



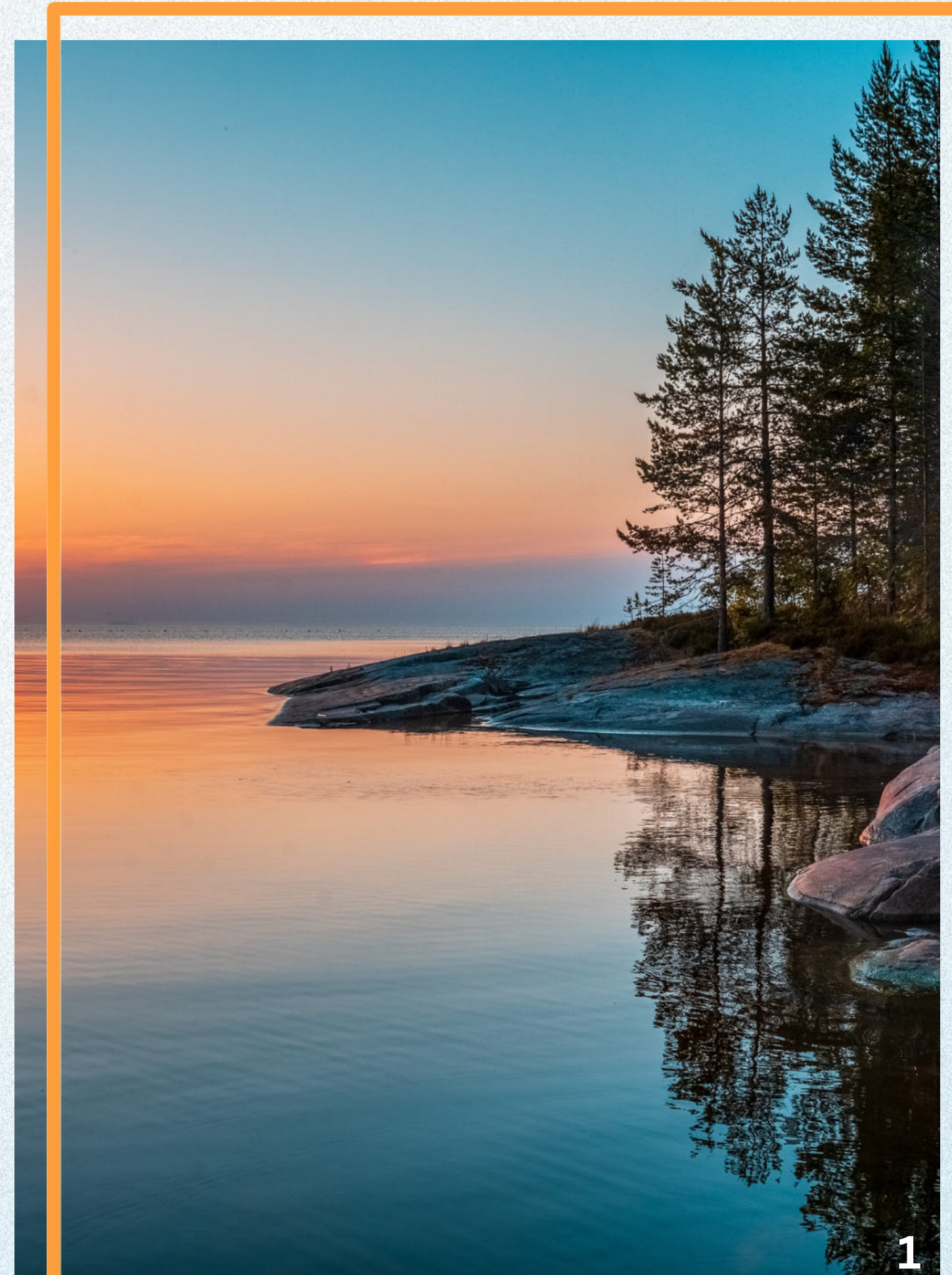
THE HINDA INSTITUTE
presents

NAVIGATING TO HEALTH: DIFFUSING AND MANAGING TRAUMA

Session 5 - Wednesday, May 20, 2026

Presented by:

