

Cultural Safety and Trauma Informed Practice

Seanna
Quressette, M.Ed.,
CCDP
Douglas College

Overview

- Taking Care of You
- Cultural Safety – A spectrum
- A bit about trauma
- Trauma Informed Principles
- Trauma Informed Strategies

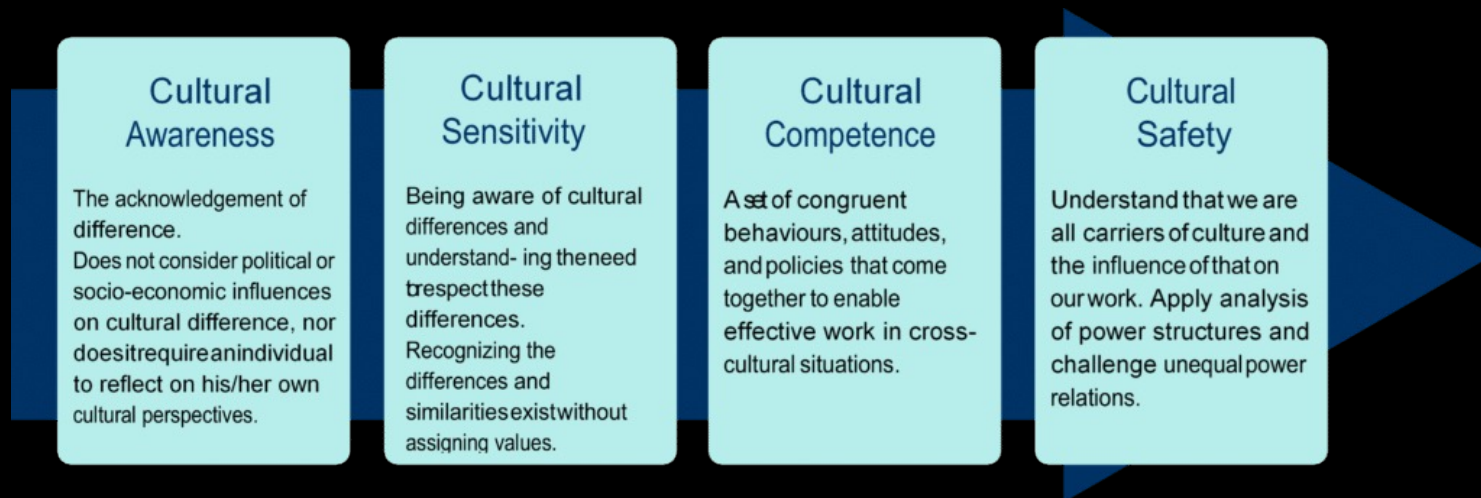




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(Germer & Neff, 2013; Neff, 2011 in Nelson et al 2017)

