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)

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)
The Transformational Question

“What’s wrong with you?”

“What happened to you?”

“What’s right with you?”

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)
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)
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”

Value-Based Practice: Compassionate Communication Skills

Recognizes and avoids de-humanizing language:
- Target populations
- In the trenches
- Take downs
- Borderlines

(Aurora Health Care, 2016)
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

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.

Protecting and promoting the health and safety of the people of Wisconsin
Compassionate Communication Skills

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

Let’s Practice

Individual or with a partner
Think of a work or personal example
Compete the practice worksheet
Resources

Trauma-Specific Models and Interventions

- Sanctuary Model [http://www.sanctuaryweb.com/](http://www.sanctuaryweb.com/)
- Trauma, Addiction, Mental Health and Recovery (TAMAR) [http://nicic.gov/wodp/program/246-trauma-addictions-mental-health-and-recovery-tamar](http://nicic.gov/wodp/program/246-trauma-addictions-mental-health-and-recovery-tamar)
General Trauma Resources

- ACEs Connection
  [https://www.acesconnection.com/](https://www.acesconnection.com/)
- Fostering Futures Wisconsin
  [http://www.fosteringfutureswisconsin.org/](http://www.fosteringfutureswisconsin.org/)
- National ACE Study
- Wisconsin ACE Study
  [http://wichildrentrustfund.org/files/WisconsinACEs.pdf](http://wichildrentrustfund.org/files/WisconsinACEs.pdf)
- National Center for Trauma-Informed Care
  [http://beta.samhsa.gov/nctic](http://beta.samhsa.gov/nctic)

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General Trauma Resources

- National Center for Posttraumatic Stress Disorder
- International Society for Traumatic Stress Studies
- Aceresponse (ACEs and Developmental Disabilities)
- The Anna Institute
- National Association of State Directors of Developmental Disabilities Services
Other Tools

- Center for Nonviolent Communication: [https://www.cnvc.org/](https://www.cnvc.org/)
- Alphabeltical list of trauma and PTSD measures: [http://www ptsd va gov/professional/assessment/all_measures asp](http://www ptsd va gov/professional/assessment/all_measures asp)
- The Vicarious Trauma Toolkit: [https://vtt.ovc.ojp.gov/](https://vtt.ovc.ojp.gov/)

Books

Books


Thank You!

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Join the TIC Email List
Visit [dhs.wisconsin.gov/tic](https://dhs.wisconsin.gov/tic) to sign up to receive email notices for trauma-related research, resources, training opportunities, etc.