Dr. Stephanie Kutzen, LCSW & Mr. William Bouton

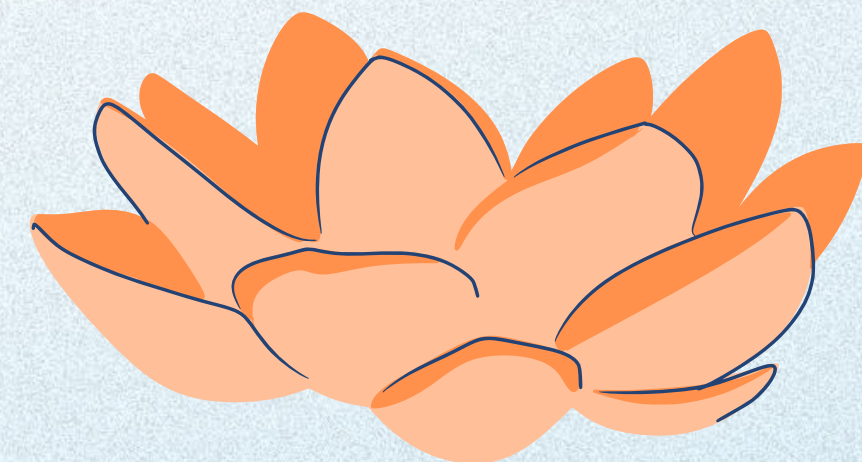


Trauma-Informed Care Presentation: For Exceptional Support



“When you are going through difficult times of trauma and chaos, the most important thing is to keep those closest to you together.”

-Michael Imperio



TRAUMA INFORMED CARE

“Trauma informed practice means integrating an understanding of past and current experiences of violence and trauma into all aspects of service delivery. The goal of trauma-informed systems is to avoid re-traumatizing individuals and support safety, choice, and control in order to promote healing. It is not trauma treatment in and of itself.”

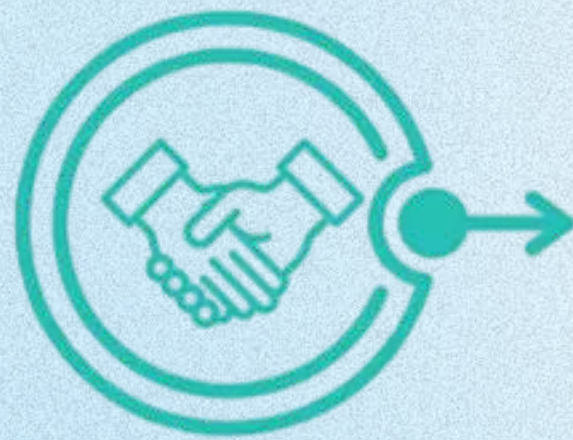
(Phillips, 2020)



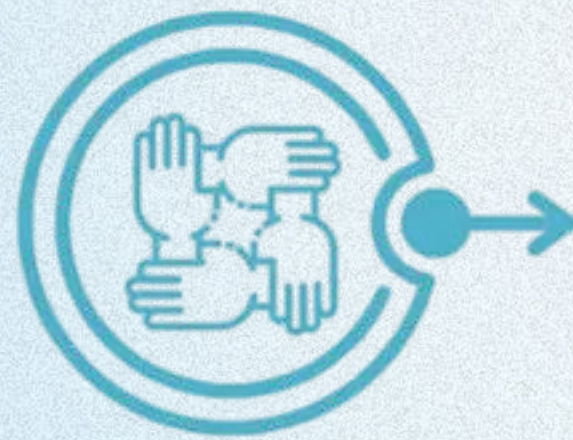
SAMHSA's Key Principles of Trauma-Informed Approaches



1. SAFETY



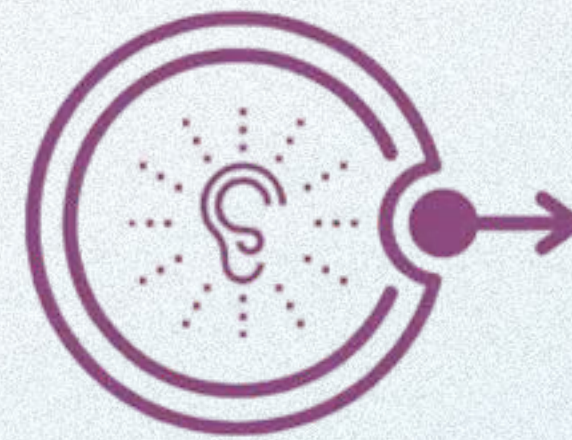
2. TRUSTWORTHINESS
& TRANSPARENCY



3. PEER SUPPORT



4. COLLABORATION
& MUTUALITY



5. EMPOWERMENT
VOICE & CHOICE



6. CULTURAL, HISTORICAL,
& GENDER ISSUES



Trauma-Informed Care

DO

- ✔ Initiate conversation and allow for silence
- ✔ Allow expression of emotions. Reflect and clarify your understanding.
- ✔ Stay with the survivor in their pain
- ✔ “What can I do for you now?”
- ✔ “What has brought comfort in the past?”
- ✔ “What support can you access now?”

