

# Trauma informed practice

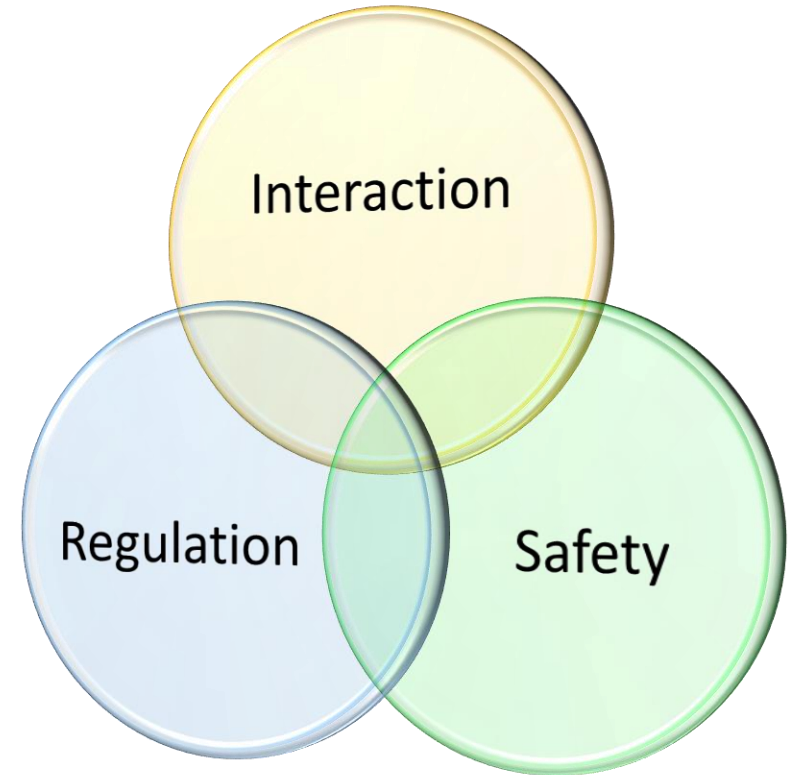
## The power of language

*Mike Armiger*

*@mikearmiger*

*#Regulationframework*

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“You don’t understand”



