

Impact of Trauma/Grief on Behavior and Trauma-Informed Care

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Agenda

- Definition of Trauma
- Understanding types and causes of trauma
- Behavioral impact of trauma
- Principles and implementation of trauma-informed care
- What is grief and stages of grief
- Providing support
- Grief therapy strategies



Definition of trauma

- Understanding Trauma: Trauma refers to the emotional response to distressing events that can overwhelm an individual's capacity to cope effectively.
- Impact on Behavior: Both trauma and grief can significantly affect an individual's behavior, influencing their interactions and daily life.
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Types and Causes of Trauma

- Types of Trauma: Trauma can be categorized into acute, chronic, and complex types, each affecting individuals differently.
- **Acute Trauma** is the result of a single distressing event, such as an accident, crime, or natural disaster.
- **Chronic Trauma** results from repeated and prolonged exposure to distressing events, such as ongoing abuse.
- **Complex Trauma** refers to exposure to multiple traumatic events, often from a young age, leading to lasting effects.
- Causes of trauma vary widely, from accidents and natural disasters to abuse and loss, each having unique effects on individuals.



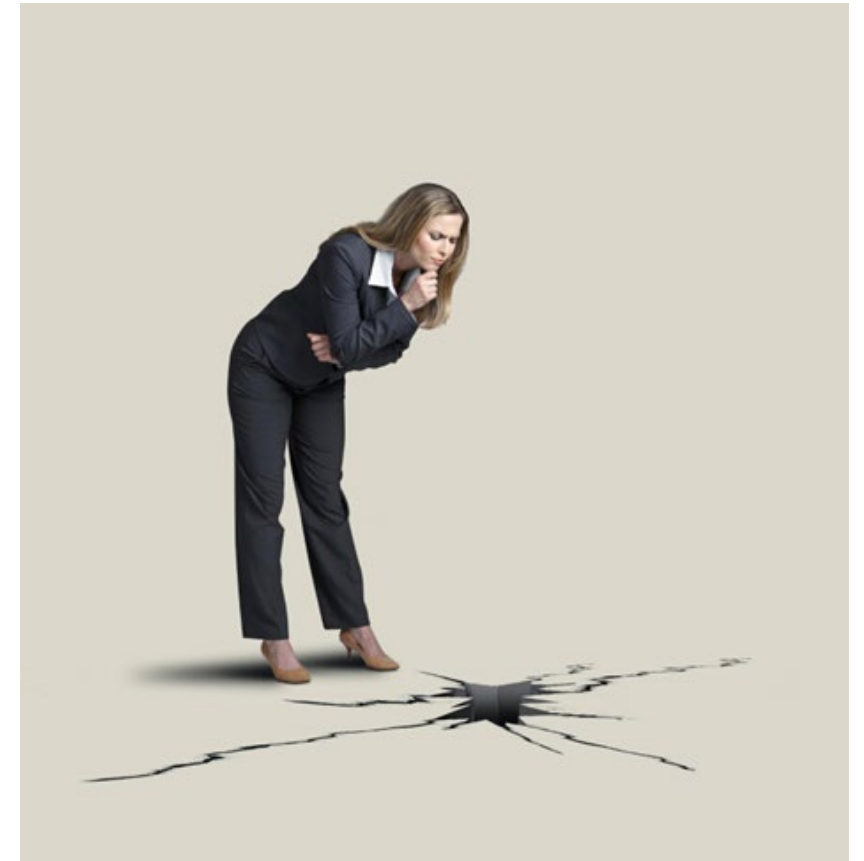
Common Behavioral Responses to Trauma

- Behavioral impact of trauma on behavior. It can lead to notable changes in behavior, and it is important to recognize these changes and provide support and interventions.
- Individuals may exhibit a range of responses to trauma including withdrawal, aggression, or hyper-vigilance.
- **Withdrawal** is a common response to trauma where individuals may isolate themselves from others and avoid social interactions.
- Some individuals may respond to trauma with **aggression**, displaying irritability and hostility to cope.
- **Hyper-vigilance** is characterized by heightened alertness and sensitivity to potential threats, often a response to trauma.