Cultural Safety – A Spectrum



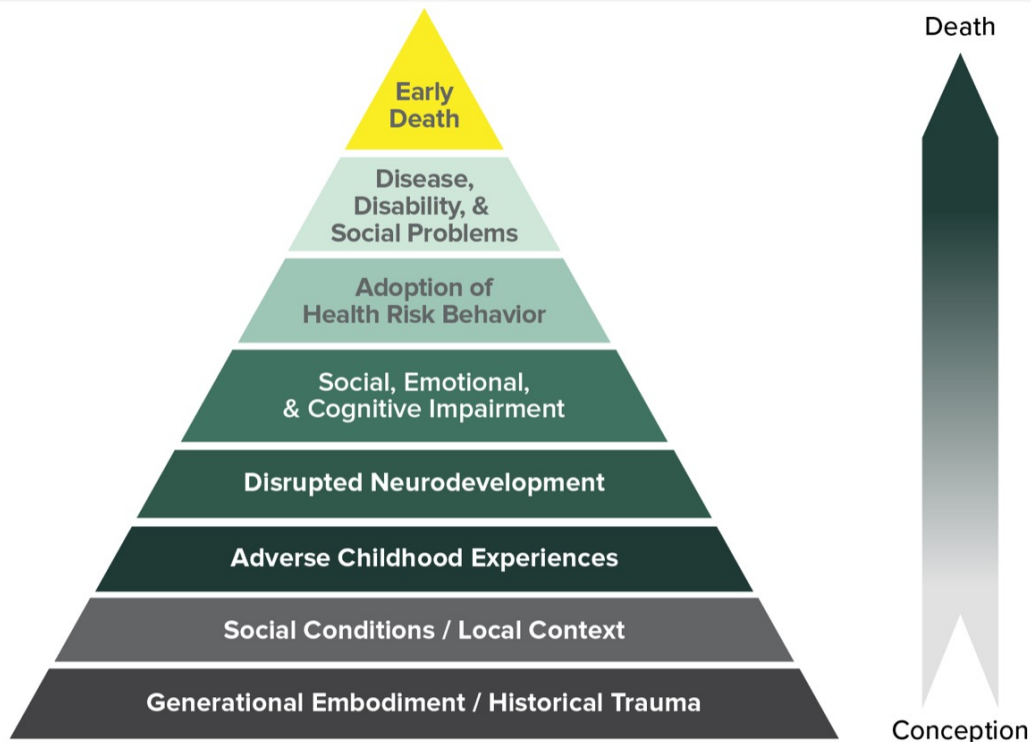
Source: <https://bcsth.ca/chapter4-peace/cultural-safety/>



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

ACES
Connection

Figure 1. 3 Realms of ACES. ACEs occur at the household, community, and environmental levels. Created by ACES Connection, this graphic can be downloaded and used freely from the following URL: <https://www.acesconnection.com/q/resource-center/blog/3-realms-of-aces-handout>.



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Trauma impacts

- Our sense of:
 - Safety
 - Belonging
 - Existence
- Health and behaviours

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Images Source: CDC-Kaiser Permanente Adverse Childhood Experiences Study

Types of Trauma

Shock

- Sudden
- Unexpected
- Intrusive
- May lead to PTSD

Developmental

- Trauma occurs while brain still forming neural pathways
- Impacts cognitive, emotional, and physical development
- What happened. What didn't happen.
- May lead to C-PTSD

Inter-generational

- Trauma travelling across generations
- Transmitted through epigenetics & actions
- Impacts sense of the right to exist for individual, family, community & nation

Community

- Events/ experiences that shake the foundation of the community
- Ongoing threats to community existence
- Any and all levels of community (local, regional, national, international)

