

AN INTRODUCTION TO TRAUMA INFORMED PRACTICE

Elle Snookes





THE 10 ACES FROM ANDA AND FELITTI STUDY

ABUSE	NEGLECT	DYSFUNCTION AT HOME	
Physical	Physical	Mental illness	Incarcerated relative
Emotional	Emotional	Mother treated violently	Substance abuse
Sexual		Divorce/loss	



TRAUMA RESPONSES

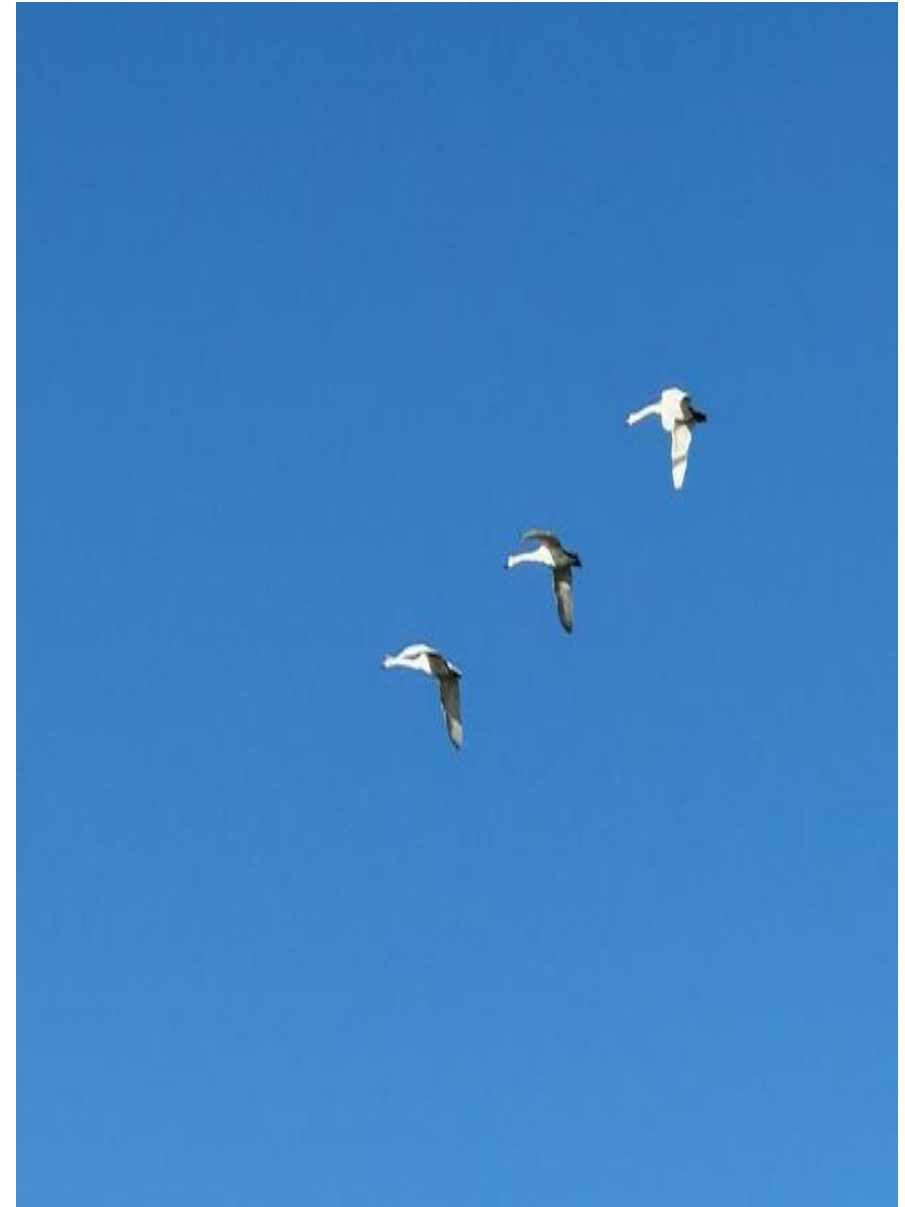
The four Fs

Fight

Flight

Freeze

Fawn





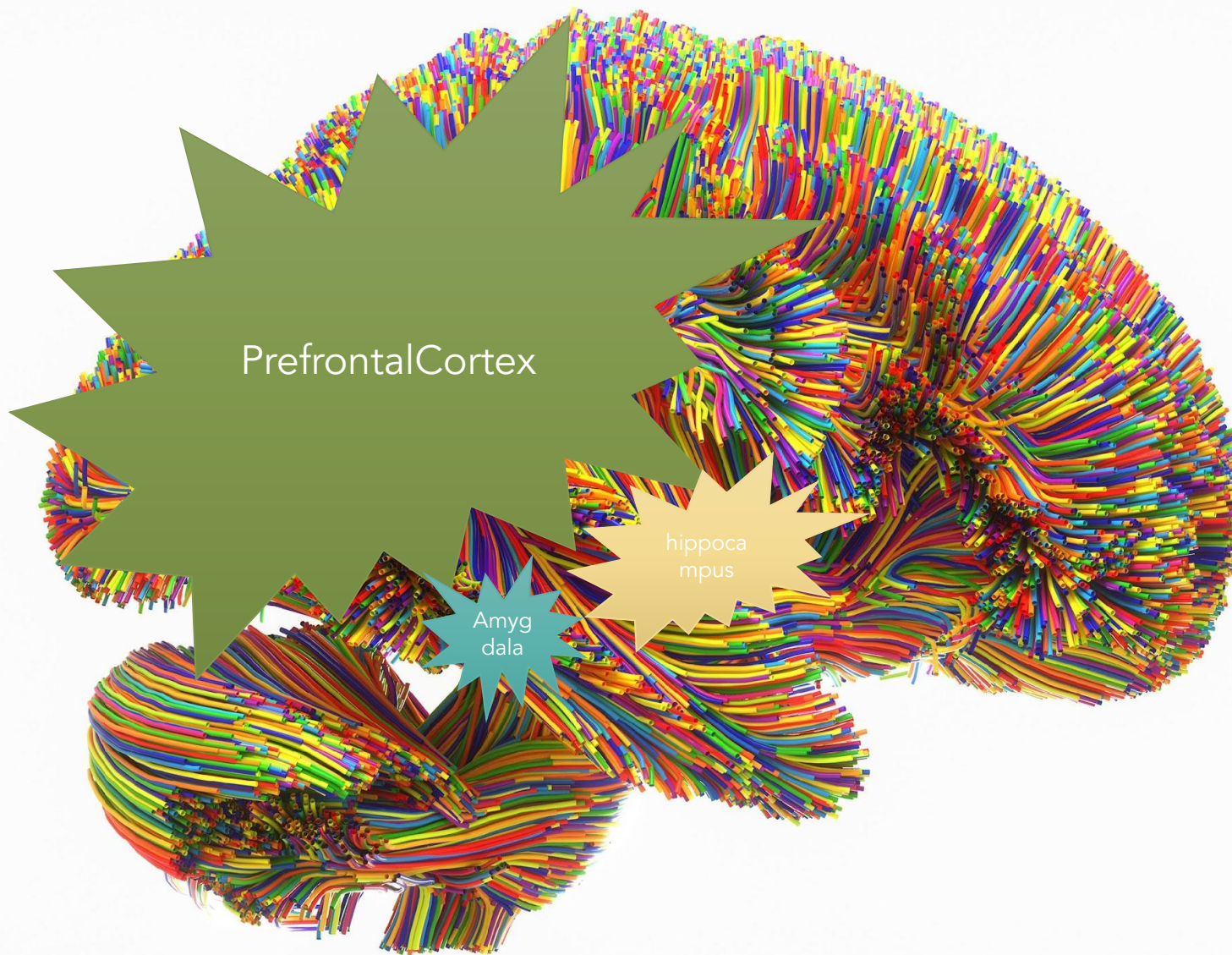
WONDER

WE NEED TO BE CURIOUS..

We can create
psychological safety.

- Stop
- Listen
- Ground
- Guide

TRAUMA AFFECTS THE BRAIN



- Prefrontal Cortex

Rational thinking

- Amygdala

Helps you in survival situations

- Hippocampus

The remembering part



WORKING DEFINITION OF TRAUMA INFORMED PRACTICE

In November 2022 the office for Health Improvements and Disparities approved the following working definition of Trauma Informed Practice:

Realise that trauma can affect individuals, groups and communities.

Trauma-informed practice is an approach to health and care interventions which is grounded in the understanding that trauma exposure can impact an individuals neurological, biological, psychological and social development.

It seeks to prevent re-traumatisation

