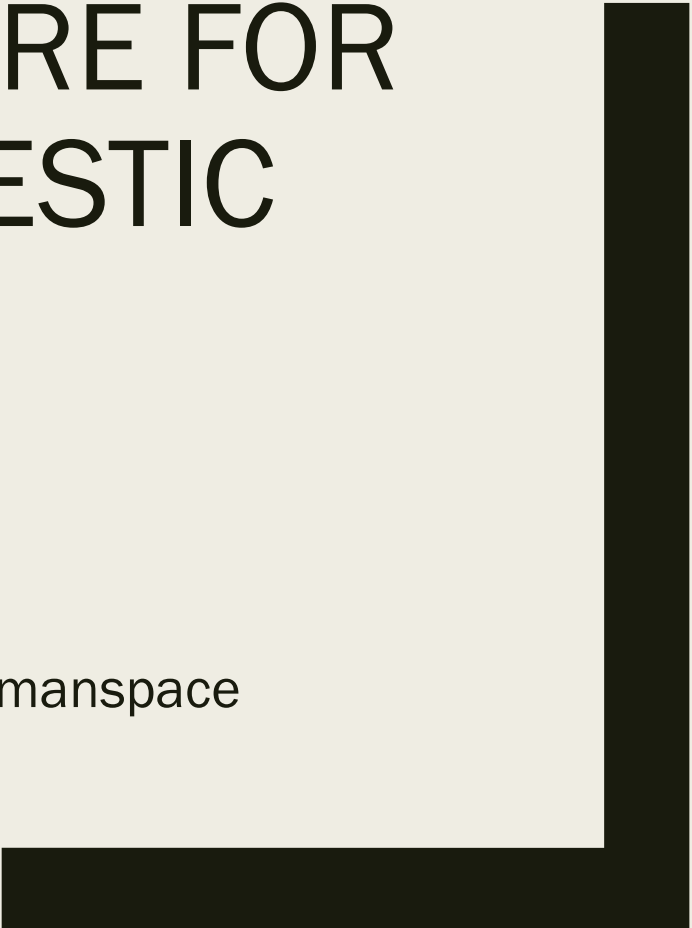




TRAUMA INFORMED CARE FOR SURVIVORS OF DOMESTIC VIOLENCE

Rev. Susan Victor, Th.M, MSW. LCSW
Director, Counseling and Support Services, Womanspace





Safety Planning Empowerment Support/Validation
Resources Referrals Spanish/English
www.womanspace.org

Emergency Services

24-Hour Hotline
609-394-9000
800-572-SAFE
(7233)

Safe House

609-394-9000

Crisis Intervention

DVVRT

Trained volunteers who meet with victims of DV at police stations at the time of an incident.
Contact via police dept.

SASS Advocates

609-394-9000
Trained volunteers who accompany SA victims to the hospital to get evidence collected or to make a police report.

