



# Trauma-Informed Care for Helping Professionals

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The Pennsylvania State University

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<https://militaryfamilies.psu.edu>



Applied Research



Program Implementation



Program Selection



Instructional Design



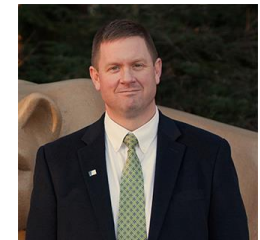
Program Evaluation



Curriculum Development



Keith R. Aronson, Ph.D.  
Co-Director



Daniel F. Perkins, Ph.D.  
Co-Director and Principal Scientist



Nicole D. Hurlbutt, Ph.D.  
Associate Director



Terri L. Rudy, MPA  
Thrive Portfolio Manager

# The Thrive Initiative



Thrive Initiative Program Areas			
Universal Parenting Programs			
Take Root	Sprout	Grow	Branch Out
Infants (0 to 6 months)	Preschool (3 to 5 years)	Grades K-5 (5 to 10 years)	Grades 6-12 (10 to 18 years)
Infants (6 to 12 months)			
Infants and Toddlers (1 to 3 years)			
Parenting Programs for High-Needs Populations			
Take Root Home Visitation		Grow Safe and Secure	
Infants and Toddlers (0 to 3 years)		Grades K-5 (5 to 10 years)	



# Today's Presenter

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**Tara Saathoff-Wells, PhD, CFLE**



# Disclaimers

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- The opinions or assertions contained in this presentation are the private views of the presenter and should not be construed as official or as reflecting the views or policies of the United States Department of Defense or any of its Service branches.
- The presenter has no conflicts of interest to disclose.



# Agenda

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1. Trauma training check-in and self-regulation strategy practice
2. What is Trauma-informed care (TIC)?
3. TIC principles as generalizable tenets of good practice
4. Using TIC in non-trauma-focused settings
5. Six TIC principles
6. Practice with a TIC Principle
7. Accessing programs from the Clearinghouse for Military Family Readiness at Penn State's website
8. Questions/comments



# Check-In


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- Poll question: Have you completed other training or coursework on understanding trauma or providing trauma-informed care?
- Strategies to manage personal energies (emotions, cognitions, body sensations)





# The Stress Continuum

Type of Stress Response	Positive Stress	Tolerable Stress	Toxic Stress	Traumatic Stress
→				
<b>Possible Outcomes</b> 	Improved well-being, self-efficacy, resilience.	Recover and/or adapt with support.  Maintain and/or improve well-being, resilience.	May develop stress injury, lower threshold for stress tolerance and/or impairment in managing stress well.  May develop maladaptive coping strategies without intervention.	Coping capacities are overwhelmed.  Sensory, cognitive, and emotional dysregulation is likely.  Maladaptive coping strategies can develop without intervention.

Context matters for how each of us experience stress.

- Event
- Experience
- Effects





# Adversity and Trauma-Informed Care

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*“We start with the concept that adversity is a proxy concept [shorthand] for the description of a range of experiences and conditions that have been found to increase probability of undesirable outcomes.”*

*(Devaney, Frederick, & Spratt, 2021)*

- Trauma and adversity are not interchangeable terms.
- Some adversity may result in trauma, but not all adversity is traumatic.
- Adversity and trauma can both contribute to negative outcomes.
- Strengthening individual, family, and community protective factors helps promote resilience and can help mitigate, compensate for, and remediate the consequences of adversity and trauma.

Sensitive care can be provided regardless of disclosure about stress, adversity, or trauma.



# TIC in Non-Clinical Applications

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- TIC is a strengths-based approach that fosters openness and client-provider collaboration.
- Provider stance may need to shift from:

*What is **wrong** (with you)?”*

To:

*“What **happened** (to you)?”,*

*“What **would you like me to know** about you?”,*

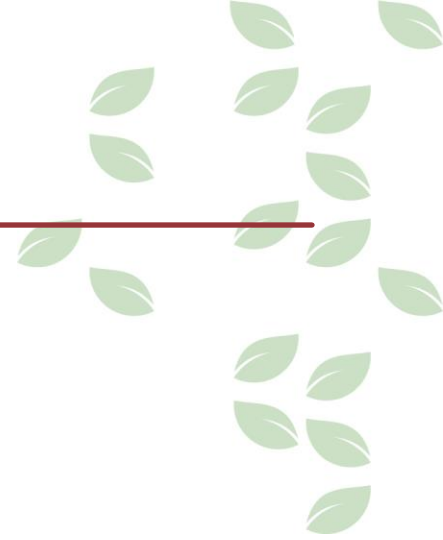
*and “What **has worked** for you?”*

- *Symptoms and difficult behaviors* are likely outward signs of having to develop strategies to cope with stress, adversity, and trauma.
- A trauma-informed approach can help you respond sensitively and accurately, while maintaining/reinforcing boundaries of your practice.



