

# Lived Experience Leadership Programme Pilot – Session 1

September 2023

LLOYDS BANK  
FOUNDATION  
Channel Islands



# Kate Moralee

Introduction to the theory of trauma  
informed practice

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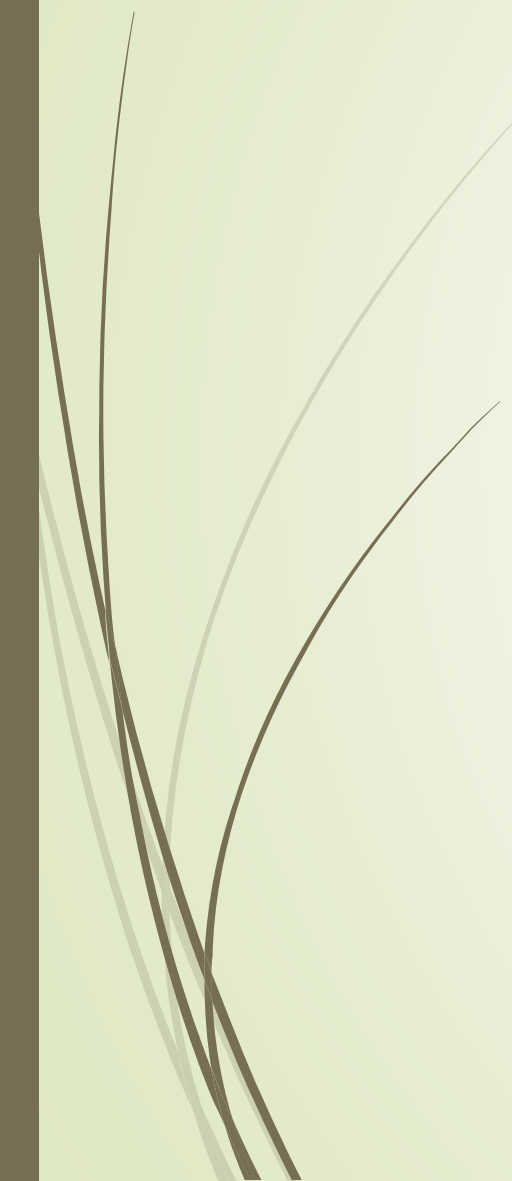