Long-term Behavioral Consequences

- Consequences of Unresolved Trauma: Unresolved trauma can lead to chronic behavioral issues that affect all areas of life, including personal relationships and work performance.
- Grief and Behavioral Issues: Grief can manifest in various behavioral issues, leading to difficulties in social interactions and emotional regulation over time.
- Importance of Early Intervention: Early intervention strategies can significantly mitigate the long-term effects of trauma and grief, promoting healing and well-being.



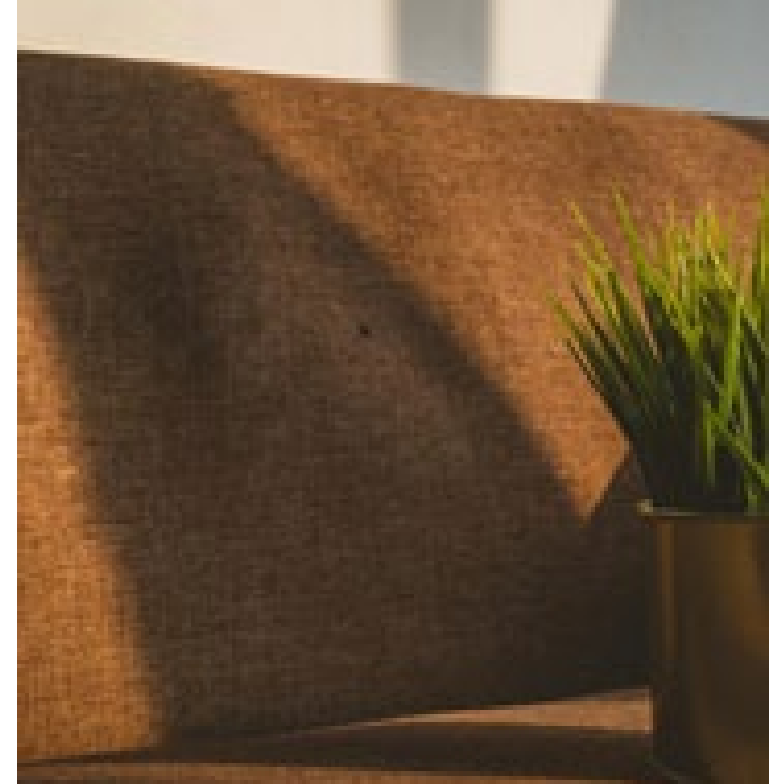
Core Concepts of Trauma-Informed Care

- Trauma-informed care is an approach that recognizes the widespread impact of trauma and seeks to create a supportive and safe environment for those affected.
- Key concepts include safety, trustworthiness, peer support, collaboration, empowerment, and cultural sensitivity.
- **Safety:** Creating a safe environment is essential for trauma-informed care, ensuring individuals feel secure and respected.
- **Trustworthiness:** Establishing trustworthiness involves transparency and **consistency** in interactions, fostering a sense of reliability.
- **Peer Support:** Peer support encourages shared experiences and understanding, promoting healing and resilience among individuals.
- **Empowerment:** Empowerment helps individuals regain control of their lives by fostering decision-making and self-advocacy.
- These principles guide the creation of a responsive care environment.



