

Trauma & Resilience

"Everyone wants to be happy, not just have less misery."
- Shawn Ginwright,
Author, Professor, Activist

9 principles of trauma-informed care & 4 keys to healing-centred engagement

Trauma's Developmental Impact

- Affects physiological arousal levels
- Self-regulation is more difficult
- Disrupts memory functioning
- Undermines self-image and identity formation
- Diminishes social skills and increases isolation from peers
- Disconnects the ability to form positive and trusting attachment to others
- Limits responses, flexibility, and adaptability to change
- Limited ability to pay attention
- Trauma-based behaviour is usually from the perception that there is a threat present

"I am more than what happened to me, I'm not just my trauma."

- Marcus, Healing Circle Participant*

Resilience & Healing Centred Engagement

- Identify what created the trauma, develop awareness of justice and inequality to build a sense of purpose, hopefulness, and control
- Discover own purpose, meaning, and self-perception, such as through culture or family
- Use experiences, curiosity, skills, and knowledge to guide well-being; identifying that trauma is step one
- Life-long intention is needed to maintain well-being

STRATEGIES

- Take an emotional risk to share your story: strengthen emotional literacy; build empathy, create a safe space to name and respond to emotions
- Encourage dreams and imagination; don't be defined by harm and injury, envision the future
- Reflect on harmful systems and join movements for change to build a sense of power and control

Sources: Adapted from Marninwarntikura Women's Resource Centre. (2018). Fetal alcohol spectrum disorder (FASD) and complex trauma: A resource for educators. Fitzroy Crossing, Australia: Marninwarntikura Women's Resource Centre.

*Ginwright, S., (2018). The Future of Healing: Shifting from Trauma Informed Care to Healing Centred Engagement. Kinship Carers Victoria/Grandparents Victoria.

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THE ASANTE CENTRE

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