Counseling & Support Services

Individual Counseling

609-394-2532
For survivors of DV and SA

Support Groups
609-394-2532

Court Advocacy
609-394-2532

Legal Clinic
609-394-2532

Transitional Housing

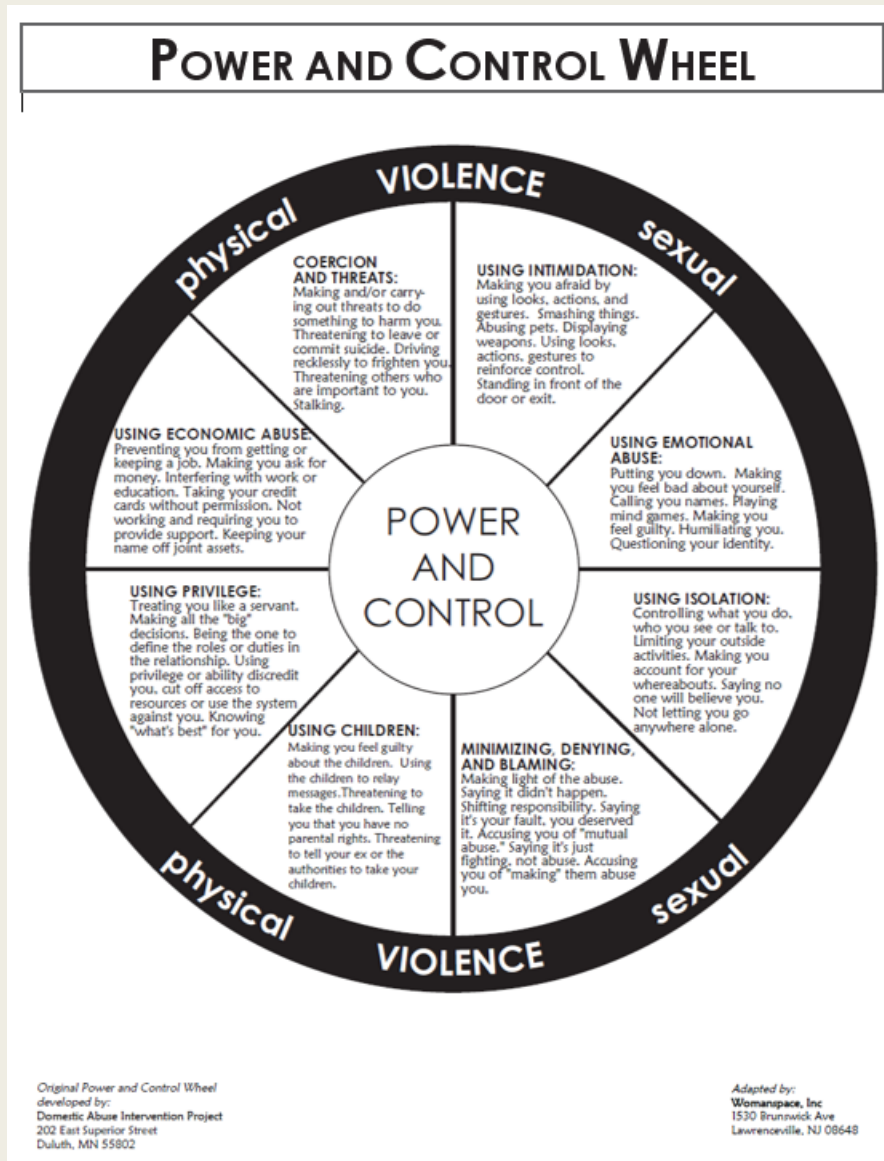
Barbara's House
3-6 Months

Safe Housing Project

COVID Emergency Housing Project

Page Homes

Domestic Violence or Dysfunction?



Domestic Violence or Dysfunction?

- ❖ Escalating pattern of behavior
- ❖ About power and control
- ❖ Through fear and intimidation
- ❖ Tactics used: verbal, physical, emotional, sexual, financial, or spiritual.

What is “trauma-informed practice”?

Trauma-informed services

are *not*

- designed to treat symptoms or syndromes related to domestic or sexual violence

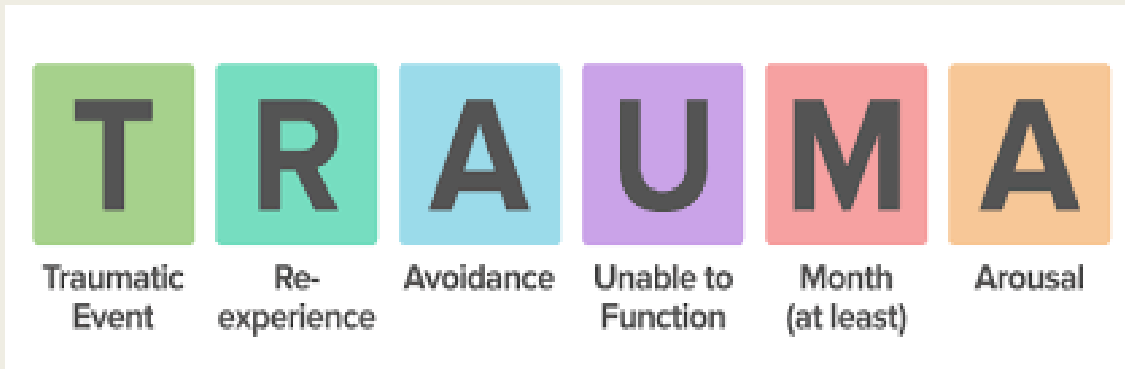
are

- informed about and sensitive to trauma-related issues present in survivors.



