

--- What Does "Trauma Informed" Mean?

- trauma model an alternative to medical model
- recognize 90%+ people with mental health diagnosis are trauma survivors
- all psychiatric symptoms can potentially be explained by trauma perspective
- what happened to you, not what is wrong with you.
- values subjective experience of people rather than focuses on expertise about pathology (changing?)
- way to address how system traumatizes + retraumatizes people. rates of violent/traumatizing events much higher in institutions
- looks at power relationships and misuse of power in institutions
- emerged out of consumer/patient movement, womens' movement, domestic violence activism, reform police+hospitals
- political resistance to recognizing trauma: freud, sexism, medical expertise, status quo, oppressions <-> trauma
- "trauma informed" often defined by funders, overseeing agency. Learn what it means to them
- "trauma informed" is an evolving concept. create ongoing dialog and education in your community and organization

Important -- There is no single set of standards to define trauma, trauma informed care. This is a movement dynamic not a clinical dynamic. This training offers one set of approaches