

# TRAUMA INFORMED APPROACHES (TIA) TO MENTAL HEALTH CARE

## Introduction to Trauma Informed Approaches

This training has been developed by the CNWL Harrow TIA Team



# A few statistics

- Psychiatric inpatients – childhood sexual abuse **85%**
- Psychiatric inpatients – DV in year prior to admission **63%**
- Hearing voices – trauma **98%**
- BPD – sexual abuse in childhood **75%**
- Male psychiatric inpatients – abuse in childhood **85%**

(Read et al., 2005; Mueser, 1998; Merza et al., 2018)

# ACEs study

- ‘The most important studies you’ve never heard of!!’
- 15 year follow-up
- 17,421 participants
- Hundreds of studies
- 10 types of childhood adversity
- **ALL** = strong graded relationship between ACEs and;
  - mental health
  - physical health
  - behavioural problems
  - social problems

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# What are the ACEs?

- physical abuse
- sexual abuse
- emotional abuse
- physical neglect
- emotional neglect
- exposure to DV
- household substance abuse
- household mental illness
- parental separation
- member of household in prison

# ACEs study

Higher ACE scores **predict** greater incidence of;

- depression
- suicide
- psychosis
- PTSD
- drug use
- foetal death
- injury & death as a child
- criminal behaviour
- heart disease
- cancer
- STDs
- liver disease
- smoking
- obesity
- diabetes
- drug and alcohol abuse
- fibromyalgia
- migraines
- gastrointestinal problems
- arthritis
- COPD
- domestic violence
- homelessness
- sex work
- unemployment
- early death
- lung disease
- poor education attainment
- poor work performance
- **PLUS MORE...**

# ACEs study & psychosis

- People abused as children
  - **9.3x** more likely to develop psychosis
  - 3 kinds of abuse – **18x** more likely to be psychotic
  - 5 types of abuse – **193x** more likely

(Shevlin et al., 2007)

# What is a trauma informed approach?

*“What has happened to you?” rather than  
“What is wrong with you?”*

- It’s about approaching distress from the OUTSIDE → IN
- Trauma – broadest context (adversity)
- Mental health – trauma response
- COVID

