

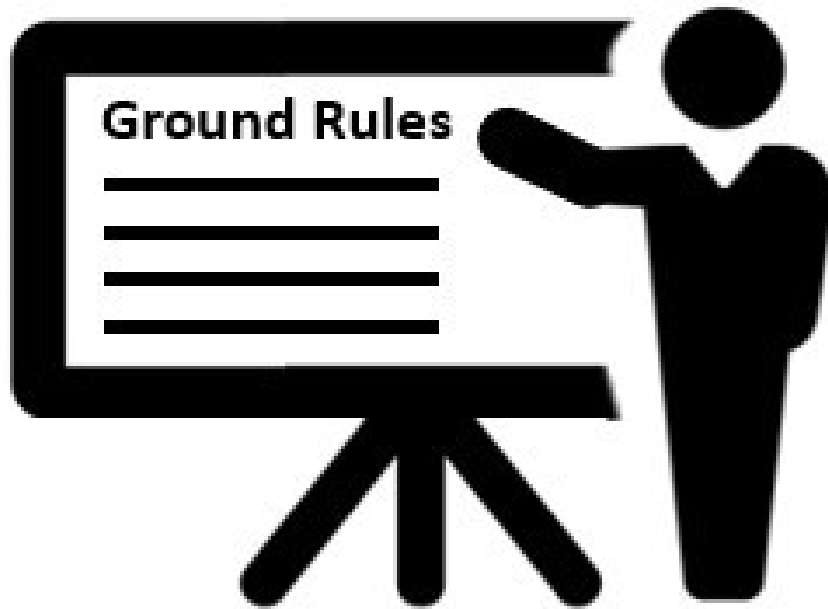
# **Fundamentals of Trauma**

Care for the Caregivers

Presented by: Dr. Natasha Kara; LPC, BSL







# Ground Rules

Confidentiality

# Learning Objectives of this session

Define trauma

Identify warning signs of potential trauma:  
ACEs Tool

Recognize ACES assessment tool and how it  
can be incorporated into the SNCD (Discovery)

