

Introduction to Trauma-Informed Practice

Karen Snowshoe & Camille Dumond

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These slides are not for distribution outside the workshop.

Presenters

Karen Showshoe

Lawyer, Mediator, Adjudicator,
Workplace Investigator



Camille Dumond

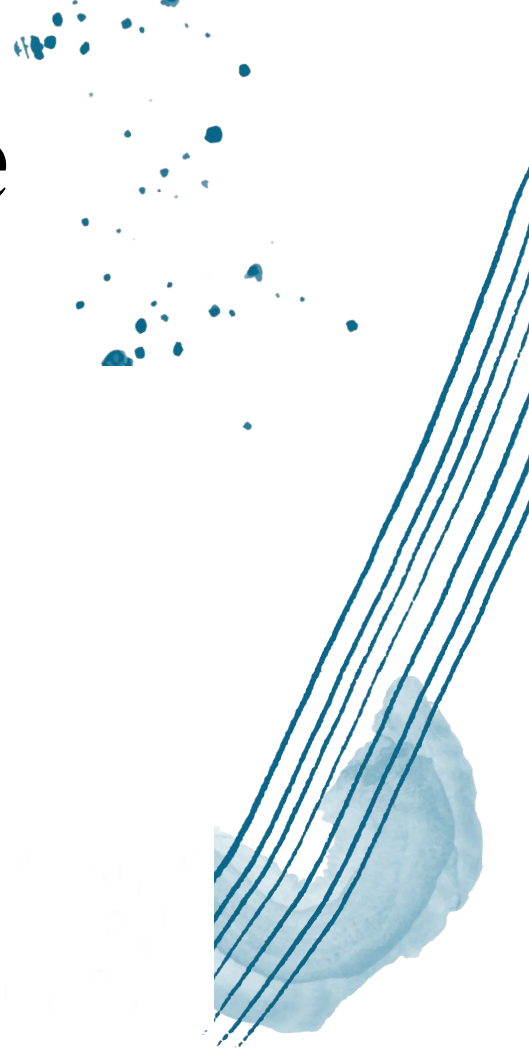
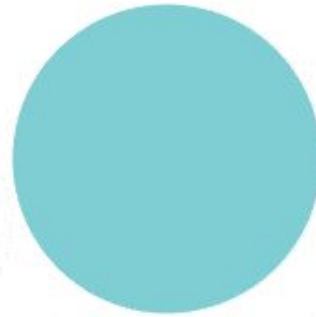
Trauma therapist, conflict
facilitator, Registered Clinical
Counsellor





Trauma Informed Approach Overview

- Accepting the whole person
- Do no harm/further harm
- Creating safe space
- Cultural humility
- Opportunities for healing and transformation
- Ethical responsibilities (utmost care and sensitivity)