# Introduction to the Theory of Trauma Informed Practice

Kate Moralee

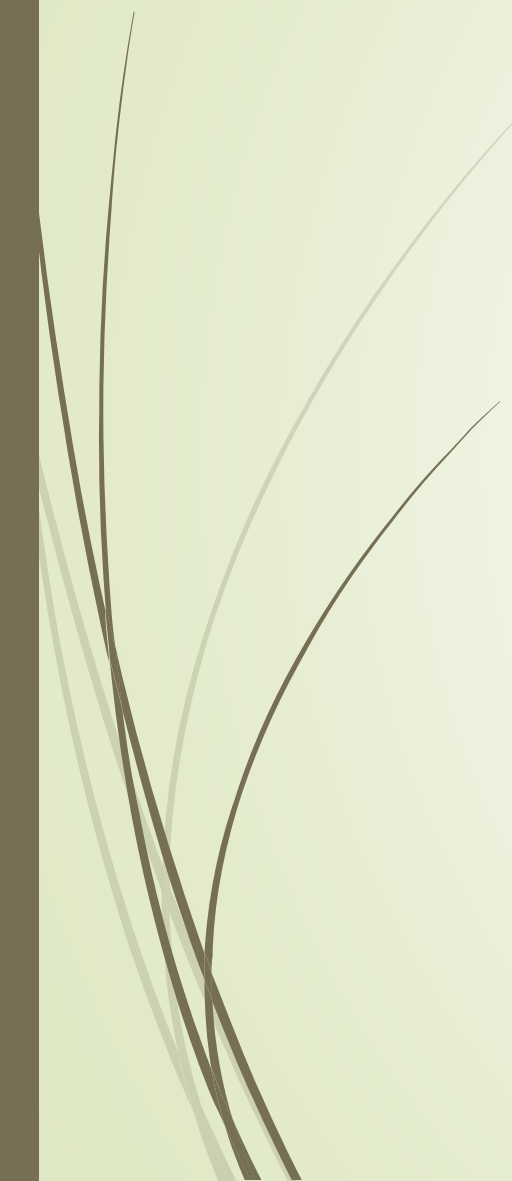


## Aims:

- Understand what is meant by trauma
  - Why is this important in your work
  - What are the principles of Trauma Informed Practice
  - Why implement Trauma Informed Practice
- 



# Setting the scene

- ▶ Triggering
  - ▶ Safe space
  - ▶ Check-in with self
  - ▶ Programme over a period of time – so check in with each other
  - ▶ Feel need to leave – look after yourself
- 



# What is meant by psychological trauma?

- ▶ The term trauma can refer to a wide range of traumatic, abusive or neglectful events or series of events (including Adverse Childhood Experiences (ACEs) and trauma in adulthood) that are experienced as being emotionally or physically harmful or life threatening. Whether an event(s) is traumatic depends not only on our individual experience of the event, but also how it negatively impacts on our emotional, social, spiritual and physical wellbeing. We are all affected by traumatic events in different ways.
- ▶ In summary, psychological trauma can be understood in terms of the 3 E's:
  - the **E**vent
  - how it is **E**xperienced
  - and its **E**ffects




# Trauma definition

- ▶ **Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional or spiritual well-being"**

SAMHSA – Trauma and Justice Strategic Initiative (2012)



# What is Complex Trauma

- ▶ When children are exposed to multiple traumatic events, often severe and widespread and often with a caregiver. Usually occur early in life and can disrupt development.
  - ▶ Adverse Childhood Experiences
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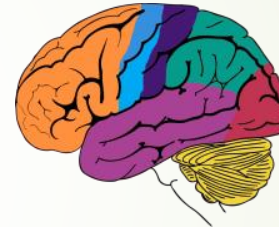


