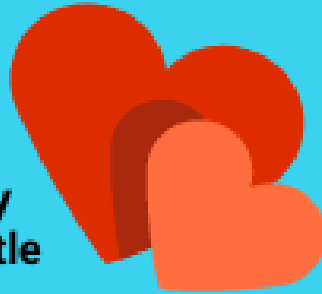


5 Tips To Help Trauma Survivors

1

Be Especially Kind and Gentle



As a provider, everything you do has a multifold impact on a trauma survivor, positive and negative. You are in a position to strongly support healing or cause additional harm, even accidentally.

2



Listen Carefully

Trauma survivors need compassionate witnesses for lived experiences that may be hard to believe. Take great care to not minimize, dismiss, or blame the survivor for what happened to them or their condition. Trauma is not the fault of the individual but a failure of their environment, especially social support, which is vital.

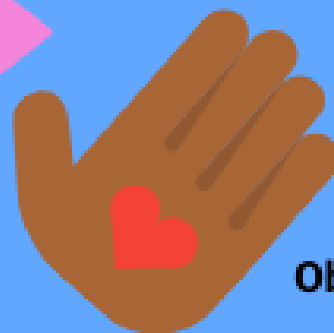
3



Go Slow

Trauma survivors may need information in small bits, and extra time to think or make decisions.

4



Obtain Consent

Inform the person in advance of each touch, exam, and procedure and allow them to decide. Reinforce that it's okay to take a break or stop if they need.

5

Learn



Trauma Science is Rapidly Accelerating

The landmark Adverse Childhood Experiences (ACE) Study shows shocking correlation between Developmental Trauma and many mental, physical and social problems. Visit acesconnection.com to learn more.