



# SAN DIEGO TRAUMA-INFORMED GUIDE TEAM

## 5 Key Trauma Informed Training Components

**PURPOSE:** Standardized key components in all trauma informed trainings provided throughout the San Diego region.

### Overview:

The San Diego Trauma-Informed Guide Team's (SD-TIGT) mission is: *Promoting trauma-informed services in the San Diego region through collaboration, advocacy, and education.* As the San Diego region continues its journey to implement trauma-informed practices, the guide team responds to requests for presentations (information) and trainings (skill building).

Requests come from multiple sectors, disciplines, professional, and community groups. In order to standardize and promote consistency, the SD-TIGT has identified **5 Key Training Components** to be incorporated in all presentations/trainings.

### 5 Key Training Components:

1. **Defining Trauma and Types of Trauma**
2. **Understanding Trauma Across the Lifespan and the Developmental, Physical, and Emotional Impact**
3. **Understanding and Supporting Resilience**
4. **Applying Concepts in the Community and/or Work Environment**
5. **Promoting the Importance of Reflective Practice and Self-Care**

The **5 Key Training Components** presentations/trainings may vary in content depth based on the needs of the participants, the goals, and the qualifications and experience of the presenter and/or trainer. The audience may include professionals, peers, and community members across a broad array of fields and disciplines.

#### 1. DEFINING TRAUMA AND TYPES OF TRAUMA

**Concepts:** Establish common language, inclusive of various factors that contribute to trauma; based on each individual's view of their experience.

##### Suggested Content:

- ❖ **Definition of Trauma** - Trauma is a term used to describe a distressing event(s) that may have long-lasting, harmful effects on a person's physical and emotional health and well-being.<sup>1</sup>
- ❖ **Types of Trauma** - Complex, Acute, Chronic, System-Induced, Secondary, Vicarious, Multigenerational, Historical, Environmental, etc.

#### 2. UNDERSTANDING TRAUMA ACROSS THE LIFESPAN AND THE DEVELOPMENTAL, PHYSICAL, AND EMOTIONAL IMPACT

**Concepts:** Recognition of the important impact of early childhood development and healthy relationships across the lifespan. A holistic approach that advances the integration of physical and mental health.

##### Suggested Content:

- ❖ **Impact of Trauma on Development** - Neurobiology, Neuroplasticity, Epigenetics
- ❖ **Attachment and Relationships** - Understanding the importance of trusting, safe, and positive relationships at all ages; Understanding social determinants of health; Understanding adverse childhood experiences and expanded studies

#### 3. UNDERSTANDING AND SUPPORTING RESILIENCE

**Concepts:** Creating safety, acknowledging experiences, and building strengths

##### Suggested Content:

- ❖ **Definition of Resilience** - Resilience is a dynamic developmental process resulting in healthy adaptation despite adversity.<sup>2</sup> It is a culmination of both internal and external influences as well as trauma experiences, genetic makeup and individual capacities.<sup>3</sup>
- ❖ **Creating Safe Relationships and Environments** - Listening and acknowledging individuals' experiences through their lens; Identifying and building on strengths; Building protective factors; Recognizing traditional and nontraditional healing practices
- ❖ **Empowerment** - Provide options/choices to reinforce strengths; Advocate for needs; Access to care; Build self-sufficiency

#### 4. APPLYING CONCEPTS IN THE COMMUNITY AND/OR WORK ENVIRONMENT

**Concepts:** Practical application in the day-to-day work environment within a public agency, private organization, or work in the community.

**Suggested Content:** Tailor to the audience considering the following:

- ❖ **Program** - Model/design of intervention that reflect trauma informed practices; Client/Community driven
- ❖ **Policy** - Governance and regulations
- ❖ **Practice** - Creating safe, warm, and nonjudgmental interactions and interventions

##### Cultural considerations of those being served:

- Can include but not limited to: race, ethnicity, gender identity, sexual orientation, economics, religion, political and other values

#### 5. PROMOTING THE IMPORTANCE OF REFLECTIVE PRACTICE AND SELF-CARE

**Concepts:** Reflective practice, including self-awareness and self-care, is essential to effectively support others.

**Suggested Content:** Relational-based professional development, Regulation of internal experiences and external behavior, Development of attunement to create nurturing, secure, and safe experiences, Integrate wellness activities for audience participation; Identify self-care strategies throughout the day

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1. Substance Abuse Mental Health Services Administration (SAMHSA)

2. Grych, J. & Hamby, S. (2015). *The Resilience Portfolio Model: Understanding how healthy adaptation in victims of violence.* Psychology of Violence, 5(4), 343-354

3. Meyerson, D.A., Grant, K.E., Smith Carter, J., & Kilmer, R.P. (2011). *Posttraumatic growth among children and adolescents: A systematic review.* Clinical Psychology Review, 31, 949-964.