# Impact of complex trauma:

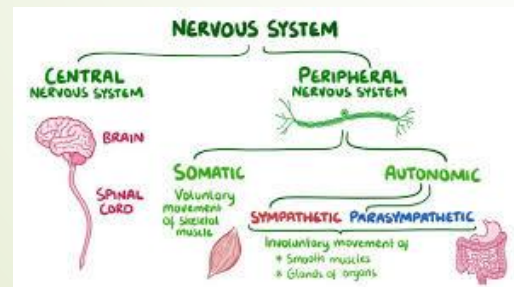
## ➤ Relationships



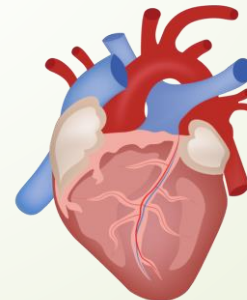
## ➤ Neurological development

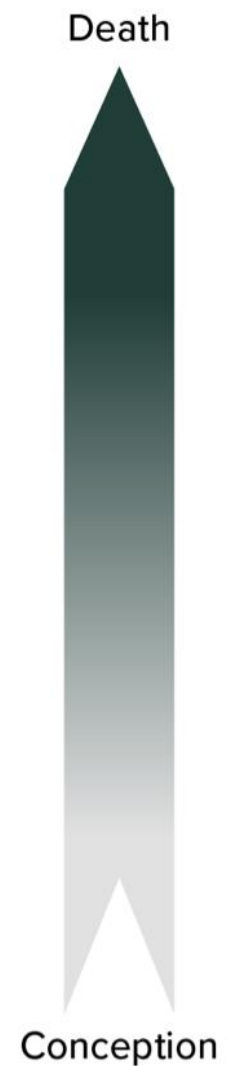
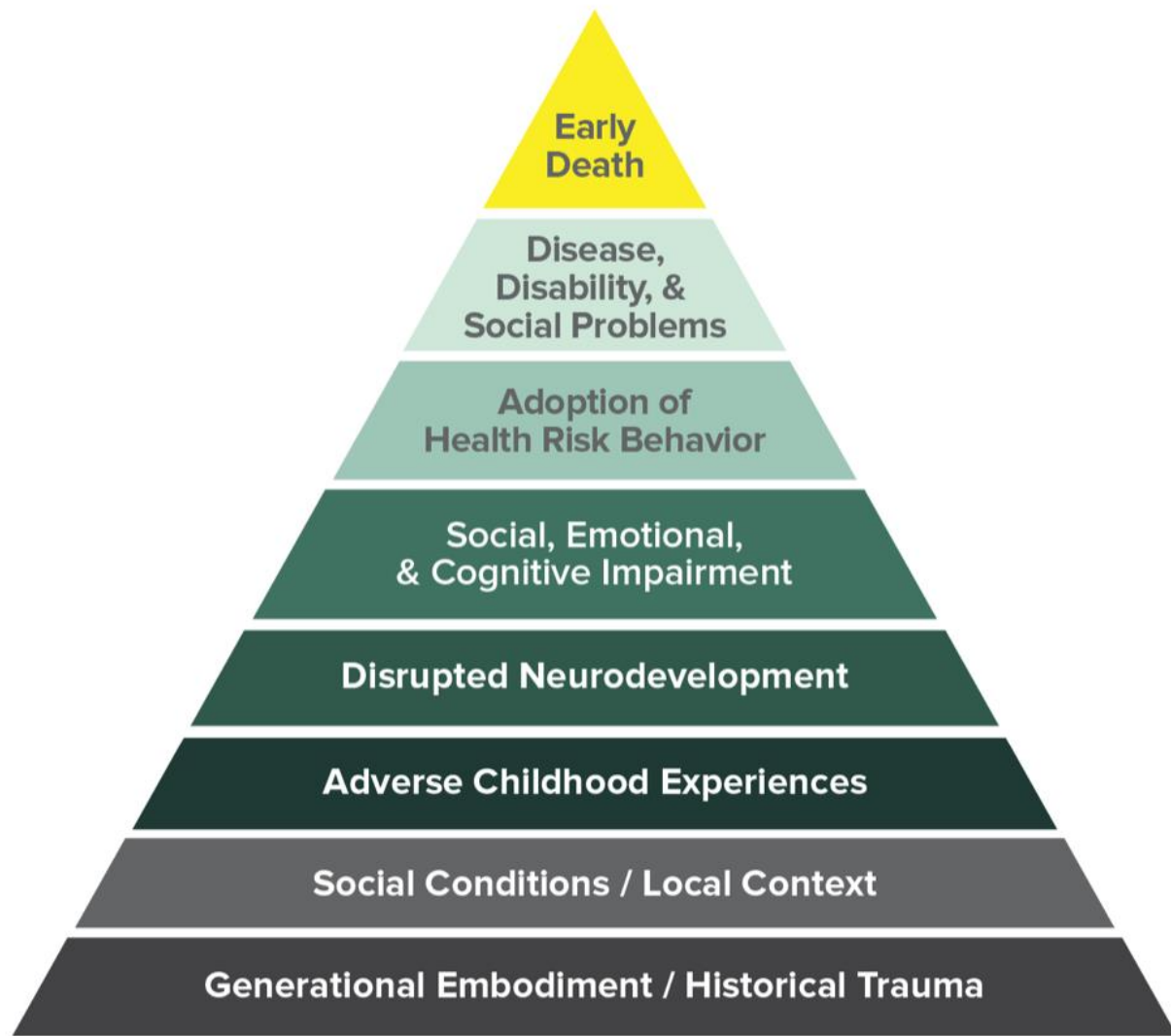


## ➤ The Autonomic Nervous System



## ➤ Biological development





**Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**



# Why important?

- ▶ 55-90% people have experienced at least one trauma in their lifetime (recently everyone experienced impact of Covid-19 – but all experienced impact differently)
- ▶ Wales 2016 ACE Study – revealed 14% respondents had been impacted by complex trauma
- ▶ Lankelly Chase study in 2015 – Hard Edges – reported 85% people in touch with CJ, substance misuse and homelessness services in the UK have experienced trauma as children.



