

The Trauma Informed Lens



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CAI

What Does it Mean to Have a Lens?

- The way that you see the world
- Influenced by your own experiences, beliefs, feelings attitudes, and knowledge
- Affects the way that you interact with others



What is the Trauma Informed Lens?

A perspective in which we understand a person's behavior through our knowledge of trauma



The Trauma Informed Lens means to understand:

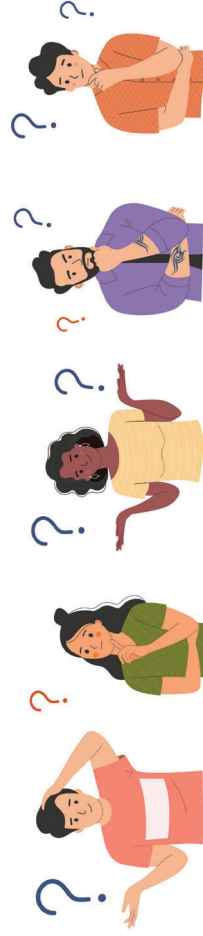
1. The prevalence of trauma
2. How trauma impacts behaviors
3. How to apply knowledge when facing "challenging" behaviors



How Common is Trauma?

The ACE Study

Prevalence of Adverse Trauma Exposure



Trauma and New Arrivals

Trauma and New Arrivals



47% of migrants experience post-traumatic stress disorder (PTSD)

**Before
Migration**



**During
Migration**



**After
Migration**

Trauma and New Arrivals

Trauma and New Arrivals

Before
Migration



**During
Migration**



After
Migration

Before
Migration



During
Migration



**After
Migration**

How Does Trauma Impact Individuals?

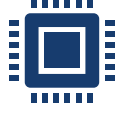


Triggers / Trauma Reminders

Can be....



People



Situations



Places



Sensations



Things

Cause intense and disturbing feelings tied to the original trauma

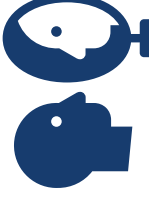
The Impact of Trauma on the Brain: Sensitivity to stress



Trauma Impacts How You See...



The World



Yourself



Others

The Sensitive Brain



Hypervigilant
Volatile
Aggressive
Agitated



Shut down
Numbed out
Withdrawn
Unresponsive

What does this look
like?



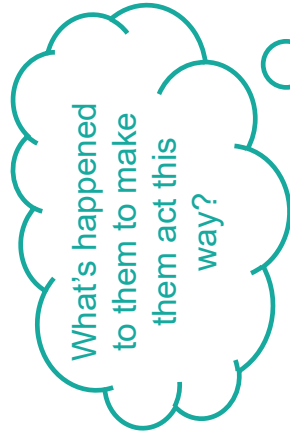
How does this affect the
helping professional?



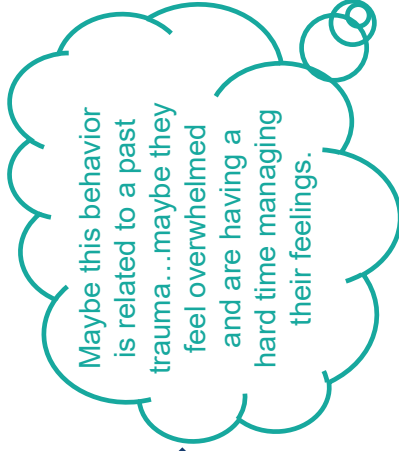
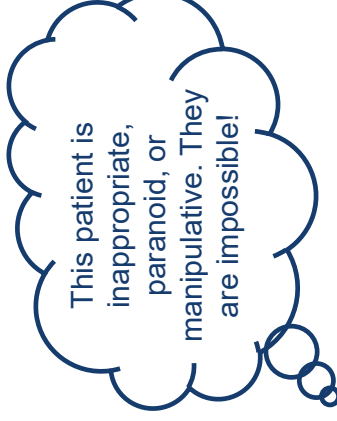
The Trauma Informed Lens helps us use our
knowledge of trauma to shift our
perspective and better understand people's
behavior.