Vicarious trauma: Implications of trauma and  
vicarious trauma to your role

Personal wellness tools

# What is Trauma

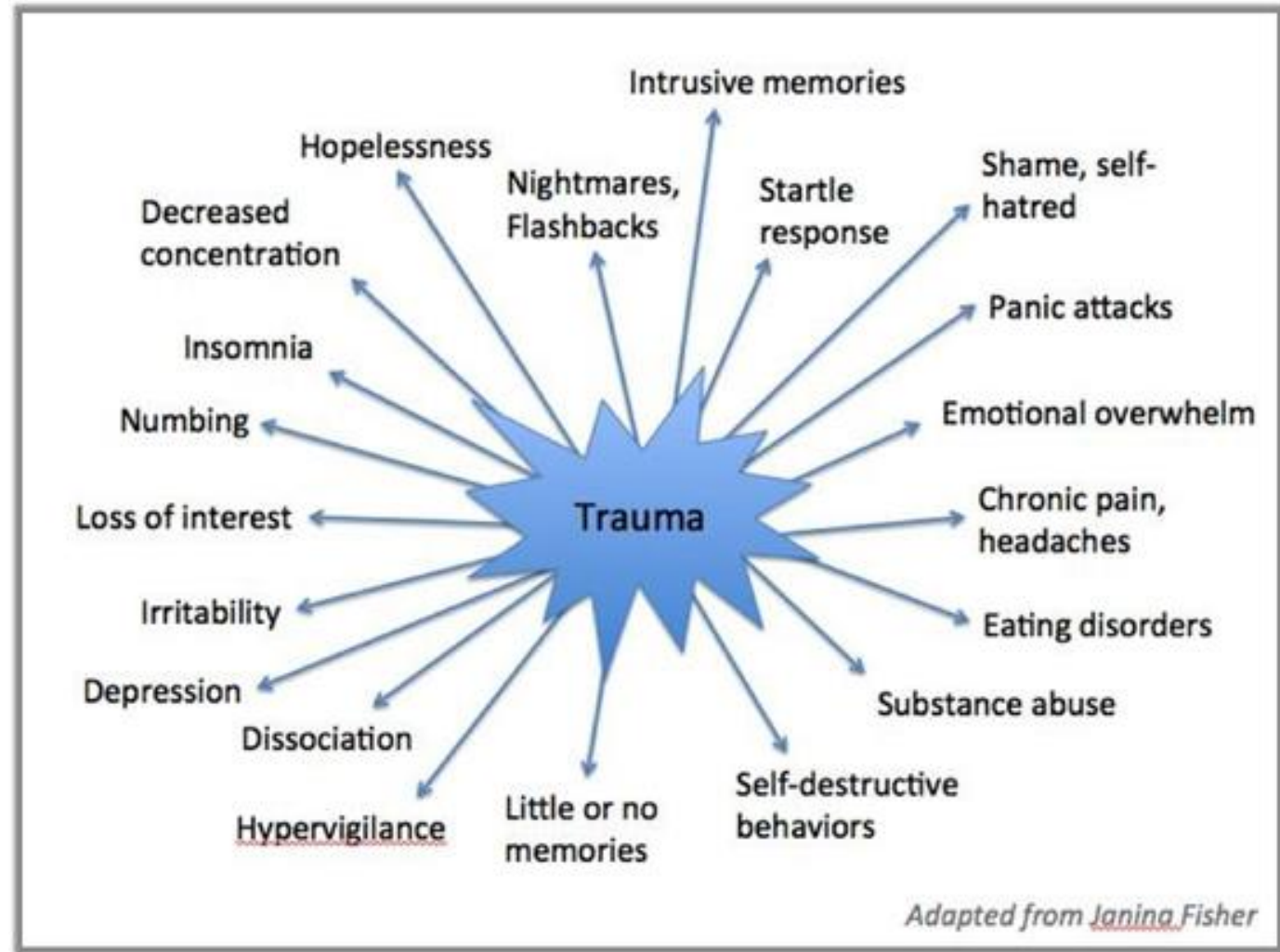
Adapted from  
Lakeside Global Institute

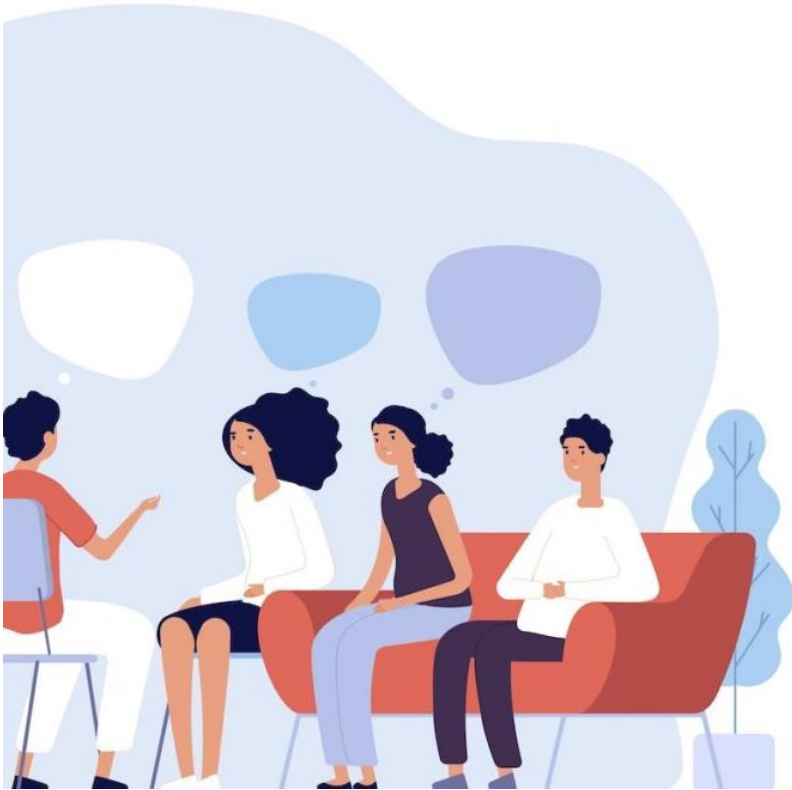
- An overriding emotional event involving deep stress, alarm, fear, or terror. PTS (high degree of stress for several days/weeks) PTSD (symptoms are present 3 months after event)
  - “Neuro-Electrical jolt”
  - The event may be perceived as inescapable
  - Sustained, toxic stress
  - Powerful sensory memories are created which lead to a change in the neurological landscape through:
    - Fight
    - Flight
    - Freeze
    - Submit \*accept or yield to a superior force\*\*
    - Capitulation \*The act of surrendering or ceasing to resist an opponent/with terms agreement\*





