



# TRAUMA INFORMED CARE

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Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

SAMHSA,

2014

3 E'S

What is trauma?

Or

What is *traumatic*?

# 4 R'S



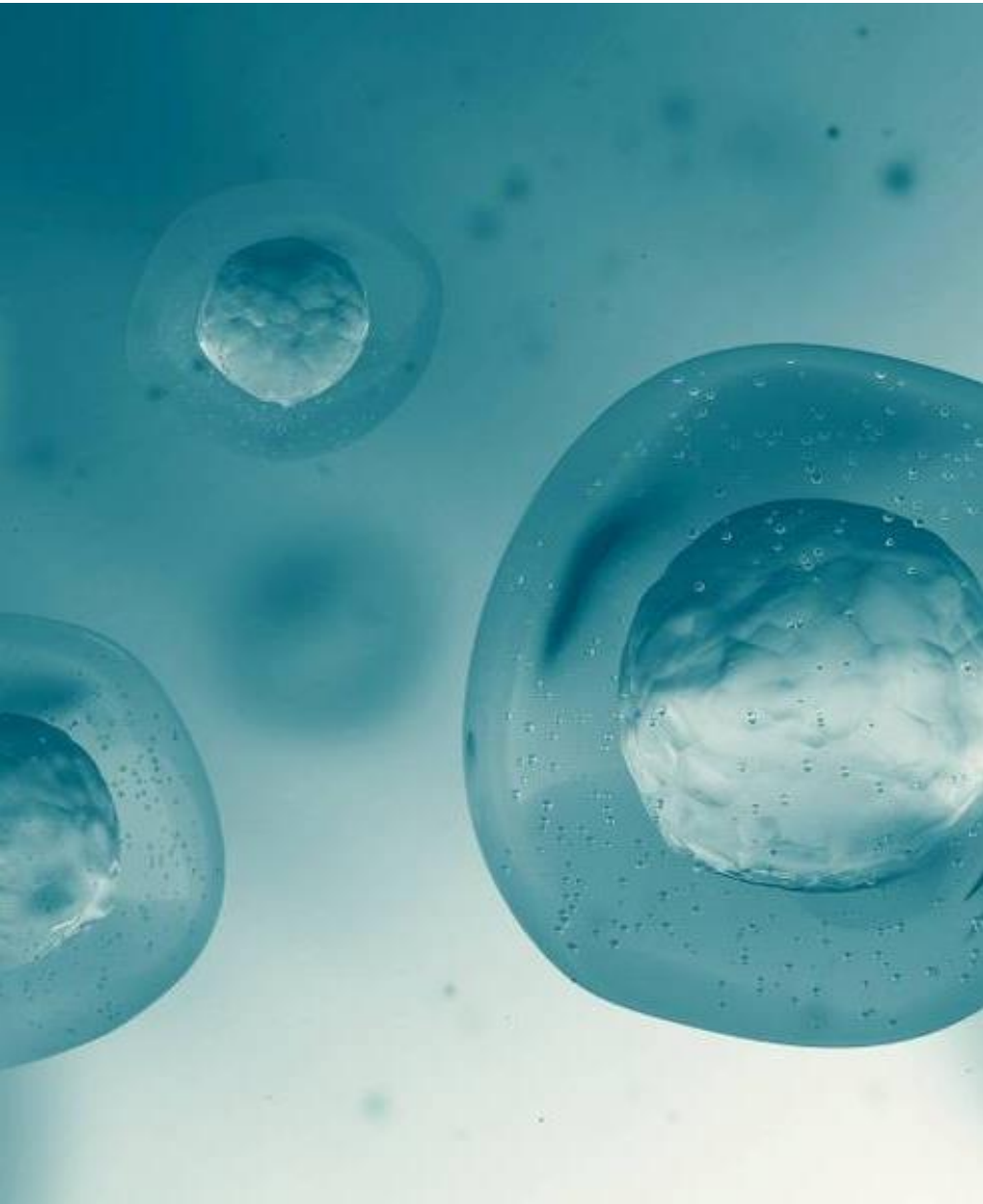
## TRAUMA INFORMED APPROACH

- **REALIZATION** OF THE TRAUMA AND HOW IT CAN AFFECT PEOPLE AND GROUPS
- **RECOGNIZING** THE SIGNS OF TRAUMA
- **SYSTEM** WHICH **RESPONDS** TO TRAUMA
- **RESISTING RE-TRAUMATIZATION**

