

# 7 Minute Briefing : Trauma & Resilience

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## Trauma & Resilience Service

Rotherham Trauma and Resilience Service (TRS) supports and delivers a wraparound health and well-being offer to victims/survivors of historic sexual exploitation. TRS work with voluntary and statutory sectors to create a **'Trauma Informed Rotherham'**, working towards a pathway of trauma informed services (specialist and business as usual services) that are 'inter-dependent' and collaborative. Services include:

- ❖ Focussed support
- ❖ Counselling
- ❖ Signposting to local resources
- ❖ Further consultation
- ❖ Trauma stabilisation

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## What is Trauma?

An event, series of events, or set of circumstances experienced by individuals (physically/emotionally harmful or threatening) that has lasting adverse effects on the individual's functioning, physical, social, emotional or spiritual wellbeing.

Trauma can create high levels of fear or shame which can block memory processing. Memories are fragmented, sensory, bodily and intrinsic. Memory processing continues to be thwarted by ongoing avoidance and disassociation

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## What is Complex Trauma?

Exposure to multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long-term impact of this exposure. These events are severe and pervasive, such as abuse or profound neglect.

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## Treatment Options

- ❖ Develop feelings of trust
- ❖ Find friends
- ❖ Take on hobbies
- ❖ Exercise regularly
- ❖ Stabilisation
- ❖ Lose feeling of being 'disconnected'
- ❖ Grounding techniques
- ❖ Treatment through therapist
- ❖ Trauma-specific therapy (eg CBT, EMDR)
- ❖ Antidepressants

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## Trauma & Resilience

## Complex Post Traumatic Stress Disorder

May be diagnosed in children or adults who have experienced repeated traumas.

May be more severe if events earlier in life

- ❖ caused by a parent or carer
  - ❖ took place over long time
  - ❖ person was alone
  - ❖ still have contact with person responsible.

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## Principles of Trauma Informed Care

At the heart of the principles of trauma informed support is to provide trust and safety.

Working to these principles can be difficult and challenging. They are best supported by all parts of a team understanding trauma and using it in practice. To be most effective in trauma informed style:

- ❖ Prioritise and act to develop good relationships
- ❖ Take a curious and open-minded approach
- ❖ Find and offer opportunities for survivors to have informed choice, control and agency
- ❖ Truly listen
- ❖ Validate survivors' feelings, understanding and experience
- ❖ Be warm, compassionate and empathic
- ❖ Be self-aware
- ❖ Attend to the impact on yourself and others
- ❖ Be reliable and committed.

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## Symptoms

- ❖ May include feelings of shame or guilt
- ❖ Difficulty controlling emotions
- ❖ Losing attention or concentration for periods of time (dissociation)
- ❖ Physical symptoms
- ❖ Cutting self-off from friends and family
- ❖ Relationship difficulties
- ❖ Destructive/risky behaviours