



NY Coalition for Life

# Trauma Informed Care

Presented by

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# What is Trauma Informed Care?

*Trauma - Informed Care (TIC) is an approach in the human service field that assumes that an individual is more likely than not to have a history of trauma. Trauma - Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life —including service staff.*

On an organizational or systemic level, Trauma Informed Care changes organizational culture to emphasize respecting and appropriately responding to the effects of trauma at all levels.<sup>[1][2]</sup> Similar to the change in general protocol regarding **universal precautions**, Trauma Informed Care practice and awareness becomes almost second nature and pervasive in all service responses.

## The Paradigm Shift

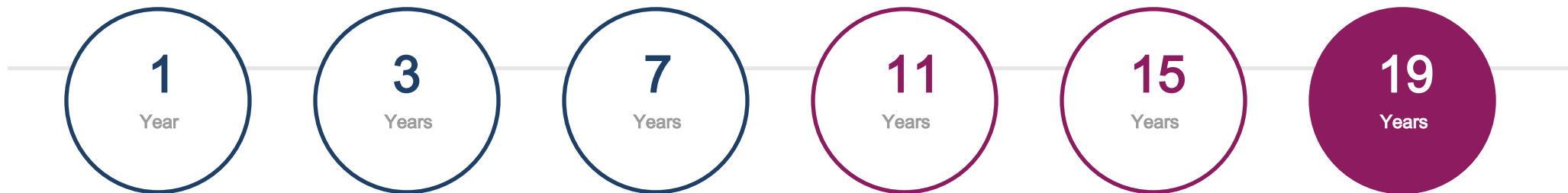
Trauma Informed Care requires a system to make a paradigm shift from asking "What is *wrong* with this person?" to **"What has *happened* to this person?"** <sup>[3]</sup>

Source: socialwork.buffalo.edu

# Strategy

Reflection prompt

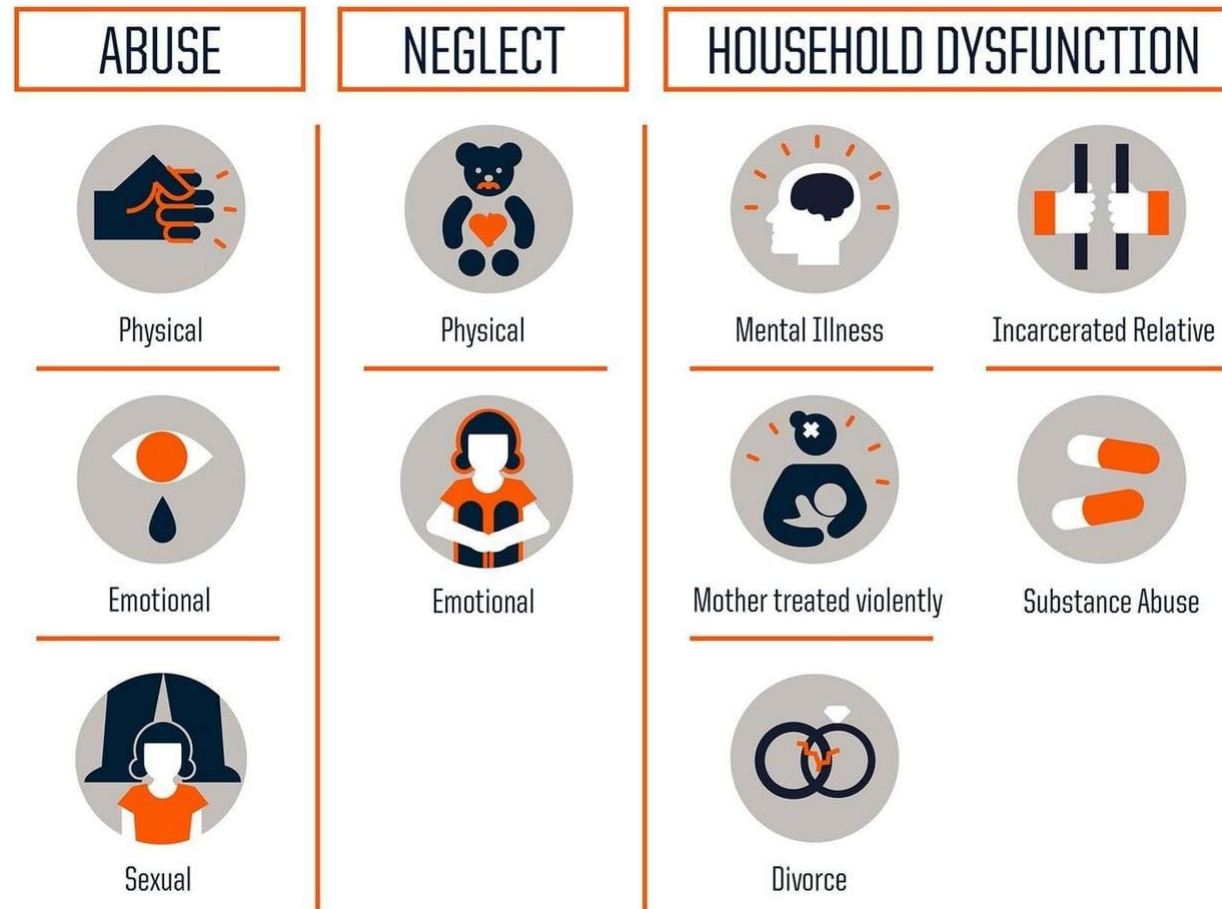
*What are some **survival strategies**?*