# Why is this important for your services?

- Consider some reasons why people choose not to engage with services or to disclose trauma:
- Lack of trust
- Fear of being judged
- Shame of being a victim
- Not recognizing events as trauma – rather part of life
- Not recalling trauma
- Tired of being assessed
- Always seen as a problem to be solved/fixed



# What is Trauma Informed Practice

- ▶ Trauma-informed practice is an approach to service (health and social care) interventions which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development.
- ▶ An approach moving from:
  - ▶ What is wrong with you? (judgement) to
  - ▶ What happened to you? (compassion)
  - ▶ What do you need? (choice, empowerment)
  - ▶ What is right with you? (recognizing strengths)



# TiP is based on 4 R's (SAMHSA)

- **Realise** – the widespread impact of trauma and understand potential pathways for recovery
  - **Recognise** – the signs and of trauma in clients, families, staff and others involved with the system
  - **Respond** – by fully integrating knowledge about trauma into policies, procedures and practices
  - **Resist** – retraumatizing individuals and communities/groups
- 

## SAMHSA- Six Key Principles of a Trauma Informed Approach





# 10 Implementation Domains(SAMHSA)

- Governance and Leadership
- Policy
- Physical environment
- Engagement and Involvement
- Cross sector collaboration
- Screening, assessment and treatment services
- Training and workforce development
- Progress monitoring and quality assurance
- Financing
- Evaluation





# Why adopt Trauma Informed Practice

- **To recognise the signs, symptoms and widespread impact of trauma**
- To increase practitioners' awareness of how trauma can negatively impact on individuals and communities, and their ability to feel safe or develop trusting relationships.
- To improve the accessibility and quality of services by creating culturally sensitive, safe services that people trust and want to use.
- To prepare practitioners to work in collaboration and partnership with people and empower them to make choices about their health and wellbeing.
- **To avoid re-traumatisation** which is the re-experiencing of thoughts, feelings or sensations experienced at the time of a traumatic event or circumstance in a person's past. Re-traumatisation is generally triggered by reminders of previous trauma which may or may not be potentially traumatic in themselves.



# Trauma Informed Practice



- ▶ The purpose of trauma-informed practice is not to treat trauma-related difficulties, which is the role of trauma-specialist services and practitioners. Rather, it seeks to address the barriers that people affected by trauma can experience when accessing health and social care services.
- ▶ It requires organisations to move beyond their traditional models of service delivery and to re-evaluate their entire organisational practices and policies through a trauma-focused lens.
- ▶ They will need to reframe complex behaviours as potential responses to trauma-related triggers and will be required to prioritise the building of trusting, mutual relationships above all else.
- ▶ And move "from fear to safety, from control to empowerment, and from abuse of power to accountability and transparency"

