

# Trauma Informed Care

## A Brief Introduction

January 2022



Service User

Dr



, Complex Trauma Lead



*We care*

*We respect*

*We are inclusive*

# Trauma-Informed Care and the Long-Term Plan

- Trauma informed care is one of the major aims in the **Long Term Plan** that sets out the future for the NHS over the next 10 years
- There is strong evidence of a link between trauma and mental health
- Adopting trauma-informed practices is expected to improve clients' engagement and wellbeing also for staff, overall health outcomes and reduce costs over the long term for both the health care and social service sectors.



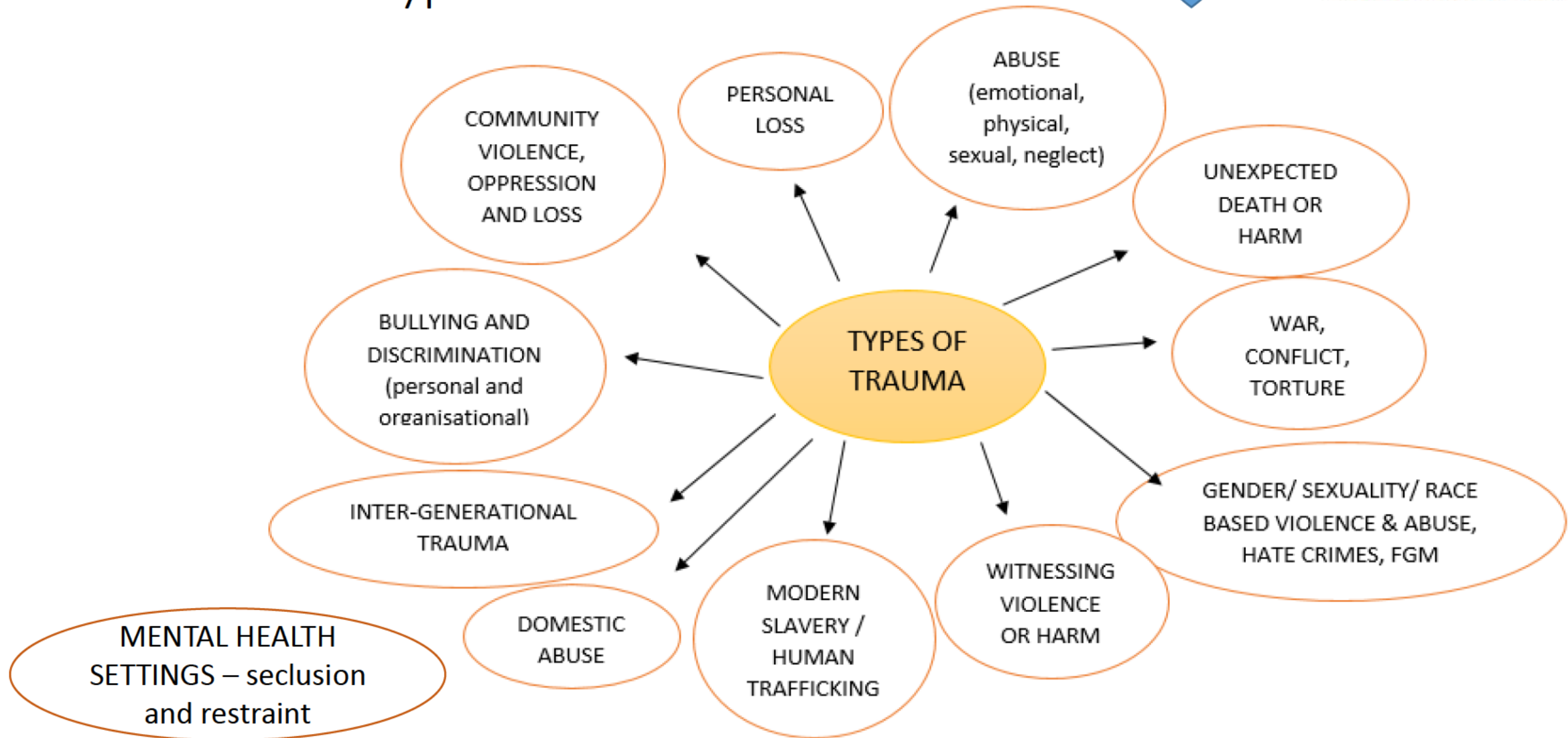
# Looking After Yourself

- Trauma is a sensitive issue and can be triggering - take care of yourself first and foremost; feel free to step out if you need to, just let us know
- We are all here to learn in a safe space.
- Respect confidentiality
- Pay attention to your responses to discussions of trauma
- If you need help finding support, please contact [REDACTED] after the presentation.





