

## Trauma Informed Practice Information Sheet for Parents

When an agency says they are Trauma Informed that could mean a couple of things.

First, it could mean that the agency has clinicians/therapists who are trained in one or more evidenced-based trauma informed therapy modalities and/or interventions. There are several types of trauma informed evidenced-based treatments such as: Child Parent Psychotherapy (CPP), Eye Movement Desensitization and Reprocessing (EMDR), Trauma Focused-Cognitive Behavior Therapy (TF-CBT), Seeking Safety, and Trauma Recovery and Empowerment Model (TREM). The core components of any trauma-informed evidence-based treatment model are:

- Therapeutic relationship
- Psychoeducation: normal responses to trauma
- Parent support, therapy, or training
- Emotional expression and regulation skills
- Anxiety management and relaxation skills
- Cognitive processing or reframing
- Construction of a coherent trauma narrative
- Gradual exposure to traumatic memories and feelings
- Personal safety training/empowerment activities
- Resilience and closure

Secondly, it could mean that the agency is practicing Trauma Informed Care as an entire organization. When an agency as a whole has committed to practicing trauma informed care then they have made a commitment to “an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. It emphasizes physical, psychological and emotional safety for both consumers (clients and their families) and providers (staff at all levels), and helps survivors rebuild a sense of control and empowerment.” Agencies provide the four essential elements of Trauma Informed Care for both clients and staff. The four essential elements are:

- **Connect**- focusing on the importance of relationships
- **Protect**- promoting safety and trustworthiness
- **Respect**- engaging in choice and collaboration
- **Redirect** – encouraging skill building and competency

When an agency is practicing trauma informed care then **all of the staff** from front desk to Executive Director are **trained in the impact of trauma** on individuals, that adverse experiences happen to the majority of individuals, and often there is a parallel process happening between are experiences, the agency’s experiences and our client’s experiences. There are many organizational models that agencies can employ if they are practicing trauma informed care such as: Sanctuary Model, Trauma Informed Excellence (TIE) and Creating Cultures of Trauma Informed Care.