Breath with the Shape





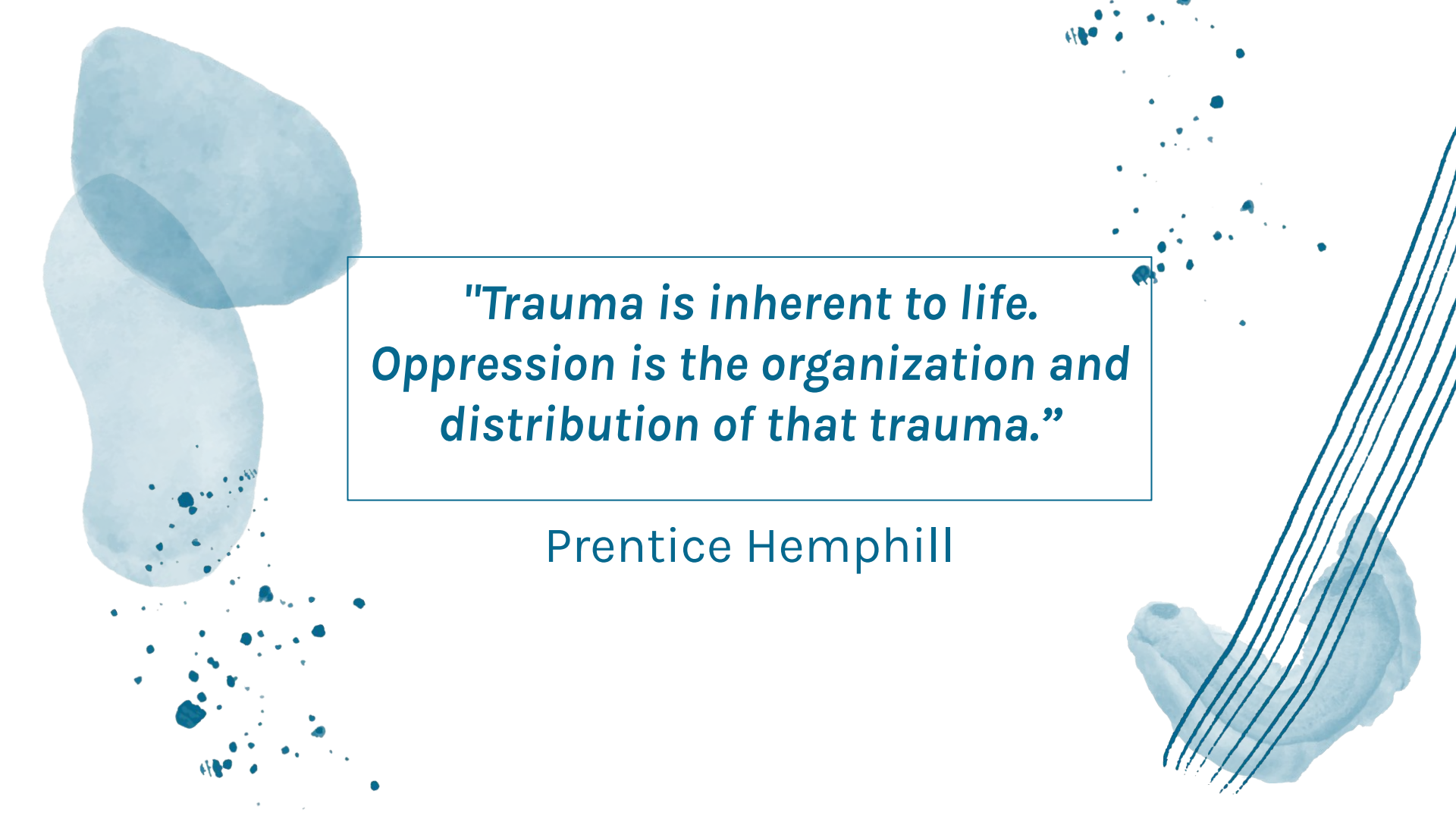
”Trauma...anything that is too much, too soon, or too fast for us to process or defend against”

—Peter Levine, Somatic Experiencing



”Trauma are events and social conditions that betray the need for *safety, belonging and dignity*”