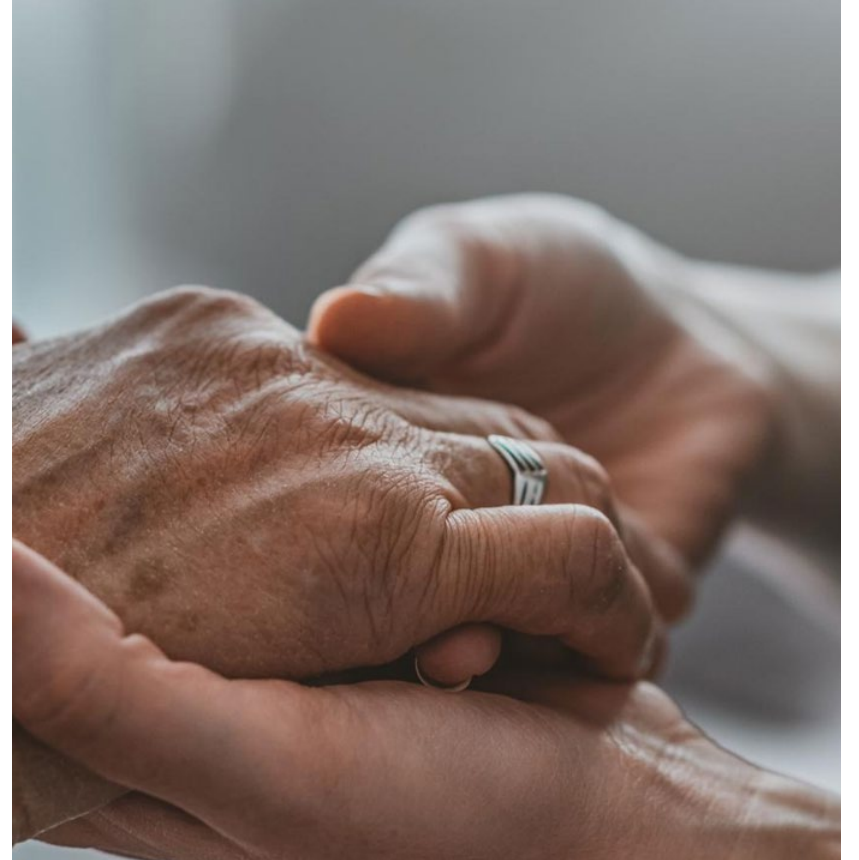
Creating a Safe and Supportive Environment

- A trauma-informed environment prioritizes physical and emotional safety for individuals. This includes providing privacy, maintaining confidentiality, and ensuring that individuals feel comfortable and secure.
- **Physical Safety:** A trauma-informed environment ensures physical safety by creating secure spaces that minimize risks and promote well-being.
- **Emotional Safety:** Emotional safety is prioritized by fostering an atmosphere of trust, understanding, and non-judgment, allowing individuals to feel secure.
- **Privacy and Confidentiality:** Providing privacy and maintaining confidentiality are essential to establishing a safe environment where individuals feel respected and valued.