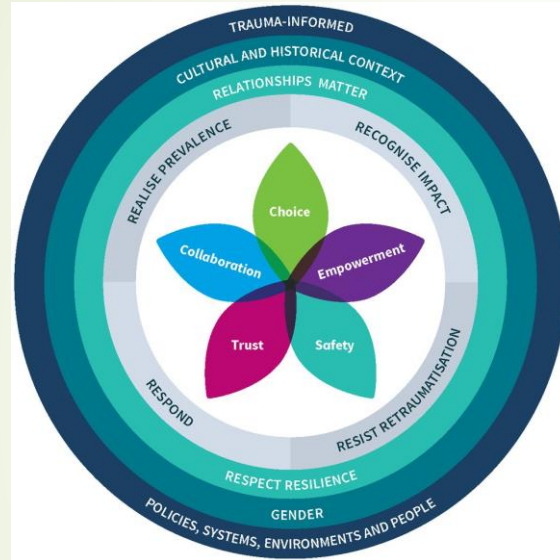


# Review



- ▶ Disruptive behaviour is a symptom of deeper harm and often coping strategy of a person who has experienced childhood trauma
- ▶ Adopting and implementing Trauma Informed Practice requires a cultural shift in perspective and thoughts.
- ▶ Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviours and to ask:
- ▶ What happened to you? What do you need? What is right with you – what are your strengths?
- ▶ It is important to improve life outcomes and quality of life of people using your services

# Review



## SAMHSA's Concept of TIC

### 3 E's of Trauma

1. Events
2. Experience
3. Effects

### 4 R's Key Assumptions

1. Realization
2. Recognize
3. Responds
4. Resist Re-traumatization

### 6 Key Principles

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues

### 10 Implementation Domains

1. Governance and Leadership
2. Policy
3. Physical Environment
4. Engagement and Involvement
5. Cross-Sector Collaboration
6. Screening, Assessment, and Treatment Services
7. Training and Workforce Development
8. Progress Monitoring and Quality Assurance
9. Financing
10. Evaluation



# Additional Resources – Training

- **Homeless Link's Training suite:** <https://homeless.org.uk/what-we-do/developing-the-workforce/training-for-organisations/trauma-informed-training-and-consultancy/>
- **One Small Thing Working with Trauma – The Trauma Quality Mark:** <https://onesmallthing.org.uk/quality-standards>
- **AVAs Becoming Trauma Informed:** <https://avaproject.org.uk/events/online-interactive-training-cpd-accredited-becoming-trauma-informed-a-course-for-managers-12/#:~:text=This%20online%20blended%20training%20on,tools%20to%20review%20current%20practice.>



# Frameworks and Toolkits



- ▶ **Trauma Informed Wales ACE's – a public health report 2016:** <https://traumaframeworkcymru.com/>
- ▶ **Trauma Informed Practice Toolkit Scotland:** <https://www.gov.scot/publications/trauma-informed-practice-toolkit-scotland/>
- ▶ **National Trauma Training Programme NHS Scotland:** <https://www.transformingpsychologicaltrauma.scot/>
- ▶ **The Trauma Toolkit (Klinic Community Health Centre):** [https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed\\_Toolkit.pdf](https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf)
- ▶ **The US National Centre for Trauma Informed Care:** <http://www.samhsa.gov/nctic/about>

# Additional Resources – Talks and videos

- ▶ **Complex Trauma – Going Deeper** [www.youtube.com/watch?v=4n8ydiaWmNc&t=27s](http://www.youtube.com/watch?v=4n8ydiaWmNc&t=27s)  
**Burke Harris How childhood trauma affects health across a lifetime:**  
[www.youtube.com/watch?v=95ovlJ3dsNk](http://www.youtube.com/watch?v=95ovlJ3dsNk)
- ▶ **Complex Trauma – Understanding and Treatment**  
[www.youtube.com/watch?v=otxAuHG9hKo&t=2205s](http://www.youtube.com/watch?v=otxAuHG9hKo&t=2205s)
- ▶ **Childhood trauma and the brain:** <https://www.youtube.com/watch?v=xYBUY1kZpf8>
- ▶ **Attachment Theory breakdown:** <https://www.youtube.com/watch?v=WjOowWxOXCg>
- ▶ **Still face experiment** (*attachment demonstrated through connection*):  
<https://www.youtube.com/watch?v=apzXGEBZht0>
- ▶ **Strange situation experiment** (*attachment demonstrated through safety*):  
<https://www.youtube.com/watch?v=QTsewNrHUUHU&t=2s>
- ▶ **Vicarious Trauma introduction:** <https://www.youtube.com/watch?v=L415Vt21NXI>

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