## Warning Signs of Trauma



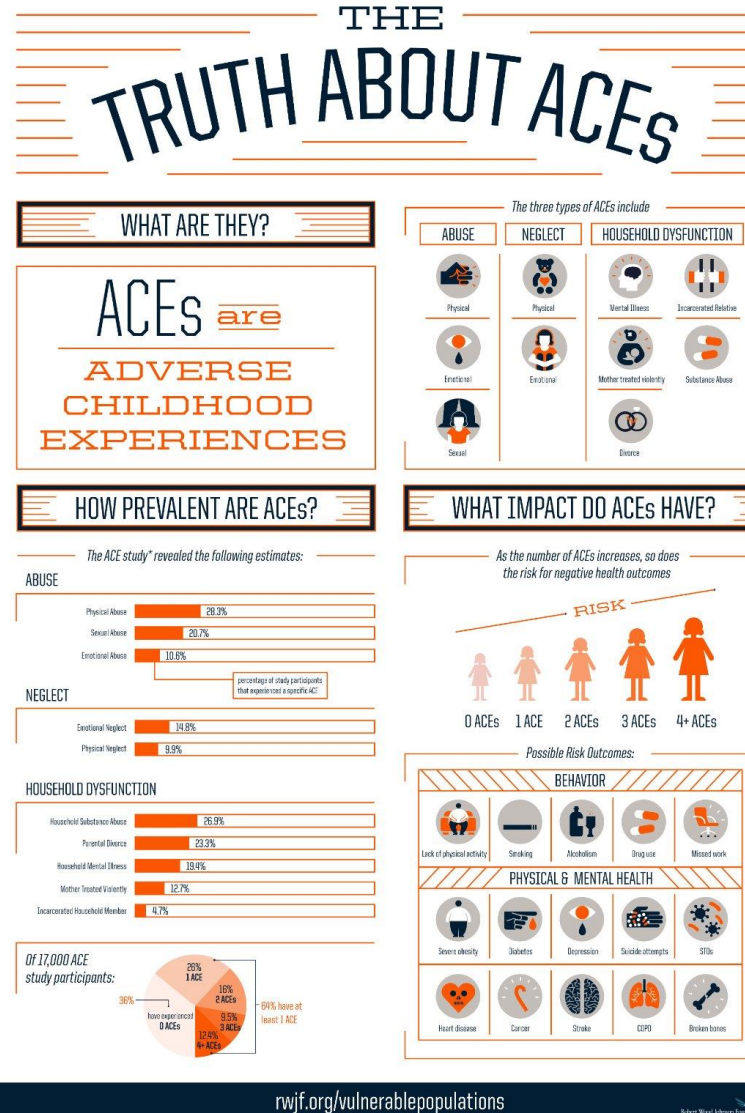


# Scenarios (group activity)

- Review the scenarios and identify if you see signs of potential trauma
  - 10-minute group review, 5-minute debrief with larger group



# ACES-assessment tool: Attachment



# **Incorporating ACES information in your SNCD (Discovery)**



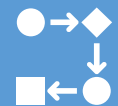
Large group discussion



What would that look like with the domains?



How do they compliment one another?



How can this be helpful  
in gathering initial data  
and goal development?

