A circular wreath of various botanical illustrations surrounds the central text. The illustrations include green ferns, a red maple leaf, a green leaf with a white vein, a yellow flower, a purple flower, and a green leaf with a white vein.

Trauma Informed Assessment

Dr Erin Holloway



TRAUMA INFORMED PRINCIPLES

Trauma aware

- Awareness of trauma, the effects & adaptations to cope & how this impacts on individuals & systems
- Awareness of secondary traumatic stress, vicarious trauma, & self-care
- Reflective practice

Safety & Trust

- Physical, emotional, spiritual, & cultural safety for trust & healing environments
- Clarity, consistency & boundaries

Choice, Collaboration, Connection

- Collaboration with people of all ages, genders, cultures, levels of the organisation
- Create opportunities for sharing power, control, choice, & connection
- Advisory & reference groups for service design & grievances
- Evaluation

Empowerment, skill building

- Promoting resiliency & coping skills
- Recognise abilities & resilience in people
- Organisational culture of reflective practice 'emotional learning' & 'social learning'

TIP Assessment: Trauma Aware



The service is staffed by people who:

- Understand trauma & its adaptations
- Awareness of invisible trauma & marginalisation

Where service users can:

- Be safe to be themselves
- Feel seen, heard, believed, & validated
- Get a better understanding of themselves

TIP Assessment: Safety & Trust



What we can do to help build safety & trust:

- Prioritise safety & comfort
 - Respect defences & avoidance
 - Look for hyper/hypo & re-experiencing
 - Self-regulation & Co-regulation
- Prevent re-traumatisation
- Avoid judgment for trauma-based behaviours
- Open communication & authenticity

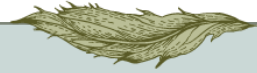
Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building

TIP Assessment: Choice



The Assessment Process

Officering choices where possible:

- Format (online, hardcopy, read aloud)
- Language
- Before meeting or after building rapport
- Self-report or third-party report
- Longer vs shorter session

Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building

TIP Assessment: Choice



The Assessment Process

- Prompt results/feedback
- Adjust detail based on level of interest
- Who gets the information & in what order? (e.g. child/parent)
- Pictures/diagrams/take-home information
- Psychoeducation

Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building

TIP Assessment: Choice



The Environment

- Inside/outside, door open/closed
- Personal space
- Lighting
- Eye contact
- Privacy & support person (parents, partners, children)

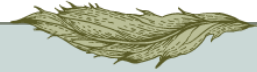
Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building

TIP Assessment: Collaboration



Nothing about me without me

Shared power:

- Goals, Ax & Dx have therapeutic purpose & consent
- Service user is the expert on them
- Invite questions (about the process, about us)
- Feedback & Evaluation

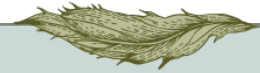
Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building

TIP Assessment: Empowerment & Skills



What happened to you? (Not what is wrong with you)

- Holding hope: We are capable of growth & change
- Resources
 - Connections, belonging, control (PCEs/BCEs)
 - Strengths, abilities, & coping
 - Interests, goals
- Post-traumatic Growth & Vicarious Growth

Trauma aware

Safety & Trust

Choice,
Collaboration,
Connection

Empowerment,
skill building



Dr Erin Holloway

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Resources, workshops,
reflective practice groups &
consultation check out:

traumainformedhub.com.au