

## Trauma Informed Care in Family Medicine and Community

### Learning Objective:

1. Define Trauma and Trauma-Informed Care
2. Recognize the prevalence of trauma
3. Understand the importance of the trauma informed approach when working with individuals and families
4. Recognize how trauma negatively impact health
5. Acquire knowledge to provide trauma-informed care

**Abstract:** Trauma occurs when a person experiences or witnesses a serious injury, threat of death and/or violation of personal integrity that overwhelms our natural ability to cope. Trauma is common, at least 64% report experiencing one adverse childhood experiences (ACE) and 17% report experiencing for or more. Research shows that trauma impacts our overall health and wellbeing. At least five of the top 10 leading cause of death are associated with adverse childhood experiences. Trauma informed care (TIC) in healthcare and beyond is a program that recognizes the widespread impact of trauma. It understands the paths to healing, identifies the signs and symptoms of trauma in staff, clients/patient and others involved in the system. Trauma Informed Care responds by integrating knowledge about trauma into the policies, procedures, practices and settings. It allows the professional to look at the whole person in their environment. Principles of sensitive practice guide Trauma Informed Care. These principles are: Respect, Taking time, Rapport, Sharing information, Sharing control, Respecting boundaries, Fostering mutual learning, Understanding non-linear healing and Demonstrating awareness and knowledge of interpersonal violence. TIC addresses staff trauma and wellness, it promotes self-care; provides tools, resources; creates an environment of open communication and offers opportunities for reflection and processing.

**Presenters:** Shirl Nafziger-Lyne, MSW, Owensboro Health and Univ of Louisville Family Medicine Residency Program - Owensboro Health and Darby Cole MD, Univ of Louisville Family Medicine Residency Program - Owensboro Health

**Bio:** Shirl Nafziger-Lyne received her bachelor's degree in Social Work from Millersville University and her master's degree in Social Work from Widener University. She is a licensed clinical social worker and clinical social work supervisor in the state of Kentucky. She has over 20 years of experience in Behavioral Health and psychotherapy. She has advanced training in trauma, complex trauma, addictions and clinical supervision. She provides strength-based approach, assisting and supporting clients to be the author of their own lives. She works with clients experiencing trauma, complex trauma, dissociation, anxiety, depression, relationship challenges and self-esteem.

**Bio:** Dr. Darby Cole is a Family Medicine physician and Director of the U of L / Owensboro Health Family Medicine Residency program. Most recently, he practiced with Owensboro Health Medical Group in Beaver Dam, Kentucky. He earned his medical degree at the University of Kentucky College of Medicine and completed an Internship and Residency at the Trover Foundation in Madisonville, Kentucky.