

Traumatization occurs when  
both internal and external  
resources are inadequate to  
cope with external threat,  
either real or perceived.

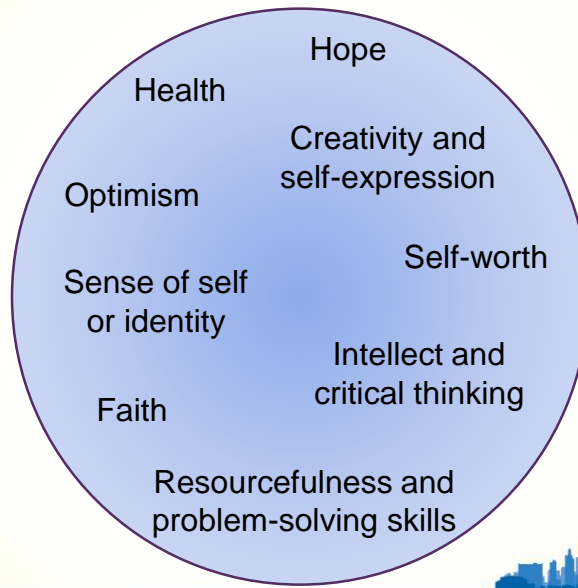


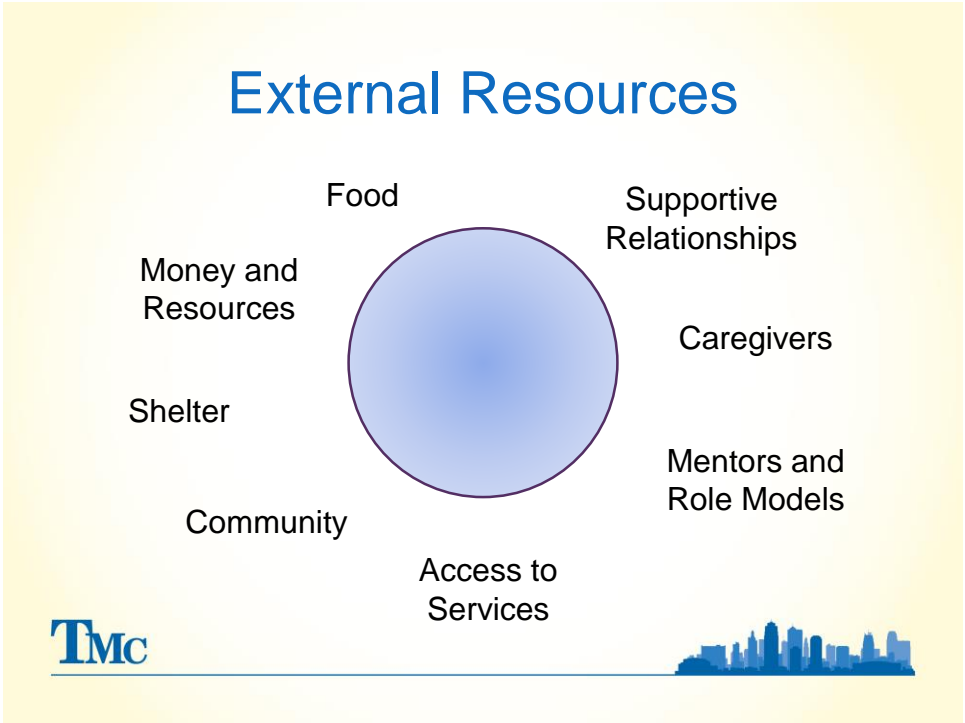
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van der Kolk, 1989

## Internal Resources





## ACEs and the Impacts of Trauma

- Trauma damages our sense of control, understanding, and purpose
- Trauma shapes neuro-physiological development
- Trauma affects physical, social, and emotional health and wellbeing over the lifetime



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## Key Trauma-Informed Care Principles

Safety

Empowerment

Collaboration

Resilience



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5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste



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S top  
B reathe  
N otice  
R eflect  
R espond



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