

What is trauma, adversity, and trauma-informed care? Creating shared language across our public and voluntary sectors

Donna Stenton-Groves

- **Clinical Lead - Trauma and Trauma Informed Care**
Nottingham City Council, Nottinghamshire Violence Reduction Unit
- **Visiting Psychotherapist**
Centre for Trauma Resilience and Growth - NHCFT
- **Honorary Assistant Professor**
School of Education and Mental Health, University of Nottingham, UK

Development of a Trauma Informed Strategy



What is Trauma, Adversity and Trauma Informed care.

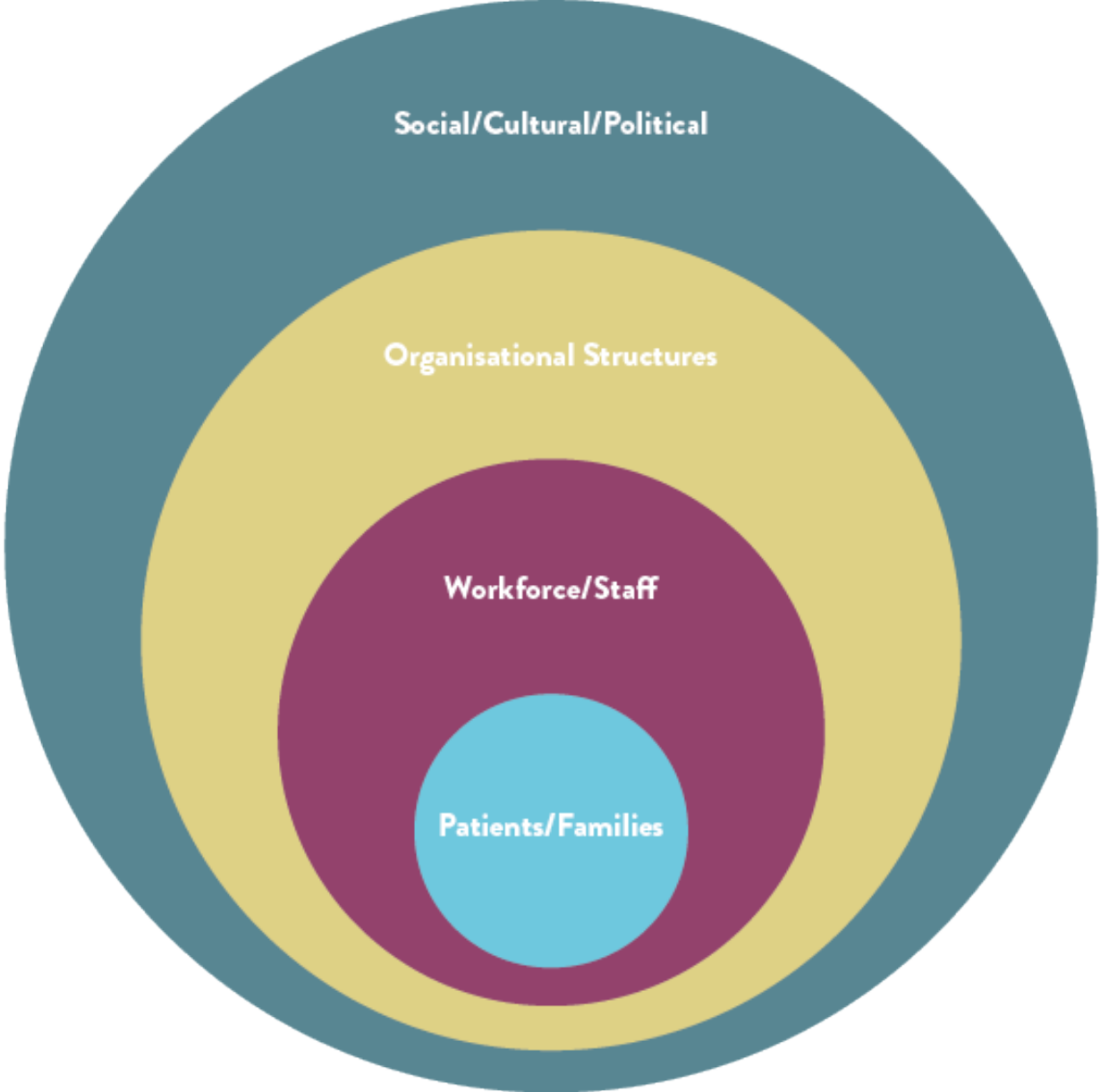
“Trauma is what happens inside you when something bad happens outside you”

Gabor Mate



“Trauma is much more than a story about the past that explains why people are frightened, angry or out of control. Trauma is re-experienced in the present, not as a story, but as profoundly disturbing physical sensations and emotions that may not be consciously associated with memories of past trauma. Terror, rage and helplessness are manifested as bodily reactions, like a pounding heart, nausea, gut-wrenching sensations and characteristic body movements that signify collapse, rigidity or rage... The challenge in recovering from trauma is to learn to tolerate feeling what you feel and knowing what you know without becoming overwhelmed. There are many ways to achieve this, but all involve establishing a sense of safety and the regulation of physiological arousal”

Bessel van der Kolk (2014)



Social/Cultural/Political

Organisational Structures

Workforce/Staff

Patients/Families



Principles of a Trauma Informed Approach:

Home Office Working definition of trauma-informed practice. November 2022

1. Recognition
2. Safety
3. Resist re-traumatisation
4. Trustworthiness and transparency.
5. Collaboration and mutuality
6. Empowerment, choice and control
7. Peer support & mutual self-help
8. Cultural, historical and gender issues
9. Pathways to trauma-specific care

(Substance Abuse and Mental Health Services Administration, 2014a; YoungMinds, 2018).)