



## Trauma Informed Care

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11th Annual DEC Conference  
October 9, 2014

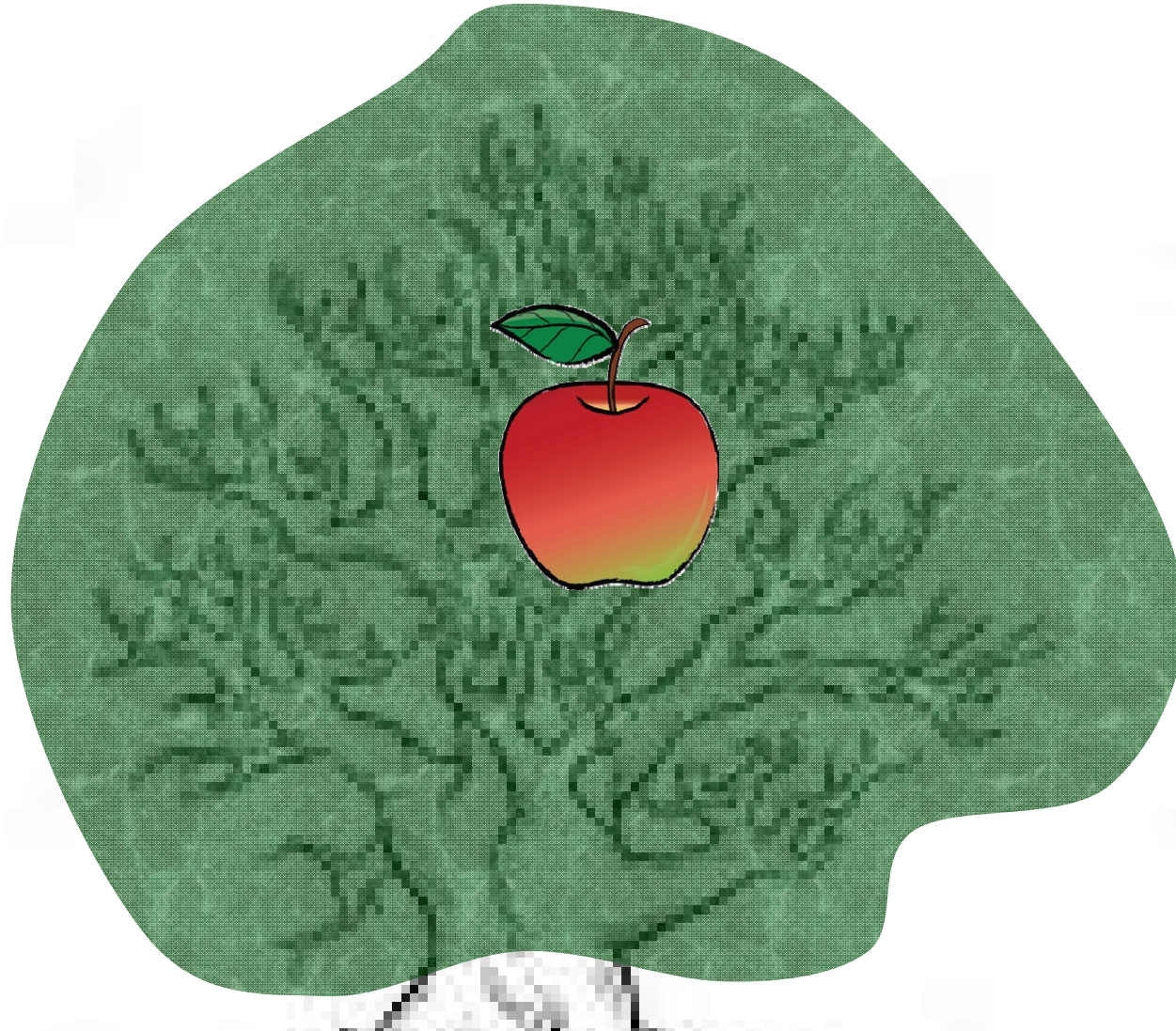


Rescue. Defend. Shelter. Support.

