

TRAUMA INFORMED CARE: FOR OTs WORKING WITH ADULTS & OLDER ADULTS

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WHAT IS TRAUMA?

Trauma is defined as an emotional response resulting from a disturbing or distressful event (Straussner & Calnan, 2014). Trauma can also impact an individual's ability to engage in daily occupations and increase long term health risks such as heart disease (Oral et al., 2015).

TRAUMA INFORMED CARE (TIC)

TIC is a model of care that allows for a supportive healthcare environment used for individuals who have experienced some form of trauma. The Substance Abuse and Mental Health Services Administration states that a trauma-informed organization realizes the impact of trauma and understands the potential paths to healing, recognizes the signs and symptoms of trauma, and responds by integrating this knowledge into treatment sessions, and seeks to prevent re-traumatization (SAMHSA, 2014).

CDC 6 PRINCIPLES OF TIC

Safety
Creating environments and activities that ensure physical and emotional safety

Peer Support
Having a support system helps build trust, confidence and safety

Collaboration & Mutuality
Building meaningful relationships with clients and working together to improve outcomes

Empowerment, Voice & Choice
Recognize and promote client and family to use their voice

Trustworthiness & Transparency
Decisions are made clearly, trust is built and maintained with client

Cultural, Historical & Gender Issues
Offer cultural responsiveness, integrate cultural connections & appropriateness, address historical trauma

TIC & OCCUPATIONAL THERAPY

OT providers have a duty to treat clients while taking into consideration all factors that can impact their life. In order to fulfill this duty, an OT must take the individual's trauma into consideration and incorporate the 6 principles of TIC. Trauma can impact a person's occupations such as activities of daily living, work, & social participation. A study in 2019 looked at the effects of trauma, on an adult's participation in occupations found that there was a decrease in community engagement and social participation leading to an overall decrease in quality of life (Edgelow et al., 2019).

TRAUMA INFORMED INTERVENTIONS

- **Yoga & Mindfulness Intervention**
 - form of mind-body practice that allows for stabilization of the autonomic nervous system (physical activity seated or standing)
 - mantra, meditation or journaling (Curran, 2015)
- **Boundary Setting Intervention**
 - promotes self-advocacy and helps define who we are (Curran, 2015)
- **Social Participation Intervention**
 - role playing occupational performance (Curran et al., 2015)
 - promotes emotional regulation and confidence building

FOR MORE INFORMATION

