

# SO WHAT?

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# Trauma informed care




The 'in thing' or the 'real thing'



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- The publication of a new research study ...Dr Klabunde worked with Dr Anna Hughes, The University of Essex.

The world's largest brain study of childhood trauma has revealed how it affects development and rewires vital pathways. The study uncovered a disruption in neural networks involved in self-focus and problem-solving. This means under-18s who experienced abuse may struggle with emotions, empathy and understanding their bodies, Difficulties in school caused by memory, hard mental tasks and decision making may also emerge.





Currently, science-based treatments for childhood trauma primarily focus on addressing the fearful thoughts and avoidance of trauma triggers.



This is a very important part of trauma treatment. However, studies have revealed that we are only treating one part of the problem.



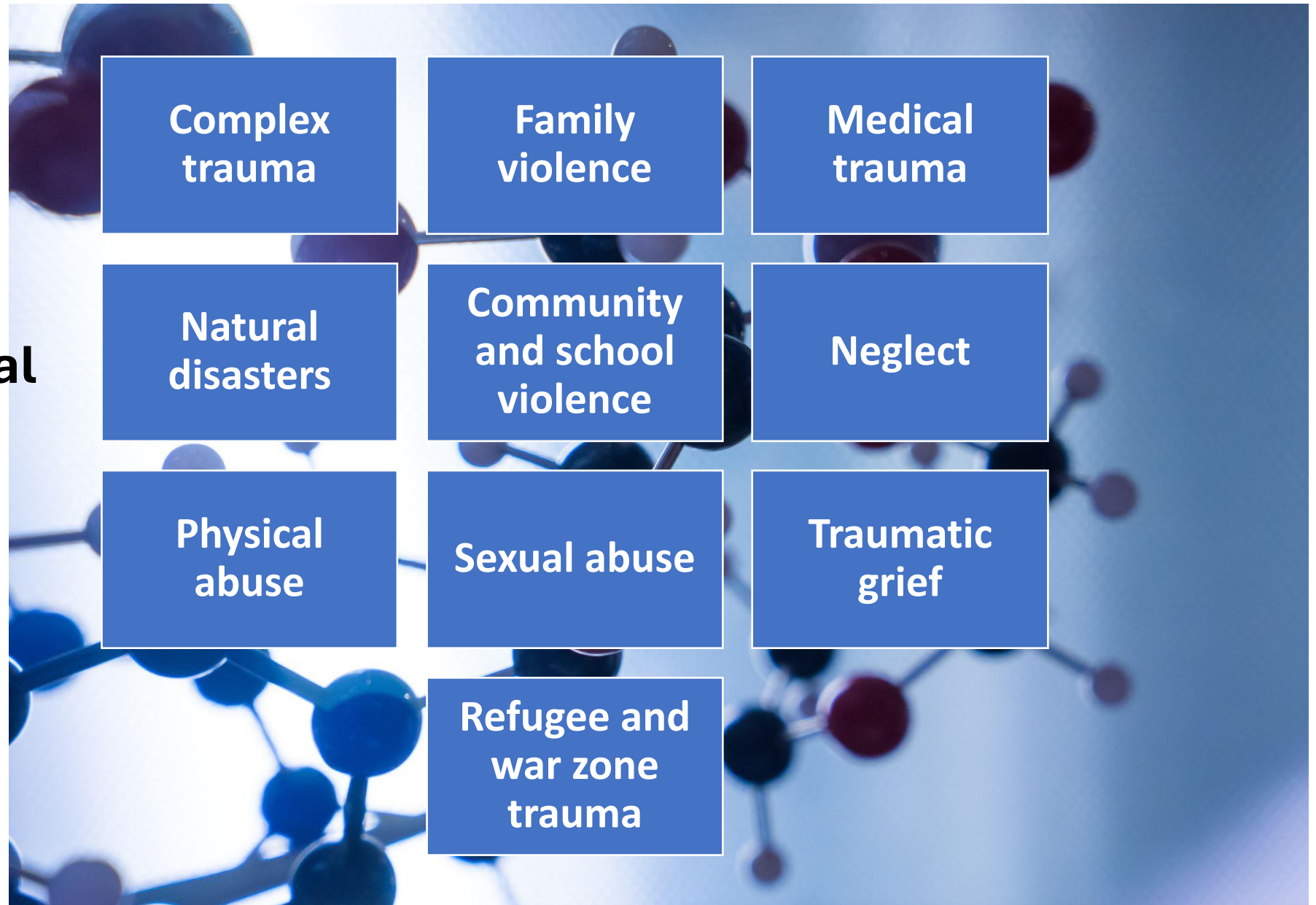
Even when a child who has experienced trauma is not thinking about their traumatic experiences, their brains are struggling to process their sensations within their bodies (everybody/all the time).