# 6 KEY PRINCIPLES

SAMHSA

- **SAFETY**
- **TRUSTWORTHINESS & TRANSPARENCY**
- **PEER SUPPORT**
- **COLLABORATION & MUTUALITY**
- **EMPOWERMENT, VOICE, & CHOICE**
- **CULTURAL, HISTORICAL, & GENDER ISSUES**



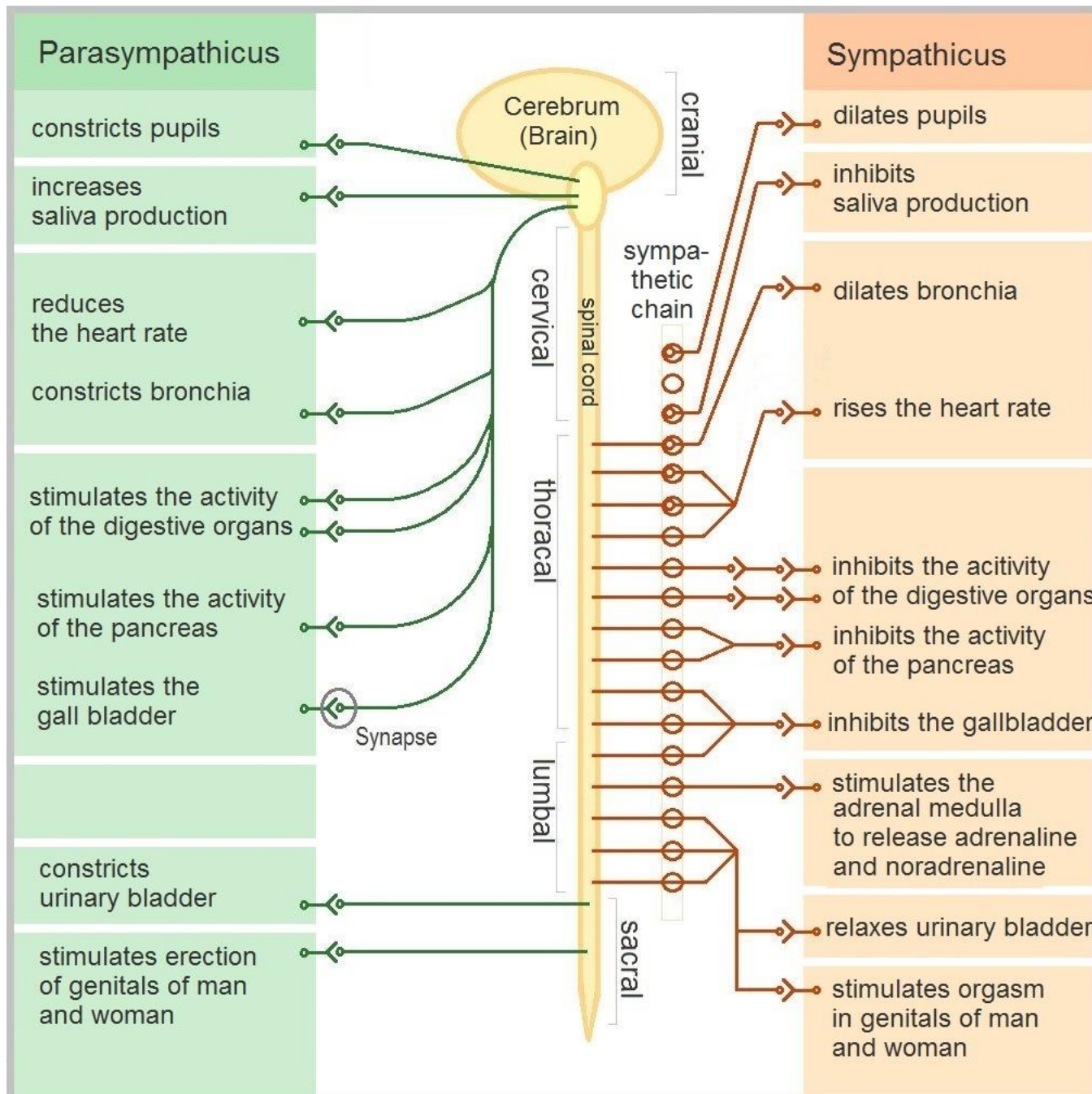
# TRAUMA INFORMED CARE

**WHAT DOES  
THAT REALLY  
MEAN?**

# BODY'S RESPONSE TO TRAUMATIC EVENTS



# THE AUTONOMIC NERVOUS SYSTEM





# POLYVAGAL THEORY



# POLYVAGAL THEORY



- **Stephen Porges, PhD**
- **Parasympathetic System**
- **Vagus Nerve**

# 3 PATHWAYS OF THE AUTONOMIC NERVOUS SYSTEM

**How we respond to our world**

**FREEZE**

**Parasympathetic  
dorsal vagal**

Primitive

**FIGHT OR  
FLIGHT**

**Sympathetic**

**SAFE**

**Parasympathetic  
ventral vagal**

Newest

# VENTRAL VAGAL



## SAFE

How do we engage the Parasympathetic Ventral Vagal for our clients?