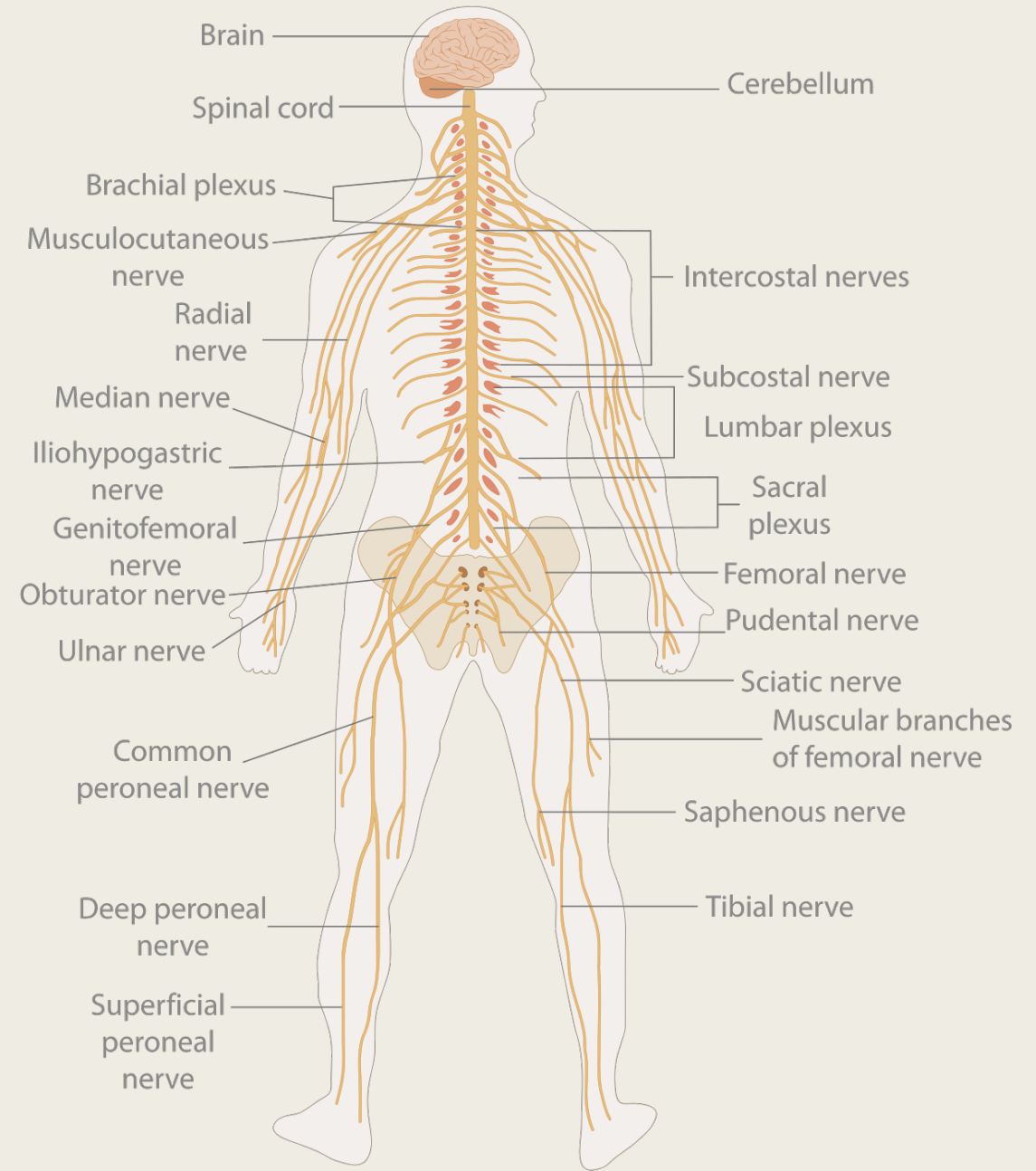


- **Trauma:** when an event or experience overwhelms normal coping mechanisms.
 - *Physical and psychological reactions—which are normal—often result in response to the traumatic event*
 - *Experiencing trauma can impact the way the body and brain work together*
- **Acute trauma:** Exposure to a single overwhelming event/experiences
- **Complex trauma:** Multiple, chronic and prolonged overwhelming traumatic events/experiences which are compromising and most often within the context of an interpersonal relationship.



“Trauma produces actual physiological changes, including a recalibration of the brain’s alarm system, an increase in stress hormone activity and alterations in the system that filters relevant information from irrelevant.”

The Body Keeps The Score,
Bessel van der Kolk.



Impact of Trauma

Physical	Cognitive	Emotional	Behavioral
Nervous energy, jitters, muscle tension	Changes in the way you think about yourself, other people, and the world	Fear, inability to feel safe	Becoming withdrawn, isolating from others
Upset stomach		Sadness, grief, depression	Easily startled
Rapid heart rate	Hypervigilance (heightened awareness of surroundings)	Anger, irritability	Avoiding places or situations
Dizziness	Dissociation, spacing out	Numbness, lack of feelings	Becoming confrontational or aggressive
Lack of energy, fatigue	Difficulty concentrating	Inability to enjoy anything	Changes in eating habits
Teeth grinding	Poor attention or memory	Loss of self-esteem	Weight gain or loss
Headaches	Difficulty making decisions	Feeling Helpless	Restlessness
	Intrusive images	Emotional distance from others	Increase or decrease in sexual activity
	Nightmares and flashbacks	Intense or extreme feelings	
		Feelings of emptiness	

