

Wisdom Projects

Peace, Healing, and Justice For All



About Trauma-Informed Care as Community Healing

Everything at **Wisdom Projects** involves trauma-informed care. This resource explains our understanding of trauma-informed care as community healing. **With care and support, we can overcome our traumas!**

Trauma-informed care refers to embodied healing practices for lifelong peacemaking. They are embodied because they must be deeply felt, thought, sensed, valued, practiced, and owned within our whole selves—body, mind and spirit. This care must be an ongoing, preventative life course and not just something that we do during emergencies. Ongoing multifaceted violence, societal oppression, inter-relational harm, disease, illness, and unexcepted injuries are often facts of our lives. While hardship may be omnipresent, we can cope and overcome by practicing this care. Staying informed about complex traumas helps us educate and communicate in caring and healing ways.

Being consciously sensitive to the traumas that marginalized, low-income people experience is central to our vision of trauma-informed care. We do not wish to re-traumatize in our engagement with anyone. Consequently, we act and express ourselves in affirming ways.

Instead of asking “what is wrong with us,” trauma-informed care asks “how can we grow, become well, and steer our healing as we care for ourselves and others in the wake of traumas?”

We need to be vigilant, alert, and protective of ourselves and loved ones. Yet, at the same time, trauma-informed care means that, except for times of imminent danger, we never let protective feelings overwhelm connective feelings.

Key to this work is using calm, soothing, affirming, mindful, yet also clear and firm engagement to mitigate the mind/body/spirit’s experience of 7 common responses to trauma that often unravel us emotionally. These 7 F’s are as follows.

The 7 F’s (according to Dr. Amos N. Wilson)

Fight: Overly aggressive response.	
Flee: Excessive avoidance.	Freeze: Pernicious inaction.
Flop: Chronically dropping out.	Fawn: Pernicious over-pleasing that denies self-care.
Finagle: Deceiving, manipulating, or thieving.	Flashback: When painful memories overwhelm us.

Treatable Experiences in Need of Trauma-Informed Care

Stress: Immediate, direct adverse reactions to triggering incidents, people, places, or things.
Anxiety: Ongoing, chronic adverse reactions that either no longer or never did issue from a single trigger.
Post-traumatic stress: Treatable severe anxiety along with debilitating mental and physical health in the wake of traumas.
Perpetual-traumatic stress: Treatable severe anxiety and ill health issuing from ongoing oppression and/or mistreatment.

Protective Versus Connective Feelings

Protective feelings: e.g.: anger, fear, panic, sadness, overwhelmed, depressed, enraged, reactive, etc.
Connective feelings: e.g.: relaxed, kind, calm, friendly, caring, helpful, soothing, listening, responsive, supportive, etc.