

Introduction to Trauma-Informed Practice

Think-Pair-Share Reflection Guide

How does this definition fit with your understanding of trauma?

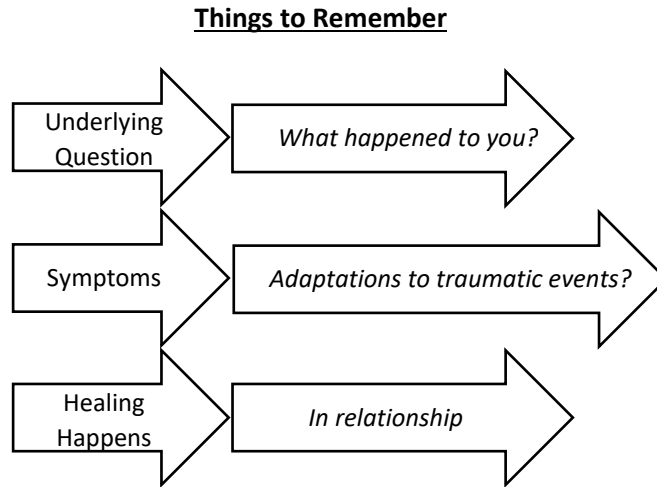
Trauma is a response to a perceived threat to the survival or emotional well-being of an individual or large group, such as a community or a culture.

Trauma leads to adverse brain, bodily, and psychological changes that damage self, relational and spiritual development, and impair living, learning, and working.

Definition from Monroe County ACCESS Research Practice Subcommittee, 2011

How does this breakdown of trauma fit with the families that you work with?

Group Discussion: Share ideas you have about what constitutes trauma informed care.



Application Activity Two

Process

- Individually review the handouts.
- Meet in pairs.
- One person speaks at a time as you go through the pairing prompts.
- Process as a large group.

Pairing Prompts

Identify strategies you are currently using and share how they are working.

Identify strategies you may be willing to implement.

Describe the support you need to implement new strategies.