gain knowledge to inform their own implementation of trauma-informed care

Trauma Informed Care (TIC) recognizes that traumatic experiences terrify, overwhelm, and violate the individual.

TIC is a commitment not to repeat these experiences and, in whatever way possible, to restore a sense of safety, power, and worth.

TIC is also a commitment to prevent trauma for our patients, caregivers, and staff.

# Recognizing our own responses

- “This is so unnecessary”
- “Why do I have to learn about this? This doesn’t impact me.”
- “People need to toughen up, I’ve handled everything just fine”
- “This doesn’t apply to me because I already do a good job of being trauma-informed”

# What is Trauma Informed Care?

## Substance Abuse and Mental Health Services Administration's (SAMHSA) 4Rs of Trauma-Informed Care



The widespread impact of trauma and understand potential paths for recovery



signs and symptoms of trauma in patients, families, and staff



by fully integrating knowledge of trauma into policies, procedures, and practice



re-traumatization of patients, families, and staff

# Realize

“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.**” -SAMHSA, 2014

Trauma can and does occur on a systemic level:

“When a society institutionalizes oppression formally or informally, the result is called **systematic oppression**...Life spans are reduced when people are socially dominated, politically oppressed, or economically dominated.” (van Dernoot Lipsky & Burk, 2009)

# Realize

Events

Experience  
of Events

Effects

# Intergenerational Trauma



# Respond

## Integrating Trauma Informed Care into Practice, Policy, and Procedures

# Respond

- Predictability and routine
- Boundaries – your boundaries and limits provide safety for clients and families
- Ensuring physical and emotional safety
- Maintain a calm environment to decrease hyperarousal
- Support and promote positive and stable relationships in the person's life

# Respond



Predictability – our responses to behavior are expected



Transparency, task clarity, consistency, and interpersonal boundaries



Provide clear information about when, where, and by whom services will be provided



Be on time



Do what you say you will do, and if you can't do it, take responsibility

# Respond



Focus on skill building – i.e., patients are in control over their behavior, and we can teach them skills to do so



Offer choices



Focus on empowerment instead of management and control



Build upon strengths and promote resilience

# Resist Retraumatization

Avoiding an intervention because it may cause trauma

Not giving limits

Allowing clients or caregivers to harm us in some way

# Questions

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**THANK YOU!**

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