Three E's in Trauma

Events

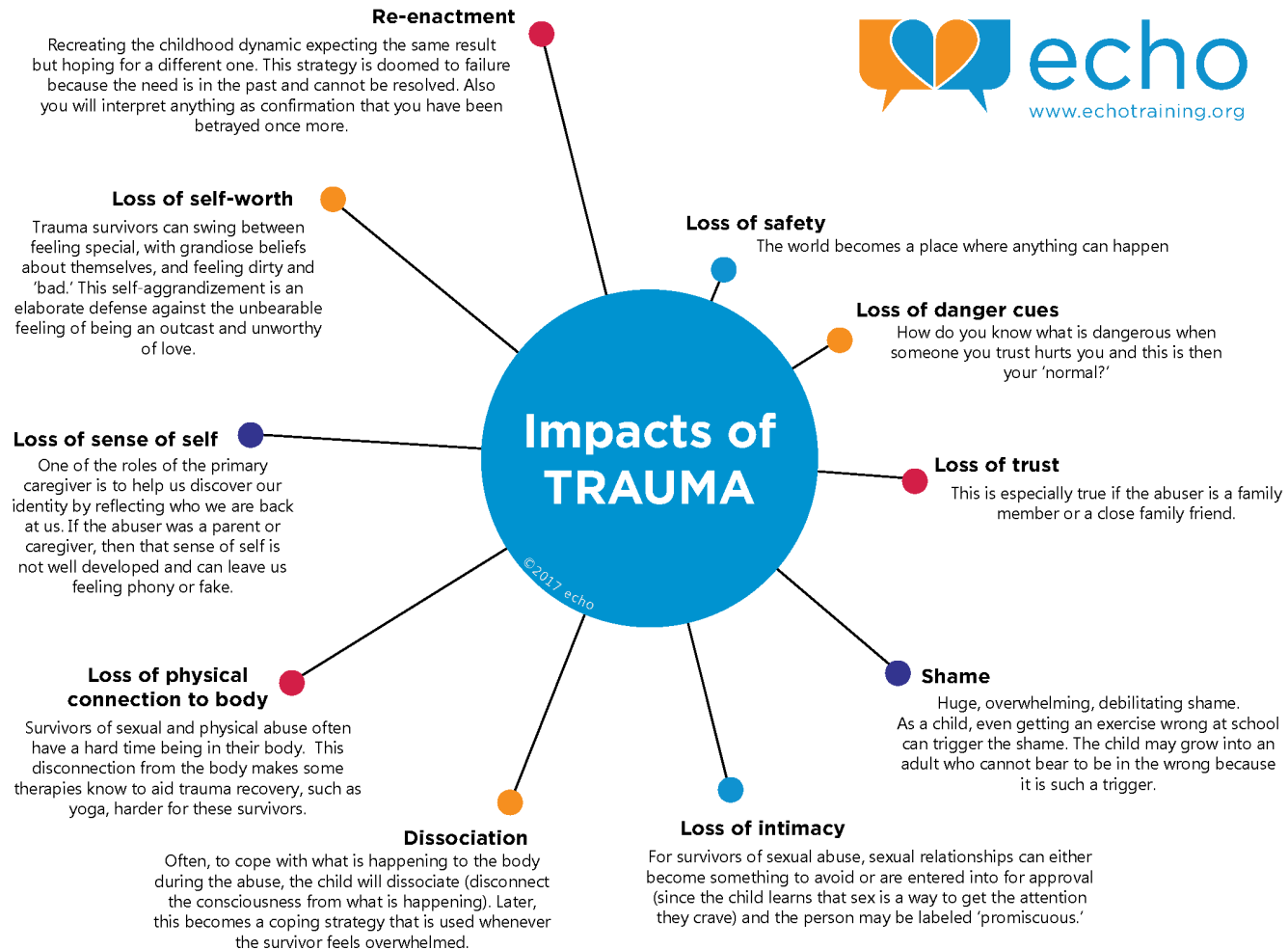
- Event
- Series of events
- Set of circumstances
- Acute/chronic

