

Trauma Informed Care (TIC) in Clinical Settings

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COMMUNITY MENTAL HEALTH CENTER, Inc.

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Our goal - attendees will be able to:

- Define trauma and understand its effects in patients and staff
- Define the concept of "trauma informed care" as it applies to medical and behavioral health settings
- Understand vicarious trauma and how to counter its effects in patients and staff

What is trauma?

“Unlike simple stress, trauma changes your view of your life and yourself. It shatters your most basic assumptions about yourself and your world” — Mark Goulston MD, PTSD for Dummies (2007)



What is Trauma Informed Care (TIC)?

- TIC is a framework that involves understanding, recognizing, and responding to the effects of all types of trauma
- Emphasizes:
 - Safety
 - Control
 - Empowerment

- <http://www.traumainformedcareproject.org/>

Who shows up at your office?

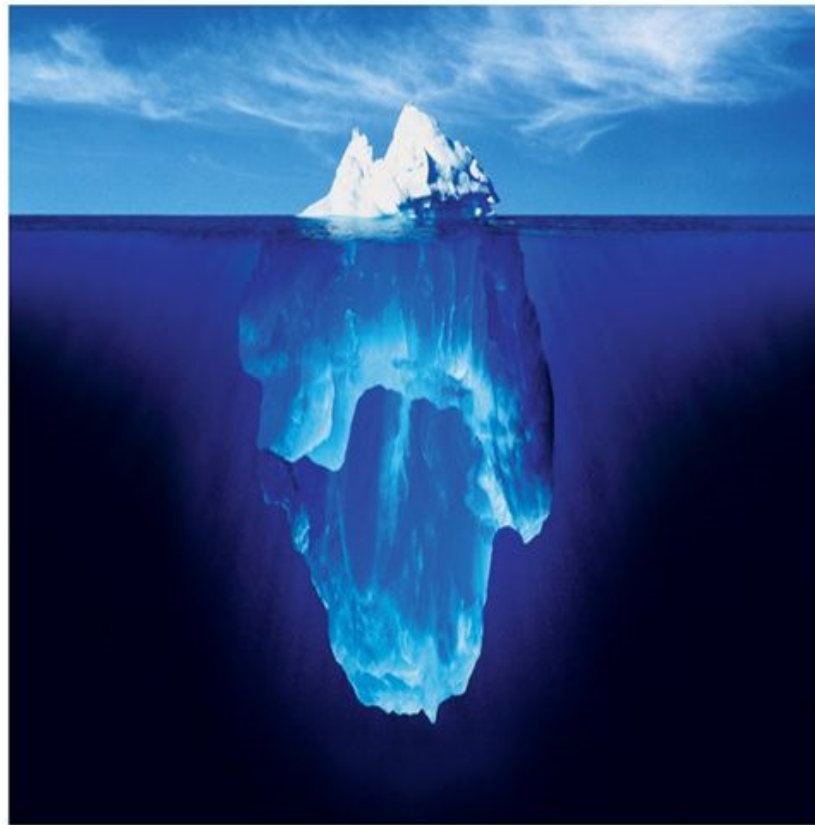


SOME INJURIES ARE NOT VISIBLE
TO THE NAKED EYE



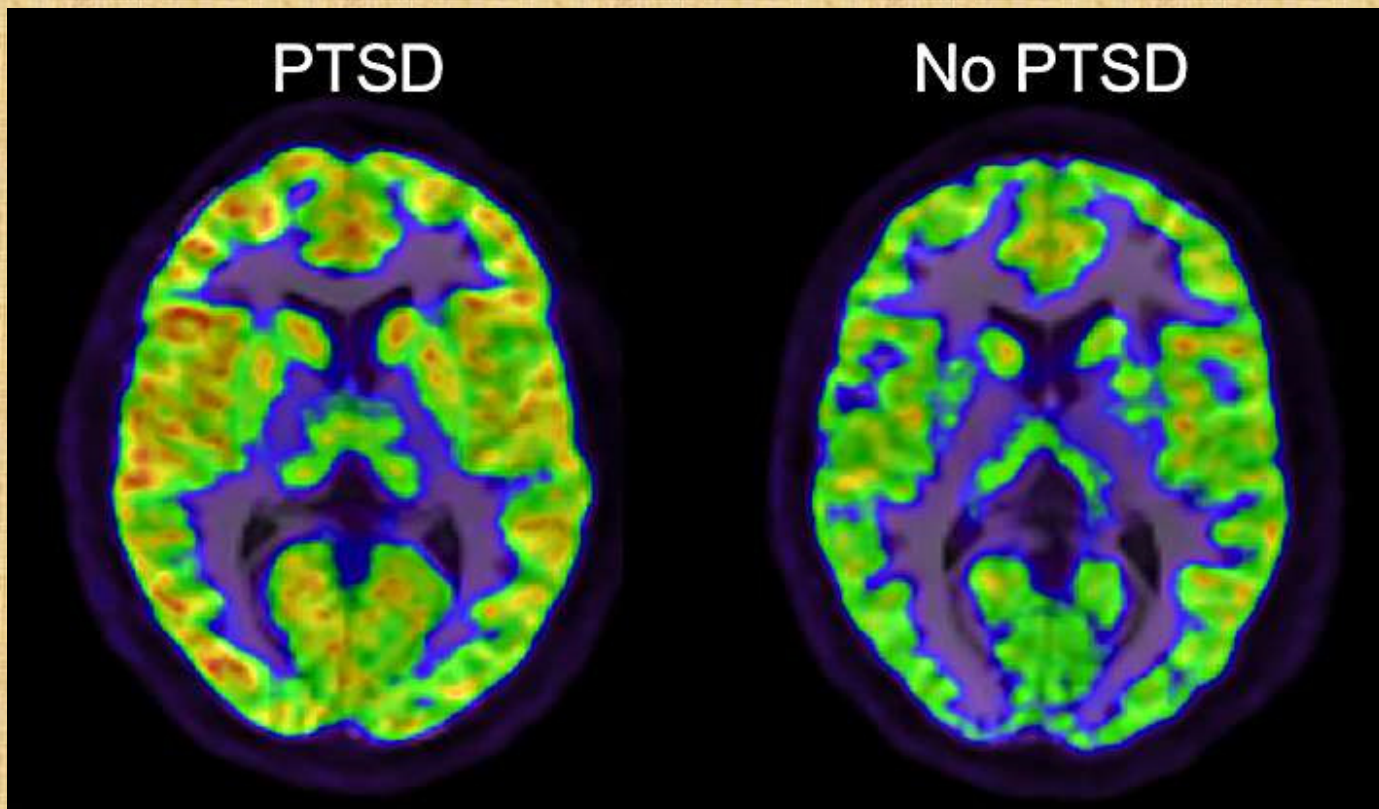
PTSD

Symptoms of PTSD



- Irritable
- Easily Startled
- Hyper -Alert -Triggers
- Avoid Crowds - Triggers
- Anxiety Attacks
- Dissociation
- Nightmares
- Strong Reactions - Triggers
- Fatigue
- Avoidance - Triggers
- Insomnia
- Poor Concentration

How does it affect the brain?



What can we do?

Before you see the patient:

- Review chart
- Universal precautions

When seeing the patient:

- Identify recent changes or stressors
- Validate, empathize, refer

What is vicarious trauma?

- When you hear other people's horrible experiences, eventually one of them will affect you
- Symptoms:
 - Nightmares
 - Rumination
 - Decreased motivation

Vicarious Trauma

Why it's important