*Consider how survival strategies may have shifted across these moments of a client's life.*

# ACE's —the three categories

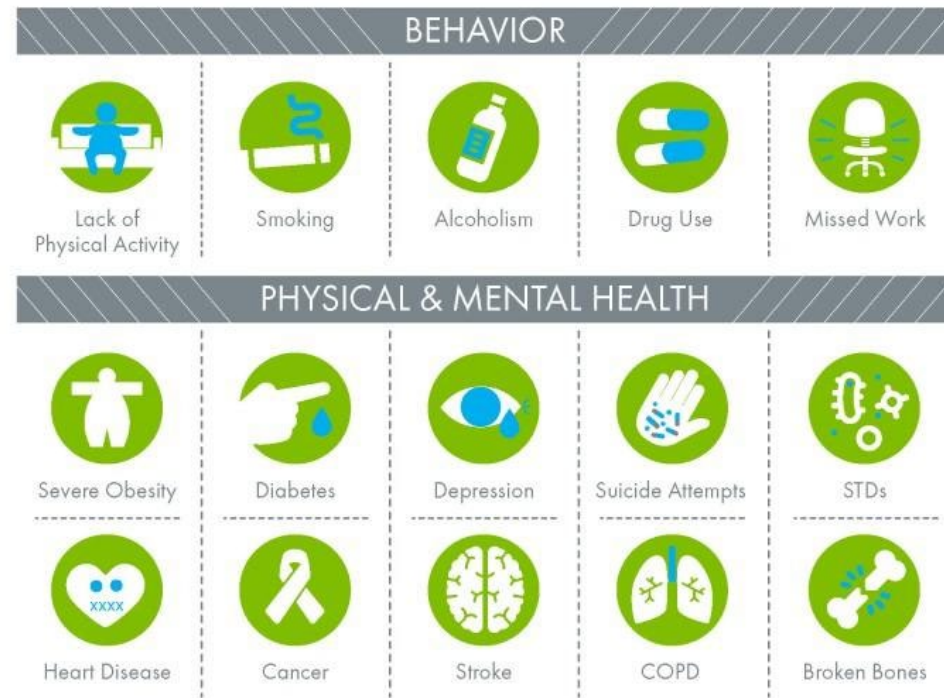
The original ACE study grouped 10 adverse childhood experiences into three categories.



# ACE's —*downstream effects*

How ACEs translate into observable patterns of **behavior** and **physical & mental health**.

## ACE EFFECT



# ACE's —*learn your score*

Scan to take the ACEs quiz

## Find your ACE score.

A short, self-administered questionnaire—the ACEs quiz helps staff and clients begin to recognize how early adversity may show up in the present. Use the QR code to access the tool.

