



Association of Registered Nurses
of British Columbia

Trauma Informed Care and Nursing Practice

In Collaboration with



Association of Registered Psychiatric Nurses of BC

Presenter:

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Goal:

To increase nurses' and health care providers' knowledge around trauma informed practice.

Objectives:

By the end of the webinar, participants will be able to:

- 1) Identify the different types of trauma
- 2) Understand trauma and its effects upon the individual
- 3) Articulate the importance of integrating trauma informed care into nursing practice



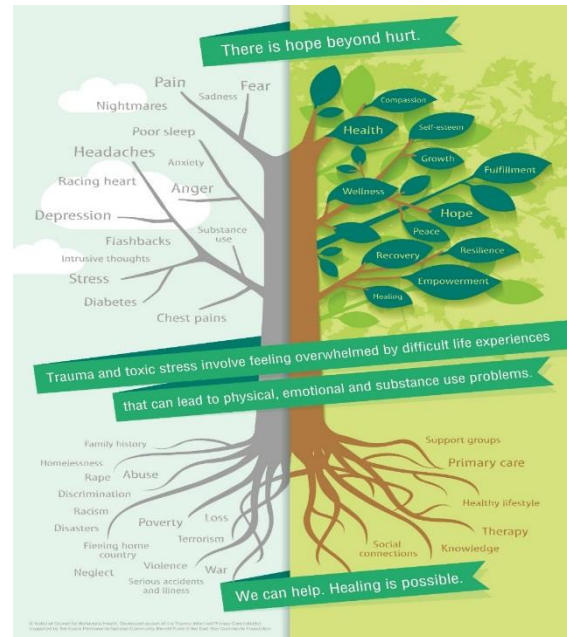
What is Trauma?

Trauma is an “*emotional response or experience that overwhelms an individual’s capacity to cope*”

(TIP Guide, 2013, p. 5)

Trauma is

- A threat to safety and security
- Pervasive in nature
- Seen throughout the lifespan





Types Of Trauma

Single Incident Trauma

- Time limited stressors: characterized by survivors' unpreparedness and the high intensity of the event
- Car accidents, natural disasters, single episode of abuse or assault, sudden loss
- Unexpected and overwhelming

Repetitive Trauma

- Sequential stressors: cumulative effects such as in the case of emergency service workers
- Ongoing abuse, domestic violence, war, often involving being trapped emotionally and/or physically



Types Of Trauma

Historical Trauma

“Cumulative emotional and psychological wounding over the lifespan and across generations emanating from massive group trauma” (TIP, p.6).

Intergenerational Trauma

“Psychosocial or emotional effects that can be experienced by people who live with trauma survivors” (TIP p.6)

- Long lasting stressors: prolonged exposure to dangers such as in the context of family violence and adverse living conditions, may be considered complex
 - E.g. genocide, residential schools

(TIP, 2013)



Types Of Trauma

Complex Trauma

- Refers to multiple, chronic, and prolonged adverse traumatic events.

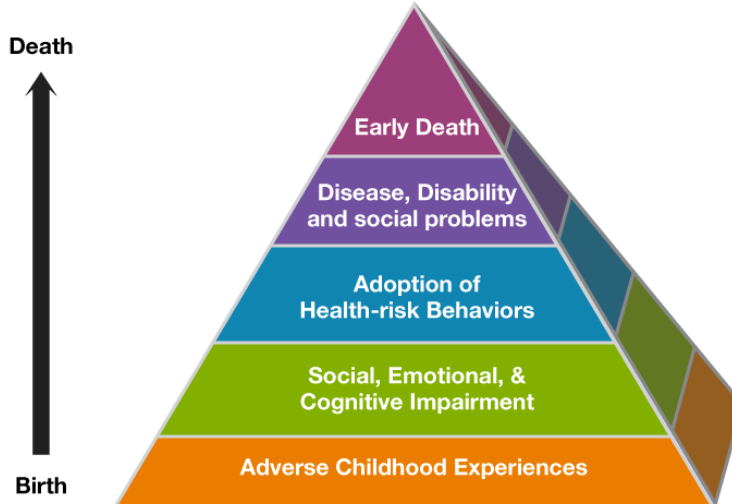
Developmental Trauma

- Exposure from birth five years old
- Early exposure to ongoing or repetitive trauma (as infants, children and youth) involving neglect, abandonment, assault of all forms (physical, sexual, emotional), witnessing violence or death, and/or coercion or betrayal.
- Affects healthy child development and attachment



