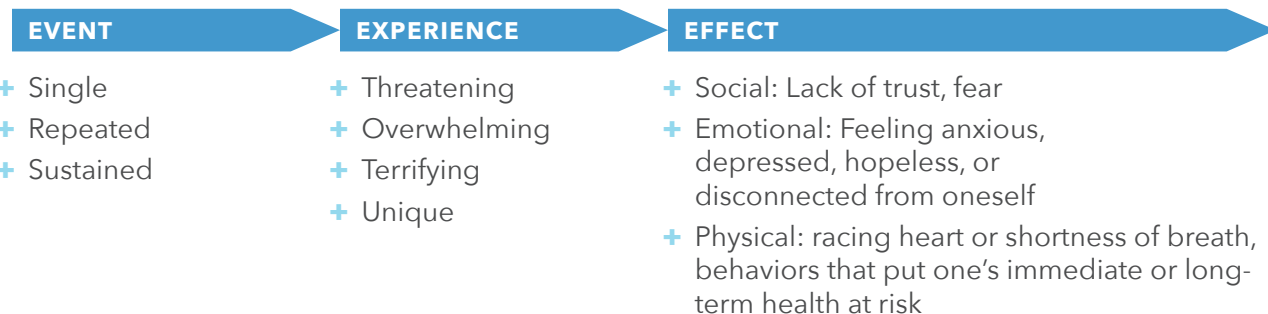


TRAUMA-INFORMED CARE (TIC) POCKET GUIDE

WHAT IS TRAUMA?



WHAT IS TRAUMA?

Trauma-informed care (TIC) is a treatment model that provides whole-person care by avoiding re-traumatization and creating a welcoming and safe environment for everyone, including those who have experienced trauma. The foundation of TIC can be summarized by the four R's:

- REALIZE**
- RECOGNIZE**
- RESPOND**
- RESIST RE-TRAUMATIZATION**

REALIZE WHAT CONTRIBUTES TO TRAUMA

Many factors can contribute to stress and trauma including but not limited to:

- + Poverty
- + Incarceration
- + Racism and discrimination
- + Severe injury or illness
- + Violence in the home or local community
- + Childhood maltreatment
- + Terrorist attack
- + Homelessness
- + Interactions with police
- + Not having enough food in the home
- + Sexual assault or abuse
- + Natural disasters (e.g. hurricanes, tornadoes)
- + Disease outbreak (e.g. COVID-19)

RECOGNIZE THE IMPACTS OF TRAUMA

Individuals who experience trauma and lack support from others may adapt in ways that negatively impact their health:

Behaviors

- + Drug use
- + Alcohol use
- + Smoking
- + Overeating
- + Anorexia
- + Gambling
- + Physical inactivity

Thoughts & Feelings

- + Mistrust
- + Guardedness
- + Easy to startle
- + Aggression
- + Fear of expressing basic needs
- + Social withdrawal and isolation

People who have experienced trauma are at higher odds of having health conditions such as:

- + Heart disease
- + Cancer
- + Severe obesity
- + Depression
- + Liver disease
- + Chronic bronchitis
- + Emphysema
- + Skeletal fractures
- + Shorter life expectancy

Acknowledge these responses without judgement

Help patients feel safe and supported

Intake

- + Greet patients while they are fully clothed
- + Emphasize the patient's control of the session
- + Attend to body language and follow up on signs of discomfort
- + Establish sensible and fair rules that are clearly explained
- + Focus on what patients can do vs. what they can't

Examination

- + Offer to shift an item of clothing in lieu of undressing
- + Offer ways to signal distress and pause/stop exam
- + Ask for consent prior to each touch
- + Talk through what you are doing and why

Creating a Care Plan

- + Collaborate on decisions and goals
- + Assume individuals are doing their best
- + Acknowledge and validate feelings
- + Honor behaviors that help the patient cope with trauma, acknowledge progress, and build on strengths

Use grounding and de-escalation techniques

New and unknown environments like health care settings can remind people of prior traumatic experiences. You can help support all individuals by giving them choice and freedom of action. Try the following techniques:

- + Use a calm tone of voice and give people physical space
- + State what you observe and acknowledge their feelings (e.g. "I can see that you feel angry and scared")
- + Ask others what they need
- + Offer more than one acceptable alternative choice (e.g. "You are welcome to sit or stand")
- + Offer alternative points of focus from what is stressful (e.g. tell a story, offer water or a book)
- + Take a few deep breaths together or ask others to imagine a relaxing place in their imagination
- + Ground patients by helping them gain awareness of their senses (e.g. running hands under cold water)