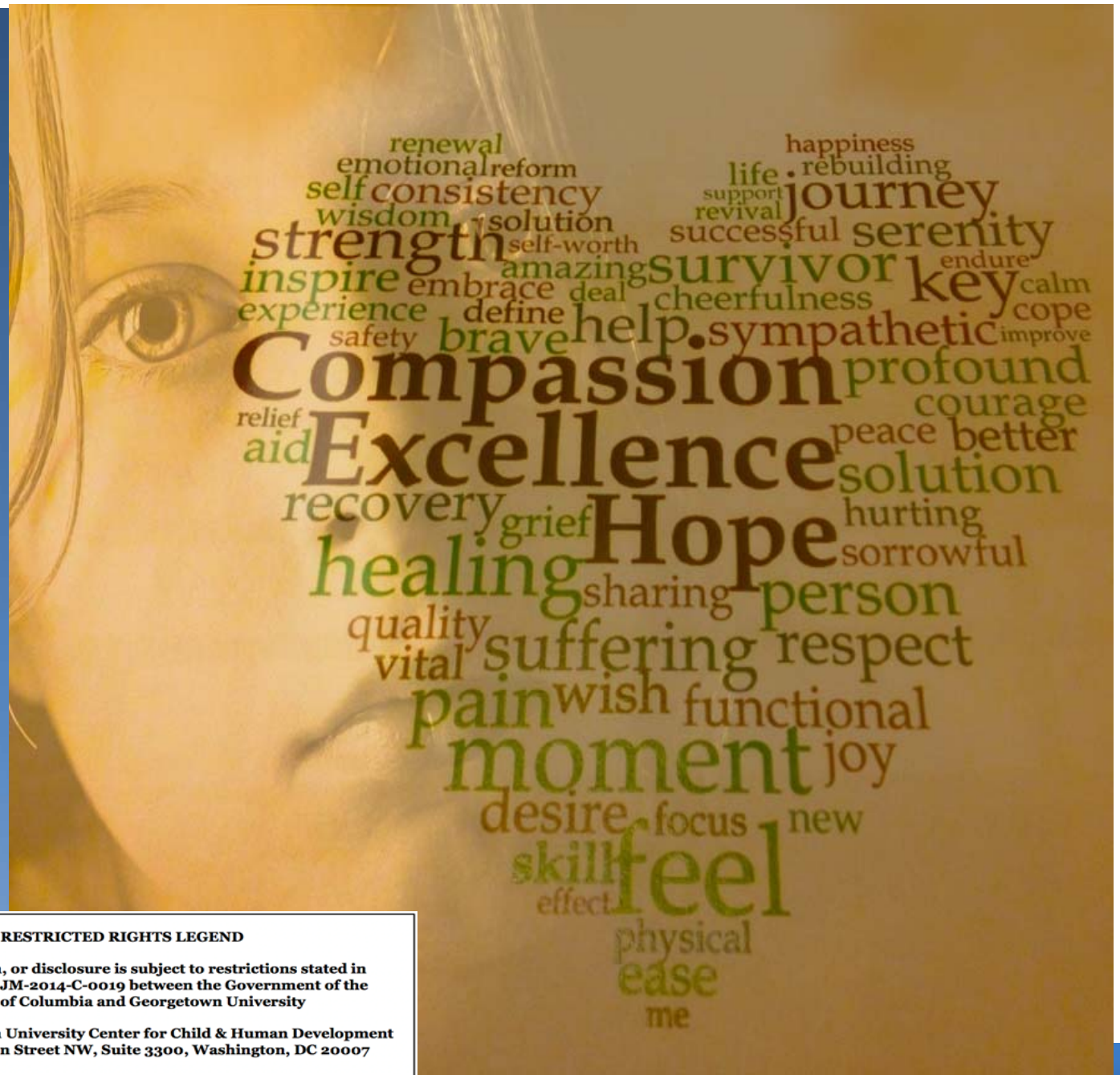



# An Intro to Trauma Informed Care

For  
Direct Support  
Professionals



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# Forward

The following presentation is a basic introduction to key issues related to trauma. It is designed for Direct Support Professionals who support people with intellectual disabilities. This presentation is freely distributed to authorized DDA community-based providers who are responsible for delivering the content. DDA community-based providers are not authorized to distribute this presentation beyond their own agency or make alterations without permission from Georgetown University.

This presentation was produced by Georgetown University's Center for Child & Human Development as part of our DDA Health Initiative project. The DDA Health Initiative supports the mission of the District of Columbia's Developmental Disabilities Administration, and focuses on improving physical, behavioral and mental health supports that can affect the quality of living for people with intellectual disabilities.

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# Objectives

At the completion of this training, participants will be able to:

1. **Define** trauma and trauma informed care.
2. **Identify** how common trauma is among people with a disability.
3. **Describe** the impact of trauma.
4. **Discuss** benefits of trauma informed care.
5. **Describe** three elements of recovery from trauma.



# What is Trauma?

Trauma is a **shock** that creates significant and lasting damage to a person's **mental, physical** and **emotional** abilities. There are many kinds of trauma, such as:

- Being physically or sexually abused
- Being injured in an accident
- Being neglected by a parent or caregiver
- Being excluding from a peer or family
- Being forced to move, live with another family or living in an institution
- Being bullied



# How Common Is Trauma?

**At least 70%** of all persons with a disability report being traumatized. Some of the reasons why this happens are:

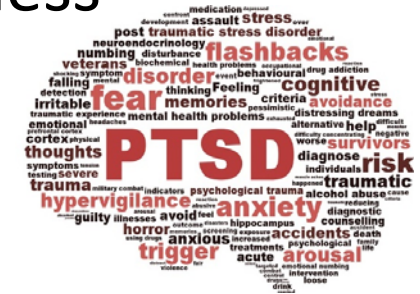
- People with a disability are often **isolated** from their community
- People with a disability often have different **language ability** which can prevent them from reporting about trauma
- People with a disability often tend to be **agreeable** when asked if they feel okay or safe
- Others are **biased** about the person's reporting based on their disability or perceived abilities.