NATIONAL ALLIANCE  
FOR DRUG ENDANGERED CHILDREN

children  
+ drugs = RISK

# A "Root-to-Fruit" Issue

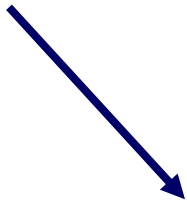


# The A-Frame Ladder of Trauma Informed Care

TIC is like the rungs of a ladder;  
an organization applies effort to reach the top.

## The ART and SCIENCE of TIC

Supported by  
Scientific  
Research



The Skill of Use  
in Everyday Situations



**4-Trauma-Informed Approach**  
a culture of promoting recovery

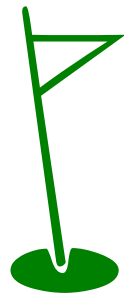
**3-Trauma Responsive**  
a consistent form of behavior

**2-Trauma Sensitive**  
able to recognize (have a “trauma lens”)

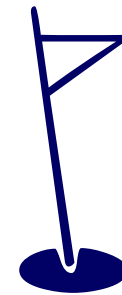
**1-Trauma Aware**  
understand the topic

# 1. Trauma Aware

What is Traumatic Stress?  
as compared with Positive, Tolerable, and Toxic Stress



Expectations  
the IDEAL



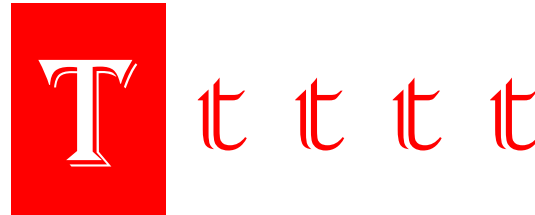
Resources  
the REAL

The bigger the gap, the bigger the stress

# 1. Trauma Aware

Definition: the 3 Es

Event or series of events

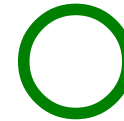


Experienced

1st Hand

2nd Hand

3rd Hand



Adverse Effects

**BEFORE**

**AFTER**

Emotional

Emotional

Cognitive

Cognitive

Social

Social

Spiritual

Spiritual

Financial

Financial

# 1. Trauma Aware

## Object Lesson: Soda Pop Bottle

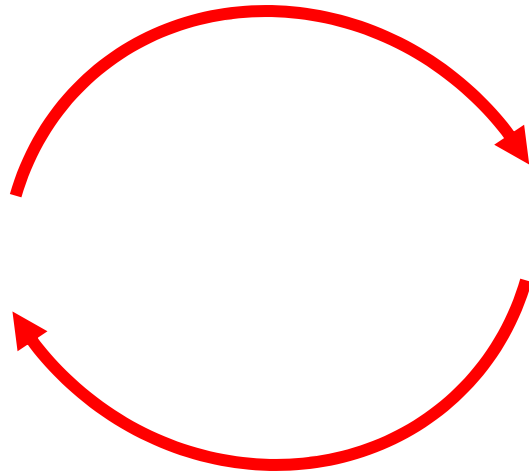


# 1. Trauma Aware

What kinds of events can be so overwhelming that they provoke traumatic stress?

## 2. Trauma Sensitive

Life Keeps Happening  
shaking up our thoughts and feelings  
“Being on Guard” has become a way of life  
for the developing brain.



