

## **On Becoming Trauma-Informed: How to Incorporate Trauma-Oriented Care in Daily Practice**

In becoming trauma-informed, it is crucial to create an understanding of trauma impact. The initial stage is, “See Something, Say Something”. This is a time when a clinician is able to recognize reactions to trauma in clients, particularly those with substance use or mental health concerns. Secondary to noticing trauma, we must be able to help clients to have a common language by “Getting on the Same Page”. The common language allows clients to have a way to describe their experiences and recognize their impact in daily life. The final piece for trauma-informed care is “Leading from Behind”. This is a time for us to remember that clients with a trauma background often need someone who is compassionate, flexible, and willing to hand control over to the client.

### **Learning Objectives:**

1. See Something, Say Something
  - Increase understanding of the importance of acknowledging trauma and trauma responses in all forms with a variety of clients, particularly those with Substance Use Disorders.
2. Getting on the Same Page
  - Create common language of trauma and symptoms of trauma reactions in order to ensure accurate diagnosis and treatment for all clients.
  - Identify the impact of trauma in client presentations and the impact on Substance Use Disorders.
3. Leading from Behind
  - Describe trauma-informed counselor competencies.
  - Encouraging clinicians to utilize trauma-informed care techniques through allowing clients to guide their own path to recovery from addictions and trauma during treatment.

### **Additional Resources**

FREE ACEs Training Modules by CDC:

<https://vetoviolenace.cdc.gov/apps/aces-training/#!/#top>

Dr. Nadine Burke Harris Ted Talk

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

NY Times Documentary on Trauma

<https://www.nytimes.com/video/us/100000005198256/prison-addiction-parenting.html>

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