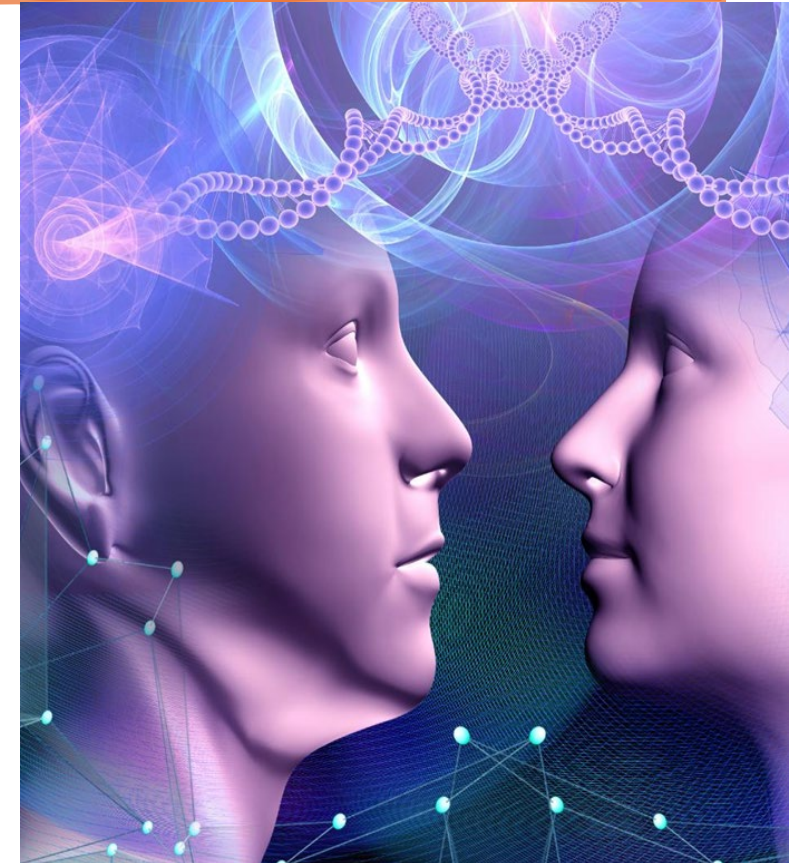
Building Trust and Empowerment

- Establishing trust is vital in trauma-informed care. Empowering individuals by involving them in their care decisions fosters a sense of control and agency, which can aid recovery.
- Importance of Trust: Establishing trust is essential in trauma-informed care as it lays the foundation for effective healing.
- Empowerment through Involvement: Involving individuals in their care decisions fosters a sense of control, enhancing their recovery process.
- Agency and Recovery: When individuals feel empowered, they are more likely to engage in their healing journey, promoting better outcomes.



Strategies for Trauma-Sensitive Interactions

- Implementing trauma-informed care requires specific strategies and education for staff to assist them in effectively interacting with those affected by trauma and grief.
- Trauma-sensitive interactions involve using empathic communication, active listening, and validating feelings to help foster a supportive environment.
- **Empathetic communication** involves understanding and sharing the feelings of others, fostering trust and connection.
- **Active listening** requires fully concentrating, understanding, and responding thoughtfully, which promotes a safe space for sharing.
- **Validating feelings** means acknowledging and accepting another person's emotional experience, which is essential for healing.



Positive Outcomes

- The implementation of trauma-informed care has led to positive behavior changes in individuals including enhanced emotional regulation and improved relationships.
- **Enhanced Emotional Regulation:** Trauma-informed care helps individuals manage their emotions more effectively, leading to greater emotional stability and resilience.
- **Improved Relationships:** Individuals receiving trauma-informed care often experience improved relationships, fostering healthier connections and communication with others.
- Emphasizing continuous improvement enhances trauma-informed care to meet the needs of the consumer effectively.



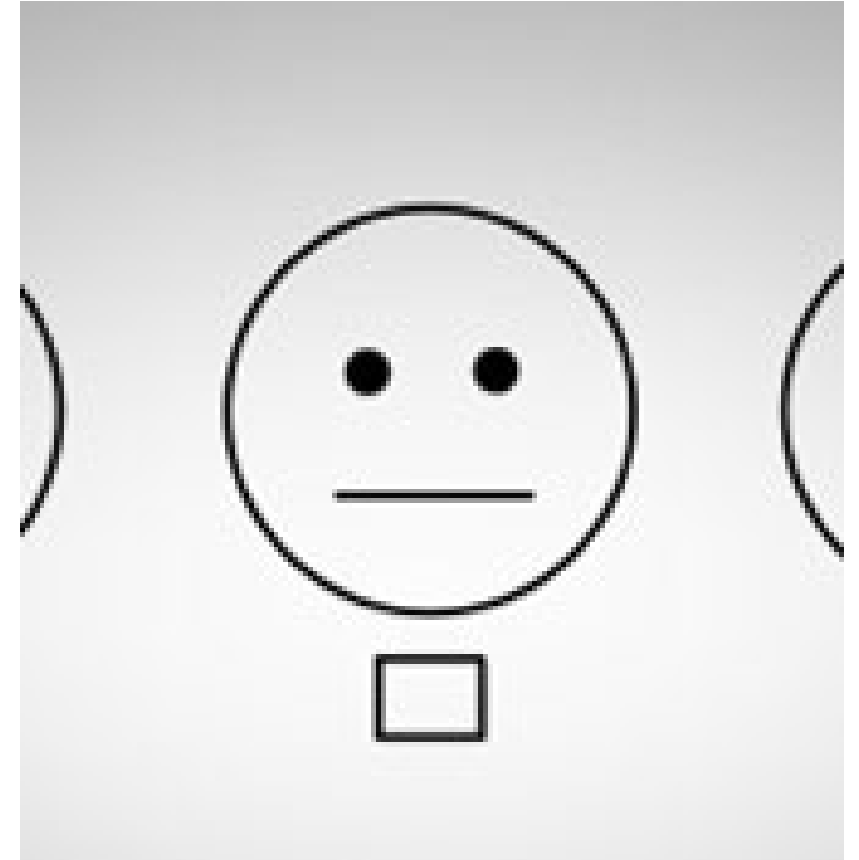
What is Grief?