**ALERT**—*popping our top*

**AVOID**—*keeping a lid on it*



## 2. Trauma Sensitive

What are some of the  
signs and symptoms of  
*popping our top*  
and/or  
*keeping a lid on it?*

## 3. Trauma Responsive

Opportunities in assisting children have healthy

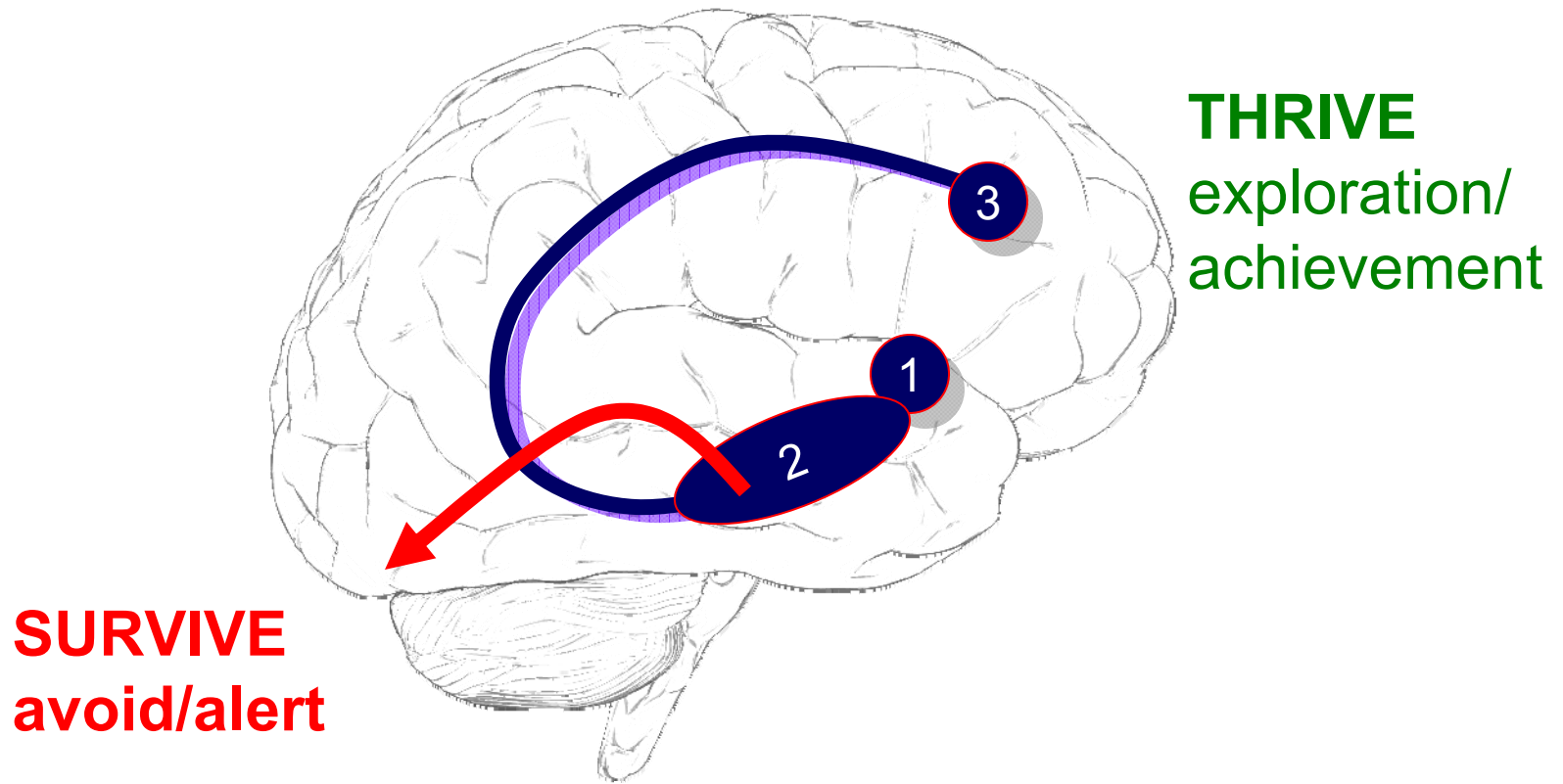
# EXpreSSSSion!

