

Title:

Trauma-Informed Care: An Evidence-Based Approach to Promote Healing and Growth

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Session Title:

Communication in the Emergency Setting

Slot:

B 03: Saturday, 28 October 2017: 3:15 PM-4:00 PM

Scheduled Time:

3:15 PM

Keywords:

resilience, trauma and trauma-informed care

References:

Benjet, C., Bromet, E., Karam, E. G., Kessler, R. C., McLaughlin, K. A., Ruscio, A. M.,...Koenen, K. C. (2016). The epidemiology of traumatic event exposure worldwide: Results from the World Mental Health Survey Consortium. *Psychological Medicine, 46*(2), 327-343. doi 10.1017/S0033291715001981

Conners-Burrow, N. A., Kramer, T. L., Sigel, B. A., Helpenstill, K. Sievers, C., & McKelvey, L. (2013). Trauma-informed care training in a child welfare system: Moving it to the front line. *Children and Youth Services Review, 35*(11), 1830-1835.

Park, C.L. & Ai, A.L. (2006). Meaning making and growth: new directions for research on survivors of trauma. *Journal of Loss and Trauma: International Perspectives on Stress and Coping, 11*(5), 389-407.

Substance Abuse and Mental Health Services Administration (SAMHSA) (2015). Trauma-informed approach and trauma-specific interventions. Retrieved from <http://www.samhsa.gov/nctic/trauma-interventions>.

Abstract Summary:

This workshop presents evidence that supports the use of trauma-informed care - a framework that recognizes different forms of trauma and helps survivors gain a sense of psychological and emotional safety, and reduces the risk of re-traumatization.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to define trauma.	Discuss the epidemiology of trauma globally. Define trauma, traumatic events, and trauma-informed care
The learner will be able to identify key components of trauma-informed care and their application in clinical and community settings.	Discussion of the socio-ecological model in understanding trauma and its effects at multiple levels: individual, interpersonal, community, societal, cultural, and historical. Present key principles in trauma-informed care

	in order to minimize re-traumatization and promote healing.
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Abstract Text:

A traumatic event is defined as exposure to actual or threatened death, serious injury, or sexual violence. Epidemiological data indicate that a large proportion of the world's population has experienced traumatic events, resulting in a significant number of people being diagnosed with post-traumatic stress disorder. Trauma-informed care utilizes a framework that recognizes different forms of trauma and helps survivors gain a sense of psychological and emotional safety, and reduces the risk of re-traumatization.

To begin, traumatology is the study, development and application of psychological and counseling services for people who experienced extreme events. Trauma informed care, identified by The Substance Abuse and Mental Health Services Administration (SAMHSA, 2015) involves programs, organizations or systems that:

- “1. *Realizes* the widespread impact of trauma and understands potential paths for recovery;
2. *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices; and (PTG)
4. Seeks to actively resist *re-traumatization*.”

Finally, to ensure a balanced approach in how we interpret and deal effectively with traumatic events, research brought forth the concept of posttraumatic growth supporting a broader spectrum of this human experience. Children are exposed to acute and at times, chronic traumatic experiences influencing their physical, neurological and mental health, and ability to learn. This presentation will bring forth information for nurses to enhance their knowledge and assist in their work with patients who suffered or are burdened with trauma. The following areas will be covered: 1) Prevalence of trauma and various forms of traumatic events; 2) the neurobiology of trauma and how trauma impacts health and development; 3) A socio-ecological perspective to trauma and treatment; 4) Key principles of traumainformed care; and 5) How, through the healing process, nurses can promote resilience and growth after traumatic events.