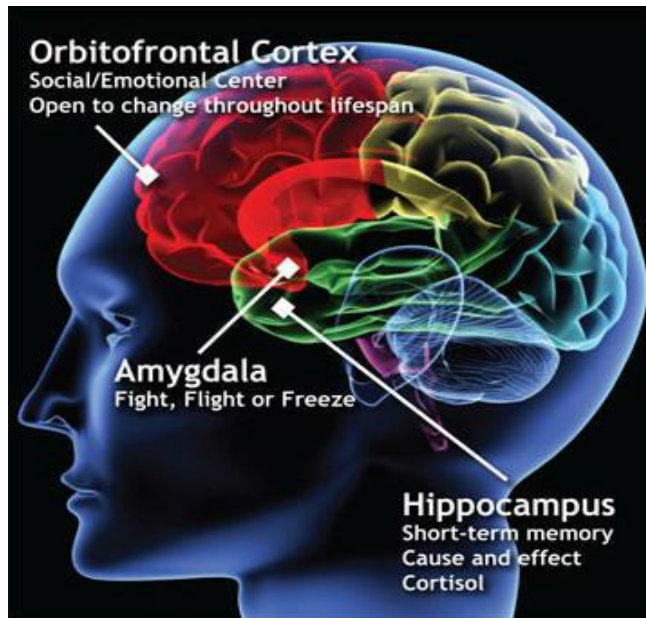
Adverse Childhood Experiences Study

One of the largest studies conducted looking at childhood abuse and neglect and later life health and well-being.





The Science of Trauma





Physiological Effects of Trauma

Prolonged exposure to trauma can lead to:

- Impaired ability to create new neural connections/ pathways
- Dysregulated stress response
- Decreased cortisol and epinephrine levels inhibiting future response to stress/ trauma
- Imbalances of many structures in the brain such as the corpus callosum, amygdala, and hippocampus
- Deficits in memory, mood, learning, personality, coping skills, emotional responses
- Increased heart rate, abnormal adrenal activity, abnormal blood pressure, and weakened immune system



What is Trauma Informed Care?

- Includes a basic understanding of how trauma impacts individuals seeking care
- Being aware and recognizing that patients may have experienced some form of trauma throughout their lives
- Changing our approach to care to avoid triggers
- Approach vs. specific skills/techniques





Principles and Practices of Trauma Informed Practice

1. Trauma Awareness
2. Emphasis on safety and trustworthiness
3. **Creating opportunity for choice, collaboration and connection**
4. Strengths based and skill building



Why is Trauma Informed Care/Practice Important?

- Providing an open environment enables survivors to **feel safe**
- Feeling safe and supported will impact patients' **willingness to discuss personal history of trauma**
- Feeling threatened or unsafe impacts patients' **willingness to seek help** and **comply** with interventions, leading to poor outcomes

* Disclosure of trauma is not necessary to be trauma informed



Tailoring your Approach

- Indigenous Peoples
- LGBTQ+ Individuals
- Refugees
- Homeless
- Mental health and addiction
- Chronic pain





Ways to Engage in Trauma-Informed Care

- Open and honest communication to reduce stigma
- Acknowledge personal bias and triggers to reduce burnout and trauma exposure response
- Adequate assessment (assess all domains of health), and identify when trauma may be an unacknowledged factor
- Understand that trauma survivors' mechanisms of coping have been altered; demonstrate empathy
- Awareness of the language used to describe the people served
- Be compassionate and strength-focused in interactions
- Work together to identify how TIC can be enacted in healthcare



Trauma Informed Care Vs. Trauma Specific

Trauma informed

- Taking into account the possibility of trauma when providing care
- Can use this approach without knowing the history of a patient
- Helps to establish rapport and trust
- Specific communication and behavior techniques to help reduce anxiety

Trauma Specific

- Health care provider knows the patient has a history of trauma
- Understand the effects of Trauma
- Inter-professional collaboration
- Understanding personal history and reactions
- Specific interventions



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Move away from:

“What is wrong with you?”

to

“What has happened to you?”



Resources

- [Trauma Informed Toolkit](#)
- [Trauma-Informed Practice Guide \(BC Provincial Mental Health and Substance Use Planning Council\)](#)
- [San'yas Indigenous Cultural Safety Training](#)
- [Vicky Kelly TED Talk: *The Paradox of Trauma Informed Care*](#)
- [Charles Hunt TED Talk: *What Trauma Taught me About Resilience*](#)
- Apps: What's-Up Mental Health, Code Blue, Breath2Relax, Lantern, Optimism (Mental health resources)



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