

A TRAUMA INFORMED PERSPECTIVE

PARADIGM SHIFT

The diagram illustrates a paradigm shift in a trauma-informed perspective. It features two light blue ovals connected by a grey arrow pointing from left to right. The left oval contains the text "What's wrong with you?" and the right oval contains "What happened to you?". Below the diagram is a decorative footer with a green triangle on the left, a teal triangle in the middle, and a blue textured area on the right.

BUILD UNDERSTANDING AMONG STAFF

- The high prevalence of trauma and violence.
- The systemic drivers of violence : present and historical, collective and individual.
- Trauma impacts the developing brains and bodies of children and adolescents and can be central to one's development.
- People create adaptations in order to cope and survive. They need support in changing these adaptations when they are no longer helpful.
- Understand the connection between trauma, substance abuse, physical and mental health.
- Reflect on your own experiences of power and privilege.

EQUIP Healthcare

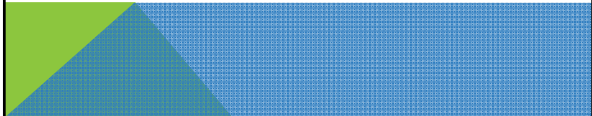
SAFETY AND TRUST

- Create welcoming environments for clients and promote a sense of belonging.
- Does your physical space create a sense of safety.
- Communicate clearly and accurately service expectations.
- Insure informed consent and confidentiality
- Understand the history and context of individuals and groups.
- Support staff with the goal of reducing vicarious trauma and burnout.
- Assume all clients have experienced trauma.
- Professionals who practice TIC report higher morale and job satisfaction and increased collaboration with clients.

EQUIP Healthcare

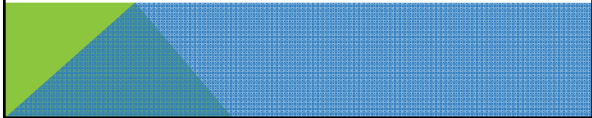

UNDERSTAND THE LINK BETWEEN TRAUMA AND ADDICTIONS.

- Attachment: The primary regulator of emotions
- Emotional Regulation
- Distress Tolerance



MOTIVATIONAL INTERVIEWING

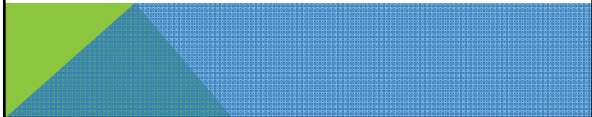
Build Therapeutic Alliance and Express Empathy
This step is the most important predictor of treatment outcomes.



THERAPEUTIC ALLIANCE

"Therapists'...outcome and retention rates have been found to be related to their capacity to establish an alliance, as well as to other facets of interpersonal functioning, such as their warmth and friendliness, affirmation and understanding, helping and protecting, and an absence of belittling and blaming...ignoring and neglecting and attacking and rejecting"

(Najavits & Weiss, 1994)




RELATIONSHIP BUILDING/ THERAPEUTIC RAPPOR - ALLIANCE

- Person centered techniques
- Humanistic belief system
- Joining with the person to view an issue together
- Necessary but not sufficient to be MI



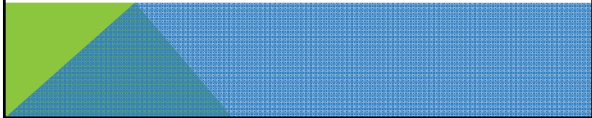
MOTIVATIONAL INTERVIEWING



Commitment
Change Talk

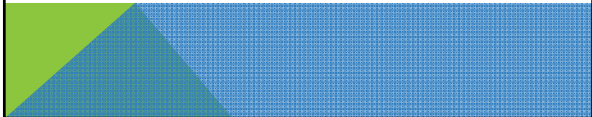
Responding to Resistance
Person Centered Guiding
Skills

Spirit



MI

- Acceptance facilitates change
- Skillful reflective listening is fundamental: open ended questions, affirmations, strength based, hope activating, summarize and link ideas with client.
- Ambivalence is normal!
- MI is a collaborative, person-centred form of guiding to elicit and strengthen motivation for change.