DON'T

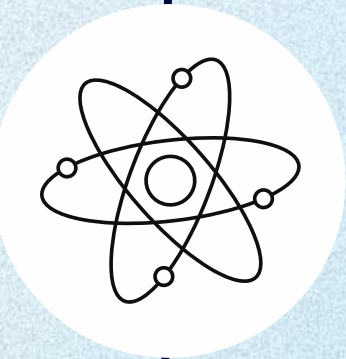
- ✘ Ask too many questions or talk too much
- ✘ Get too close physically or touch
- ✘ Make promises you cannot keep
- ✘ “You have to move forward.”
- ✘ Talk about your own trauma without permission
- ✘ Ask for details about the trauma



(Phillips, 2020)

Options for Treating Trauma

Trauma-Informed Treatment Modalities



TF-CBT

Trauma-Focused
Cognitive
Behavioral
Therapy



EMDR

Eye Movement
Desensitization
and Processing



Exposure Therapy



Peer & Group Support



Medication

Pharmacology

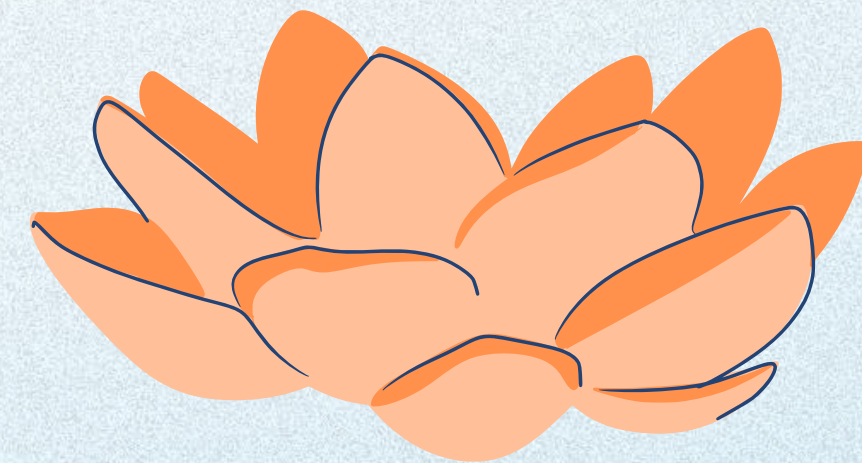


Resilience in the Face of Trauma

“Post-traumatic growth relates to the experience of positive change that results specifically from highly challenging life crisis. It may include enhanced personal strength, appreciation of life, improved relationships, spiritual change, and new opportunities.”



**Please take this short
anonymous self-quiz together as
we review our seminar overall
goal of diffusing trauma.**



**Rate each statement from least (1)
to highest (5), including
motivation and consistency.**



1. I am better able to recognize when my nervous system is overloaded: fatigue, numbness, irritability, anxiety.

1 = least | 5 = most

2. When I feel overloaded, I am more motivated to use skills (breathing, sensory focus, music, nature).

1 = least | 5 = most

3. Do I give myself recovery time after responding to a trauma reaction?

1 = least | 5 = most



4. Do I celebrate my progress instead of mistakes?

1 = least | 5 = most

5. Am I maintaining basic self-care and asking for additional support if needed?

1 = least | 5 = most

6. Am I asking for support from safe people in a timely way when I need it?

1 = least | 5 = most



Reflections and Closing Thoughts



References

- Ashley-Gilmore, *Types of Traumatic Events*, Mountain Creative Arts Counseling
- Blanch, Filson and Penney (2012), *Engaging Women in Trauma-Informed Peer Support*, National Center for Trauma-Informed Care
- Burden, *Trauma-Informed Approaches to Peer Support*, National Counsel for Mental Wellbeing
- Liem and Kunst (2013), Is there a recognizable post-incarceration syndrome among released lifers? *International Journal of Law and Psychiatry*
- Phillips (2020) *Trauma-Informed Peer Support*, Centre for Excellence in Peer Support
- SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014)
- SAMHSA's National Center for Trauma-Informed Care (2020)
- Successful Relationships (2022, July 3) *Little-t & Big-T Trauma*, Vivian Baruch M. Counseling Online and Springwood.