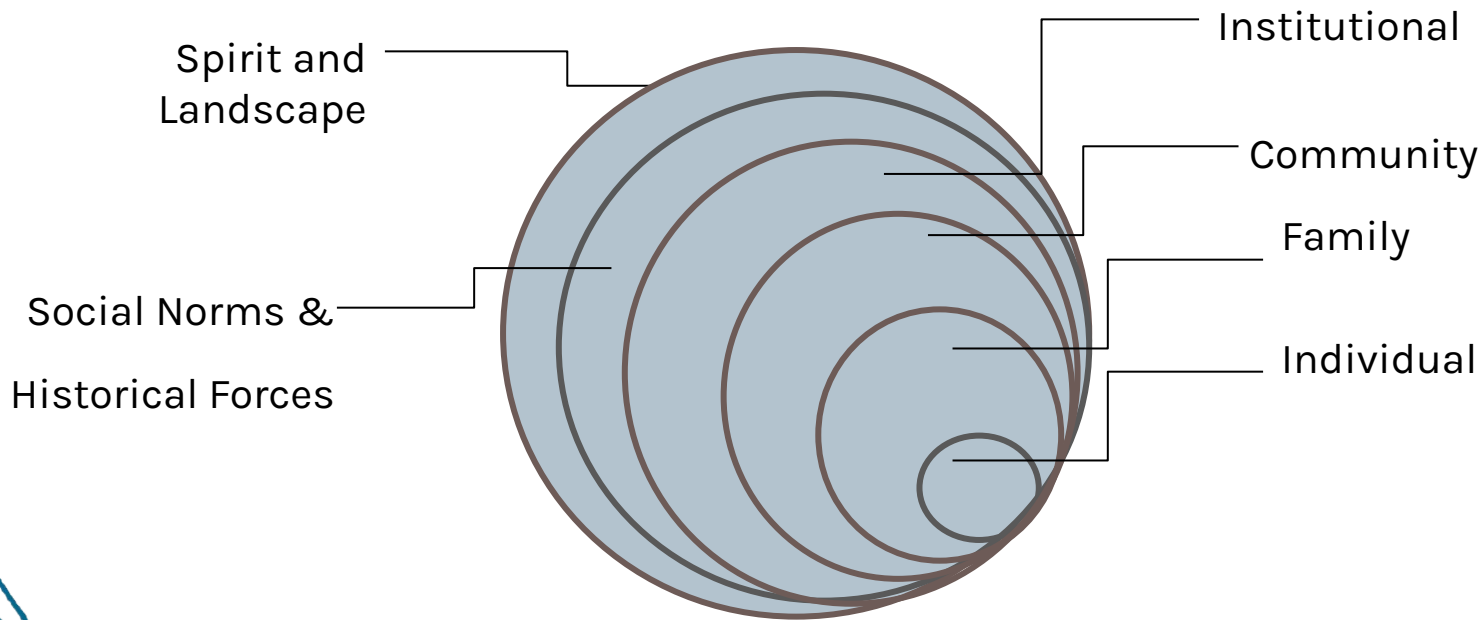
—Staci Haines, Politics of Trauma



***"Trauma is inherent to life.
Oppression is the organization and
distribution of that trauma."***

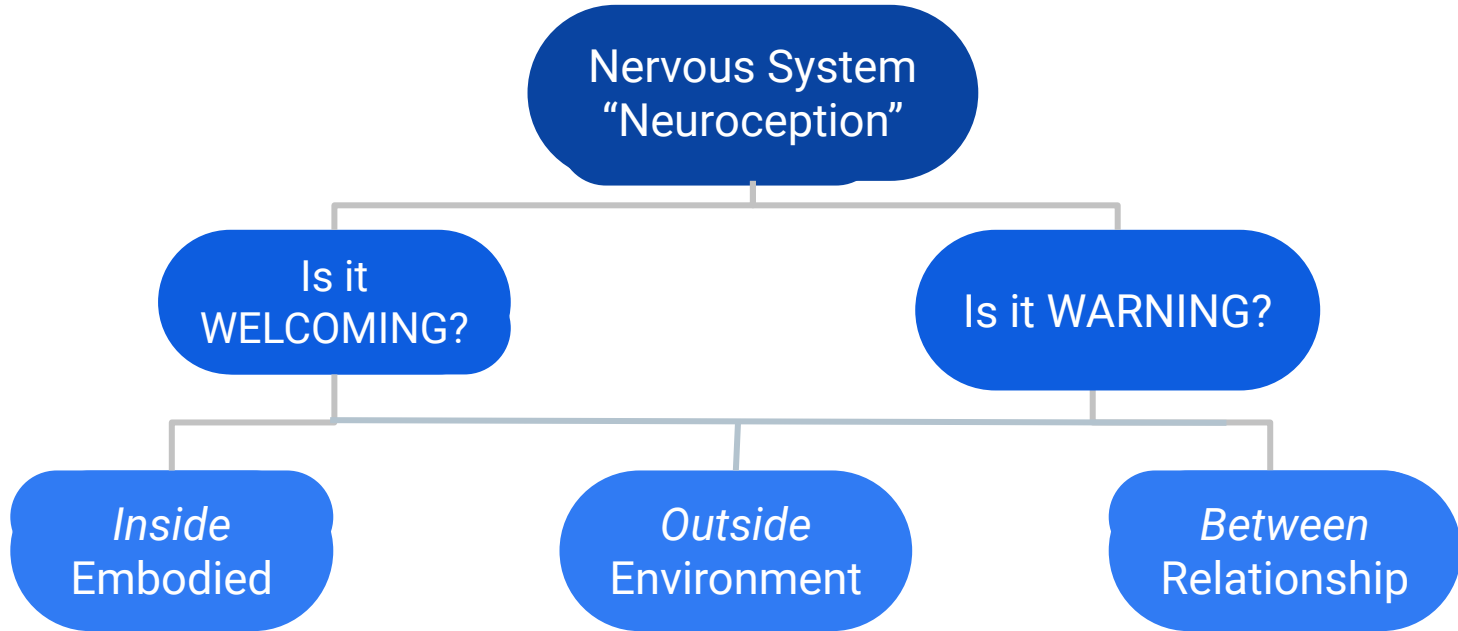
Prentice Hemphill

Healing Trauma Happens at Multiple “Sites of Change”



