

Please share your name,  
location joining from and one,  
or a few, words for how you  
are feeling as you arrive today.

(Place in chat)

# The Practice of Trauma Informed Care (TIC)

Fletcher Wood, LCSW

# What We hope to accomplish...

- Deepen your understanding of trauma informed principles
- Explore practical strategies for implementing trauma informed care and increasing reflective practice

# Mindful Moment



# Trauma

- How does SAMHSA help us conceptualize trauma?
  - “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 threatening and that has lasting adverse effects on individual’s functioning and physical, social, emotional, or spiritual well-being.” <sup>(1)</sup>
- How can we conceptualize trauma informed care?
  - Kimberg and Wheeler indicate that trauma informed care is based on the foundational principles of safe, stable, compassionate, dependable, collaborative, empowering, and focused on the building of resilience in relationship. This creates an optimally healing environment for the patient, patients family, and the healthcare providers and staff. <sup>(2)</sup>

# Principles of Trauma Informed Care



Safety



Trustworthiness  
&  
Transparency



Collaboration  
&  
Mutuality



Empowerment,  
Voice  
&  
Choice

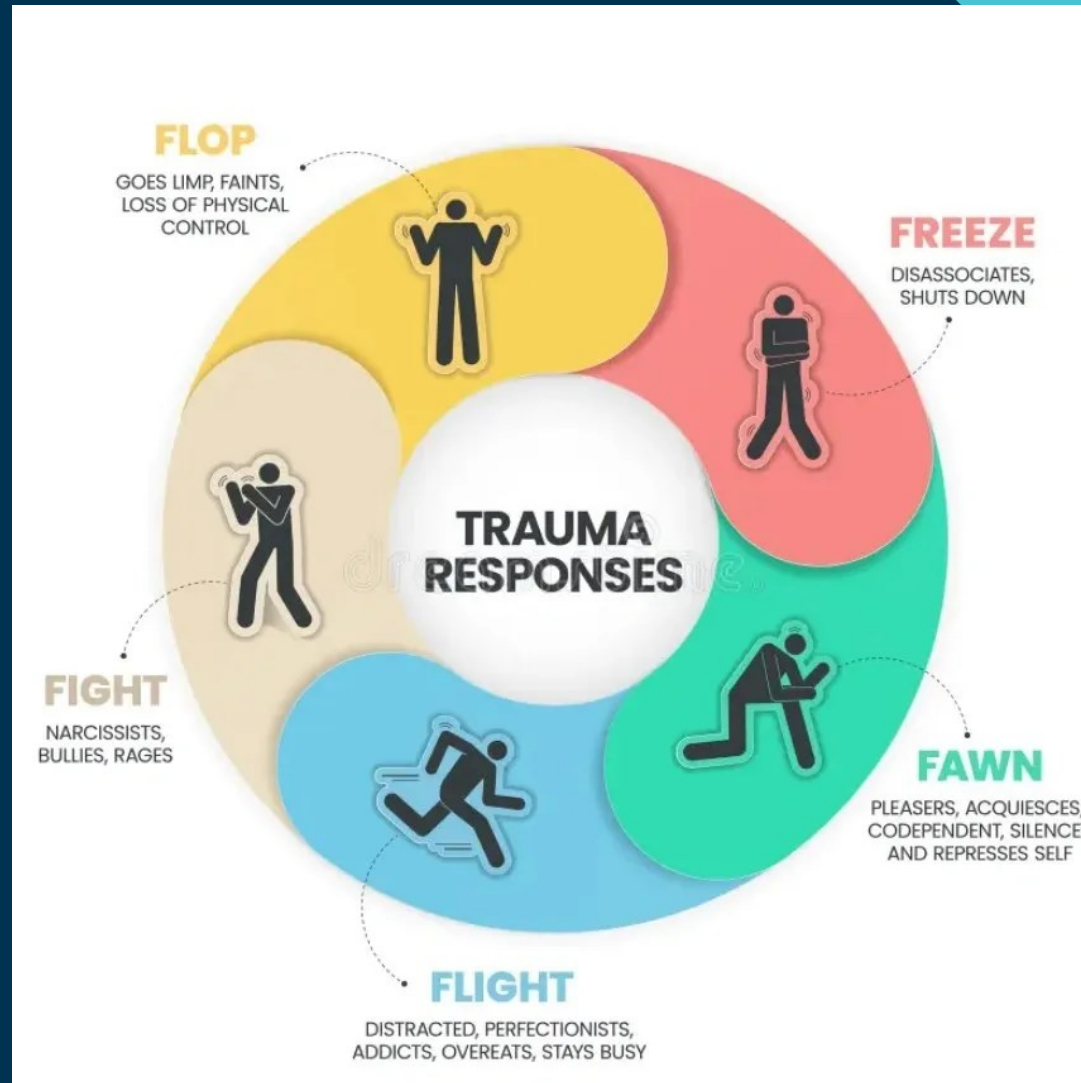


Cultural,  
Historical  
&  
Gender Issues



*“Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from their selves.”* <sup>(6)</sup>

