

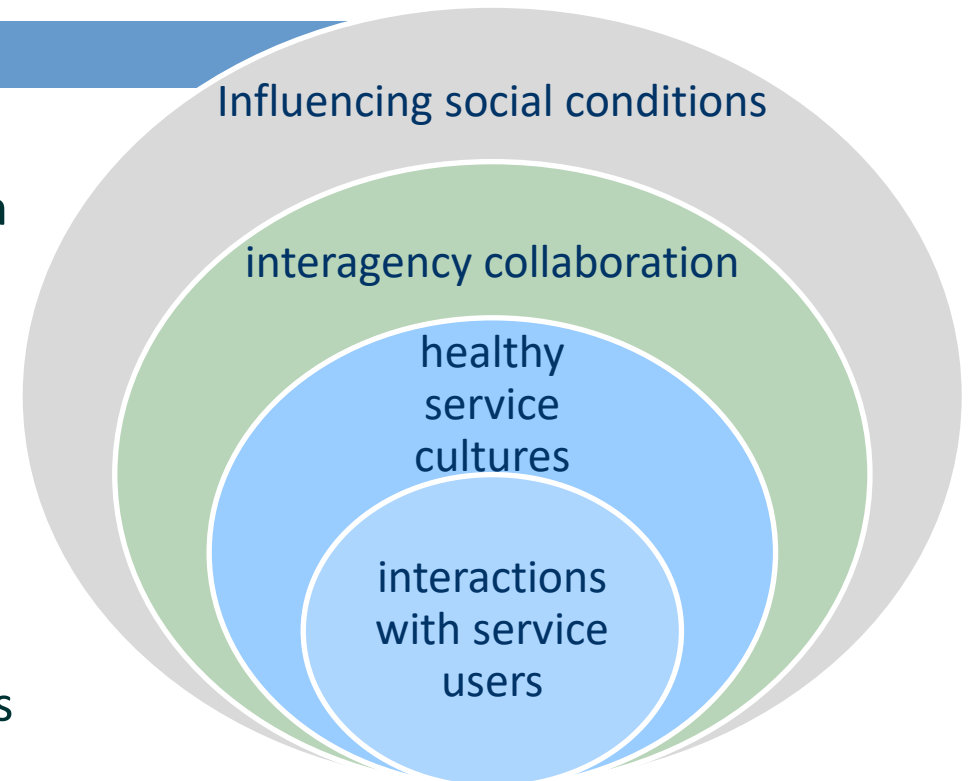
This presentation is one of a series developed in the course of a project of the YWCA Toronto in collaboration with the Centre of Excellence for Women's Health, entitled TIDE (Trauma Informed Development and Education). The project has received financial assistance from the Public Health Agency of Canada, however the views expressed within are not necessarily those of PHAC.

The series is intended to support ongoing integration of TIP within the YWCA Toronto and other YWCAs across Canada.

WHAT IS TRAUMA- INFORMED PRACTICE?

Trauma Informed Practice

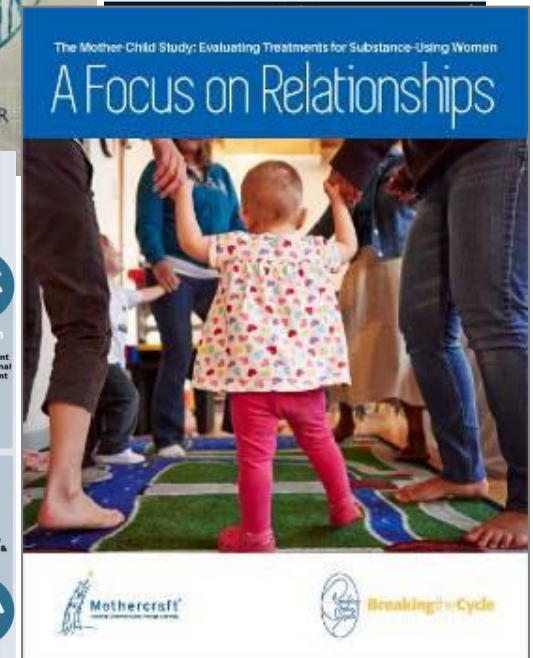
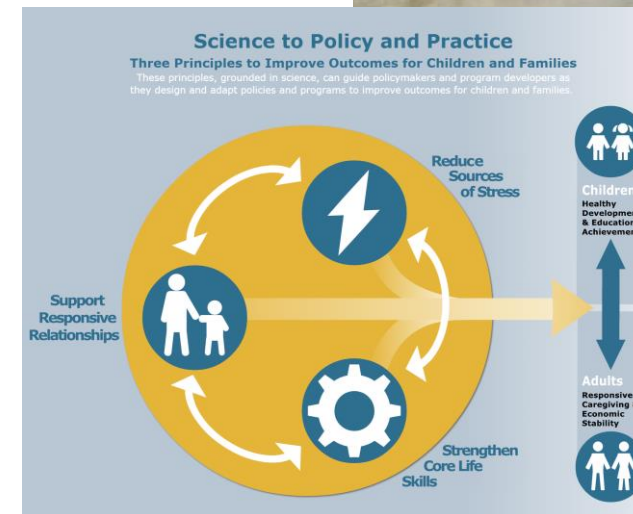
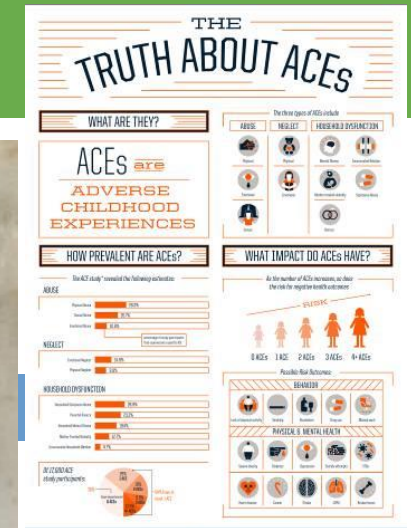
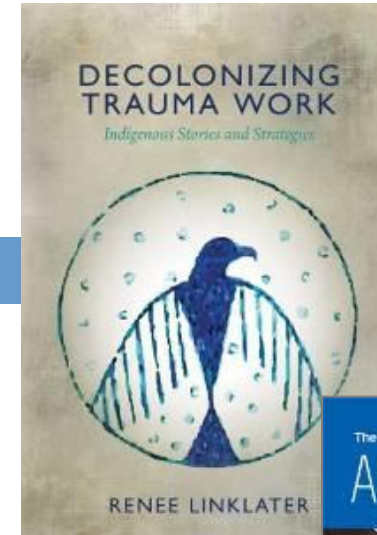
- Trauma informed practice (TIP) is a relational approach to service delivery that takes into account how common the experience and enduring effects of trauma are
- TIP is not a specific counselling technique, instead involves a multi-level, organization-wide approach
- TIP is not based on disclosing trauma. Instead it can be seen as a “universal precaution” that is offered when working with everyone
- TIP is a paradigm for service delivery based on principles - creating safety, promoting choice and building skills.