Experience

- Individual's experience of the event(s) determines whether it is traumatic

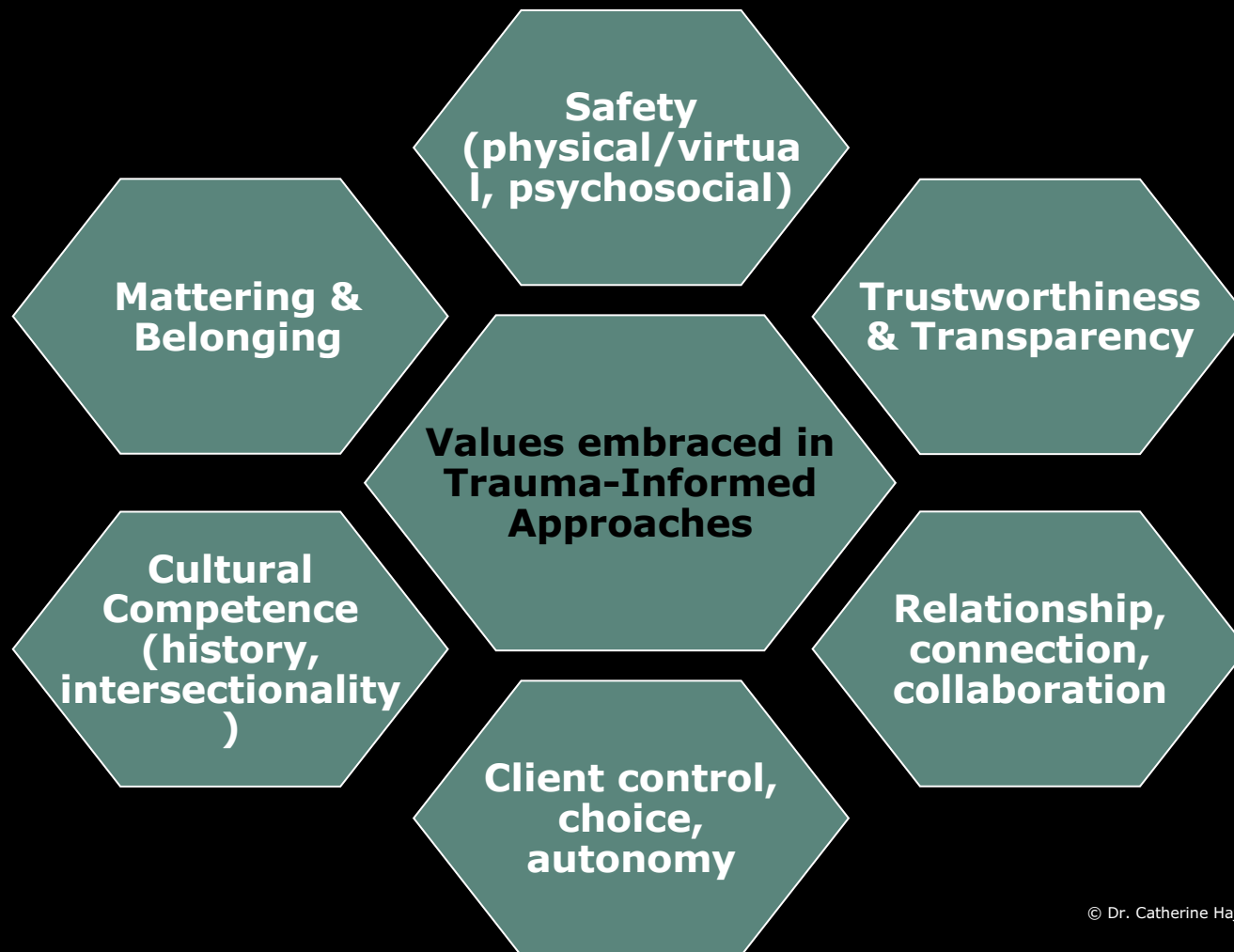
Effects

- Includes adverse shorter and long-term physical, social, emotional, or spiritual consequences
- *"Normal response to abnormal situation"*



Signs and Signals (non-exhaustive list)

Hyper-vigilance	Hyperactivity	Reactivity	Non-responsive
Not showing up	Stalled action	Disinterest	Indecision
Disorganized action	Significant negative self-talk	Shame	Black and white thinking
Sensory sensitivity	Loss of connection to body	Physical or Mental Health	Impact on memory and timeframes



Meet your client's nervous system first.

Regulate

- What's happening with your client's nervous system?
- (What's happening with yours?)