# Trauma in the broadest context

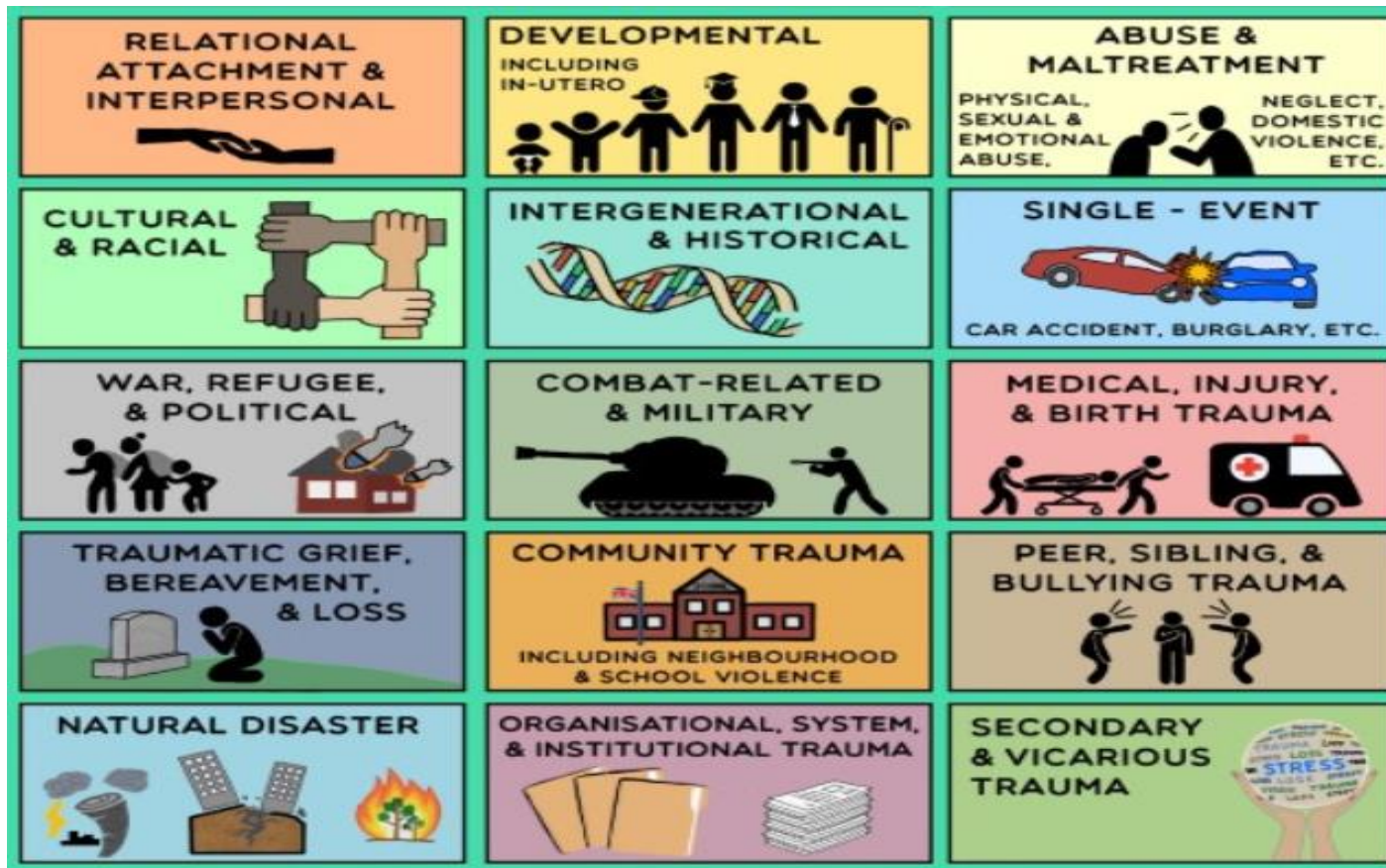


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# TIA three phase model

**Phase One:** Stabilisation – education, coping, **safety**

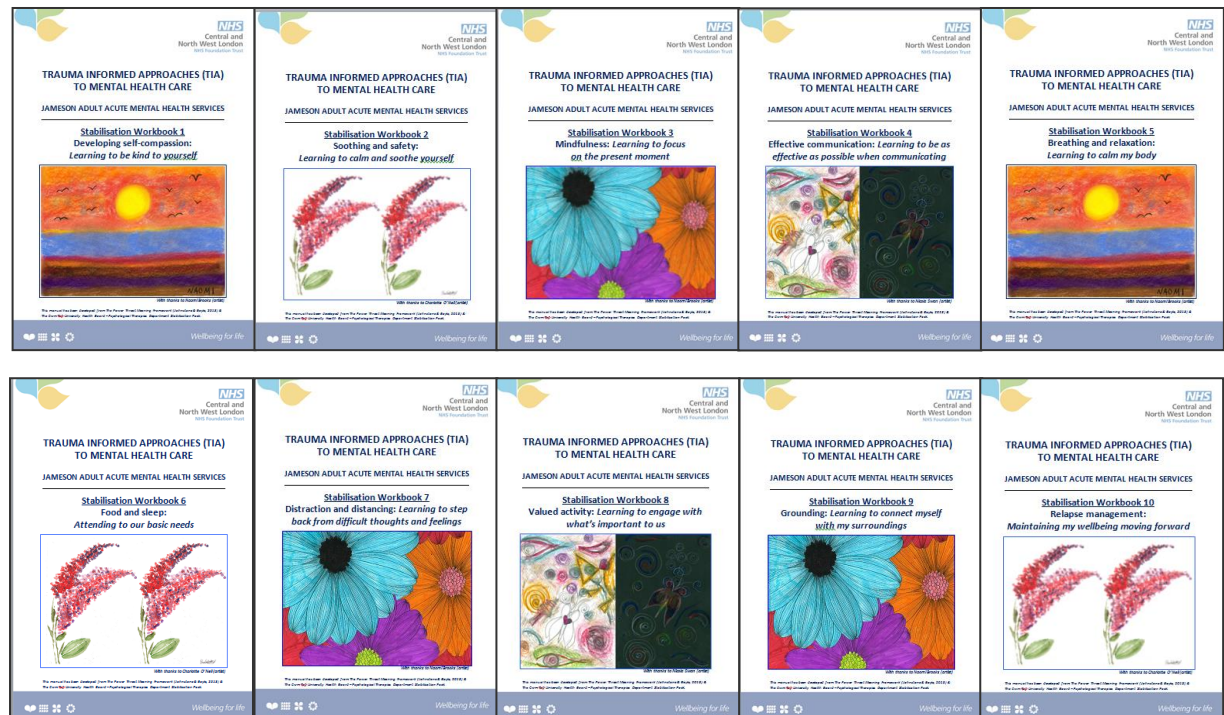
**Phase Two:** Talking about, processing and coming to terms with past

