

What is trauma?

1 minute briefing document: trauma informed practice, language and trauma bonding.

‘Trauma is when we experience very stressful, frightening or distressing events that are difficult to cope with or out of our control. It could be one incident, or an ongoing event that happens over a long period of time’

- *Mind*

‘A distressing event or events that are so extreme or intense that they overwhelm a person’s ability to cope resulting in lasting negative impact’

- *UK Trauma Council*

Trauma can present itself in many ways. As professionals we need to provide an environment for adults and children who are impacted by any type of trauma, to feel safe.

Consider changing your thinking from ‘What is wrong with you?’ to ‘What has happened to you?’. This can support understanding how past trauma might be affect someone’s behaviour and needs. By providing supportive environments rather than solely treating trauma-related difficulties can show a more trauma informed response which can also help to avoid using victim blaming language.

Trauma informed Practice - Trauma does not always result from a large event and can occur in response to smaller events or a one off event. The principles of working in a trauma informed way encourage us to respond to the person we are supporting, where someone has or is experiencing trauma, we **must work with them in a trauma informed way to acknowledge their feelings and experience.**



Trauma-informed practice is an approach that seeks to avoid re-traumatization by building services and systems around principles like safety, trust, choice, collaboration, empowerment, and cultural considerations.

Trauma Informed Practice eLearning is available for FREE here -
<https://www.lincolnshirescp.org.uk/lscp-training/our-training>

What is a Trauma Bond? - A trauma bond is a connection between an abusive person and the individual they are abusive to. It is reflective of an attachment created by repeating physical or emotional trauma with positive reinforcement. It can be hard to spot and even harder to break free from. Anyone can experience trauma bonding.

These stages describe a cycle where an abusive person initially showers another person with intense affection, which then shifts to criticism, manipulation, and control, eventually causing that person to lose their sense of self and become dependent on the abusive person for intermittent moments of affection. Please click on the link for more information [The 7 Stages of Trauma Bonding - Attachment Project](#)

The **7 stages of trauma bonding** can help professionals understand abusive connections and relationships and see how an abusive person forges trust, dependency and control over the person experiencing trauma bonding. This increased understanding can help you support someone in a trauma bond relationship take the first step towards breaking free.

