

TRAUMA-INFORMED PRACTICES

Information and Resources compiled by the
Domestic Violence and Mental Health Collaboration Project

Traumatic events are extraordinary not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life. Unlike commonplace misfortunes, traumatic events generally involve threats to life or bodily integrity, or a close personal encounter with violence or death... The common denominator of trauma is a feeling of intense fear, helplessness, loss of control, and threat of annihilation. – Judith Herman

Trauma cannot be viewed as a single discrete event, but as a defining and organizing experience that forms the core of a person's identity. – Maxine Harris

According to the
Substance Abuse and Mental Health Services Administration (SAMHSA)...

Trauma-Informed Programs:

- Realize the widespread impact of trauma and understand paths for recovery;
- Recognize trauma signs and symptoms in service recipients and providers;
- Integrate trauma knowledge into policies, procedures, and practices; &
- Resist re-traumatization.

Trauma-Informed Principles:

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues

Resources to Help You Better Understand Trauma & How to Respond

"Depression Part Two" by Allie Brosh

www.hyperboleandahalf.blogspot.com/2013_05_01_archive.html

While this is not specifically about trauma, it is an excellent depiction of one person's experience with depression, and does a powerful job of conveying how we might respond in ways that are not always helpful, even when we have great intentions.

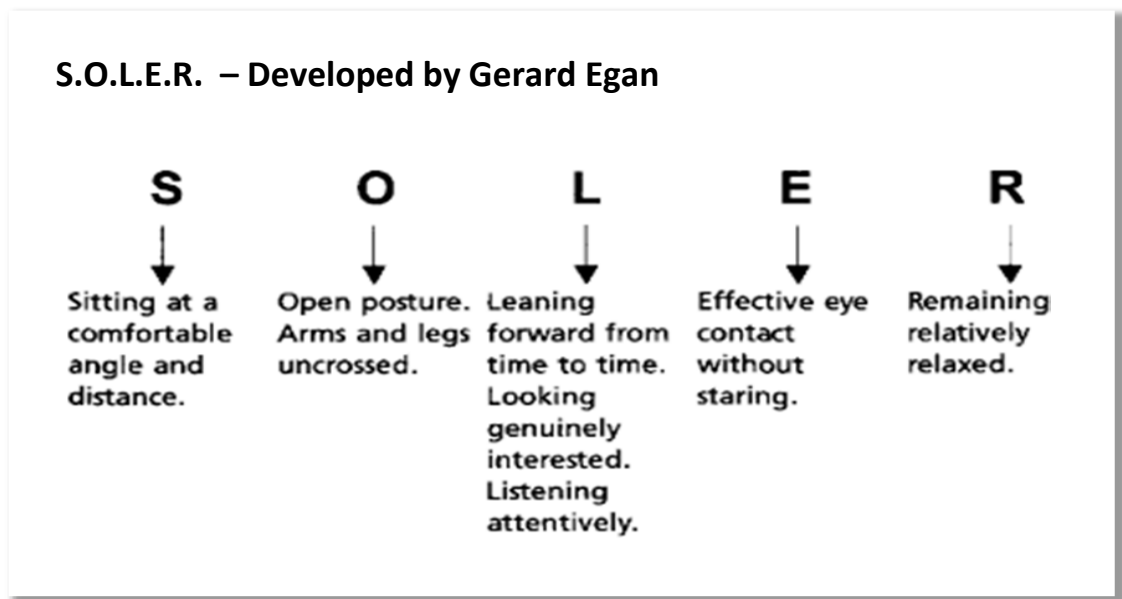
In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness
by Peter A. Levine

Mindsight: The New Science of Personal Transformation by Daniel J. Siegel, M.D.
www.mindsightinstitute.com

Trauma and Recovery by Judith Herman

Trauma-Responsive Skills

Become a Better Listener: Active Listening by J. Grohl
<http://psychcentral.com/lib/become-a-better-listener-active-listening/0001299>



Ask, “What has happened to you?” not “What is wrong with you?”

Trauma-Responsive Practices (this is a small sample of options)

iRest/ Yoga Nidra – www.irest.us - This is being used with veterans who have PTSD and military sexual trauma survivors.

Mindfulness Based-Stress Reduction (MBSR) – www.palousemindfulness.com
We are piloting MBSR classes for service providers and for DV survivors.

Seeking Safety – www.seekingsafety.org
We offered Seeking Safety groups to DV survivors in a previous project phase. Each group was co-facilitated by an advocate and a mental health service provider and survivors liked and benefited from the groups.

Wellness Recovery Action Plans (WRAPs) – www.mentalhealthrecovery.com

One of our partner organizations encouraged staff to create their own WRAPs and to form small teams to support each other in implementing them.

Information about Secondary Trauma and Compassion Satisfaction

Banishing Burnout: Six Strategies for Improving Your Relationship with Work
by Michael P. Leiter and Christina Maslach

The Professional Quality of Life Scale (ProQOL) by Beth Hudnall Stamm
A measure of compassion satisfaction and compassion fatigue – www.proqol.org

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others
by Laura van Dernoot Lipsky with Connie Burk - www.traumastewardship.com

Trauma Training or Traumatic Training? by Alison Iser for Coalition Ending Gender-Based Violence's newsletter – <http://endgv.org/projects/domestic-violence-mental-health-collaboration-project/>

Organizations / Projects / Centers

The Domestic Violence and Mental Health Collaboration Project - www.endgv.org
See our Welcoming Environments Initiative Report, online courses, Coping Skills Tool, and Songs for Surviving the Family Law Process Tool.
<http://endgv.org/projects/domestic-violence-mental-health-collaboration-project/>

Institute for Health and Recovery – www.healthrecovery.org
Laurie Markoff, PhD trained us on trauma-informed care basics, supervision, Seeking Safety group facilitation, and implementing trauma integration strategic plans. See IHR's Toolkit for Developing Trauma-Informed Organizations at www.healthrecovery.org/publications/detail.php?p=30.

National Center on Domestic Violence, Trauma, & Mental Health
www.nationalcenterdvtraumamh.org

SAMHSA's National Center for Trauma-Informed Care – www.samhsa.gov/nctic

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