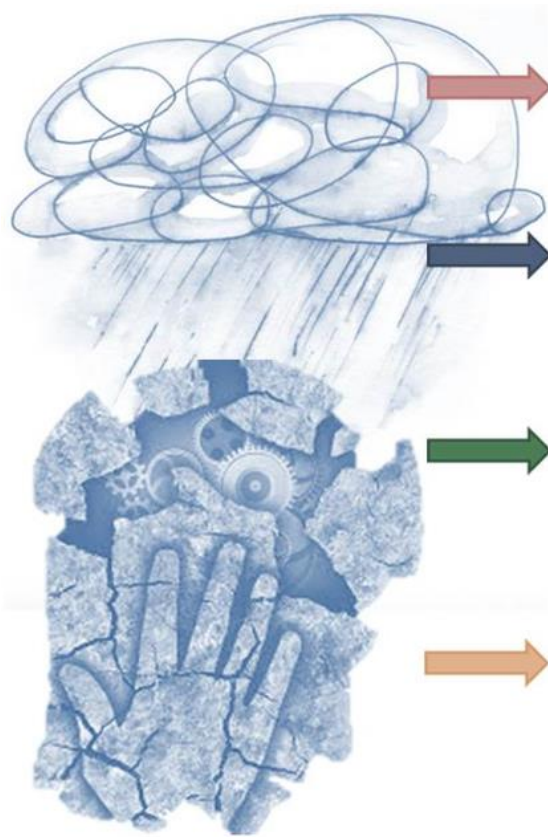
**Phase Three:** Taking up life again, moving forwards

# The stabilisation manual: Supporting internal safety

Introductory information pack **plus** 10 stabilisation skills workbooks

- Self-Compassion
- Soothing & Safety
- Mindfulness
- Effective Communication
- Breathing & Relaxation
- Food & Sleep
- Valued Activity
- Distraction & Distancing
- Grounding
- Maintaining Wellbeing





**POWER: *What has happened to you?***

Abuse, poverty, racism, sexism, loss of employment, physical ill health, bullying, injury, homelessness

**THREAT: *How has it affected you?***

Threat to physical safety, relationships & attachments, housing, education, identity, finances

**MEANING: *What sense did you make of it?***

Unsafe, afraid, defeated, hopeless, shamed, different, responsible, worthless, failed, abandoned, rejected, humiliated, dangerous, bad, untrustworthy

**THREAT RESPONSE: *What did you have to do to survive?***

Physically aroused (fight/ flight), self-harm, cut off (escape to alternative 'psychotic' reality), avoid

# The Power Threat Meaning Framework (PTMF)

Johnstone & Boyle  
(2018)