

### THREE PILLARS OF TRAUMA INFORMED CARE: FELT SAFETY, RELATIONSHIPS & SELF REGULATION



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### Definition of Trauma

- Trauma is defined as “any event that undermines a child’s sense of physical or emotional safety or poses a threat to the safety of the child’s parents or caregivers (Groves, 2002).
- Acute trauma is defined as a single exposure to an overwhelming event such as a tornado, flood or car accident.
- Complex trauma is defined by Bessel van der Kolk (2005) as “the experiences of multiple, chronic and prolonged, developmentally adverse traumatic events, most often of an interpersonal nature...and early life exposure.” According to this definition, there are a wide variety of events in a child’s

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### Sources of Trauma

- Difficult Pregnancy
- Prenatal substances
- Surrogacy
- Premature birth
- Difficult birth
- Medical trauma
- Witnessing violence
- Domestic violence
- Neglect
- Foster Care
- Emotional abuse
- Abuse
- Death of caregiver
- Domestic violence
- Sexual abuse
- Military deployment
- Incarceration
- Divorce
- Lack of consistent caregiver
- Abandonment

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### Felt Safety

- Body language, facial expressions and tone of voice
- Predictable environment
- Play and playful engagement



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### RELATIONSHIPS

- Sense of value and preciousness
- Sense of being worthy of love and care
- Trauma robs children of their birthright



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Children who have been harmed in the context of a relationship can only be healed in relationship with a caring other.



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### CHANGING BEHAVIOR FROM THE INSIDE OUT

- The power to influence behavior is directly proportional to the strength of the attachment relationship



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### CONNECTION (CIRCLE OF SECURITY)

- Delight in me
- Comfort me
- Enjoy with me
- Protect me
- Help me organize my feelings



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### SELF REGULATION

- Ability to control:
  - Emotions
  - Impulses and behavior
  - Thinking



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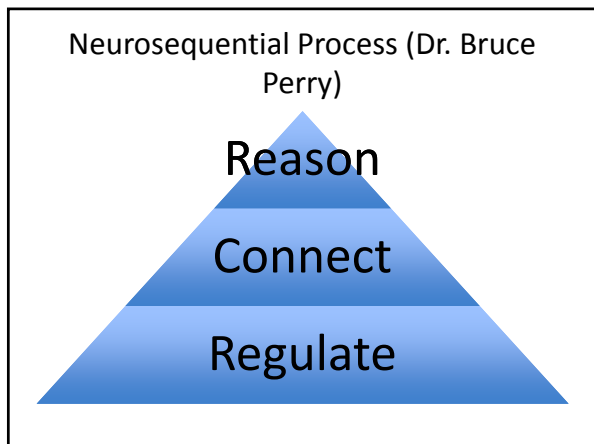
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If You're Happy and You Know It

- If you're sad...cry a tear, "Boo-hoo"
- If you're mad...use your words, "I'm mad."
- If you're scared...ask for help, "Help me, please."
- If you're happy...hug a friend.
- If you're tired...give a yawn.

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**MANAGING BEHAVIOR**

- Do overs
- Share power: give choices, asking for a compromise
- Behavioral rehearsals



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