

## Becoming a Trauma Informed Church

What is Trauma? A deeply distressing or disturbing experience.

- \_\_\_\_\_ Abuse
- Sexual Abuse
- Emotional abuse/ psychological maltreatment
- \_\_\_\_\_
- Serious \_\_\_\_\_, illness, or medical procedure
- Witness to domestic violence
- \_\_\_\_\_ violence/bullying
- Natural/manmade disasters
- \_\_\_\_\_ or terrorism

Trauma can be experienced in many forms. Here are 4 examples of common types of trauma

1. Traumatic \_\_\_\_\_ - When the feeling of danger causes the fight/flight/freeze response
2. \_\_\_\_\_ Trauma- The impact of multiple, simultaneous, and/ or prolonged traumatic events.
3. Re-traumatization- the recurrence of traumatic stress symptoms upon exposure to multiple traumatic events
4. Vicarious \_\_\_\_\_ - The change in a person's thought pattern that helpers can experience when empathizing with individuals who have suffered a trauma

Some Reactions to Trauma:

- Exhaustion
- Confusion
- \_\_\_\_\_
- Anxiety
- Agitation
- Numbness
- Dissociation
- Blunted Affect
- Detachment to events

- Avoidance
- Substance Use/abuse
- \_\_\_\_\_ harm/suicide/violence

Primary Reasons trauma survivors are unable to disclose experiences are:

- \_\_\_\_\_ - of safety, loss, stigmatization, and blame
- \_\_\_\_\_ - a feeling of humiliation that causes a loss of respect or esteem
- \_\_\_\_\_ - the feeling of having done something wrong.

Trauma-Informed \_\_\_\_\_ (TIC) is an approach that assumes that an individual is more likely than not to have a history of trauma. Trauma-Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life.

Why is it important to the church?

- \_\_\_\_\_ the hurt
- \_\_\_\_\_ the Lost
- \_\_\_\_\_ the brokenhearted
- \_\_\_\_\_ People and add value to their life

4 Key Elements of Trauma Informed Care

1. Realizing the prevalence of trauma
2. Recognizing how trauma affects everyone involved
3. Responding by putting the knowledge of trauma into practice
4. Resisting Re-Traumatization

6 Principles of Trauma Informed Care

1. \_\_\_\_\_ - A person must feel safe, calm and secure in their environment
2. Trustworthiness and transparency- Trusting relationships are the foundation of healing.  
Transparency in a relationship helps to build trust
3. \_\_\_\_\_ Support

4. Collaboration and mutuality- We should all work together to build up the survivor
5. Empowerment, \_\_\_\_\_, and choice- This recognizes that the person has gifts, talents, and strengths to draw upon to help with their healing
6. Cultural, historical, and gender issues