

# Trauma Informed Care

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TRAUMA INFORMED CARE:

What is Trauma?

A traumatic event is one in which a person experiences (witnesses or is confronted with)

- Actual or threatened death
- Serious injury
- Threat to the physical integrity of self or another

Trauma is something that overwhelms our coping capacity. An individual's experience of trauma impacts every area of human functioning-physical, mental, behavioral, social, and spiritual.

Trauma is treatable and there are many evidence-based models designed to treat types of trauma, and behavioral health problems that go along with it.

OBHAW has therapists trained and certified for the treatment of trauma for both children and adults. OBHAW is offering new and innovative way to help decrease symptoms of trauma services we offer to help those overcome the manifestations of trauma are as follow:

## **Trauma Sensitive Yoga for Adults**

This is an evidenced based treatment for complex trauma and complex Post Traumatic Stress Disorder (PTSD). This technique brings together health and wellness in both mind and body using mindfulness techniques. Yoga and Mindfulness are shown to reduce stress and anxiety, enhance mental clarity, build strength and flexibility, improve self-esteem and body image as well as promote self-discipline and self control. This gives youth tools that helps develop self control which positively affects school performance and can

decrease juvenile incarceration. Adults of all ages may participate.

## **Cognitive Behavioral Therapy for Trauma for Adults**

This approach aids adults in achieving specific changes or goals. People often experience thoughts or feelings that reinforce or compound faulty beliefs. The focus is on the person's current views and beliefs about their life changes or goals might involve a way of feeling: like helping a person to be less scared, less depressed or less anxious. Length of treatment can be anywhere between 3-12 months.