Credit: Staci Hains, The Politics of Trauma, 2019

How We Perceive Safety

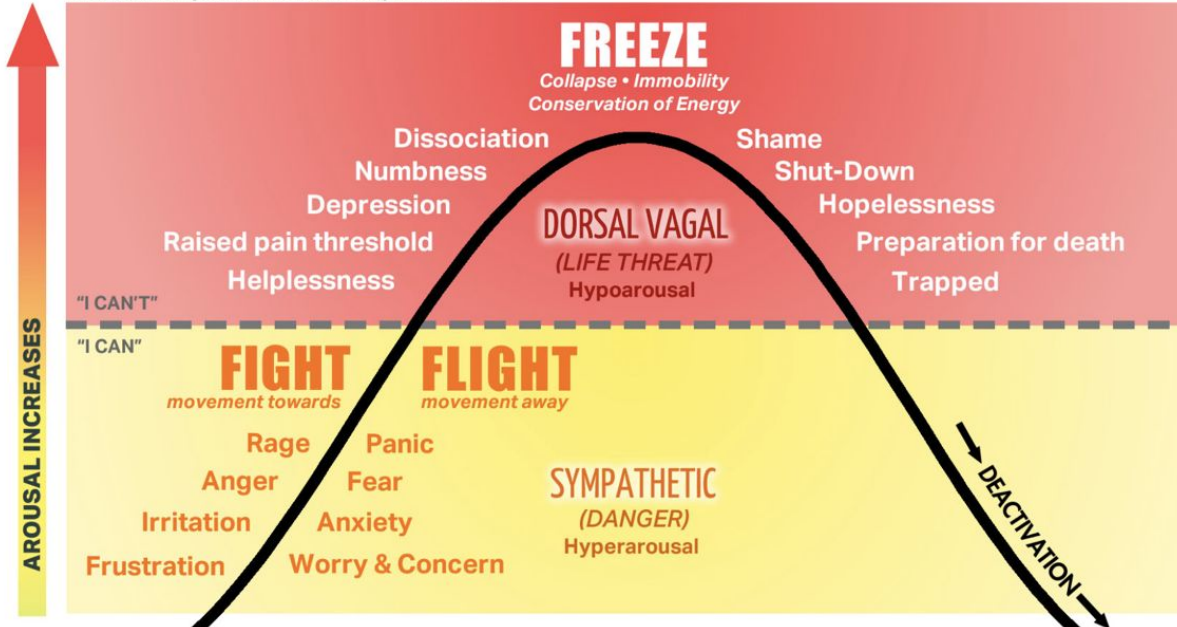


Neuroception (Deb Dana)

1. Being Trauma-informed means bringing PERCEPTION to NEUROCEPTION so we can notice if the cues of warning outweigh the cues of welcome
2. We first notice what is happening in OUR nervous system. Then we can get curious about what is happening in the OTHER's nervous system.
3. Being trauma-informed is a negotiation of how do we increase cues of safety and bring signs of welcome into our work for all people equitably
4. When a person's neuroception indicates WARNING outweighs WELCOME, our nervous system predictably goes into activated states

POLYVAGAL CHART

The nervous system with a neuroception of threat:



The nervous system with a neuroception of safety:



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

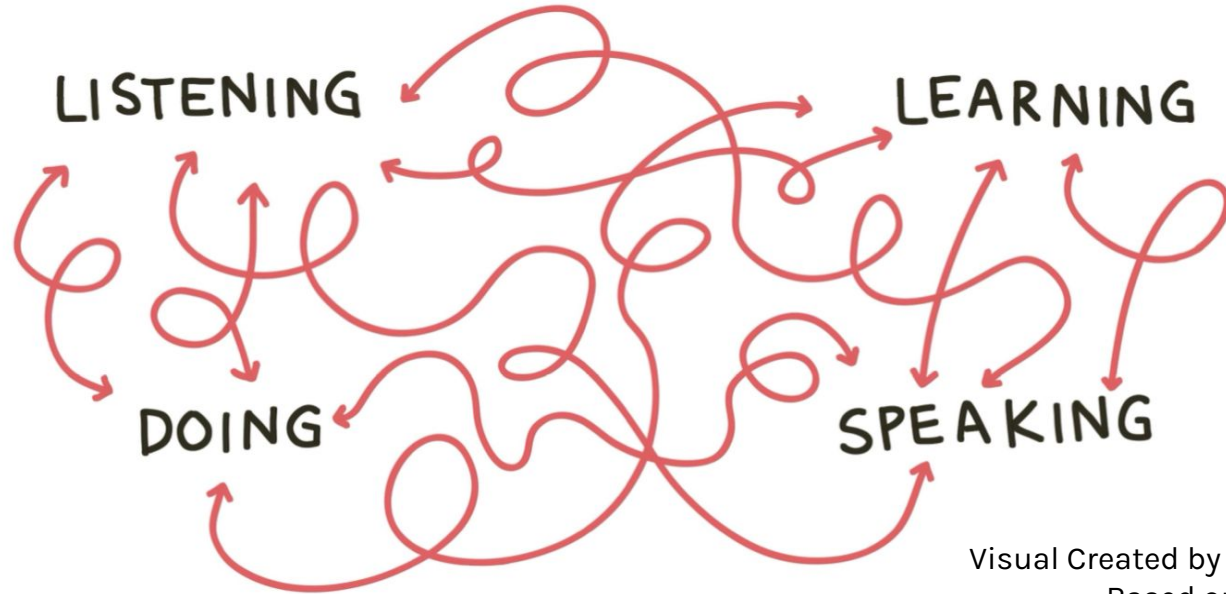
Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

LEARNING MINDSET

RESPONSE TO CHALLENGING INFORMATION:



Visual Created by Lindsay Brahman, 2020
Based on theory from Pat Ogden

THREAT-BASED MINDSET

RESPONSE TO CHALLENGING INFORMATION

FIGHT



YOU ARE
WRONG!
I AM
RIGHT!

FLIGHT



"LET'S
TALK
ABOUT
SOMETHING
ELSE"

FREEZE



UH...
(doesn't
talk or
listen/
learn)

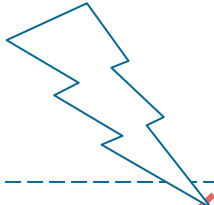
FAWN



PERFORMATIVE
SURFACE-LEVEL
ENGAGEMENT

We can “Grow our Window of Resiliency” Through Awareness

Traumatic event or trigger
(external, internal or relational)