# Practicing Positive Perceptions

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# TIC as Reparative and Inclusive Practice

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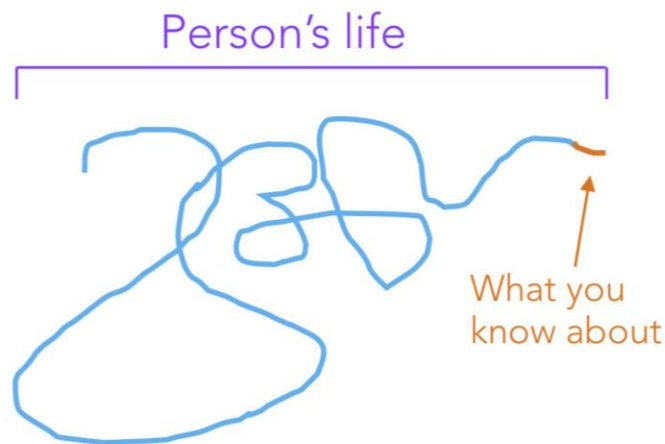
- Social service and safety net-type programs can earn reputations of being hostile to potential users and creating barriers to access.



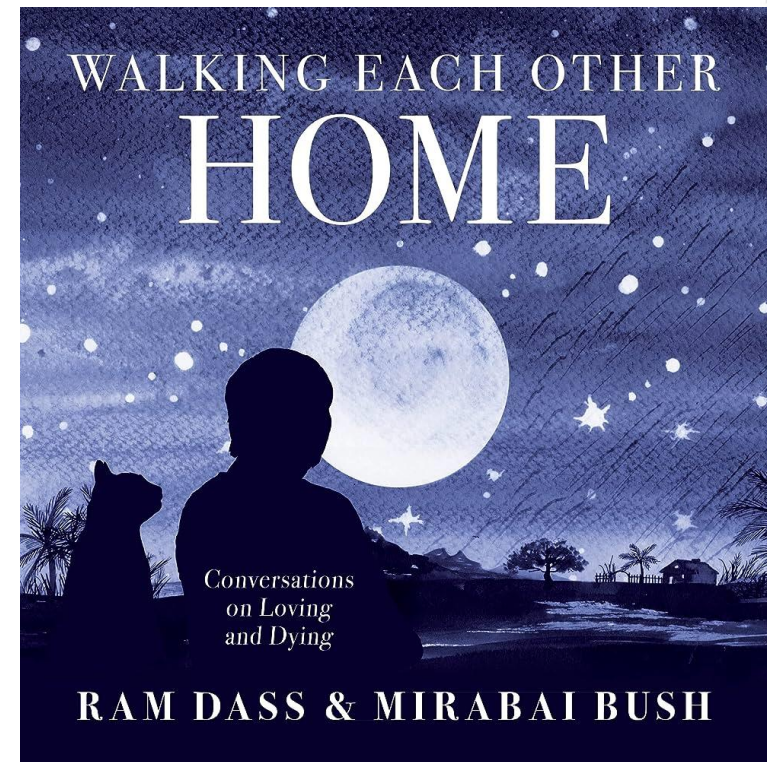


# TIC: A Continuous Improvement Process

TIC today is focused on providing empathic support at multiple levels of organizations, programs, and contact points for all clients and colleagues.



Try not to judge people, because you never know what they're going through.



# TIC in Practice: Big Picture Summary

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- Supports control, choice, and autonomy
- Focuses on fostering individual strengths, rather than presenting problems, risk factors, and symptoms
- Demands that professionals establish and support clients' sense of physical and emotional safety
- Promotes collaborative professional-client relationships
- Actively seeks opportunities to reduce the likelihood of re-traumatization

TIC is a set of professional practices and skills that build Safety, Trust, Empowerment, and Accessibility.



# Six Principles of Trauma-Informed Care

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**Safety**



**Trust &  
Transparency**



**Peer Support &  
Mutual Self-Help**



**Collaboration &  
Mutuality**



**Empowerment,  
Voice & Choice**



**Cultural, Historical  
& Gender Factors**





# TIC Principle Applications

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## Safety and Trust and Transparency Principles

- First contact opportunities
  - Reduce stigma, communicate safety and trustworthiness
- First contacts – advertisements/recruitment strategies; “front desk” interactions; other early points of contact before program/facilitator engagement?
- Initial client engagement – rapport building practices, clear and empathic communication



# Summary

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Adopting trauma-informed care as part of your practice and your organization's approach to working with clients can:

- Reduce barriers and increase the likelihood of help-seeking behaviors.
- Improve systems of care for clients across a range of non-trauma-focused services:
  - *Universal programs* (e.g., positive parenting and financial management workshops),
  - *Secondary services* (e.g., stable housing and workforce development programs), and
  - *Tertiary interventions* (e.g., court-mandated divorce education and anger management programs).
- Enhance organizational, programmatic, and professional responsiveness to clients.
- Increase organizational responsiveness to staff support needs through review and updates of policies and procedures.
- Reduce the likelihood of re-traumatization for clients (and staff).





