



# Trauma Notification Training



## Trauma Informed Approach

*Most people that have experienced trauma will live without any long-term effects. However, others may have more difficulty and experience traumatic stress reactions. If unaddressed, trauma increases the risk of mental health and substance use disorders and chronic physical diseases. A trauma-informed approach has the potential to ease the individual's capacity to cope with the trauma.*



### Applying the Six Key Principles of a Trauma-Informed Approach

#### Six Key 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

#### **1. Safety:**

- Ask the victim if they feel safe. If they say no, ask them what they need to feel safe or more comfortable.

#### **2. Trustworthiness & Transparency:**

- Be honest. If you can't answer a question, explain the reason. If you don't know the answer, say that you don't know.

#### **3. Peer support:**

- Ask the victim if there is someone you can call to support them.

#### **4. Empowerment, Voice & Choice:**

- Recognize the victims' strength.
- Give victims' choices.

#### **5. Collaboration & Mutuality:**

- Recognize your role with the victim. There may be an unspoken power differential if you are in a position of power.
- You could restate your role and specific purpose in a caring tone.

#### **6. Cultural, Historical, & Gender Issues:**

- Recognize needs and reactions may be influenced by culture.
- Recognize implicit bias.
- Ensure that cultural needs of the victims are met; if you don't know how to do this, ask.
- Be aware of historical trauma.

#### **Four Key Trauma-Informed Assumptions for Those Providing Trauma Notifications:**

1. Basic realization about the trauma as well as an understanding on how this trauma impacts individuals, families, groups, and communities.
2. Able to recognize the signs of trauma.
3. Respond to trauma utilizing the six key principles of a trauma-informed approach.
4. Resist re-traumatizing the victim.



#### **What is Trauma?**

Individual trauma results from 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 well being.

*Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). SAMHSA's Concept of trauma and guidance for a trauma-informed approach. Retrieved from*

<https://store.samhsa.gov/product/samhsas-concept-trauma-and-guidance-trauma-informed-approach/sma14-4884>