

Workshop 5: Building resilience for all: Trauma Informed Practice

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Workshop Description

It is estimated that 50-70% of people will experience some form of trauma in their lifetime. Whilst for some this can result in short term distress and the memory fades, for many the wounding effect of trauma can live on for many years. Trauma is known to impact relationships, health, education, life chances, criminality, substance misuse, homelessness, community cohesion, stress and burnout and organisational and system wide functioning. In this workshop we will explore what taking a trauma informed approach means for each of our roles, organisations and the wider North Yorkshire system. We will spend time thinking together about how applying trauma informed principles can help us to realise the extent of trauma in those we support, recognise the impact of this, respond to the impacts of trauma in helpful ways and resist re-traumatisation, ensuring that the work we or our processes do not add further trauma for those accessing our services. At the end of the workshop you will leave with ideas on how you can carry forward some of the principles discussed today into the workplaces, building resilience for all.

Notes

What do we mean by the term 'Trauma'?

- An individual response to an adverse experience
- Caused/ response to events & behaviours.
- Internal pain
- Unplanned and unpleasant
- Stressful
- Different from person to person.
- Making someone physically and/or mentally ill.
- Making everyday things challenging to complete
- Held within body as well as mind.
- Any event outside emotional resilience to process
- Something that causes distress.
- Plays on people's minds.
- Can be historic but impacts on current ability to lead a safe, happy life – often this is concealed.

How does Trauma affect you in your workplace?

- It makes me feel guilt – is it my fault?
- Panic
- Feeling helpless and powerless.
- Need to reassure.
- Having difficult conversations.
- Being bold
- Recognition of opportunities for early intervention.
- Hearing stories – need for clinical supervision.
- Not experts – who to go to for support? Where is it available?
- Dealing with things outside of our control.
- The unpredictability of others.
- Vicarious trauma – absorbing others trauma.

Supporting documents:

Workshop 5 Trauma Informed Practice Presentation