

Promoting Healing Centered Engagement (HCE) Using Trauma –Sensitive Communication Skills

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Beyond Trauma-Informed Care (TIC)

TIC doesn't encompass the totality of traumatic experiences.

- It focuses primarily on harm, injury, and trauma.
- It is deficit-based rather than asset-driven.
- The term TIC is important, but incomplete.

(Shawn Ginwright, Ph.D., 2018)

How is TIC incomplete?

- It presumes the trauma is an individual experience, rather than a collective one.
- It requires we treat trauma in people but provides no insight into how we address the root causes.
- It runs the risk of focusing on the treatment of pathology (trauma), rather than fostering the possibility (well-being).

(Shawn Ginwright, Ph.D., 2018)

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What is the next step beyond TIC?

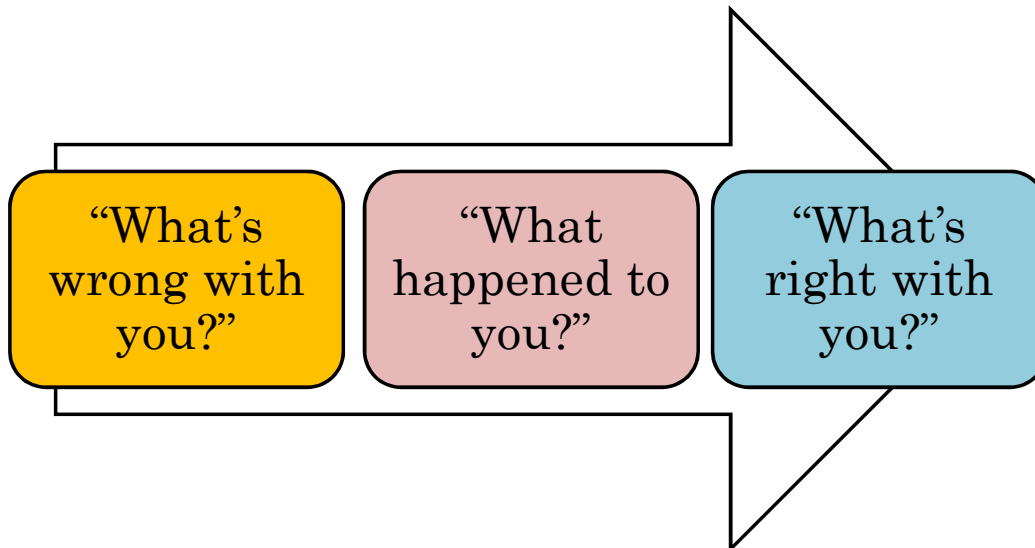
Need to develop an approach with a broader lens

- ◆ Holistic view of healing
- ◆ Healing-centered approach (rather than trauma-informed)
 - Holistic
 - Culturally sensitive
 - Spiritual
 - Civic action
 - Collective healing

(Shawn Ginwright, Ph.D., 2018)

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The Transformational Question



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Healing-Centered Engagement

Culturally grounded

- Uses culture as a way to ground people in a solid sense of meaning, self-perception, and purpose.
- Culture offers a shared experience, community, and a sense of belonging.
- Healing is experienced collectively.
 - ◆ Race
 - ◆ Gender
 - ◆ Sexual orientation

(Shawn Ginwright, Ph.D., 2018)

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Healing-Centered Engagement

Asset-driven

- Focuses on well-being we want, rather than symptoms we want to suppress.
- Acknowledges young people are much more than the worst thing that happened to them.
- Builds upon a person's experiences, knowledge, skills, and curiosity as positive traits to be enhanced.

(Shawn Ginwright, Ph.D., 2018)

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Healing-Centered Engagement

- Supports providers with their own healing.
- Healing is a process we all need.