# Recognizing Signs of Trauma in Self and Others





# Trauma Screening

- Use approved tools/intakes/questions to obtain information related to individual/family history
- Use this opportunity to explore previous mental/behavioral health engagement, or;
- Discuss the ability to support family in identifying necessary community resources

**Adverse Childhood Experience Questionnaire for Adults**  
*California Surgeon General's Clinical Advisory Committee*

**aces aware**  
SCREEN. TREAT. HEAL.

Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

**Instructions:** Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18<sup>th</sup> birthday. Then, please add up the number of categories of ACEs you experienced and put the *total number* at the bottom.

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
2. Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
6. Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
9. Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
<b>Your ACE score is the total number of checked responses</b>	

Do you believe that these experiences have affected your health? ☐ Not Much ☐ Some ☐ A Lot

Experiences in childhood are just one part of a person's life story.  
There are many ways to heal throughout one's life.

Please let us know if you have questions about privacy or confidentiality.

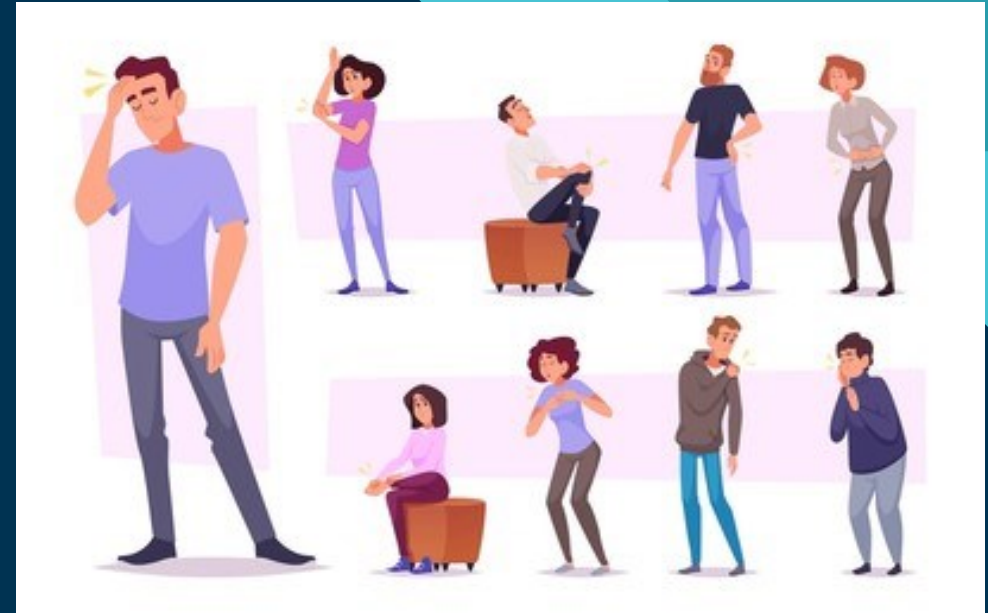
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## Adverse Childhood Experience Questionnaire for Adults

# How do we know when trauma has become problematic?

- It begins to impact daily function and relationship
  - Racing and/or intrusive thoughts
  - Difficulty in communication or attention
  - Intense or unpredictable feelings
  - Changes to thoughts and behavior patterns
  - Sensitivity to environmental factors
  - Strained interpersonal relationships
  - Stress-related physical symptoms

(7)



(3)

# PAUSE Method for Providers

- Pay attention to your body, thoughts and feelings
- Assess what is activating your response
- Understand the roots of your feelings
- Set boundaries, separate and ensure safety
- Empathize with those involved

# Staff Support and Wellness

- As we talked before with families, as providers, we should also access our community of supports when we are feeling isolated, unsure, frustrated, etc.
  - Notice our colleagues and encourage them to seek appropriate supports.
- Use individual reflection and body scanning to inform how you CHOOSE to think, feel and engage.
  - Use grounding strategies, environmental mindfulness, guided meditation, etc.
- Continue to seek out and request training that offers trauma informed content.
- Be patient and remain curious. Becoming trauma informed is a lifelong process.

# How can we talk about trauma in supervision?

- Organize your thoughts, feelings and experiences.
- Bring questions related to concerns and/or approach.
- Discuss mindfulness practices and strategies.
- If safe, discuss how your own experience of trauma is showing up in the work. (Not therapy)

# Individual Activity

1. What did this discussion bring up for you?
2. Do you feel like you have good awareness about your own experiences of trauma and how it shows up in your relationships at work and with families?
3. Do you have positive and intentional mindfulness practice built in to your work?
4. Is this a place of exploration you would like to pursue more intentionally in supervision?
5. What do you want to take away from our time together?



*“Bodies remember trauma, bodies also remember love and care.”*



(5)

# Thoughts or Questions

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