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# Trauma-Informed Healthcare Approaches

## A Guide for Primary Care



- **Offers a strengths-based approach to care that emphasizes physical, psychological and emotional safety for both survivors and care providers**
- **Focuses on real world strategies that take into account the rushed and volume-driven healthcare setting**
- **Written by medical providers and directed towards front line primary care teams**

Interpersonal trauma is ubiquitous and its impact on health has long been understood. Recently, however, the critical importance of this issue has been magnified in the public eye. A burgeoning literature has demonstrated the impact of traumatic experiences on mental and physical health, and many potential interventions have been proposed. This volume serves as a detailed, practical guide to trauma-informed care. Chapters provide guidance to both healthcare providers and organizations on strategies for adopting, implementing and sustaining principles of trauma-informed care.

The first section maps out the scope of the problem and defines specific types of interpersonal trauma. The authors then turn to discussion of adaptations to care for special populations, including sexual and gender minority persons, immigrants, male survivors and Veterans as these groups often require more nuanced approaches. Caring for trauma-exposed patients can place a strain on clinicians, and approaches for fostering resilience and promoting wellness among staff are presented next.

Finally, the book covers concrete trauma-informed clinical strategies in adult and pediatric primary care, and women's health/maternity care settings. Using a case-based approach, the expert authors provide real-world front line examples of the impact trauma-informed clinical approaches have on patients' quality of life, sense of comfort, and trust. Case examples are discussed along with evidence based approaches that demonstrate improved health outcomes.

<u>BOOK TITLE(S)</u>	<u>ISBN</u>	<u>PRICE</u>	<u>QUANTITY</u>	<u>TOTAL</u>
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