Adults Infuse Capacity Building by  
remaining calm,  
differentiating (not taken personal),  
tuning in,  
role modeling, and  
correct and build

The 5-gallon Jug Metaphor



# 3. Trauma Responsive



# 3. Trauma Responsive

## “Bio-behavior”

encourages front brain activity versus activating the brain stem

## “Correct and Build”

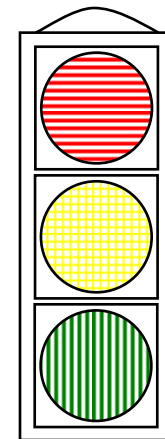
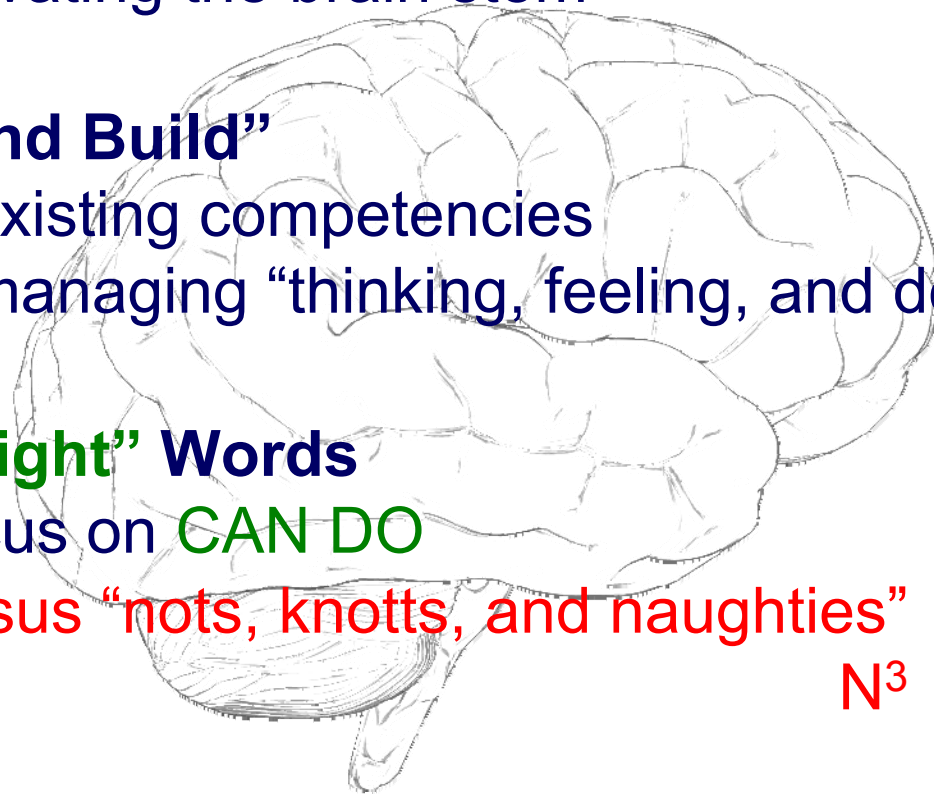
on existing competencies for managing “thinking, feeling, and doing”

## “Green Light” Words

Focus on **CAN DO**

versus “nots, knotts, and naughties”

N<sup>3</sup>



# 4. Trauma Informed Approach

Addressing the Kernel of Trauma

FROM

Uncontrolled,  
Unplanned



TO

Shared Control,  
Having a Plan



The germ of the kernel contains all the genetic information, some nutrients, and oil needed to enable germination and early growth.

## 4. Trauma Informed Approach

Addressing the Kernel of Trauma



Supportive environments as physically and psychologically safe with “caring but firm limits”

Trauma-informed staff to address environmental barriers

Provide reflective supervision, professional training, and mindfulness to address secondary traumatic stress



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Workshop Evaluation: <https://willsplaceproject.mimh.edu/>

New Blog of Metaphors:  
<http://www.freemanhealth.com/Blog>

