Creating Safety on Inpatient Units
Using Trauma Informed Care
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3 Topic Areas
• What does the evidence say?
• What is health?
• How to create a safe environment

Evidence
• At least 90% of public mental health consumers have been exposed to trauma
• The effects of trauma are stored in the brain and body resulting in neural path changes and body disconnection and loathing.
• The effects of trauma outlives the event on into adulthood: coping behaviors leading to Chronic illness
• Connection between psychosis, BPD and PTSD
Normal brain

The executive functions of the brain:
- observe, know and predict behaviors by inhibiting, modulating and organizing automatic sensory emotional and arousal systems to respond to incoming information.

Trauma may not be assimilated verbally since traumatic memories are encoded subcortically, below consciousness, rather than in an autobiographical, conscious, memory. As a result there is a somatic sense of stress or a “speechless terror.”

• (Van der Kolk, 1996)

Body

• Trauma has a profound effect on the body and nervous system
• There can be an uncontrollable cascade of strong emotions and unanticipated physical responses replaying endlessly
• There is a somatic sense of stress = PTSD
PTSD

“People who suffer from PTSD seem to lose their way in the world.”
( Van der Kolk, 2006)

Trauma occurs in interpersonal relationships that involve boundary violations, inability to take autonomous action and a incapacity to self regulate.

PTSD

- Difficulty attending to inner sensations: too much feeling or numb
- Can lead to unhealthy behaviors
- Difficulty relating, feeling understood, being close
- Evoke memories of hurt and abandonment and unaware of stress response or sensory needs
Health

Picture healthy: what do you see?

What do people do to be healthy?

Where do you go to support or regain your health?
Self First

- What do you think about individuals with a mental illness dx?
- How does that make you feel?
- What are your prejudices about mental illness

Stay Safe

Safe
Attitude
Fear
Engage

Empower the environment

- Relationships
- Information
- Resources
- Opportunities
**Attitude**
- Respect
- Caring Concern
- Physical approach
- Voice tone
- Attentive listening
- Helpful
- Mindful
- Team cohesiveness

**Fear**
- Yours: What do you need to not be afraid: staffing, training, support, recognition.

**Fear**
- Theirs:
  - Hyper vigilant
  - Unable to notice inner sensations
  - Lack of trust
  - Shame
  - Body neglect
  - Negative coping
  - Relational incapacity
Engage!

- Connect immediately: Health
- Welcome
- Care
- Needs
- Safe
- Senses

Education
- Groups
- Yoga, exercise
- Rest
- Nutrition
- Sensory Diet
- FRIENDS!

What if this was your son or mother?
- Kindness
- Understanding
- Knowledge
- Patience
- Respect
- Non-judgment
- Attentiveness
- Mindfulness
References


References

- Ogden, P. You tube on Sensorimotor psychotherapy