

# What is Trauma Informed Care?

**Trauma Informed Care (TIC)** is an approach to engage people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. So what exactly is **Trauma**? Trauma is the experience of overwhelming demands on the physiological and psychological systems of the body...resulting in a profound felt sense of betrayal, vulnerability, and immobilization.

TIC is a PROCESS, not a program.

TIC is remembering nothing the kid does is as important as what happened to him/her.

TIC is knowing how our kids have a trauma affected brain that operates differently, and that it is focused on safety, immediate dangers, and getting basic needs met. It is understanding that our kids focusing on these things, often prevents him/her from being able to use their frontal cortex to better problem solve, rather than fight, flight or freeze.

TIC focuses on where the kid is in his/her development, not where we think someone that age should be. TIC helps staff understand reason and purpose for resident's behavior.

Being Trauma-informed is about your relationship and how it plays out daily over time. **"Being is different than doing."** Trauma attacks the victims "being". Our relationships, interventions and "beings" are the healing ingredients.

Trauma turns a learning brain into a **SURVIVING** brain.

## Categories of Trauma:

### Type I: Single Event

A single traumatic event that is sudden and unexpected, for example, witnessing a homicide.

### Type II: Repeated Event

The repeated occurrence of a traumatic event, for example, repeated sexual abuse.

### Type III: Complex

The repeated abuse/neglect from within the family or supposed safety system.

### Historical/Intergenerational

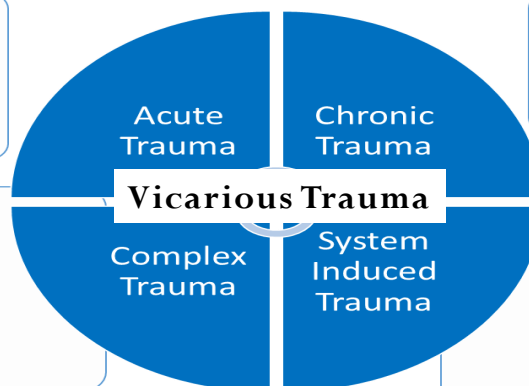
Multiple, successive traumatic events occurring across generations.

- Single, time limited traumatic event

- Multiple traumatic events

- Chronic trauma plus impact trauma has on person

- Trauma from detention, residential facility, multiple placements



# TIC NEWS



## What Trauma Informed Care is NOT...



TIC is **NOT** a special type of therapy, a “professional role” or direct intervention.

TIC is **NOT** a coddling, hug-fest in which we love the naughty out of the kids.

TIC is **NOT** a theory which allows the kids to run amuck and do what they please while we watch and offer love and triple antibiotic when they fall hanging from the lights.



TIC is **NOT** grouping the kids up in a coed circle, holding hands while candles are lit, singing coom-by-ya.

TIC is **NOT** allowing the girls and boys free reign to actively explore their sexuality while we hand out condoms and cigarettes.

TIC is **NOT** a way to disempower staff.

TIC is **NOT** creating a less safe environment.

TIC is **NOT** ignoring holding youth accountable.

TIC is **NOT** a way to excuse or enable behavior.

TIC is **NOT** replacing skills/techniques that work.

TIC is **NOT** a residential treatment model.



## FREQUENT ERRORS

- Personal space trespassing
- Touching without permission or warning
  - Ignoring
  - Intimidation as motivation
  - Rescuing, breaking boundaries
- Not demonstrating appropriate emotions
  - Splitting youth loyalty
- Using the relationship as reward or punishment

**Trauma-informed care seeks to change the clinical perspective from asking “What is wrong with you?” to “What happened to you?”**



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