Downloadable  
Training Module:

**Trauma-Informed  
Care in Parent  
Education**

<https://thrive.psu.edu/for-professionals/resources/>

# Motivational Interviewing and Values Clarification

RESUME COURSE



Downloadable Training Module:

## Motivational Interviewing and Values Clarification



<https://thrive.psu.edu/for-professionals/resources/>

# Your Questions

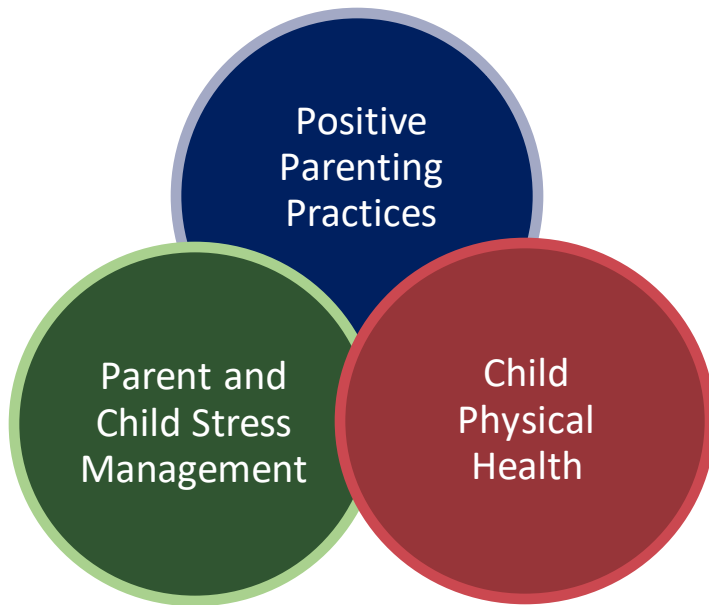
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# Q & A



# New Parenting Resources



## **coparenting** Coordinated. Cooperative. United.

A supplemental parent-education module that is designed to offer support to parents and caregivers as they coparent their children alongside other adults.



## **raising siblings** Fostering Positive Relationships

A supplemental parent-education module that is designed to support parents and caregivers who have multiple children or those who are planning to increase their family size.



## **anger management** Family Conflict: Mindfully Creating Positivity

A supplemental parent-education module that is designed to help parents and caregivers understand and reduce anger and conflict in everyday moments and situations.

<https://thrive.psu.edu>



# Professional Resources

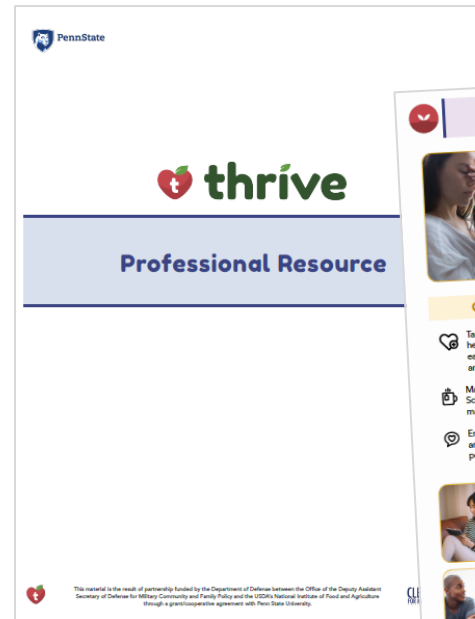


These resources are intended to provide support to professionals who work with children, youth, and families. Some of our resources require your email address before you can access the download link. We are collecting your information so that we may gauge which resources professionals are downloading for use and so we can continue to provide useful resources.

- Professional Resources
- Hybrid Manuals
- Handouts
- Training Modules
- Thrive Educational Series Presentations

