



Trauma informed approaches for parishes

Aims of the workshop

1. What is trauma/ a trauma informed response?
2. Why should we respond in a trauma informed way?
3. Principles of trauma informed care.
4. How can we apply this to our role?

Why?

- Acknowledges the impact
- Treats people as individuals
- Supports people to find healing in a safe way
- Avoid further trauma



What is a traumatic event

- One-off or ongoing events
- Being directly harmed or neglected
- Witnessing harm to someone else
- Living in a traumatic atmosphere
- Being affected by trauma in a family or community, including trauma that has happened before you were born
- Hearing about trauma

<https://www.youtube.com/watch?v=qFTljLo1bK8>



Activity

- How might someone respond to trauma?



Response to traumatic event

- Unsafe
- Unsupported
- Trapped
- Ashamed
- Powerless
- Shocked
- Confused
- Frightened
- Under threat
- Humiliated
- Rejected
- Abandoned
- Invalidated



Safeguarding standards

Victims and survivors...

experience the timeliness and quality of Church bodies' responses to disclosures, and their subsequent support, as positively meeting their needs, including their search for justice and helping their healing process.

Our Parish responds to safeguarding disclosures in a victim-centred and trauma-informed way.



Responding well to victims and survivors

Chapter 1: Responding well to all victims and survivors

Requirements/ Good practice



Trauma informed care principles

1. Safety
2. Trust
3. Choice
4. Collaboration
5. Empowerment
6. Cultural/ historical/ gender consideration

Safety

- Physical space
- Emotional space
- Governance
- Communication
- Understanding prior lack of safety

Trustworthiness

- Transparent
- Honest
- Clear about information sharing
- Not over promising

Choice

- Listening
- Communicating options
- Understanding prior lack of control
- Physical space
- Prayer
- Interactions e.g. peace, refreshments

Collaboration

- Wide range of opportunities
- Formal/ informal
- Different levels
- Professional support and working with others

Empowerment

- Individual ways to empower people
- Shared and distributed
- Enabling
- Inclusive and consultative
- How to empower someone when have to take action against their wishes

Cultural/ historical/gender consideration

- Understanding of how trauma is experienced by people different to you
- Spiritual dimension to abuse

Group activity- break out rooms

1. Which of the six principles are doing already and what does this look like?
2. Which of the six principles do you need to develop and how could you do this?

Reflections and questions

Not on your own

Support for you

References

- [National Safeguarding Standards](#)
- [Responding well to victims and survivors](#)
- [Survivor engagement](#)
- [NHS Working definition of trauma informed practice](#)
- [Sigel Hand model](#)
- [National Church Survivor engagement](#)