Stuck on “ON”: Fight, flight states
Hyperarousal

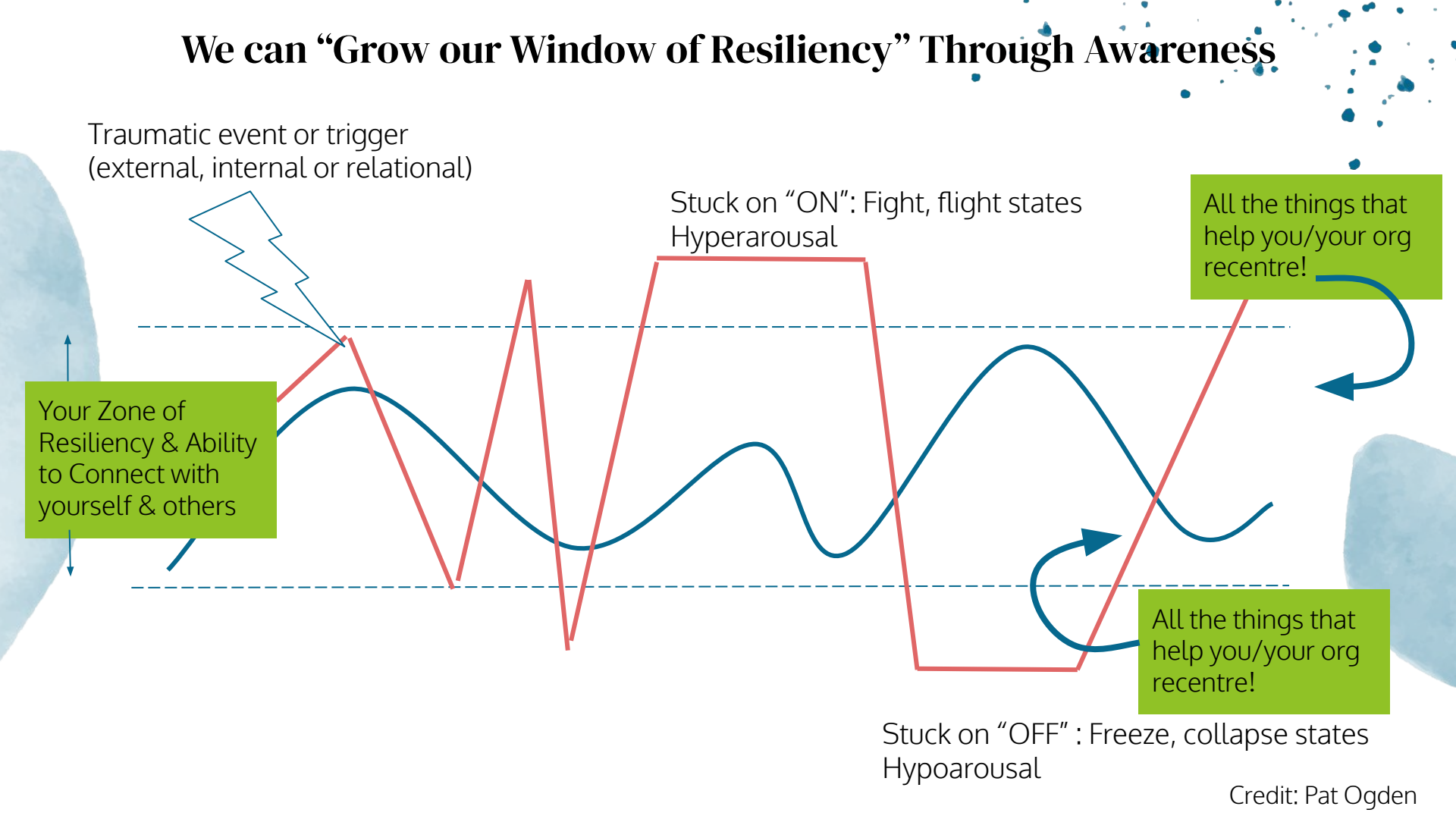
All the things that
help you/your org
recentre!

Your Zone of
Resiliency & Ability
to Connect with
yourself & others

All the things that
help you/your org
recentre!