The purpose is no to treat trauma-related difficulties, which is the role of a trauma specialist. Instead to address the barriers that people affected by trauma can experience when accessing health and care services.

LET ME INTRODUCE YOU...

She is the manager of the Hampshire Youth Commission

She is a published author with her Memoir *Hear Me*, released on the 25th September this year.

You can follow her on Insta/facebook/tiktok if you like

@liz Hubbuck – *Hear Me*





6 KEY PRINCIPLES OF TRAUMA-INFORMED PRACTICE





WHAT IS LIVED EXPERIENCE AND HOW DO WE MANAGE IT?

What does it mean for you?

- Notice triggers
- Keep yourself safe
- Speak to someone
- Communicate if you are finding it hard

What does it mean for service users?

- As a service user?
- As a community member?
- As an expert in what they need?



RESOURCES



- Dr Anda and Dr Felliti ACEs Study.
- Bessel Van Der Kolk – author of The Body Keeps The score.
- Gabor Mate – Scattered Minds
- Dr Lisa cherry - TICS
- Dr Nadine Burke Harris – US lead on ACEs
- Bruce Perry – American psychiatrist, Senior Fellow in the Child Trauma Academy in Houston Texas - Author of The boy who was raised as a dog.

Away Forward Together - Post Training Feedback



THANK YOU

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