Connecting paradigms

TIP is based on contributions from:

- Decades of work about violence against women and women's health
- Wisdom from Indigenous scholars and community-based knowledge keepers
- Research from public health on Adverse Childhood Experiences
- Understanding of neurobiology



Trauma Informed Practice as a movement

- TIP has taken the form of a movement: one concerned with changing the way we think about how we provide social and health care services
- TIP means changes at the practice, program, and policy level

TIP leadership and guidance has been developed for/by many settings:

- Schools
- Correctional settings
- Substance use harm reduction and treatment settings
- Mental health settings
- Women's services and other community based programs
- Child welfare practice

Trauma Informed Practice and Trauma Specific Treatment

It is important to understand the difference between trauma informed practice and trauma therapy.

| Trauma-Informed Practice | Trauma Therapy/Trauma-Specific |
|--|--|
| <p>Universally-applied framework, outlines an approach to delivering all support and services</p> <p>Focus on understanding the impacts of trauma and creating safety</p> <p>Does NOT require disclosure of trauma experiences</p> <p>Includes identifying coping strategies and strengthening these strategies and skills</p> | <p>Delivered by practitioners who have extensive training and skills in trauma treatment.</p> <p>Focuses directly on the trauma experience and on trauma recovery.</p> <p>Explores specific experiences of trauma</p> <p>Requires client consent</p> |

People offering trauma informed services, need to know how to link women to trauma specific services, should women wish to pursue treatment.

Misconceptions about TIP

| Common misconceptions | Trauma informed approach |
|---|---|
| Assuming everyone who has experienced trauma needs treatment | Assuming people are resilient and giving them many opportunities to tell you what type of help they wish to access |
| TIP means “letting people do whatever they want, without consequence” | TIP requires clear boundaries; Rights and Responsibilities for engagement are shared with participants and staff |
| TIP means addressing people’s trauma | TIP does not specifically address trauma experiences, rather it fosters an environment in which healing and growth are possible |

Principles of TIP



Section 3 discusses how to apply these principles

1. Awareness of the prevalence and effects of trauma by service providers
2. Creating safety and fostering trust when offering services
3. Offering choice and control, fostering collaboration in interactions with service users
4. Focus on strengths and resilience, building skills for coping and wellness/healing

For more info see

- Trauma info sheet

The graphic features logos for YWCA Toronto, United Way Toronto & York Region, and TIDE (Trauma Informed Development Education) at the top. A vertical blue bar on the left contains the text 'Information about Trauma & Trauma-Informed Practices'. The main content is organized into five horizontal sections, each with a question on the left and an answer on the right.

| Question | Answer |
|---|---|
| What do we mean by "trauma"? | Trauma involves a single experience, or repeated or multiple experiences, that overwhelm a person's ability to cope or integrate the ideas and emotions involved in that experience. People who have experienced trauma often feel overwhelming fear, shame, and powerlessness. |
| Why is trauma important to understand in my work at YWCA Toronto? | Experiences of trauma Canada are common - approximately 3 in every 4 Canadians experience trauma in their lifetime. For women, girls, and LGBTQ2+ individuals the rate of experiencing trauma is even higher. Trauma events can have significant impacts on overall health and well-being, particularly if these events occurred in childhood. This means most YWCA Toronto participants have experienced some form of trauma. For example, many women accessing Shelters programs are fleeing violence; many women accessing employment services are living in poverty; and many girls attending childcare and/or camps have experienced difficult situations at home with their caregivers. YWCA Toronto has made a commitment to organization-wide trauma-informed approaches. No matter your role at YWCA Toronto, it is important to recognize that these experiences affect the majority of those we serve, and to adjust our approaches so that we best serve the needs of our participants. |
| I am not a front-line worker so why does this apply to me? | Trauma-specific therapy and trauma-informed approaches are different. <i>Trauma therapy</i> is offered by qualified trauma therapists, who provide specific services to individuals focused on their trauma experiences. <i>Trauma-informed approaches</i> acknowledge the prevalence and impacts of trauma, even if trauma has not been disclosed. It prioritizes the physical, emotional, and psychological safety of both participants and staff. Working in a trauma-informed way means we work across the YWCA to shift culture, policies, training and awareness to create welcoming services and offer the best environment for staff and participant healing and wellness. |
| What should I do if I | Trauma-informed approaches create safety for <i>everyone</i> in the organization. When we witness or experience violence or trauma at work, it is important to recognize the impacts |