This influences how one thinks and feels about one's 'internal world' and this also influences one's ability to empathise and form relationships."

# Types of Trauma

- **Developmental**
- **Chronic**
- **Generational**
- **Secondary**





Trauma through  
childhood leads to a  
higher chance of having  
poor mental health as  
an adult.




# Childhood Trauma

An event that a child finds overwhelmingly distressing or emotionally painful, often resulting in lasting mental and physical effects.


**2x**  
more likely to develop  
**DEPRESSION**

**3x**  
more likely to develop  
**ANXIETY DISORDERS**


## Common causes:


 Child abuse (physical, emotional, sexual)


Grief 

Witness/victim of violence 

 War/Terrorism

 Neglect

Medical trauma 

Substance misuse 

 Mental illness

 Bullying in school

Separation from loved ones 

## LONG-TERM IMPACTS:

Affects perception of reality



Takes away sense of safety



Wires brain to expect danger

Increases stress hormones flowing through the body



Triggers fight, fright or freeze response



Creates a sense of helplessness



Creates relationship problems

Results in serious behaviour problems



“The initial trauma of a young child may go underground but it will return to haunt us”  
James Garbarino

**PREFRONTAL CORTEX (PFC)**

"Thinking Centre"

**Underactivated**

Difficulties concentrating & learning.

A traumatised brain is "bottom heavy"

**ANTERIOR CINGULATE CORTEX (ACC)**

"Emotion Regulation Centre"

**Underactivated**

Difficulties with managing emotions.

**AMYGDALA**

"Fear Centre"

**Overactivated**

Difficulty feeling safe, calming down, sleeping

**Complex Trauma: a result of repetitive, prolonged trauma**



www.70-30.org.uk  
@7030Campaign

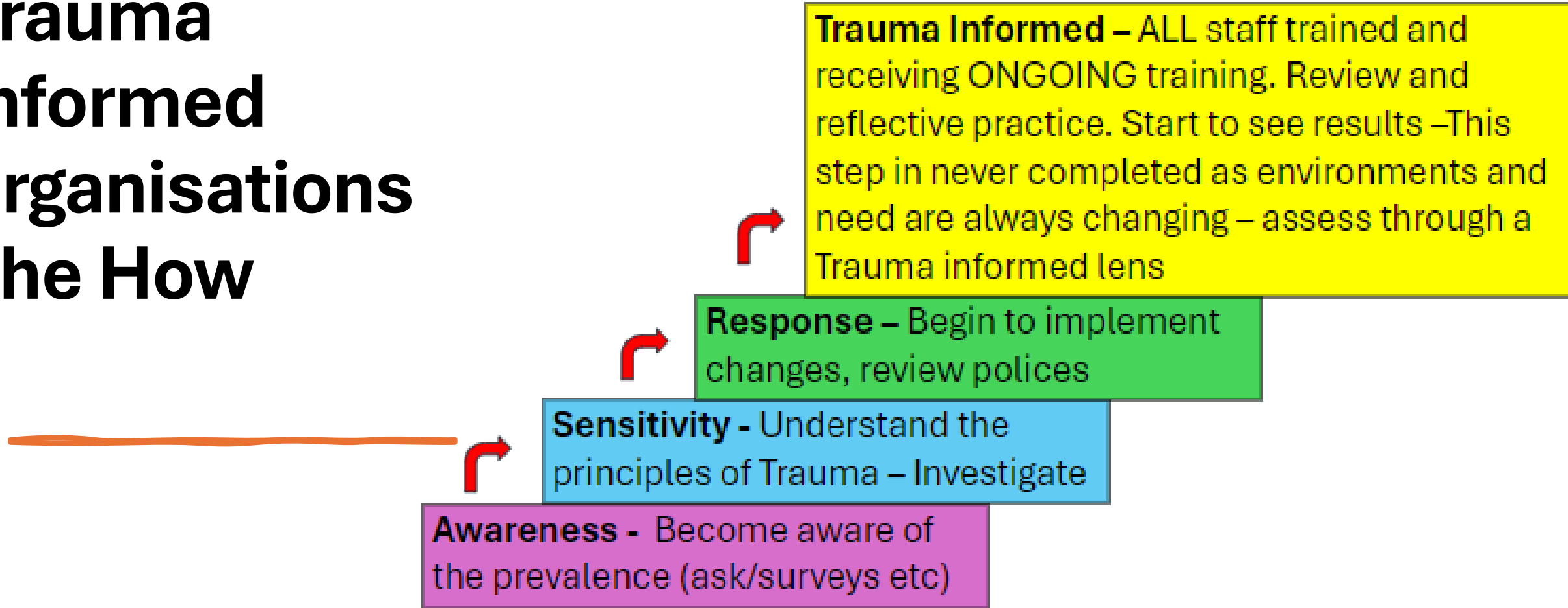
# Trauma informed organisations –The What

