



BEING TRAUMA AND HEALING INFORMED

Over the last several years there has been increased attention to the impacts of trauma on behavior. The term “trauma-informed” was coined as a way to help service providers (education, social services, health and medical, law enforcement, etc) and their agencies or departments better serve the people by better understanding their behavior.

To be trauma-informed, you really are being “healing informed.” Being trauma and healing informed, in the big picture, means:

1. You have a profound understanding of trauma on behavior;
2. You have a profound understanding of trauma on behavior and you seek not to re-traumatize people;
3. You have a profound understanding of trauma on behavior and seek to understand the difference between “what’s wrong with you” vs. “what happened to you;”
4. You understand neuro-trauma (like FASD) and learn about trauma on the brain;
5. You understand that healing is the answer to trauma and you have done your own healing work or at least started your healing journey;
6. You integrate healing opportunities into your home, community and work life (because often, if we’re not healing, we’re hurting);
7. You continue to learn more about trauma and healing.

Having a “profound understanding” means that you have studied historical and intergenerational trauma (read books, attended training, been mentored by experts), you have experience working with people and communities impacted by trauma, you have an understanding of the brain and how it responds to trauma and you have done your own healing work in response to your trauma.

“Where there has been trauma, healing is the answer.”