

# WHAT YOU NEED TO KNOW ABOUT **TRAUMA-INFORMED CARE**

At some level, most of us will experience trauma. Caregivers can benefit from this methodology when helping those healing from trauma.

## **WHAT IT IS**

**A way of understanding people better that's based in neuroscience.**

Trauma-Informed Care gives caregivers the **knowledge & tools** to look at someone who's struggling and consider what else might be affecting them.

## **WHAT IT ISN'T**

Trauma-Informed Care is not being soft on people.

*It takes bravery to own what we've been through and to understand the impact those experiences have had on us. Talking about it is one of the bravest things we can do!*

## **WHAT IT LOOKS LIKE**



A caregiver looks at someone struggling and thinks, "I wonder what that person has been through that's causing them to react this way to me right now?"



A teacher uses strategies in the classroom that help to calm kids' brains to increase their ability to concentrate, focus on learning, and decrease mood swings and tantrums.

## **WHAT IS ITS SIGNIFICANCE?**

Trauma-Informed Care teaches us how to talk about what we've been through, share it with others, and *grow* because of it.

### **References**

Dr. Alison Roy is a licensed clinical psychologist. Get more information at [www.dralisonroy.com](http://www.dralisonroy.com)

