

Time

TRAUMA INFORMED MODEL OF EMPOWERMENT

Joining the Dots

The importance of TI approaches across all frontline responses to Domestic Abuse

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Trauma informed practice is:

‘a strength-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment’

Hopper, Bassuk and Olivet (2010)

A Trauma-Informed Approach (Four R's)

A trauma-informed program, organization, or system:

Realizes

- Realizes widespread impact of trauma and understands potential paths for recovery

Recognizes

- Recognizes signs and symptoms of trauma in clients, families, staff, and others involved with the system

Responds

- Responds by fully integrating knowledge about trauma into policies, procedures, and practices

Resists

- Seeks to actively resist re-traumatization.

From SAMHSA's Concept Paper

The 6 Principles of Trauma Informed Practice

The Principles of Trauma-Informed Practice

Safety

Staff and all those served experience physical and psychological safety

Trustworthiness & Transparency

Decisions are made with transparency, cultivating an ethos of trust

Peer Support

Stories and experiences are shared to facilitate recovery

Collaboration & Mutuality

Power differences are levelled, and decisions are shared between all involved

Empowerment, Voice & Choice

Positive attributes and experiences are built upon, choice is offered, target setting practised, and self-advocacy promoted

Respect for Diversity

Stereotypes are overcome to recognise individual needs

Trauma Informed - Understanding the person



Will you ask me
what
happened to me?

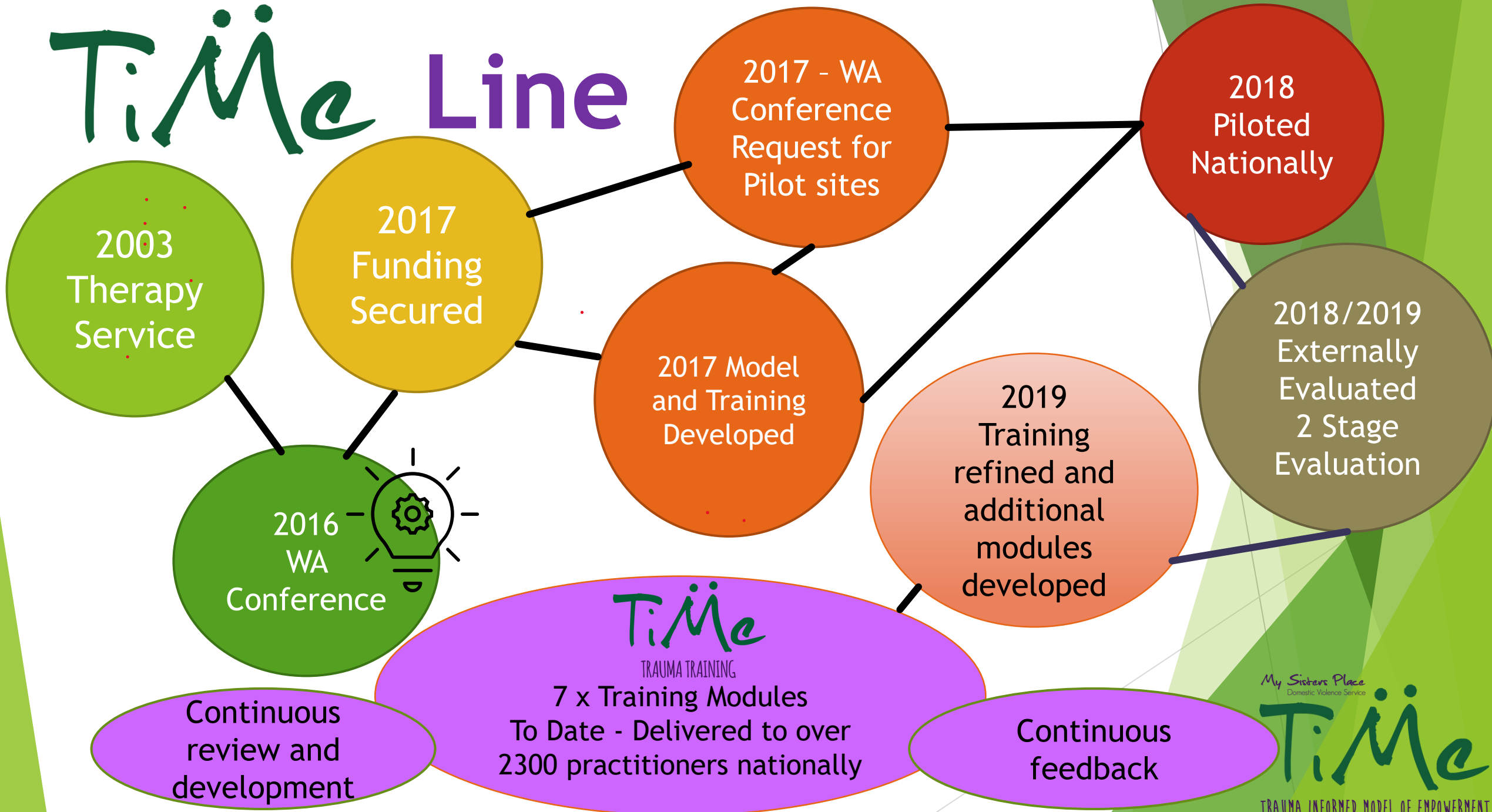
I wonder
what I look
like in your
eyes

Or will you think
something is
wrong with me?



Being compassionate and empathic not personal!!!!