# What types of trauma are there?



# 6 principles of TIC



Safety



Collaboration & Mutuality



Trustworthiness &  
Transparency



Cultural, Historical &  
Gender Issues



Peer Support



Empowerment, Voice  
& Choice



# Trauma Informed Care

The main aim is to provide a **compassionate** response to **all people** and an understanding of some of their behaviours:

- as survival mechanisms
- developed through adverse and traumatic experiences
- and strengthened by psychosocial factors

(Angela Kennedy, 2014)

# Trauma Informed Care



Acknowledges that:

- Past experiences of trauma can be the cause of mental distress
- Many service users get re-traumatised by 'trauma-uninformed' staff
- Staff can experience vicariously the service users' trauma
- Staff and service users can be traumatised by practices of restraint and seclusion

(Angela Sweeney et al 2018)

# Trauma Informed Care



Shifts the focus:

From:

What is  
wrong with  
you?

To:

What  
happened  
(to you)?



From:



There is something 'wrong' with me

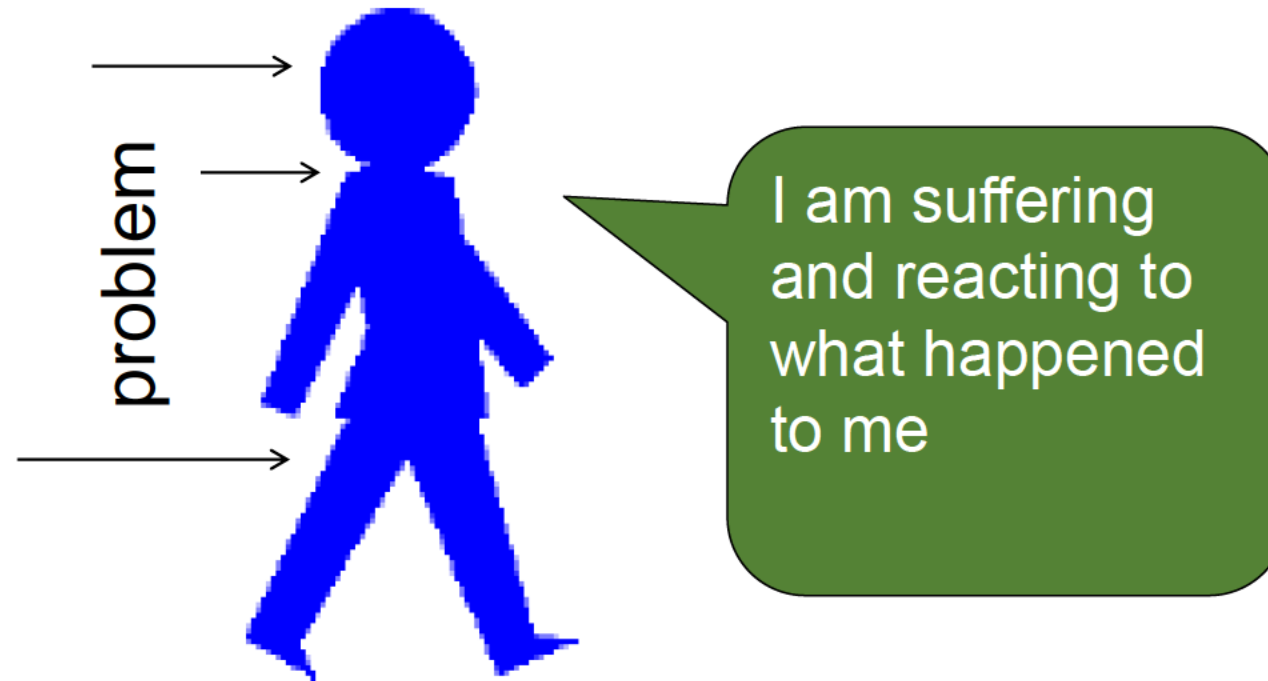
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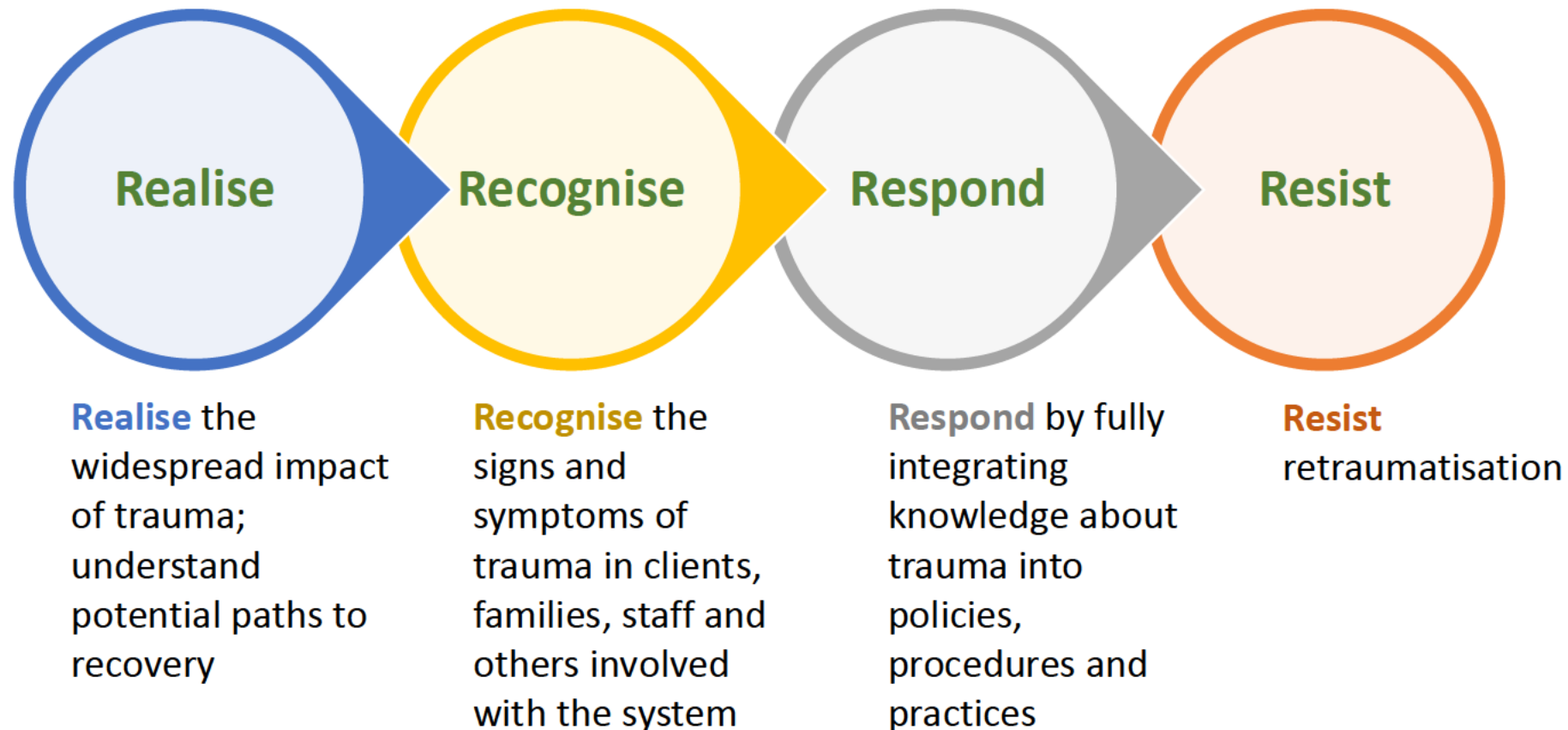
To:





# The 4 R's of TIC

A program, organisation, or system that is trauma-informed needs to:



# Scotland Video

- This is an animated video about **types of trauma** that people have experienced and how this has affected them later in life. It does not show the trauma but points to it with **sounds** and shows the **dark atmosphere** around the trauma.
- This can be difficult to watch so please look after yourself and take time out, switch off the sound, or minimise the screen if needed to keep yourself safe.





# TIC Development in Tower Hamlets

- ✓ Coproduced, cofacilitated TIC training offered to:
  - ✓ Clinical staff
  - ✓ Social workers
  - ✓ Hostel staff
  - ✓ Voluntary sector workers
- ✓ WAVE training offered to Tower Hamlets
- ✓ Collaboration with service users and carers
- ✓ Aiming to be a trauma-informed borough with a wide range of different services coming together in a Trauma-Informed Community of Practice
- ✓ Embedding trauma-informed care into policies and procedures through reflective practice, supervision and other dedicated spaces
- ✓ NHS Long-Term Plan and Transformation programme pathways in which trauma-informed care is central



# Questions?