MI

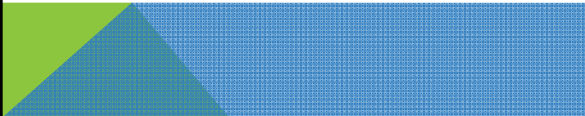

Avoid:
Closed ended questions, advice giving, commanding,
confronting, debating etc.....



MI

Two things can be true at the same time.
People are doing the best they can and they need to do
better.

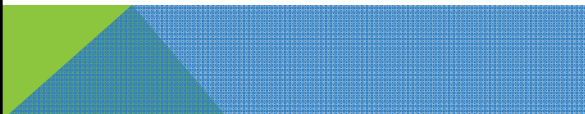
This is the heart of ambivalence.



MI

Examples of Ambivalence:

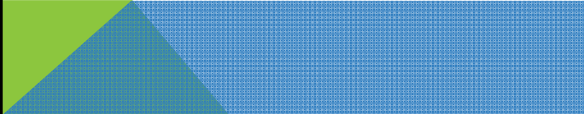
I want to take my medication and be well but I want to avoid the side effects.
Desire to be strong and healthy and to relax and eat enjoyable foods with
my family.
Hope for change and fear of change.
Desire to return to school and valuing my free time.



MI

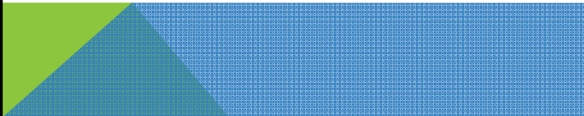
Ambivalence is a normal part of problems and the process of change.

Explore the pros and cons of change. Do not assume you understand the motivations for maintaining or changing the behaviour.



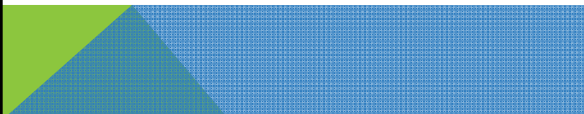
MI

- Ambivalence is always part of the picture.
- Clients have good reasons to maintain and they have good reasons to stop and/or change behaviour.
- Resolving ambivalence is key to moving towards change.
- Joining with the reasons why a client wants to change will force him or her to protect the side that doesn't want to change.
Example: What do you like about the relationship?
- Therefore, join the side that doesn't want to change.
- Explore discrepancy between present behaviour and broader goals.



HOW?

- Express empathy.
- Create cognitive dissonance between current behaviour and future goals.
- Avoid arguing and roll with resistance.
- Avoid confrontation, as it often leads to withdrawal, distancing and resistance.
- Encourage client to express reasons for change.
- Encourage client to commit to change.



ENCOURAGING CHANGE TALK

- Using the importance ruler
- Exploring decisional balance
- Elaborating
- Looking back and looking forward
- Exploring goals and values
- Consider pros and cons
- Consider confidence of past successes
- Explore present feelings and experiences
- Be client centered
- Support self efficacy



The slide features a list of ten bullet points on the left side, detailing techniques for encouraging change talk. On the right side, there is a 3D illustration of two white figures standing on a white surface, interacting with three interlocking red gears of different sizes. The background of the slide is white, and the bottom portion has a decorative footer with a green triangle on the left and a blue textured area on the right.

ROLL WITH RESISTANCE


- New perspectives are invited and not imposed.
- Use a collaborative process.
- Be aware of power imbalances and promoting helplessness.
- Clients have their own solutions.
- Clients are the best resources to finding solutions.



The slide contains five bullet points under the heading 'ROLL WITH RESISTANCE'. The bottom of the slide features a decorative footer with a green triangle on the left and a blue textured area on the right.

Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse



The slide lists six stages of change: Precontemplation, Contemplation, Preparation, Action, Maintenance, and Relapse. On the right side, there is a 3D illustration of a white figure jumping over a hurdle on a track. The background is white, and the bottom portion has a decorative footer with a green triangle on the left and a blue textured area on the right.

MI

- Change Planning
- Implementing Change
- Support Self-Efficacy
- Remembering Successes
- Building on Strengths