# Trauma & Stress

Some people who are exposed to trauma develop **Post-Traumatic Stress Disorder**, which may include:

- Reliving the event through flashbacks and nightmares
- Avoiding situations or people that remind them of the traumatic event
- Changes in mood or beliefs
- Being in a state of heightened awareness (hyperaroused)



# Different Responses to Trauma

Sometimes the symptoms of trauma are **masked** by people due to their Intellectual Disability:

Typical Symptom ...	But May Look Like ...
A. Hyperarousal	A. Agitation or Destruction
B. Hypervigilance	B. Obsessive Behavior
C. Mistrust	C. Paranoia
D. Dissociation	D. Noncompliance
E. Fight response	E. Aggression
F. Freeze Response	F. "Shut down"
G. Flight Response	G. Escape Behavior



# Impact of Trauma

People with an Intellectual Disability who are traumatized are **more likely** to:

- Become aggressive for no apparent reason
- Engage in self-injury
- Have changes in toileting
- Have changes in sleeping patterns
- Pace or fidget while sitting





# What is Trauma Informed Care?

Trauma Informed Care uses our **knowledge** about trauma to:

1. **Change how** we deliver services.
2. **Decrease** the risk of **re-traumatization**.
3. **Help** people **recovery** from trauma.
4. **Support** staff who may be affected by trauma in the workplace.



# Recovery from Trauma



A **recovery** model of trauma includes:

1. Helping the person increase their **feeling of safety**.
2. Increasing the person's **self-determination**.
3. Creating **nurturing supports** with key people.







# Nurturing Supports



1. **Recovery** from trauma is facilitated by creating healthy, **nurturing** relationships with key supporters.
2. **Key Supporters** are often staff members. Family members, friends, peers or a loved one can also be key supporters.
3. Many **repeated, positive interactions** between key supporters and the person are needed to help the person recover from traumatic experiences.



# Knowledge Check

Please complete the following  
**10 questions**  
to complete this training.  
Press the **green arrow** to begin.



# Question 1

Trauma can cause what kind of changes?

Emotional

Physical

Mental

All of the above



# Question 1 - Correct

Trauma can cause what kind of changes?

Emotional

Physical

Mental

All of the above





# Question 1 - Wrong

Trauma can cause what kind of changes?

Emotional

Physical

Mental

All of the above



## Question 2

About what percent of people with a disability experience trauma?

10%

30%

70%

95%



## Question 2 - Correct

About what percent of people with a disability experience trauma?

10%

30%

70%

95%





# Question 3

People with disabilities are more likely to experience trauma because of problems related to:

Language ability

Mental illness

Poor attitude

Poverty



## Question 3 - Correct

People with disabilities are more likely to experience trauma because of problems related to:

Language ability

Mental illness

Poor attitude

Poverty



# Question 3 - Wrong

People with disabilities are more likely to experience trauma because of problems related to:

Language ability

Mental illness

Poor attitude

Poverty



# Question 4

People who experience trauma are more likely to:

Harm themselves

Use drugs

Be unemployed

All of the above





# Question 4 - Correct

People who experience trauma are more likely to:

Harm themselves

Use drugs

Be unemployed

All of the above



# Question 4 - Wrong

People who experience trauma are more likely to:

Harm themselves

Use drugs

Be unemployed

All of the above



# Question 5

People with disabilities may respond to trauma differently compared to nondisabled peers.

True

False



## Question 5 - Correct

People with disabilities may respond to trauma differently compared to nondisabled peers.

True

False





# Question 6

Which of the following is **NOT** one of the three components of recovery from trauma?

Sense of safety

Satisfaction with life

Self-determination

Supportive Connections



## Question 6 - Correct

Which of the following is **NOT** one of the three components of recovery from trauma?

Sense of safety

Satisfaction with life

Self-determination

Supportive Connections







# Question 7

Which of the following is a key symptom of trauma:

Hyperactivity

Hyperarousal

Boredom

Obesity



# Question 7 - Correct

Which of the following is a key symptom of trauma:

Hyperactivity

Hyperarousal

Boredom

Obesity



# Question 7 - Wrong

Which of the following is a key symptom of trauma:

Hyperactivity

Hyperarousal

Boredom

Obesity



# Question 8

Preventing a triggering event is an example of:

Improving safety

Increasing choices

Nurturing

Psychotherapy



# Question 8 - Correct

Preventing a triggering event is an example of:

Improving safety

Increasing choices

Nurturing

Psychotherapy





# Question 9

Making sure that people have more choices is an example of?

Improving safety

Self-determination

Human rights

Building relationships



# Question 9 - Correct

Making sure that people have more choices is an example of?

Improving safety

Self-determination

Human rights

Building relationships







# Question 10

Providing opportunities for positive interactions with a trusted caregiver is an example of:

Improving safety

Increasing choice

Giving feedback

Building relationships



# Question 10 - Correct

Providing opportunities for positive interactions with a trusted caregiver is an example of:

Improving safety

Increasing choice

Giving feedback

Building relationships





# Certificate of Completion

You have successfully completed your training on **Intro to Trauma Informed Care**. Please Click to Print the following form, and provide a copy with your name to your supervisor, training coordinator or human resources person.



**Your Name:**

**Date Completed:**

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