- Grief is the emotional suffering one experiences after a loss, affecting both mental and physical well-being.
- Someone dying, a relationship ending, the loss of a job, a pet passing, an important life goal not being reached, and not being able to do the things you used to do.
- Tasks of mourning include accepting the loss, coping with the pain of grief, adjusting to the loss, and moving on with life.



Stages of Grief

- Denial: In the denial stage, individuals may refuse to accept the reality of their loss, which helps them cope temporarily.
- Anger: Anger can manifest as frustration and helplessness, leading individuals to blame themselves or others for their loss.
- Bargaining: In the bargaining stage, individuals may seek to negotiate their way out of the grief, often wishing for a way to reverse the loss.
- Depression: During the depression stage, individuals may feel profound sadness and despair as they come to terms with the reality of their loss.
- Acceptance: Acceptance involves coming to terms with the loss, allowing individuals to move forward while cherishing memories.



Responses to Grief

- Feelings of sadness, anger, guilt, anxiety, loneliness, fatigue, shock, helplessness, yearning, relief, numbness
- Physical sensations of tightness in chest or throat, empty stomach, oversensitivity to noise, short of breath, lack of energy, dry mouth
- Disbelief, confusion, preoccupation, sense of presence, hallucinations
- Sleep disturbance, social withdrawal, dreams of the deceased, changes in appetite, searching, sighing, restless overactivity, difficulty concentrating, treasuring objects that belonged to the deceased, inability to function as before
- Grief from a loss can be triggered later by many things, such as special dates, seasonal changes, new losses, developmental changes



Providing Support Based on Individual Needs

- Individuals served may have different levels of understanding the loss and communicating feelings.
- Communication Challenges: Individuals may struggle to express grief verbally, so it is important to pay attention to non-verbal cues in behavior, withdrawal, or irritability.
- Cognitive Limitations: Abstract concepts like death may be difficult to understand, so concrete examples may help.
- Multiple Losses: The loss of a caregiver, may be combined with relocation, change in routine which can exacerbate grief.
- The mourning process can be impacted by the loss, nature of attachment, circumstances, personal factors, history, social variables, and concurrent stress.



Grief Therapy Strategies

- Provide support and create a safe, calm, and predictable environment and a safe space to express feelings/emotions.
- Use visual aids (i.e., pictures, drawings, bubbles) and common examples to help explain complex concepts like death and grief.
- Encourage participation in funerals or memorial services to help honor the memory of their loved one.
- Promote and share memories of the deceased and create a memory book or box or plant a memory garden.
- Encourage them to help express their grief in their own way.
- Bereavement can have a significant impact and impact cognitive, social, and emotional functioning.



Conclusion

- Impact of Trauma and Grief: Understanding how trauma and grief affect behavior is essential for providing effective support to individuals in need.
- Trauma-informed care: Implementing trauma-informed care practices enhances support and promotes healing for individuals facing trauma and grief.
- By providing positive supports, we can empower individuals to overcome challenges and thrive.
- **Thank you** for all the hard work you do in supporting the individuals you serve.



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