- A setting that recognises the widespread impact of trauma and adopts practices to promote healing, resilience, and empowerment.
- creating safe, supportive, and inclusive environments for all individuals.
  - Safety
  - Trustworthiness and Transparency
  - Peer Support
  - Collaboration and Mutuality
  - Empowerment, Voice, and Choice
- Trauma-informed care is not just a set of principles; it's a compassionate and holistic approach that recognises the impact of trauma on an individual's well-being.



# Trauma informed organisations

## The How



These principles guide organisational policies, practices, and interactions



Training and education for staff members



Incorporating trauma-sensitive language and communication



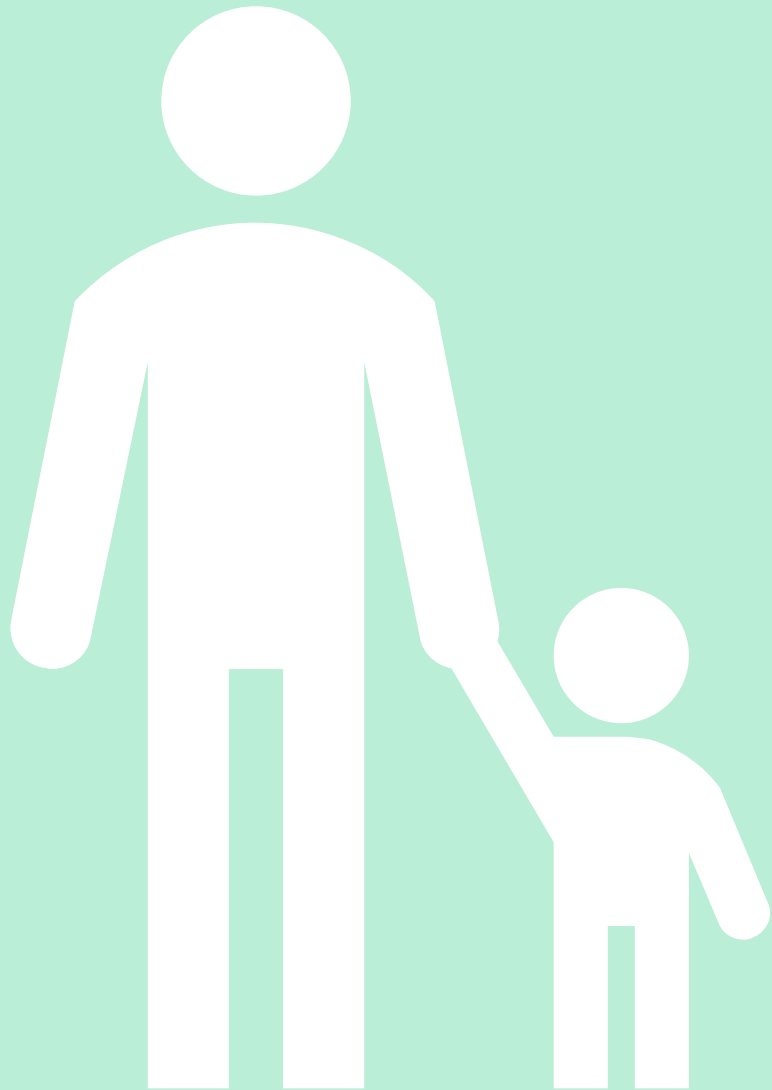
Creating policies that prioritise safety and empowerment



Fostering a culture of compassion and understanding

# Trauma informed leadership is...





What are the things that influence the way you manage relationships?

What might prevent you from being calm and regulated when interacting with others?

Positions of power?

What are the factors that may influence this?

Empathy – let us be clear; it is not the same as sympathy... EMPATHY

Perspective taking

Not judging

Recognising emotion in others

Communication of this emotion



# So...

- Are you standing up for what's right, for humanity?
- Behaviour/actions or essence?
- We stamp with labels, worn like badges, but the trauma informed approach sees beyond the surface, it says '***I see you***' amidst the pain, beyond the chaos. It is not a trend, it's soul work.
- You cannot legislate healing; it starts with empathy, rooted in compassion.
- **Compassion** is the key, everybody, all the time. We roll up our sleeves and dive in together, we walk alongside.