01

Open camera

02

Scan QR code

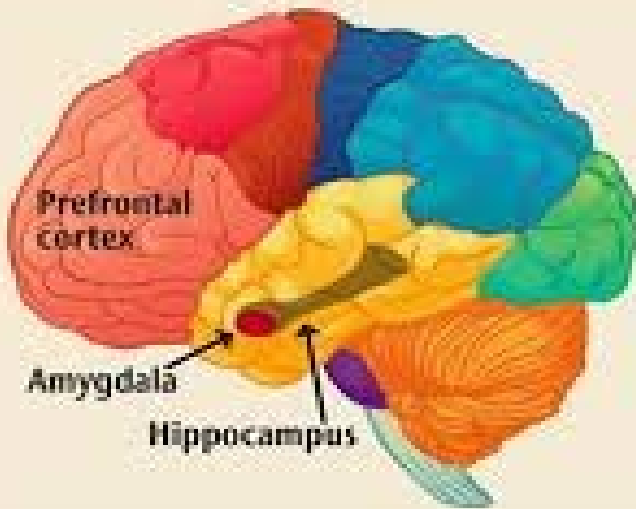
03

Reflect



ACEs Quiz · Scan with your phone

# Anatomy of the Brain



**Prefrontal cortex:** Highly developed part of the frontal lobe that plays a role in the regulation of complex cognitive, emotional, and behavioral functioning.

**Amygdala:** The emotional center of the brain.

**Hippocampus:** Involved in forming, storing, and processing memory.

## Region 01

### Prefrontal Cortex

Highly developed part of the frontal lobe that plays a role in the regulation of complex cognitive, emotional, and behavioral functioning.

## Region 02

### Amygdala

The emotional center of the brain.

## Region 03

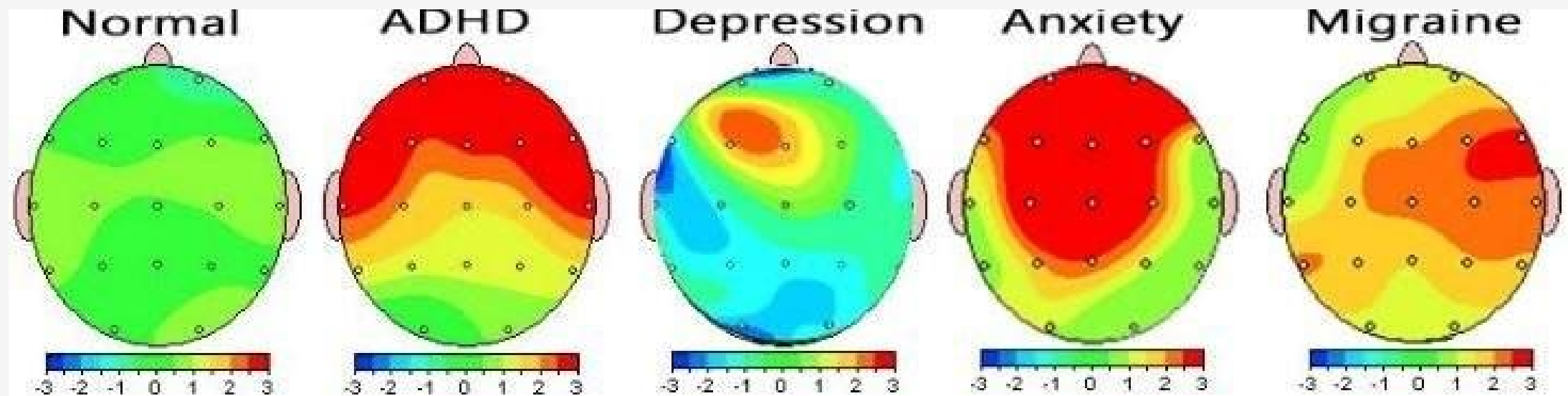
### Hippocampus

Involved in forming, storing, and processing memory.

