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 values and practices that view ongoing multifaceted violence, societal oppression, inter-relational harm, disease, illness, and unexcepted injuries as facts of our lives. Staying informed about these 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," our caring and trauma-informed approach asks "how can 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, and affirming 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

Fight: Overly aggressive response.	
Flee: Excessive avoidance.	**Freeze**: Pernicious inaction.
Flop: Chronically dropping out.	**Fawn**: Pernicious over-pleases that denies self-care.
Finagle: Deceiving, manipulating, or thieving.	**Flashback**: Allowing painful memories to 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 mistreatment.

Protective Versus Connective Feelings

Protective feelings: anger, fear, panic, sadness, etc.
Connective feelings: relaxed, kind, calm, friendly, caring, helpful, etc.