10 minutes

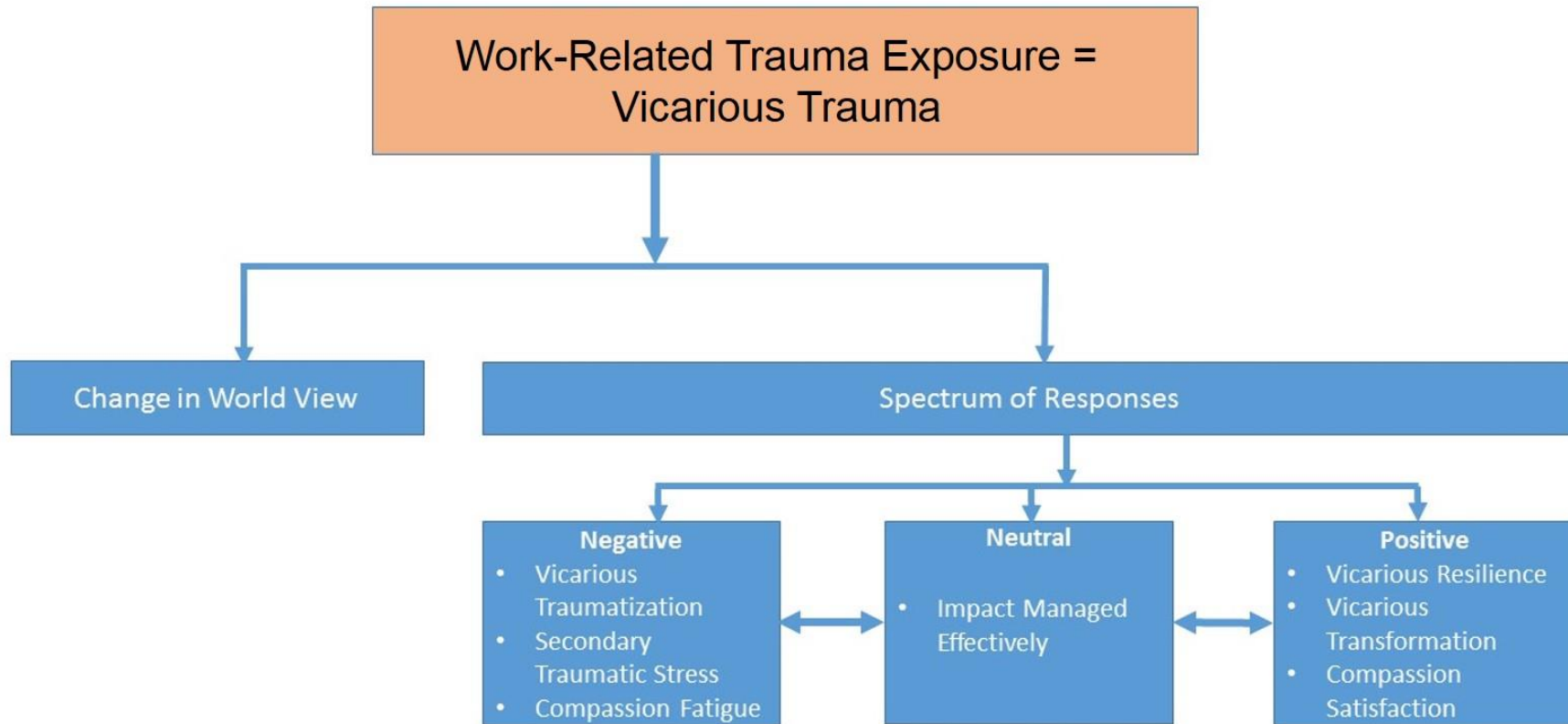


## **How does client trauma affect you: Vicarious Trauma**

- Large group to share personal examples

# Vicarious Trauma

## Vicarious Trauma Toolkit Model



# Implications of Trauma and Vicarious trauma and it's relationship to your role?

- Small group discussion (10 minutes)
  - Debriefing (5 minutes)





# How do you stay well?

## Personal tools



# Lessons Learned



# Resources Adapted from

Lakeside Global Institute

- [Child Trauma Academy](#)
- [International Society for Trauma Stress Studies](#)
- National Child Traumatic Stress Network (nctsn.org)
- Lakeside Global Institute (lakesideglobal.org)
- [United Way](#)

# THANK YOU FOR YOUR FEEDBACK