Shift Your Thinking



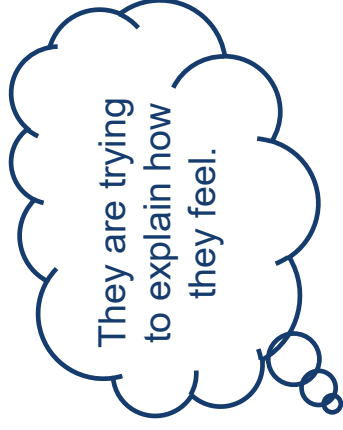
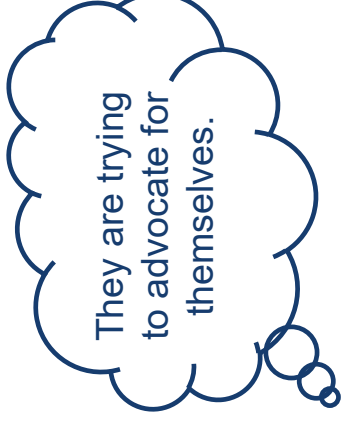
Shift Your Thinking



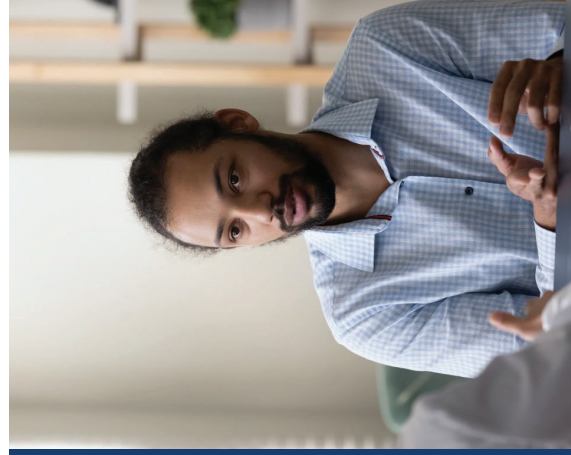
Shift Your Thinking



Shift Your Thinking



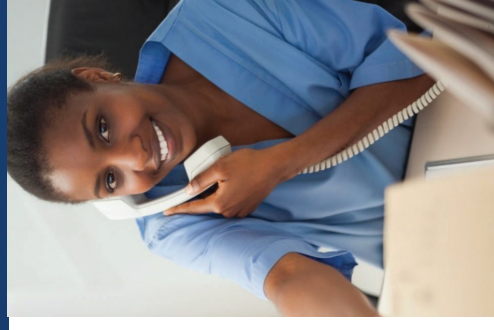
**What are the benefits of
using the Trauma
Informed Lens for both
staff and patients?**

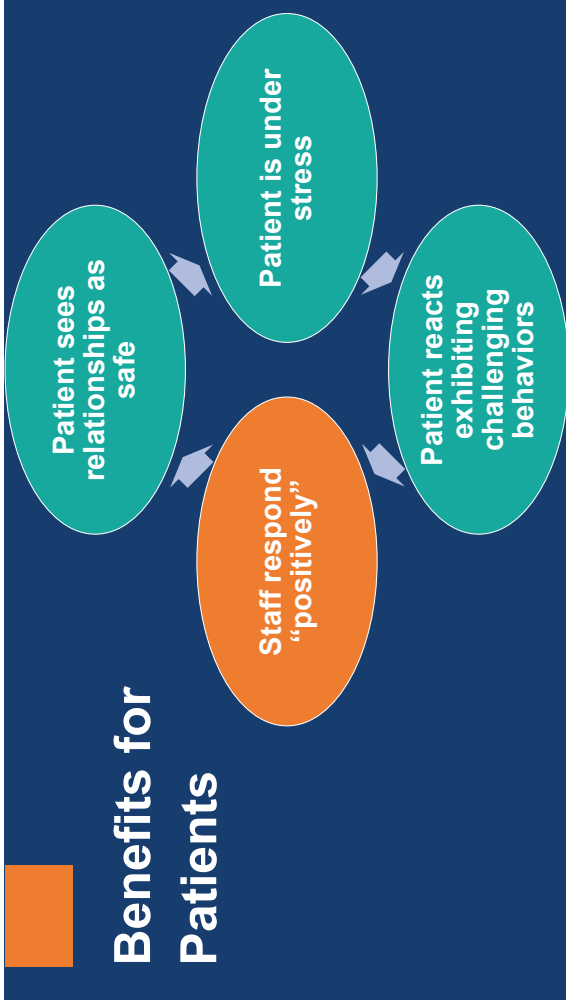
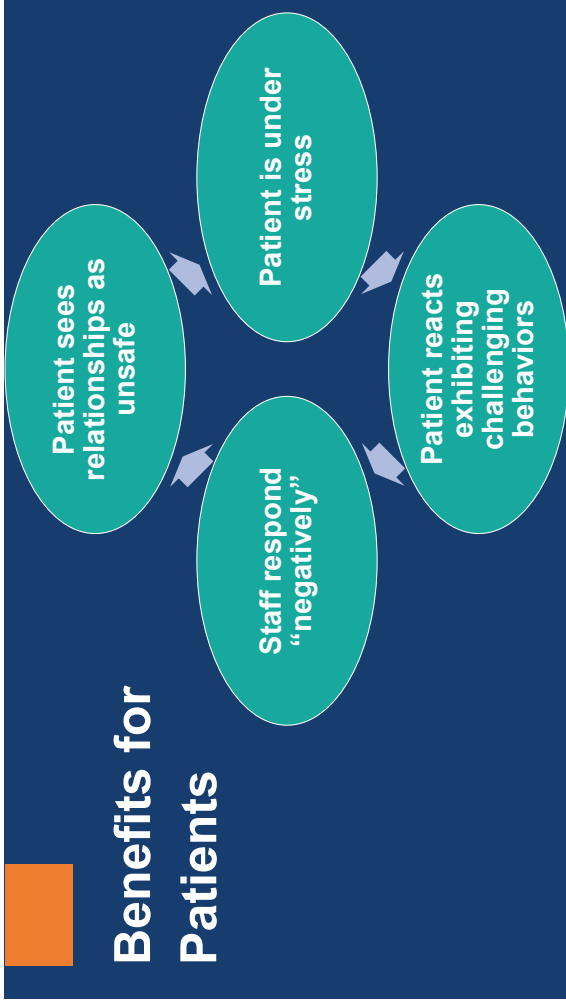


