

Trauma – Informed Care (TIC)

It isn't about what's wrong with a person. it's about what happened to a person.

TIC is a strengths – based framework which recognises the complex nature and effects of trauma and promotes resilience and healing.

5 KEY PRINCIPALS:

Safety

Creating areas that are calm & comfortable

Trust

Providing clear and consistent information

Choice

Providing an individual options in their treatment

Collaboration

Maximising collaboration among health care staff, patients and their families in organisations & treatment planning

Empowerment

Noticing capabilities in an individual

THE FOUR R'S OF TIC

REALISE

All people at all levels have a basic realisation about trauma, and how it can affect individuals, families, and communities

UNIVERSAL SCREENING



Prevents misdiagnosis and inappropriate treatment planning

RECOGNISE

People within organisations are able to recognise the signs and symptoms of trauma

RESIST

RE-TRAUMATISATION

Organisational practices may compound trauma unintentionally, trauma informed organisations avoid this.

RESPOND

Programmes, organisations and communities respond by practicing a trauma-informed approach

Trying to implement trauma-specific clinical practices without first implementing trauma-informed organisational culture change is like throwing seeds on dry land.

Sandra Bloom, Creator of the Sanctuary Model

TRAUMA INFORMED PERSPECTIVE

PROBLEM FOCUSED PERSPECTIVE

Over-sensitive and reactive

Agressive behavior

Refuses to accept help

No motivation

Avoids people

Disengaged

TRAUMA INFORMED PERSPECTIVE

Trauma is being re-triggered resulting in strong emotions

Is always aware of potential threats and relies on anger to stay safe

Shame is triggered when help is offered

Has depression or PTSD and avoidance is a way to manage discomfort

Way to manage stress and re-triggering

Could be experiencing dissociation from trauma

Adapted from the Youth AOD Toolbox, Strengths based Approach