(Shawn Ginwright, Ph.D., 2018)

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Building Healing-Centered Engagement

- Trauma-Sensitive Language
- Start with empathy (Helps people feel safe)
- Encourage people to dream and imagine
 - ◆ Acknowledge harm and injury but don't be defined by it
 - ◆ “As long as a man [woman] has a dream, he [she] cannot lose the significance of living”
(Howard Thurman, page 304)

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Value-Based Practice: Compassionate Communication Skills

Recognizes and avoids de-humanizing language:

- Target populations
- In the trenches
- Take downs
- Borderlines

(Aurora Health Care, 2016)

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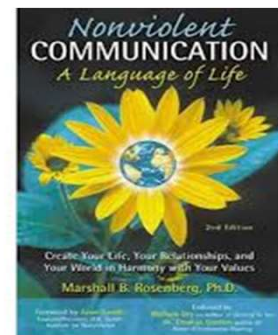
Value-Based Practice: Compassionate Communication Skills

- Use person-first language (not diagnosis-first language)
- Set aside personal values and judgments
- Be curious of persons feelings and needs
- Empathy before education

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Rosenberg's Compassionate Communication Model

- Choose our response in any situation
- Practice of empathic communication by recognizing and setting aside judgments and demands and connecting at a feelings and needs level.



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Compassionate Communication Skills

- Observation (acknowledge judgments and set aside)
- Feelings (“I” statements)
- Needs (“I” statements)
- Request (without demands)

Center for Nonviolent Communication
cnvc.org

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Let's Practice

Individual or with a partner

Think of a work or personal example

Complete the practice worksheet

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Resources

Trauma-Specific Models and Interventions

- Risking Connection <http://www.riskingconnection.com/>
- Sanctuary Model <http://www.sanctuaryweb.com/>
- Seeking Safety <http://www.seekingsafety.org/>
- Trauma, Addiction, Mental Health and Recovery (TAMAR) <http://nicic.gov/wodp/program/246-trauma-addictions-mental-health-and-recovery-tamar>
- Trauma, Affect Regulation Guide for Education and Therapy (TARGET) <http://www.advancedtrauma.com/>
- Trauma Recovery and Empowerment Model (TREM) <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=158>

General Trauma Resources

- ACEs Connection
<https://www.acesconnection.com/>
- Fostering Futures Wisconsin
<http://www.fosteringfutureswisconsin.org/>
- National ACE Study
<http://www.cdc.gov/nccdphp/ACE/> | <http://acestoohigh.com>
- Wisconsin ACE Study
<http://wischildrentrustfund.org/files/WisconsinACEs.pdf>
- National Center for Trauma-Informed Care
<http://beta.samhsa.gov/nctic>

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General Trauma Resources

- National Center for Posttraumatic Stress Disorder
<http://www.ptsd.va.gov/>
- International Society for Traumatic Stress Studies
<http://www.istss.org/>
- Aceresponse (ACEs and Developmental Disabilities)
<http://www.aceresponse.org/>
- The Anna Institute
<http://www.theannainstitute.org/>
- National Association of State Directors of Developmental Disabilities Services
<http://www.nasdds.org/resource-library/behavioral-challenges/mental-health-treatment/trauma-informed-care>

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Other Tools

- Center for Nonviolent Communication: <https://www.cnvc.org/>
- SAMHSA TIP 57: <http://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816>
- Alphabetical list of trauma and PTSD measures: http://www.ptsd.va.gov/professional/assessment/all_measures.asp
- Program Curriculum: Roadmap to Seclusion-Free and Restraint-Free Mental Health Services: <http://store.samhsa.gov/product/Roadmap-to-Seclusion-and-Restraint-Free-Mental-Health-Services-CD-/SMA06-4055>
- The Vicarious Trauma Toolkit: <https://vtt.ovc.ojp.gov/>

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Books

- Boyle, G. (2010). *Tattoos on the Heart: The Power of Boundless Compassion*. New York: Free Press.
- Burana, L. (2009). *I Love a Man in Uniform: A Memoir of Love, War, and Other Battles*. New York: Weinstein Books.
- Fallot, R., and Harris, M. (2001). *Using Trauma Theory to Design Service Systems*. San Francisco: Jossey-Bass.
- Marich, J. (2012). *Trauma and the Twelve Steps*. Warren: Cornersburg Media.
- Marich, J. (2014). *Trauma Made Simple*. Eau Claire: PESI Publishing & Media.

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Books

- Perry, B. (2007). *The Boy Who Was Raised As A Dog*. New York: Basic Books.
- Sears, M (2010). *Humanizing Health Care: Creating Cultures of Compassion With Nonviolent Communication*. Puddle Dancer Press.
- van der Kolk, B. (2014). *The Body Keeps the Score*. New York: Viking.
- van Dernoot Lipsky, L. (2009). *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. San Francisco: Berrett-Koehler Publishers.
- Wilcox, P. (2012). *Trauma-Informed Treatment: The Restorative Approach*. Holyoke: NEARI Press.

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Thank You!

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