Trauma Informed Care: Understanding the Needs of Survivors Across Healthcare Settings

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What trauma informed care is not!

- People are not fragile
- Limited to direct service
- Only related to triggers
- Simply related to program changes
Safety First

- Be aware of protocol
- Be mindful of complicit responses
- Be mindful of bulldozing in early transactions
- Flexible but consistent
- Role clarity
Safety First

- Sensory awareness and acknowledgement
  - Collaborating within chaos to create rapport
- Creating a safe space for both you and the client/patient
- Object Relations (Bodenheimer, 2016)
- Check ins with the patient
- Understanding the foundational aspects of creating safety.
  - Nothing gets accomplished without safety
  - Affective shifts have to feel safe for any actual present dialogue or help
Safety First

- How trauma survivors experience initial stages
  - Startle Responses
  - Resiliency and acknowledged strength
  - The vulnerability of asking for help
  - The vulnerability of identifying a problem
  - The abyss of not knowing
  - Have I been here before?
  - Loss of control
Making Space

- Role of the provider in healing transactions
  - What is a healing transaction?
- DW Winnicott
- Mark Epstein—"I need more from you"
- Reducing mutual escalation
- Flexibility in protocol (Again)
Making Space

- What would the Rogers’ do?
- Timing and patience
- Meeting someone where they are at
- Understanding without pathologizing
- Honoring the space
- Can you make this safe, sacred, and strong?
Making Space

- Basic Human kindness
- Discussing concerns
- Discussing potential frustration
- Repairs in the service process
- Assessing the relationship as a way of assessing the trauma response
- Digging wells and digging gardens
Who are you?

- Provider self awareness
- Self care and self compassion as clinical tools
- Effective Supervision
- Blind spots
- Externalizing patterns
Who are you?

- Effective supervision
- Clinical flexibility
- Role consistency
- Blind spots
Who are you?

- Over relating concerns
- Self disclosure
- Ego and presumption
  - Understanding the attunement of a trauma survivor
Who are you?

- Relationship as the healer
- Creating safety with presence
- Owning your Impact
- Getting there without triggering
- Finding your voice
In closing

- Trauma is a diverse and human concern, but does not imply anything good or bad.
- Trauma informed culture
- Reduce pressure and “ending”
- Understand loss as it rolls in
- Respect and Regard are fluid
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