

Is Your Organization Trauma-Informed?

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What is Psychological Trauma?

When certain life events overwhelm a person's ability to cope causing significant emotional, cognitive, and/or physical difficulties, they are experiencing psychological trauma. This could be due to a single, unexpected event such as an accident, sudden loss of loved one, criminal violence, or natural disasters. Trauma could also be caused by repeated stressful incidents such as domestic, child, or sexual abuse.

What are the effects of trauma?

Psychological trauma can take on many forms. Some of the more common symptoms include:

- Sleep disturbances
- Anxiety
- Depression
- Panic attacks
- Chronic, unexplained pain
- Memory lapses
- Under or overreaction to external stimuli
- Compulsive or obsessive behaviors
- Emotional numbness
- Withdrawal from relationships and social activities

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The Importance of Being Trauma-Informed

Trauma-informed organizations are better equipped to deal with the unique needs of those struggling with psychological trauma. When care providers and organizations are aware how traumatic experiences and stress impact their clients, they could:

- Create a safer, more supportive environment
- Decrease the potential for re-traumatization
- Empower the individual suffering from trauma
- Create policies and procedures specific to trauma care
- Reduce negative encounters and events
- Increase the quality of service while decreasing unnecessary or ineffective interventions
- Increase job satisfaction among caregivers

- Decrease instances of compassion fatigue

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Broadhollow Psychotherapy Can Help

Broadhollow offers training seminars for organizations to raise the awareness of psychological trauma and its effect on one's well-being. Their trauma-informed SYSTEM not only helps individual employees better understand how to care for those with trauma, it facilitates a cultural change in institutions. We have successfully helped schools, primary care organizations, local municipalities, and public and private agencies shift their focus to more trauma-informed care.

Our training provides:

- Seminars catered to the needs of your organization.
- Practical information teaching your employees successful interventions and self-care skills.
- Suggestions for institutional changes in trauma-related policies and procedures.
- Answers to the questions and concerns of your managers and employees.
- Tips for creating spaces where those suffering with trauma can succeed and grow.

Take the First Step to Being Trauma-Informed

Psychological trauma is a complex mental health issue requiring awareness, empathy, and appropriate interventions. Broadhollow Psychotherapy can help your organization be better prepared to help those suffering with trauma. Please call us at (631) 771-6996 to discuss how our trainings will make your organization trauma-informed.

Sources: http://www.healingresources.info/emotional_trauma_overview.htm
<https://www.sidran.org/resources/for-survivors-and-loved-ones/what-is-psychological-trauma/>
<http://yourexperiencesmatter.com/learning/trauma-informed-care/benefits-of-being-trauma-informed/>