Trauma and Memory

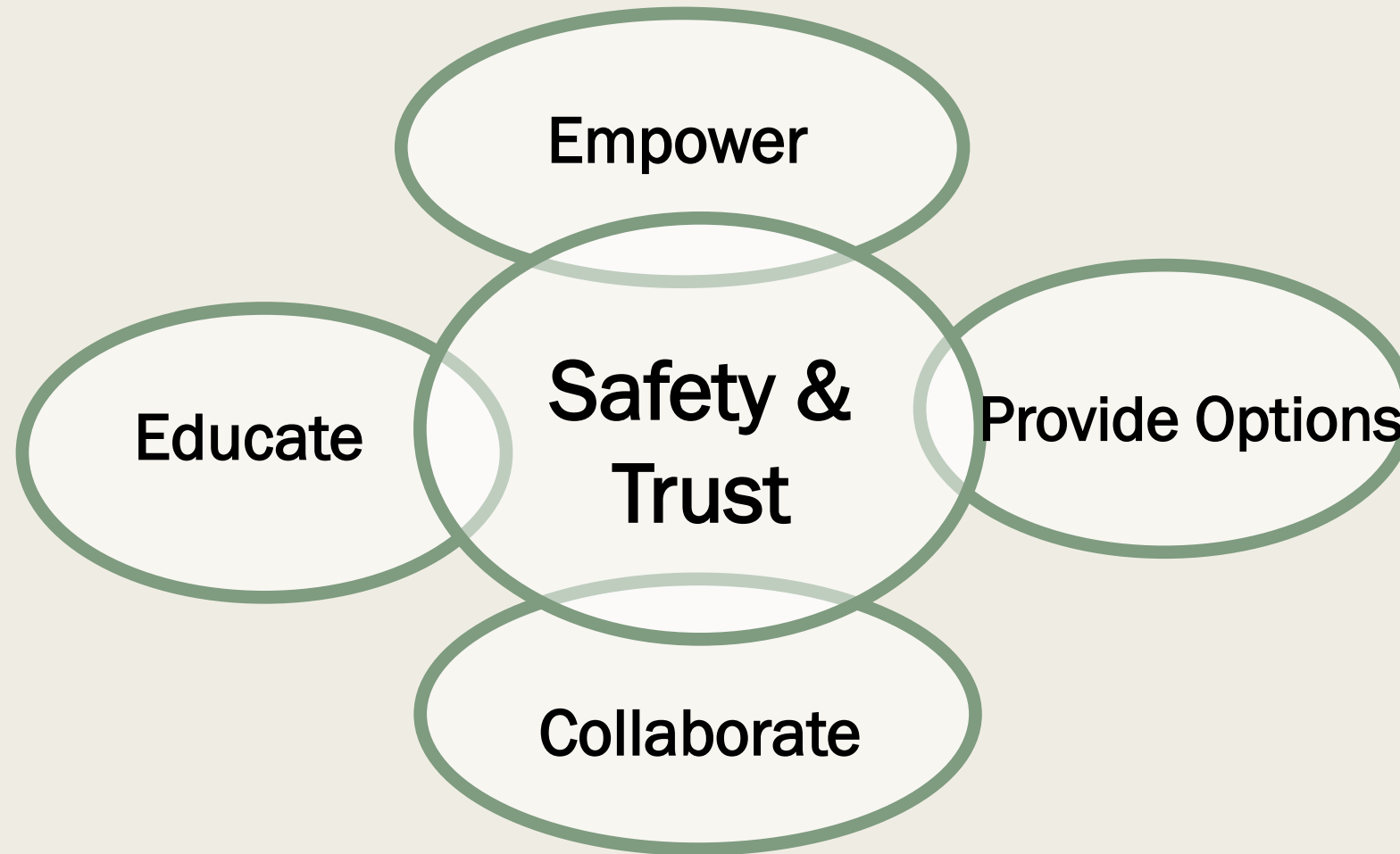
Semantic Memory	Episodic Memory	Emotional Memory	Procedural Memory
<p>What is it?</p> <p>The memory of general knowledge and facts.</p> <p>Example: You remember what a bicycle is.</p> <p>How can trauma affect it?</p> <p>Trauma can prevent information (words, images, sounds) from different parts of the brain from combining to make a semantic memory</p>	<p>What is it?</p> <p>The autobiographical memory of an event or experience- including the who, what and where.</p> <p>Example: you remember who was there and what street you were on when you fell off your bicycle in front of a crowd.</p> <p>How can trauma affect it?</p> <p>Trauma can shutdown the episodic memory and fragment the sequence of events</p>	<p>What is it?</p> <p>The memory of the emotions you felt during an experience</p> <p>Example: A wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.</p> <p>How can trauma affect it?</p> <p>After trauma a person may get triggered and experience painful emotions often without context</p>	<p>What is it?</p> <p>The memory of how to perform a common task without actively thinking.</p> <p>Example: you can still ride a bicycle automatically, without having to stop and recall how its done</p> <p>How can trauma affect it?</p> <p>Trauma can change patterns of procedural memory. For example, a person might begin to tense up and unconsciously alter their posture, interrupting what they could easily do before.</p>

Why does trauma look different for everyone?

Individual factors	Event factors	Environmental factors	Contributing factors of re-traumatization
<p>Age</p> <p>Personality</p> <p>Previously developed coping skills</p> <p>Previous traumatization</p> <p>Relationship to the perpetrator</p> <p>Resilience</p> <p>Developmental stage</p>	<p>Frequency</p> <p>Severity</p> <p>Duration of the event(s)</p> <p>Degree of violence - (bodily violation extent of terror or humiliation)</p> <p>Existence of witnesses or bystanders</p>	<p>Context in which trauma was experienced - (home, work, school, social gathering)</p> <p>Pre-existing support system</p>	<p>Triggers</p> <p>Response to disclosure</p> <p>Contact with perpetrator</p> <p>Victimization</p> <p>Lack of control or feeling of empowerment or agency</p> <p>Safe environment</p>

Resilience and strength vs. isolation and despair

Working with Survivors: Trauma Informed Care



Thoughts or Comments

