

CREATING A COMMITMENT TO TRAUMA INFORMED PRACTICE

GOLD LEVEL

WITH NICOLA LESTER

ORGANISATIONAL RESPONSES TO TRAUMA, POWER AND BETRAYAL

With KNOWLEDGE we can make a difference.

Organisations and systems have POWER

A Commitment to offer Kindness, care and compassion.

When unkindness, insensitivity and disregard are present.

CHALLENGE POWER

DON'T TURN AWAY

CHOICE

THE SHARING OF POWER

THE ALIGNMENT OF PRIORITIES

CHANGE IS POSSIBLE

ACTION & ACTIVISM

is also sometimes needed - find your allies and networks of support.

BURNOUT

A state of physical and emotional exhaustion → impacting mental and physical health.

COMPASSION FATIGUE

Exhaustion and Dysfunction Biologically, psychologically & socially.

VICARIOUS TRAUMA

The personal transformation experienced by those who work with trauma.

IT IS A FACT OF LIFE for those working with trauma.

MAKING SENSE OF TRAUMA INFORMED PRACTICE

A WAY OF SEEING, BEING and KNOWING

A Response to crisis.



TRAUMA INFORMED INTERVENTIONS



1. STABILISATION

What do you need?

S-E-N-S-E



2. EDUCATION

At different times in different ways.



3. NORMALIZATION

Reminding them they are normal.

offers EMPOWERMENT

Can and must exceed all expectations

To be guided from disconnection to reconnection



4. SUPPORTING COPING

To look further than ourselves

Look for connection where ever you can find it.

CREATIVITY

Engagement in support services - needs research



5. ENGAGEMENT

The commitment to work with our whole heart, even if it might break our heart

measuring impact.

ENDING WELL

The relationships which are established are characterised by:



A TRAUMA INFORMED EVERYTHING

IT'S EVERYONES BUSINESS



OUR HEARTS: THE IMPACT OF WORKING WITH TRAUMA

Heartbreak is not something to be avoided, it is something to pursue.

GLENON DOYLE

INWARDS AND OUTWARDS

We must offer ourselves the same love, care and compassion



REFLECTION + LEARNING

WHAT? SO WHAT? WHAT NOW?

CURIOSITY + INSPIRATION



KNOWING OUR VALUE + VALUES

WHAT? SO WHAT? WHAT NOW?



We must become an ally.

TRAUMATISED ORGANISATIONS

Creating a SELF COMPASSION break

Offering gifts of SELF CARE



KINDNESS IS CONTAGIOUS.

LANGUAGE TONE MEANING POWER

Never underestimate the value and impact of simply being HUMAN

BUT THERE WILL BE DARKNESS AND LIGHT

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