Benefits for Health and Helping Professionals

Using the Trauma Informed Lens helps you:

- Look at situations objectively (de-personalize)
- Manage reactions/emotions
- Think clearly and strategically
- Prevent escalation or re-traumatization
- Manage challenging moments effectively
- Reduce vicarious trauma and burnout





How do we develop a Trauma Informed Lens?



Developing a Trauma Informed Lens

Notice clues to use a Trauma Informed Lens

Remind yourself of some key trauma facts

Self-Awareness: check in with yourself

What are some clues that could remind you to use your Trauma Informed Lens with patients?



Adopt a Universal Approach

A patient has an “out of proportion” response:

Reactivity to
“small” things

Quick to
extreme
anger

Responding
apathetically

Sudden shift
in mood

Remind Yourself of Some Key Trauma Facts:

Trauma is very common

People who experience trauma may:

- Perceive and experience themselves, others, and the world differently
- Have automatic reactive behaviors



Build Self-Awareness: Check-in With Yourself



What reactions am I having?

Build Self Awareness: Check in with Yourself

- ✓ Check in with yourself without judgement
- ✓ Use strategies to manage your reaction
- ✓ Remind yourself “its not personal”
- ✓ Use your resources

Let's Practice...

Identify:

- What clues might there be to use a Trauma Informed Lens?
- What strengths do you see in this patient?



Meet Alma

- 34-years-old
- Recently immigrated from Guatemala
- Unemployed

You are meeting with Alma. She arrives 15 minutes late. She seems agitated. You ask her how she's doing.

Alma says: "How am I doing? Your guard downstairs is so stupid."

You respond: "What happened?"

Alma says: "I'm trying to rush up here and she's like, 'you have to sign in' with an attitude. So, I was like, alright I'm not going to get upset about this, I'll do it I just want to get to my appointment. And then I ask her what time is it because they got this stupid thing where you have to put your time in. She tells me 'Why, you don't have a phone?' I don't need this. I don't need this. I'm telling you right now, I just don't need this."

Meet Anton

- 50-years-old
- Refugee from Ukraine
- Arrived in New Jersey 9 months ago
- Working on finding a job

You are meeting with your patient, Anton. You ask him how he's doing.

Anton seems slow to respond. When he speak, **he says:**

"I'm always in my apartment. I don't have anyone to talk to... then he shrugs his shoulders and says, 'Whatever. It doesn't matter."

You ask: You sound like you are having a hard time. Can you tell me a little bit about what is going on with you?"

Anton gives you a blank look for minute without responding.

You say: "Anton, I'm talking to you."

Anton slowly shakes his head, looks away, and says:

"I don't know. I just don't have family here."

What are you taking with you today?



THANK YOU