



Understanding and Implementing Trauma- Informed Care

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Workshop Learning Outcomes

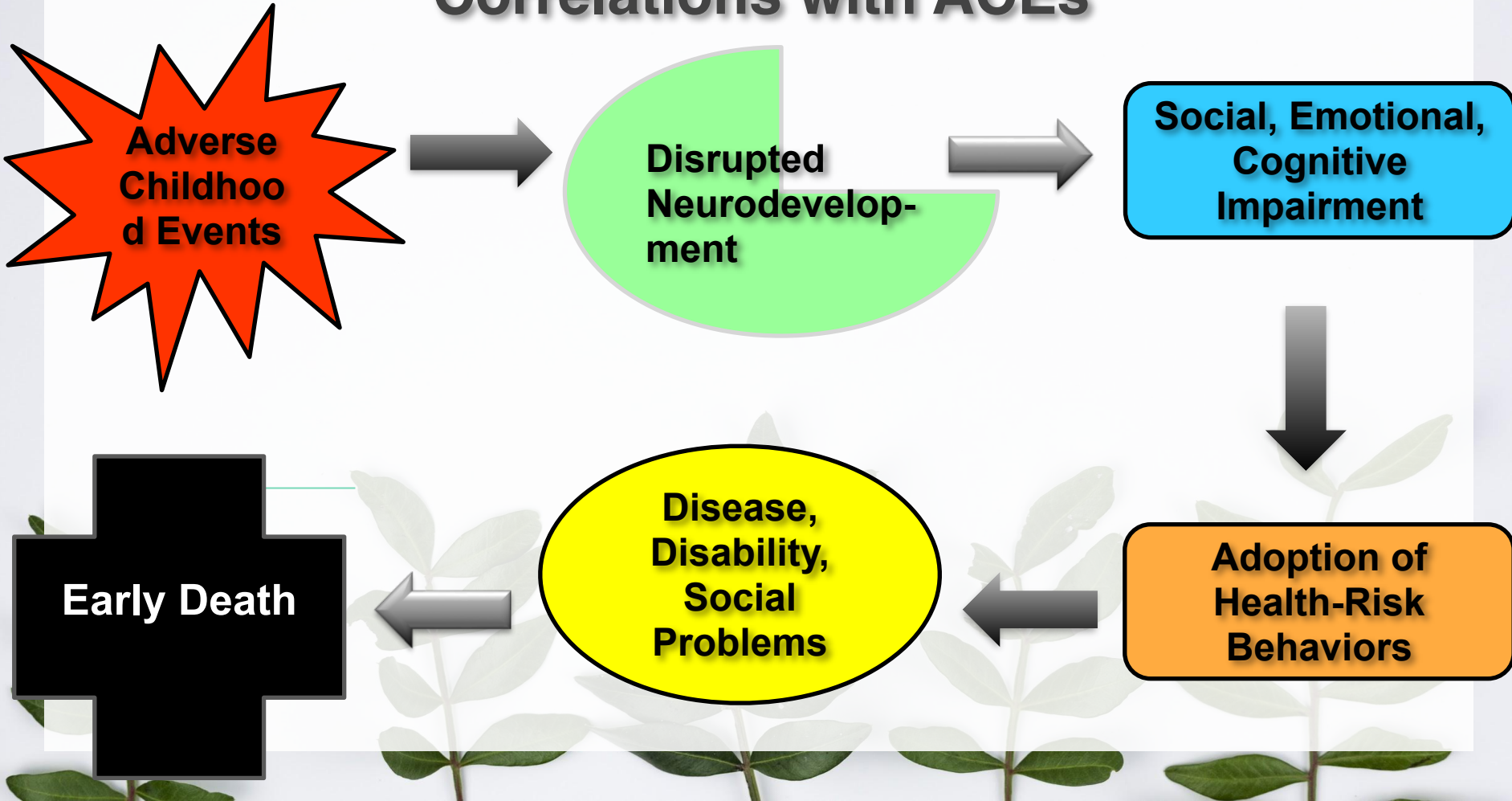
- 1) Explain what trauma is and its effects upon survivors
- 2) **Discuss the 6 guiding principles of trauma-informed care**
- 3) Enact several key do's and don'ts when it comes to responding to students' trauma disclosures
- 4) **Understand what steps you should take after a student's trauma disclosure**
- 5) Identify several actions you can take to reduce your risk of vicarious trauma and enhance your well-being



“Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

—SAMHSA (2014)

Correlations with ACEs





The Four “R’s” of Trauma-Informed Care

- 1) **Realize** how common trauma is
- 2) **Recognize** the signs and symptoms of trauma
- 3) **Respond** appropriately and therapeutically to survivors
- 4) **Resist** re-traumatization



Six Principles of Trauma-Informed Care

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



DO's...

- ✓ Practice good listening skills
- ✓ Notify students regarding your reporting obligations
- ✓ Be patient, empathetic, encouraging, and validating
- ✓ Communicate care, concern, and support
- ✓ Explain any steps you plan to take and why

DO's...

- ✓ Convey your willingness to be a source of support
- ✓ Be familiar with available on-campus resources
- ✓ Maintain good boundaries
- ✓ Check-in with the student regularly following the disclosure

DON'Ts...

- ✓ **Interrupt the narrative (much)**
- ✓ **Force the conversation if they are not ready to disclose**
- ✓ **Be judgmental**
- ✓ **Make assumptions**
- ✓ **Make promises that you cannot keep**


Examples of Responses

- “I’m so sorry you are going through this”
- “I’m sorry you were hurt in that way”
- “What happened to you was not your fault”
- “You are not alone”
- “God loves you so very much”
- “Thank you for sharing this information with me”
- “I am really impressed at how [brave / strong / resilient / etc.] you are”

Examples of Responses

- “It’s understandable that you’re having a hard time”
- “You deserve help in dealing with something so difficult”
- “Would you like me to connect you with someone who can talk to you further about this?”
- “Would you like me to pray with you?”

So, Now What? Next Steps...



*Legal or
ethical
obligation to
report?*



*Follow-up
with the
student*

*Referrals
to on-
campus
resources*

*Contact Title
IX
Coordinator,
Edee Schulze
(if applicable)*

*Make a
Student
Care Report*



Self-Care



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The image features a central white background with the text "Thank You!" in a bold, dark blue font. The text is framed by fresh green eucalyptus branches with rounded leaves, extending from the top and bottom edges towards the center.

Thank You!