Trauma Informed Response

Sexual Assault Prevention and Education Center (SAPEC)

Jen Brockman; MA
What is Trauma

Big T and little t

• DSM V:
  • exposure to actual or threatened death, serious injury, or sexual violence
• Based on perception
  • Event that leaves the person feeling overwhelmed, out of control, helpless and which one perceives as threatening.
More Than My Context...

How People Act Like It Is

How It Actually Is
Blank Slate vs. ACEs
Neurobiology of Trauma

Neurobiology helps to explain human behavior in terms of the activity of the brain.

Trauma changes the structure and function of the brain in response to the experience.
Survivors experience sexual violence as a life-threatening event, regardless of whether physical injury was present or weapons were used.

Sexual Violence = Trauma
Neurobiology of Trauma

Amygdala

Hippocampus
HPA Axis: 96 hour hormone “dump”
Effects or "Symptoms" of Trauma

- Hyper arousal
- Flashbacks
- Avoidance
- Withdrawal
- Illness
- Substance Abuse
- Self-Harm
- Suicidal Ideation
- Inability to Focus
What's wrong with you?

vs.

What happened to you?

What is Trauma-Informed Care

Informed

Collaborative

Holistic

Strength-based
Core Principles of a Trauma-Informed System of Care

- Safety
- Empowerment
- Trustworthiness
- Collaboration
- Choice
Things Well Intentioned People Say...
MOVING
beyond good intentions
What you can do

• Normalize and validate responses
• Provide choices
• Maintain Confidentiality (as much as able)
• Be supportive of choices
• Offer to accompany person to another resource or be there while he/she makes a phone call to service provider
• Don’t offer more than you are able to do
One way to make connections is to show you are actively listening. Reflecting feelings can reflect active listening.

“It sounds like you are feeling _______”
# Referrals

<table>
<thead>
<tr>
<th>Confidential Resources</th>
<th>Non-Confidential Resources</th>
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<tbody>
<tr>
<td>KU CARE Coordinator</td>
<td>SAPEC</td>
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<td>University Counseling Services</td>
<td>Law Enforcement (KU Police, LPD, etc.)</td>
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<td>Ombudsperson</td>
<td>Institutional Opportunity and Access (IOA)</td>
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<td>Employee Assistance Program</td>
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<td>Medical Staff at Watkins Health Services</td>
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<td>Care Center</td>
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Jamie has been missing assignments, acting distracted, and struggling with physical illness. Jamie schedules an appointment to speak with an advisor. Before they can ask for help, Jamie breaks down. The advisor hands Jamie a tissue and says “don’t cry what ever it is we can fix it.”

Jamie discloses a long story about trauma throughout this semester.

The professor tells Jamie “everything will be okay, but you have to speak to someone in the counseling department for help with your problem if you want to be successful this semester. But thank you for sharing this with me.”

Jamie leaves the office with a resource number for campus counseling's appointment line.


Substance Abuse and Mental Health Services Administration, Trauma and Justice Strategic Initiative (2012). SAMHSA’s working definition of trauma and guidance for trauma-informed approach. Rockville, MD: Substance Abuse and Mental Health Services Administration.