Stuck on “OFF” : Freeze, collapse states
Hypoarousal

Credit: Pat Ogden



Example: Camille

Warnings to my NS

- Someone tall standing behind me
- Belittling tone of voice

In my Zone of Resilience

- Present
- Fluid
- Can think & feel

Stuck on "ON": argumentative, vengeful, Heart racing

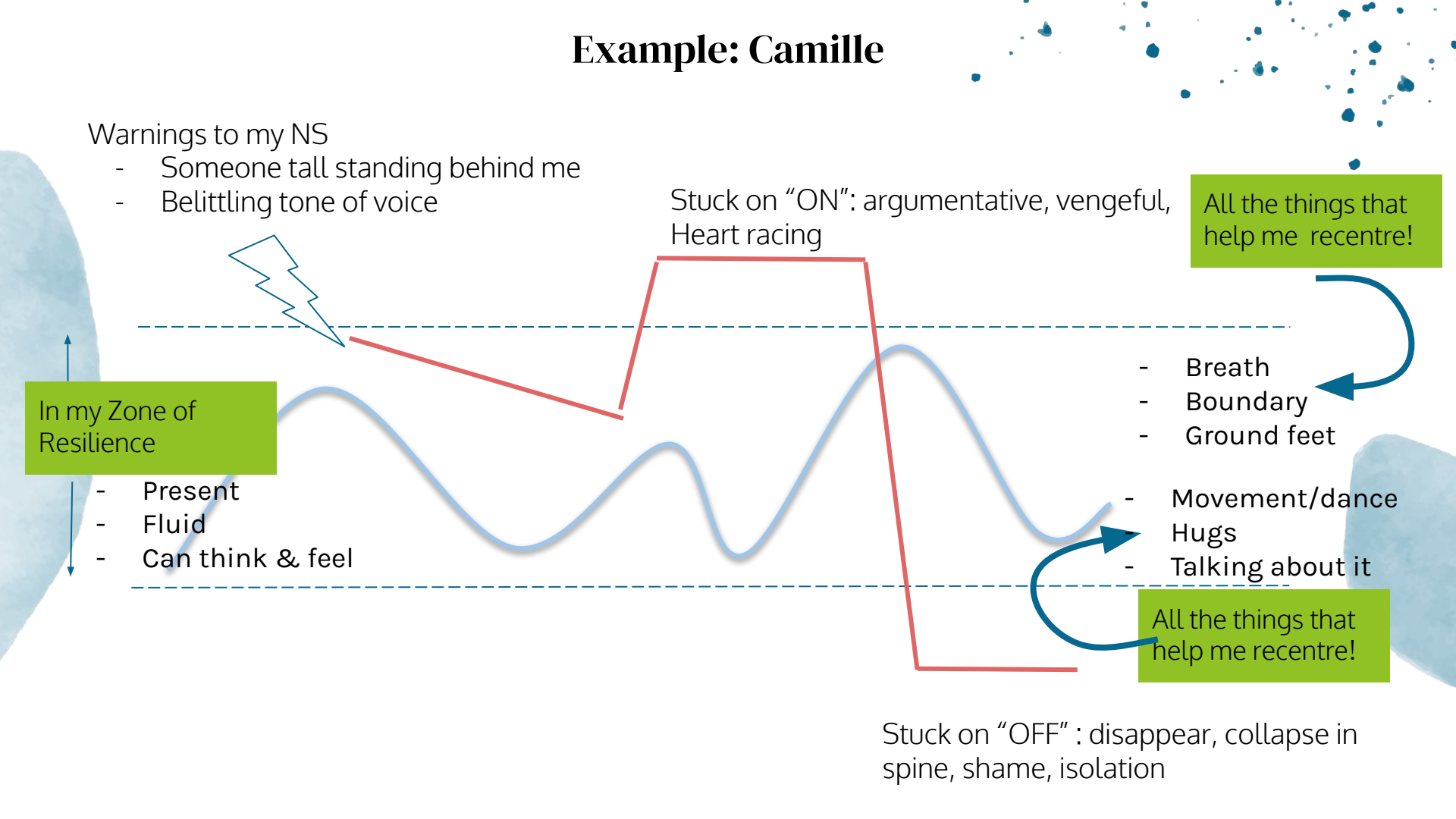
All the things that help me recentre!