# Anatomy of the Brain

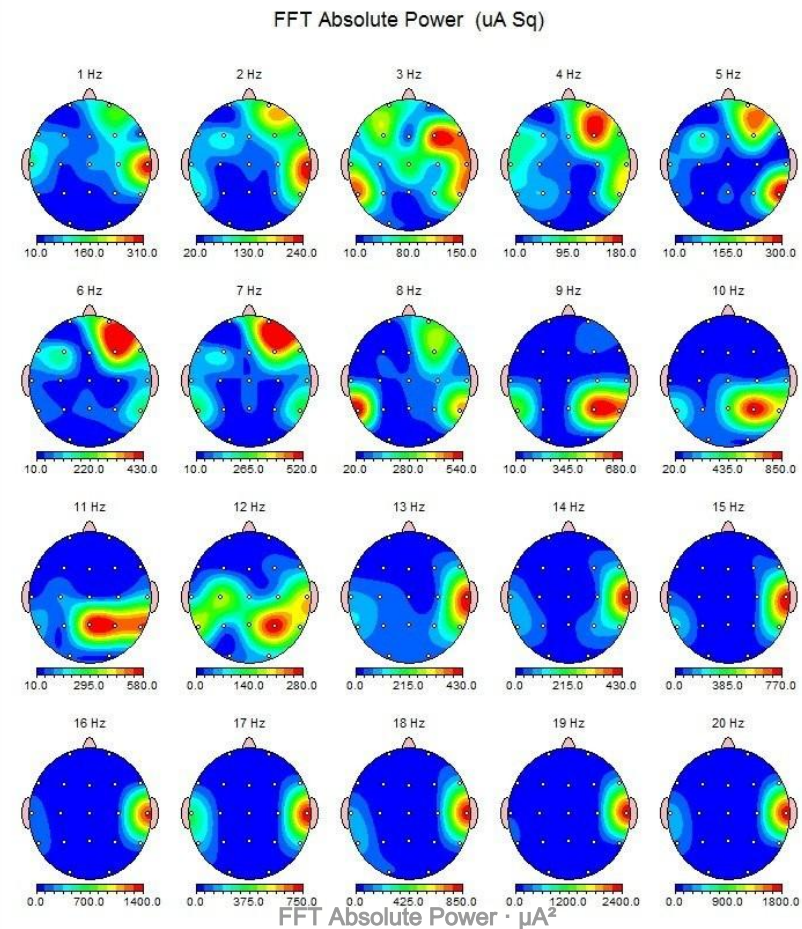
—condition signatures

QEEG brainmap comparison across common conditions. Color intensity reflects deviation from baseline.



Compare regions of activation across Normal, ADHD, Depression, Anxiety, and Migraine.

# Client Sample



What you're looking at

## A single client's QEEG profile.

Each row maps the same client's brain at a different frequency band. Color intensity reflects deviation from a normative baseline—red indicates higher activity, blue indicates lower.

- **High** —elevated activity vs. baseline
- **Normal** —within expected range
- **Low** —reduced activity vs. baseline

# Thinking it through

Eight reflection prompts to ground your assessment ~~in~~ reality—not yours.

- 01 What does this pregnancy *represent* to her?
- 02 Need being met as a result of pregnancy?
- 03 Need threatened to be unmet as a result of pregnancy?
- 04 Do we *recognize* these as needs?
- 05 What has been her strategy? How does a pregnancy impact her strategy?
- 06 What are options for a new strategy?
- 07 Which are options for a new strategy that *FEEL* feasible to her?
- 08 What is the problem she is trying to *solve*?

# Responding

Nine practical posture shifts for trauma-informed response.

Practice 01

**Sharing power**

Practice 02

**Predictability**

Practice 03

**Meet her where her FOCUS is**

Practice 04

**Opportunities for environment  
scan** *(attention span)*

Practice 05

**Sensory care and tools**

Practice 06

**Listen**

Practice 07

**Reconsider standard one - size -  
fits - all approach**

Practice 08

**Unique action plans per client**

Practice 09

**Allow the client to lead the  
discussion —sharing power.**

# Trauma Informed Care Course

Continue your learning

## Take the full on -demand course.

Heartbeat Academy's **Trauma-Informed Care** course is the recommended onboarding companion for new directors and staff at Maternity Housing Coalition affiliates.

Scan to enroll

Open your camera and point it at the code.

Heartbeat Academy · OnDemand

