

Breakout: Trauma Informed Care

Ice breaker: How do you know when/how you're feeling regulated?

Questions to consider:

Assumptions we make in our own work with clients

"What brought you to this program?" – opening up the conversations when being mindful to not make assumptions.

Reminding yourself to not take things personally.

Being present when working with someone where they are at right now.

Expanding the conversation to recognizing experiences where being "present" has been challenging.

Ways trauma can show up for the people we serve:

- body language- more "closed" in nature
- level of engagement – not interested or lack of trust
- boundaries – connection to attachment and trauma

How does stress impact your ability to show empathy?

- short fuse
- minimal patience: everyone gets on my nerves
- physically unwell
- judgmental
- makes things harder: everything has an extra layer of difficulty

Strengthening our empathy muscle:

Slow down – being intentional, present, not moving too quickly or taking shortcuts

Being curious – being able to find out who they really are, being relational (asking "what happened", "what's your story", building trust

"Two feet" empathy

"Micro moments" – sharing the human experience of struggle when building trust and shadowing empathy

- identifying the client's own micro moments

Regulation

From dysregulation to regulation. Asking what would help them feel better rather than making assumptions.

Containment – changing the space, resetting your boundaries (i.e., when ending the day), moving intentionally into transitions throughout the day, ending the day with an "emotional sweep"

"we'll get through this"

"we are trying our best"

"I am capable of hard things"

Change your shoes (literally and figuratively)

Affirmations:

I have done what I can for right now.

This belongs in the container of work. This does not belong at home.

I can care a lot about something without carrying it.

This moment is complete. I am moving on to the next.

I am stepping into the next space as my grounded self.