- Breath
- Boundary
- Ground feet

- Movement/dance
- Hugs
- Talking about it

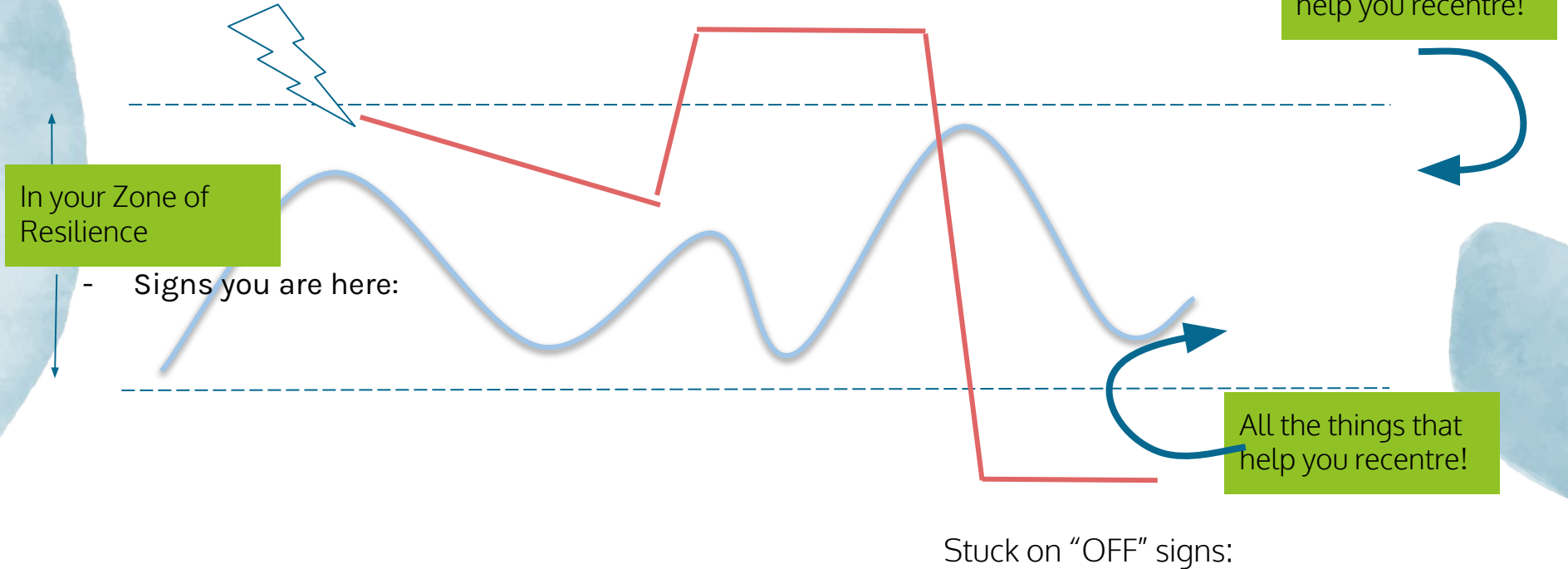
All the things that help me recentre!

Stuck on "OFF" : disappear, collapse in spine, shame, isolation



Your Example

Warnings to your Nervous System

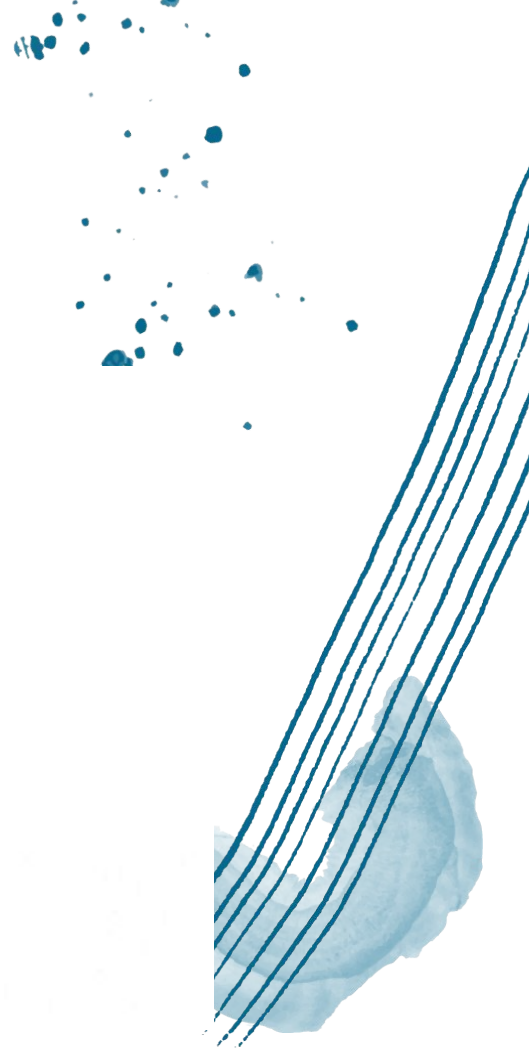
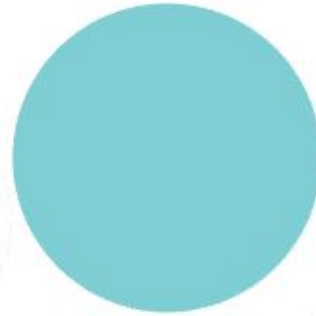


5 step Self Compassion Hold



Break!

Invitation to Breathe With the Shape



Thank-you

Please take good care.

Reach out if you need additional supports.

Karen Snowshoe: <https://snowshoelaw.ca>

Camille Dumond: www.dignityfacilitation.org

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