Time Line



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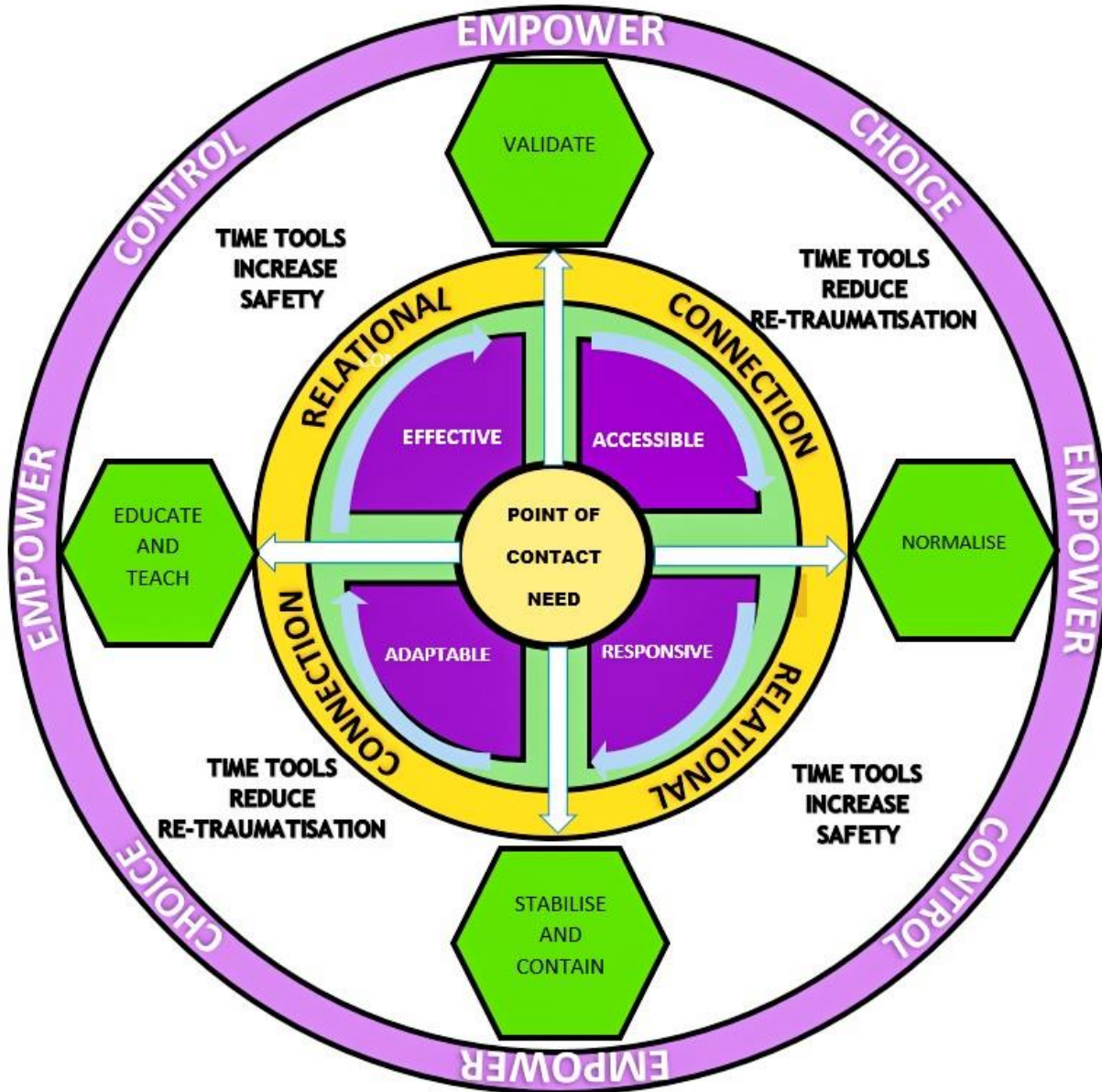
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TRAUMA INFORMED MODEL OF EMPOWERMENT

DOMESTIC ABUSE IS TRAUMATIC

- ▶ An evidence based practice framework that supports a whole organisation approach to trauma informed practice.
- ▶ Recognises the need for all parts of an organisation to have knowledge, skills and understanding around the impact of trauma on people, practitioners and organisations.
- ▶ Offers a creative lens for practitioners and organisations to implement and embed TI principles into their services and roles.
- ▶ Offers practice based skills, tools and interventions that reduce the risk of re-traumatisation and support recovery.
- ▶ Places the needs of those impacted by trauma and those supporting front and centre.
- ▶ Promotes self reflective practice at practitioner and organisational level to ensure practice/services are accessible, responsive, adaptable and effective in supporting recovery.

THE FRAMEWORK



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TRAUMA TRAINING

MODULES

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A BUILDING BLOCK APPROACH

- ❖ TIME for the Basics of Trauma
- ❖ TIME for Advancing Trauma Knowledge
- ❖ TIME for Frontline Practitioners
- ❖ TIME for Refuge Practitioners
- ❖ TIME for Helpline Practitioners
- ❖ TIME for Managers
- ❖ TIME for Implementing, embedding and⁸ sustaining

What does it mean to be Trauma Informed?

- ▶ Committing to a whole organisation approach.
- ▶ Commitment to creating/promoting internally and externally safe environments for all.
- ▶ Openness to creating cultures of care and encouraging/challenging change within re-traumatising/re-victimising services, systems and processes.
- ▶ Increasing people capital.
- ▶ Moving from 'treaters' to 'healers'.
- ▶ Consistency supports recovery.



'Not without challenges'

Time MOVES ON

TIME

CONSULTANCY, SUPPORT AND TRAINING PACKAGE

TIME animated film clip

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TRAUMA INFORMED MODEL OF EMPOWERMENT

Trauma Informed
is a journey not a
destination.

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TRAUMA TRAINING

‘The essence of trauma is disconnection..... so the real question is ‘how did we get separated and how do we connect?’

Gabor Mate



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FOR ANY QUESTIONS

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