FEELING SAFE

**NEUROCEPTION**

**INTEROCEPTION**

# SOCIAL ENGAGEMENT SYSTEM

Social Engagement System with Cranial Nerves

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## FACE-HEART CONNECTION

- Cranial Nerve X Vagus
- Cranial Nerve V Trigeminal
- Cranial Nerve VII Facial
- Cranial Nerve IX  
Glossopharyngeal
- Cranial Nerve XI Accessory

# SMALL GROUP WORK

## **SOCIAL ENGAGEMENT SYSTEM**

- In small groups discuss ways you think you can send the message of safety to your patients.
- Think of the Cranial Nerves V, VII, IX, XI linked with X and how you can send a message of safety. Think eyes, ears, voice, facial expression and head movement.
- You've got 5 minutes.

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# SOCIAL ENGAGEMENT

**WHICH OF THE  
TWO FACES IS  
ENGAGING?**

- **Eyes**
- **Ears - Voice**
- **Facial Expression**
- **Head Movement**



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# 3 PATHWAYS OF THE AUTONOMIC NERVOUS SYSTEM

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**Sympathetic**

**SAFE**

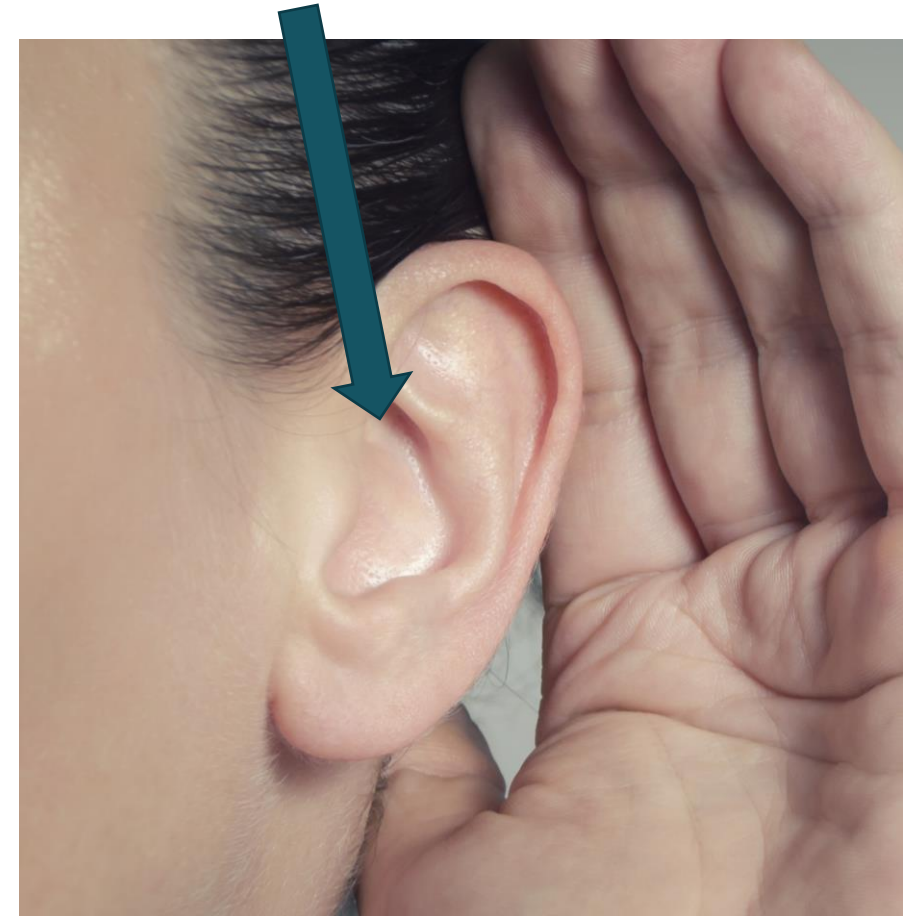
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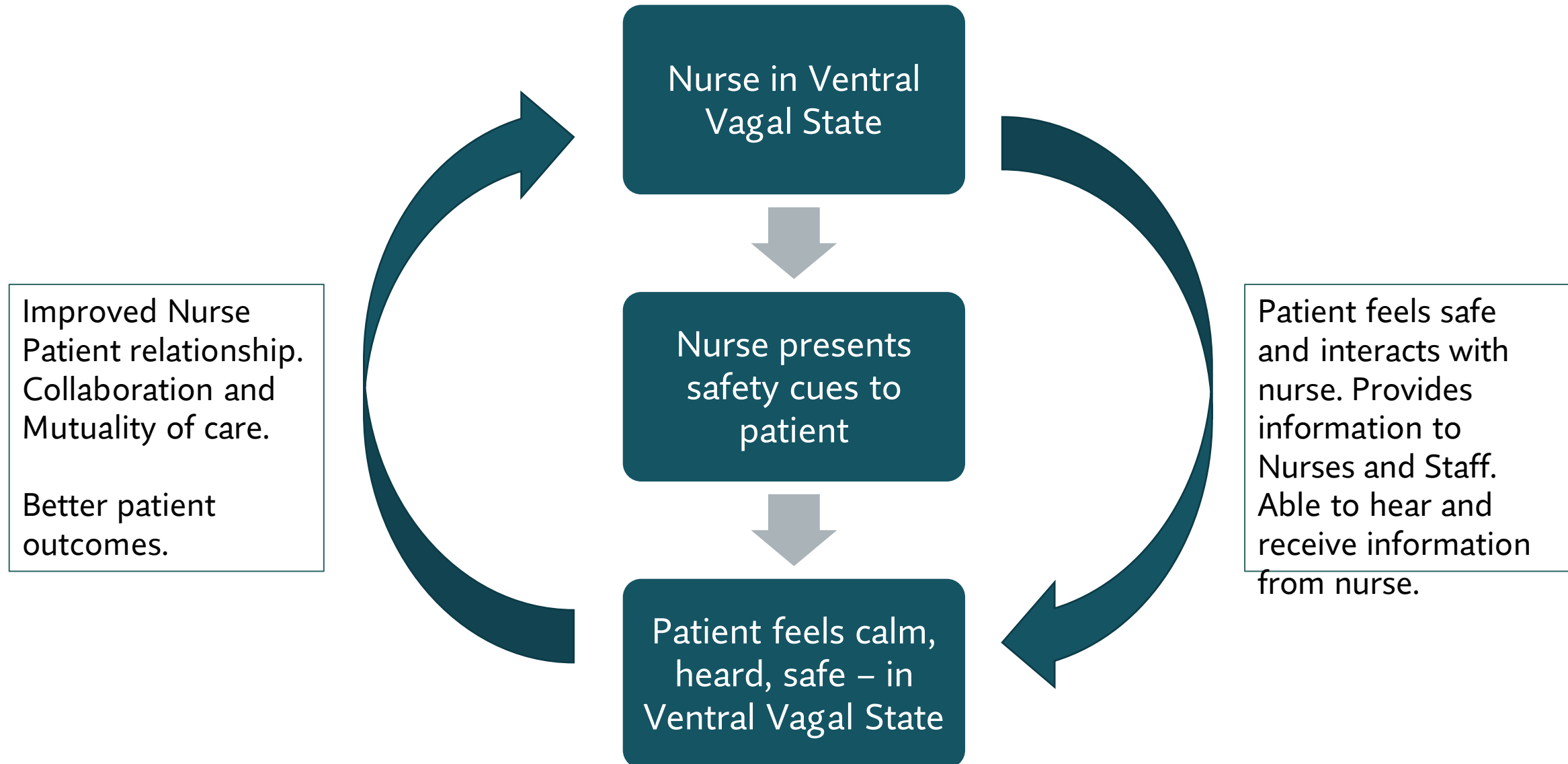
# CALMING OUR OWN VAGAL RESPONSE

## WHERE ARE YOU?

- Exercises to calm your vagal response
- Head tilt eye movement
- Vagal massage



# THERAPEUTIC RELATIONSHIP



# SUMMARY

In order to provide “Trauma Informed Care” to our patients, we need to connect with them in a ventral vagal state. We need to send cues of safety to our patients to improve our Nurse-Patient relationships.



THANK YOU



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Front Range Family  
Psychiatry LLC - Choteau

# REFERENCES

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