Relate

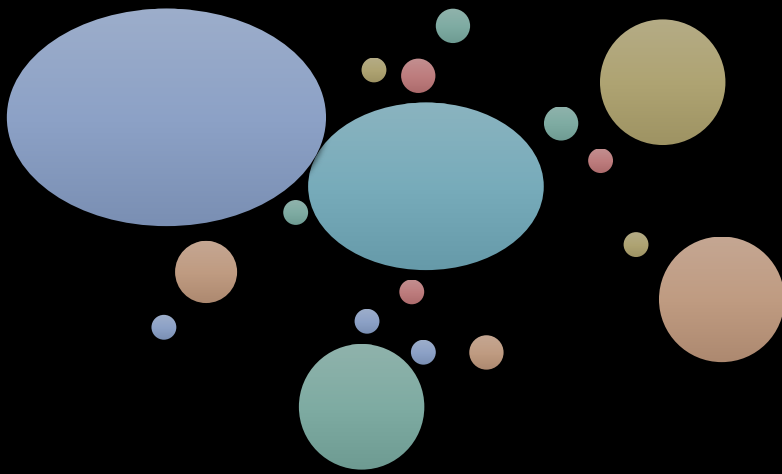
- Attuned and sensitive relationship
- Working with ALL emotions
- Brutal optimism

Reason

- Thinking, learning, reflecting, articulating, becoming self-assured



Dosing



- Finding the right size question / action
- Small enough to be achievable
- Large enough to be meaningful
- Pacing & Spacing

Prioritizing Relationships, Explaining Decisions, Being Predictable

- Bring a mindset of genuine curiosity about who someone is.
- Everyone's story, everyone's history matters.
- ASK: What's happening for you? (vs What's wrong with you?)
- Strength-based approach – seeing potential in everyone,
- Transparency
- Set appropriate boundaries
- Awareness of your own power and privilege (desire power with vs power over)
- Be consistent
- Rupture will happen. Repair is key.

Choice Points

- Want client to be able to be the choice maker.
- Can we include the client in generating choices?
- Lack of choice can be experienced as disempowering.
- Forced choices can spark anxiety especially when the two options both feel important/matter to the client.
- Invite client to shift away from black and white / either-or thinking
- What could be a 3rd option?
- If possible, invite client to participate in generating.



Sometimes helping others hurts.

- Vicarious Trauma, Compassion Fatigue, Burn out
- Signs & signals
- Need to plan for it so it doesn't overwhelm you
- Not all on you! (individual, group, and organizational approaches)



Photo by [Neil Thomas](#) on [Unsplash](#)

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Taking care of you! And its not all on you!

Physical self-care

Psychological self-care

Emotional self-care

Spiritual self-care

Relationship self-care

Workplace self-care

Strategies for de-briefing

Supports for after
debriefing

Work group /
organizational efforts

Communities of practice

What activities calm your
nervous system?

Selected References

- Sarah Scholte <https://equusoma.com/the-polyvagal-theory-and-horses/> (nervous system image from this article)
- Pete Walker (2013) Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma http://pete-walker.com/fourFs_TraumaTypologyComplexPTSD.htm
- www.trauma-recovery.ca/resiliency
- Woerden, Hugo. (2018). Annual Report of the Director of Public Health, 2018. Adverse Childhood Experiences, Resilience and Trauma Informed Care: A Public Health Approach to Understanding and Responding to Adversity. 10.13140/RG.2.2.15435.03366.

Selected References

- Felitti V et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) study. Am J Prev Med 1998; 14:245–258. Available from: [https://doi.org/10.1016/S0749-3797\(98\)00017-8](https://doi.org/10.1016/S0749-3797(98)00017-8)
- Smith M. Capability and adversity: reframing the causes of the causes for mental health. Nature 2018; 4:13. Available from: <http://dx.doi.org/10.1057/s41599-018-0066-z>
- <https://www.cdc.gov/violenceprevention/aces/about.html>

Selected References

- Dr. Bruce Perry: <https://www.childtrauma.org/cta-library>
(See also series of videos on under Info NMN Channel on Youtube:.
Here's the first one:
<https://www.youtube.com/watch?v=orwIn02h6V4&t=1s>)
- Trauma and the nervous system: a polyvagal perspective
<https://www.youtube.com/watch?v=uH5JQDAqA8E>
- <https://www.echotraining.org/> (Lots of great infographics)
- SAMHSA 2014
https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf