

## 7. Further Information and Resources

- ❑ C.A.R.E. Northumberland Animation: [Caring about Adversity, Resilience and Empowerment \(C.A.R.E\) in Northumberland – YouTube](#)
- ❑ CC Inform: [Using trauma-informed approaches to work with adults - Adults \(ccinform.co.uk\)](#)
- ❑ HM Gov: [Working definition of trauma-informed practice - GOV.UK \(www.gov.uk\)](#)
- ❑ Children's Society: [Child Exploitation Appropriate Language Guide 2022.pdf \(childrenssociety.org.uk\)](#)
- ❑ [Trauma Informed Learning Framework for Adult Social Care \(Northumberland\)](#):
- ❑ Learning Framework for Children's and Families Workforce (Northumberland): [Growing Resilient Children and Adults in Northumberland: Learning Framework](#)

## 6. Good Practice in Adopting Trauma Informed Approaches

According to the Klinik Community Health Centre's trauma toolkit (2013) [Trauma-informed Toolkit.pdf](#), practice standards for working with people who have experienced trauma are rooted in the following areas:

- ❑ Build relationships based on respect, trust and safety
- ❑ Use a strengths-based perspective
- ❑ Frame questions and statements with empathy, being careful not to be judgmental
- ❑ Frame the individuals' coping behaviours as ways to survive and explore alternative ways to cope as part of the recovery process
- ❑ Respond to disclosure with belief and validation that will inform practical issues related to care
- ❑ Help the individual to regulate difficult emotions before focusing on recovery
- ❑ Acknowledge that what happened was bad, but that the individual is not a bad person
- ❑ Recognise that the individual had no control over what happened to them
- ❑ Provide an appropriate and knowledgeable response that addresses any concerns they may have about the services offered to them, and use this knowledge to guide service delivery
- ❑ Watch for and try to reduce triggers and trauma reactions

Change 'what's wrong with you' to 'what's happened to you'



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## 1. What is Trauma Informed Practice?

- ❑ There is no common definition of Trauma Informed Practice. The following has been formulated from several experts in the field and is referred to as a consensus definition:
- ❑ *"Trauma-informed care is a strengths based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasises physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment."* (Hopper, Bassuk, & Olivet, 2010)
- ❑ Trauma Informed Practice is an approach aimed at ensuring environments and services are welcoming and engaging for individuals and staff. It is based on the growing knowledge about the negative impact trauma can have on a person throughout their life course and recognises that trauma is common in society. Historically, services have not always responded to trauma in a strengths based and person-centred way, resulting in the re-traumatisation of individuals thus affecting their willingness to participate and engage.
- ❑ HM Government has recently (Nov. 22) published its working definition and key principles of Trauma Informed Practice for the Health and Care sector. (See sec. 7)

## 2. The Principles of Trauma Informed Practice

- ❑ **Trauma Awareness:** Those who are trauma informed will understand the prevalence and impact of trauma among individuals and within the workforce.
- ❑ **Safety:** Policy and practice reflect a commitment to provide physical and emotional safety for individuals and staff.
- ❑ **Choice & Empowerment:** to avoid re-traumatisation and facilitate healing, choice and empowerment are part of trauma informed service delivery.
- ❑ **Strengths based:** With a focus on strength and resilience, individuals and staff build skills that will help them move in a positive direction.

## 5. The Effects of Trauma

Different people who experience the same or similar events may be affected in very different ways. SAMSHA (2014) illustrates this by referring to the **3 Es of Trauma**:

- ❑ **Event(s):** the nature of traumatic event itself, either Type 1 or Type 2 or both
- ❑ **Experience:** how an individual makes sense of an adverse event and the support they receive afterwards will influence whether they experience it as traumatic or not. There are different factors that can influence how an event is experienced and can include – gender, age, race, and their development stage at the time of the event
- ❑ **Effects:** the effects of a traumatic event may occur straightaway or may be delayed and the impact can be short or long-term. Trauma can affect a person physically, emotionally or cognitively

In addition, there is an emerging area of scientific research that shows how environmental influences - children's experiences – actually affect the expression of their genes. This is being referred to as 'Epigenetics'.

To find out more visit the Harvard Institute 'Epigenetics and Child Development' - [What is Epigenetics? The Answer to the Nature vs. Nurture Debate \(harvard.edu\)](#)

## 4. Defining Trauma.....

*"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 wellbeing"* (SAMSHA, 2014)

- ❑ **Type 1 Trauma:** refers to either one single event, or a short-lived occurrence. This type of trauma may not always lead to a long-term psychological impact but may meet the criteria for a diagnosis of post-traumatic stress disorder (PTSD) in 25 – 30% of people.
- ❑ **Type 2 Trauma:** refers to multiple traumatic events over a period of time. Often referred to as, complex trauma, interpersonal trauma or developmental trauma.
- ❑ **Community and historical trauma:** Adverse events created in wider social, economic, cultural and political contexts.
- ❑ **Vicarious or secondary trauma:** refers to the impact on practitioners of working with individuals and communities who have experienced trauma.

## 3. The 4 R's of Trauma Informed Practice

An organisation, service, system or practitioner that is trauma informed will:

- ❑ **Realise** the widespread impact of trauma and understand potential pathways for recovery;
- ❑ **Recognise** the signs and symptoms of trauma in individuals, families, staff and others involved;
- ❑ **Respond** by fully integrating knowledge about trauma into policies, procedures and practices and will seek to actively...
- ❑ **Resist** the re-traumatisation of individuals.

(Substance Abuse Mental Health Administration, SAMSHA, 2012)