



THEN Content Notice [Trigger Warning]

Background

For years, we have started every trauma lecture with a discussion of Practitioner Primary and Secondary Trauma as well as Self Care.

We had wrongly assumed that people choosing to attend a lecture on trauma or health equity would be prepared to hear disturbing content. From feedback, we learned this assumption was naïve. Therefore, in 2018 THEN developed a "Content Notice" - Trigger Warning (below) which we now use in all our presentations and have also posted on the Home Page of the THEN Website.

We know that at least 60% of Americans have experienced at least one significant trauma in their childhoods. 25-40% of women and 15% of men have been sexually abused, often in childhood. As we stand giving speeches about ACEs or Trauma, looking out in the audience, we know we are talking to survivors (not just people in their professional roles as doctors, nurses, social workers, etc). Given that, we have always used the principle that, to different degrees, we are all survivors. **"There is no us and them, it is all us."**

In Fall 2018, we received feedback from people who felt that in a lecture about Health Equity, we had listed off unhappy Health Disparity information, but we didn't seem adequately compassionate to the disturbing nature of the health impact of discrimination [which was certainly not our intent].

After discussion, we decided the criticism we had received was a gift. For our culture - including medical culture - to change, we need to address up front that learning about trauma, the cruelty of discrimination, genocide, etc. is VERY disturbing. One psychological survival mechanism for those in the field continually bombarded by disturbing material, is to emotionally detach. BUT that detachment can be misread by newcomers as disregard AND gets in the way of healing for patients and practitioners

THEN chose to face this reality - and put reminders, safeguards and supports in place.

We hope that the Content Notice and offered Resources on Practitioner Trauma and Self-Care are a step in the right direction.

Content Notice

Research shows:

Traumatic Experience is at the Root of Health and Social Problems and Disparities.

This presentation includes discussion of Trauma (Abuse, Discrimination, Genocide, etc) that may be triggering.

Our intent is to honor the experiences of many, to help all of us identify root causes and to inspire co-creation strategies for true prevention, healing, and flourishing.

To mitigate the impact of this potentially disturbing content, we present research about the reality and prevention of Primary and Secondary Trauma and suggestions for Self Care, like abdominal breathing. Private or group discussion of audience concerns are welcome after the session.