Trauma-Informed Responses

Introduction

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Let’s get to know each other

Name and Location

You have to sing karaoke. What song do you pick?

One million dollars drops into your account. What is the first thing you do (or buy)?
Agreements

Be Present.
Agreements

Be Open.

"We don’t see things as they are, we see them as we are."  
~Anaïs Nin~
Agreements

Be Kind.
Reflect.
Be Present.
Be Open.
Be Kind.
Reflect.

Anything else?
Time to dive in...

Let’s set the foundation.
“Trauma-Informed”

- immediate past
- role(s)
- humor & fun
- distant past
- culture & beliefs
- visible identities
- history
- socioeconomic status
- family
- age
- stories
- formal education
- genetics
- messages
- trauma
- community
- work & career
- invisible identities
- fears
- stressors
- experiences
- location
- health
- friends
- informal education
- work & career
Thought Experiment #1

Picture a dog.
Trauma impacts the way we understand and react to the world.