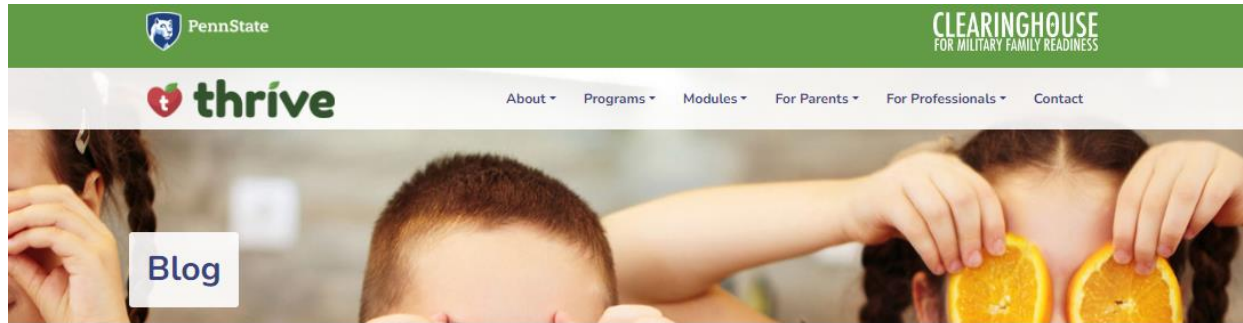
## Free General Facilitation Training

<https://thrive.psu.edu>



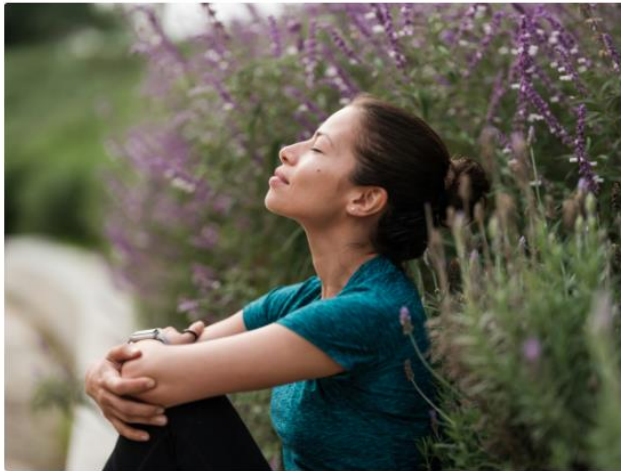


# Self-Care



## Compassion: A Strategy for Caring for Yourself and Your Children

Published on September 1, 2023



Humans are primed to react to a threat with a stress response. In modern society, we may no longer find ourselves facing tigers in the wild; however, our bodies may react with similar biological, fight-flight responses when we feel intense stress. The demands of parenting can be a source of stress, and, often, the stress we feel from parenting may be amplified when we respond to our actions and thoughts with self-judgement. Maybe you were late for your child's school play due to traffic or your

### Recent Posts

- ▶ Compassion: A Strategy for Caring for Yourself and Your Children
- ▶ Breathe Easier Knowing You Are Protecting Your Child From Air Pollution
- ▶ Adolescent Social Media Use
- ▶ Communicating with Adolescents and Teens
- ▶ Parenting the Child you Have

### Posts by Category

- ▶ Thrive
- ▶ Branch Out
- ▶ Grow
- ▶ Sprout
- ▶ Take Root

### Posts by Month



# Office Hours

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The next session will be held on October 30, 2023, at 3:00 p.m. EDT.

- ✓ Open to anyone who supports military families.
- ✓ Get real-time guidance and resources from researchers and implementation specialists for free.
- ✓ Learn how to tackle real-world problems and challenges through monthly collaborative learning sessions.
- ✓ Attend any of the monthly micro-learning sessions over Teams (30-45 minutes each).

<https://militaryfamilies.psu.edu/open-office-hours/>

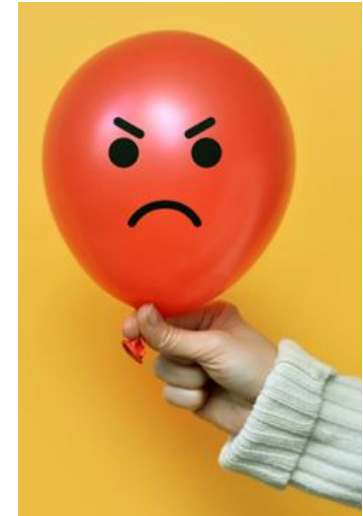


## Anger Management Techniques and Strategies



**January 17, 2024**  
**12:00 p.m. EST**

Chelsea Spencer, Ph.D., LCMFT



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<https://bit.ly/register4thrivesession2>

# Presentation Survey

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Please share feedback and topical requests.



**We Value Your Time in Responding!**

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<https://bit.ly/ThriveTIC>





The Clearinghouse for Military Family Readiness at Penn State is approved by the American Psychological Association to sponsor one hour of continuing education for participation in today's training.



- Attendance has been tracked.
- Within one month, certificates of completion will be sent to those who indicated a desire to receive credits at registration.
- For more information, contact Kristi Brawley: [kkb18@psu.edu](mailto:kkb18@psu.edu).

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## One Hour of Credit



# Contact Us

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## Contact Us



[thrive.psu.edu](http://thrive.psu.edu)



[thrive@psu.edu](mailto:thrive@psu.edu)



1.814.865.7412



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