

TRAUMA DEFINED

All stakeholders create a culture of learning so that students come first.

A **trauma-informed approach** begins with building awareness among school leaders, educators and staff of the commonness of trauma experiences; how the impact of trauma can be central to one's development; the wide range of adaptations people make to cope and survive after trauma; and the relationship of trauma with substance use, physical health and mental health concerns (Trauma Informed Practice 2016). There are a number of definitions of trauma. The following are defined with the Kenora Rainy River Youth Justice Service Collaborative Trauma-Informed Agency Protocol:

Acute Trauma: An immediate response to a situation where an individual experiences extreme, disturbing or unexpected fear, stress, pain or loss. A single event can lead to long-term responses.

Chronic Trauma: A response to trauma exposure over long periods of time. Responses can range from fear, guilt and shame, to loss of trust in others and a reduced ability to tolerate normal stress.

Complex Trauma: The wide ranging, long term impacts of children's exposure to multiple traumatic events, often of an invasive, interpersonal nature. These events are severe and pervasive. They usually begin early in life and disrupt many aspects of a child's development and very formation of self.

Cultural Trauma: An attack on the fabric of society, including its norms, social norms, values, belief system, way of life, traditions, and language, affecting the essence of the community and its members.

Historic Trauma: The cumulative exposure of traumatic events, such as colonization, dispossession and dislocation that negatively impact an individual and continue to affect subsequent generations.

Intergenerational Trauma: Occurs when trauma is not resolved, subsequently internalized, and passed unwittingly through behaviours and thought systems from one generation to the next.

Trauma Informed Practice vs Trauma Informed Clinical Intervention

According to The Trauma Informed Practice 2016 resource, '*trauma informed practice*' refers to creating a school environment where every student feels safe and supported and where staff understand how trauma affects behaviour and emotions.

Trauma Informed Clinical Intervention refers to the use of the actual treatment and clinical interventions used by mental health professionals in their practice to treat individuals who have experienced trauma and are seeking treatment.

Vicarious Trauma

"The transformation in the trauma worker's inner experience resulting from empathic engagement with a client's trauma material". (Saakvitne & Pearlman 1996, quoted in Dr. MacLachlan)

STAY TUNED FOR MORE ON
VICARIOUS TRAUMA

Want to know more about trauma informed practice? Watch this 5 minute video created by the Government of Alberta @



www.education.alberta.ca

View the documentary on [Paper Tigers](#) for your next PLC. Ask