# What is trauma?

Trauma vs Adversity

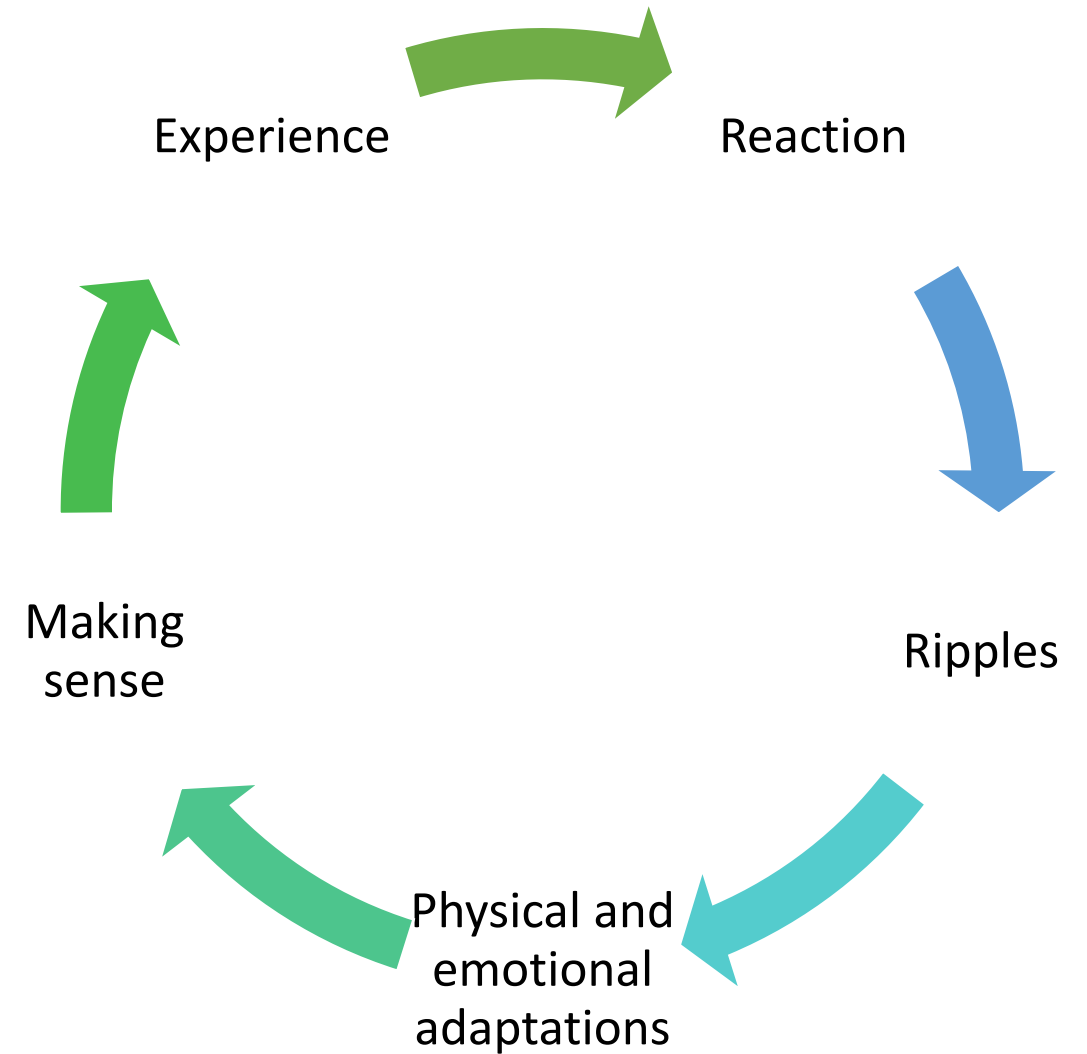
Perception & interpretation

Mitigation

TRAUMA IS NOT WHAT  
HAPPENS TO US,  
BUT WHAT WE HOLD INSIDE IN  
THE ABSENCE OF AN  
EMPATHETIC WITNESS.  
-PETER LEVINE

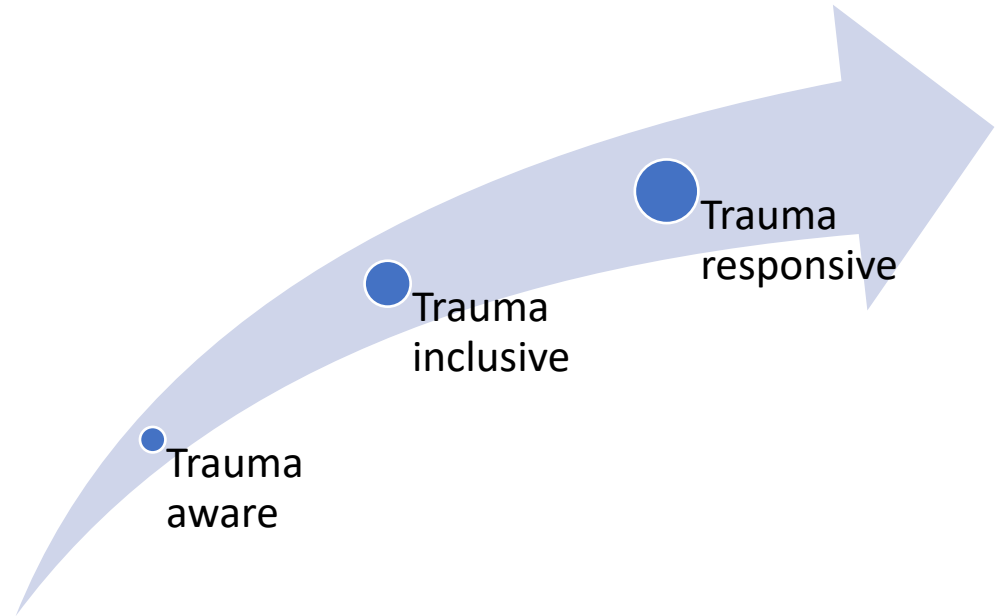
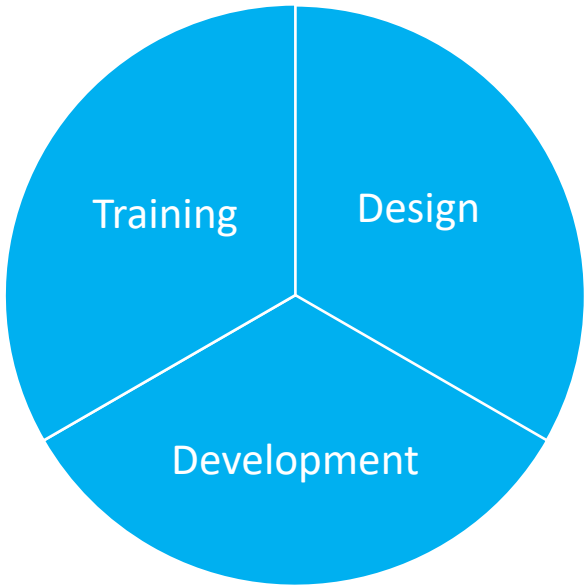
Trauma often means you  
have wisdom that no one  
else understands.

- Mike Armiger



**Consider this image before saying "don't  
reinvent the wheel"**







Resilience

Resilience is more about WE  
than it is about ME.






Post disaster recovery – Hope

Using time-series, cross-sectional models and propensity score matching, it tests these approaches using new data from the rebuilding of 39 neighbourhoods in Tokyo after its 1923 earthquake.

**Social capital, more than earthquake damage, population density, human capital, or economic capital, best predicts population recovery...**

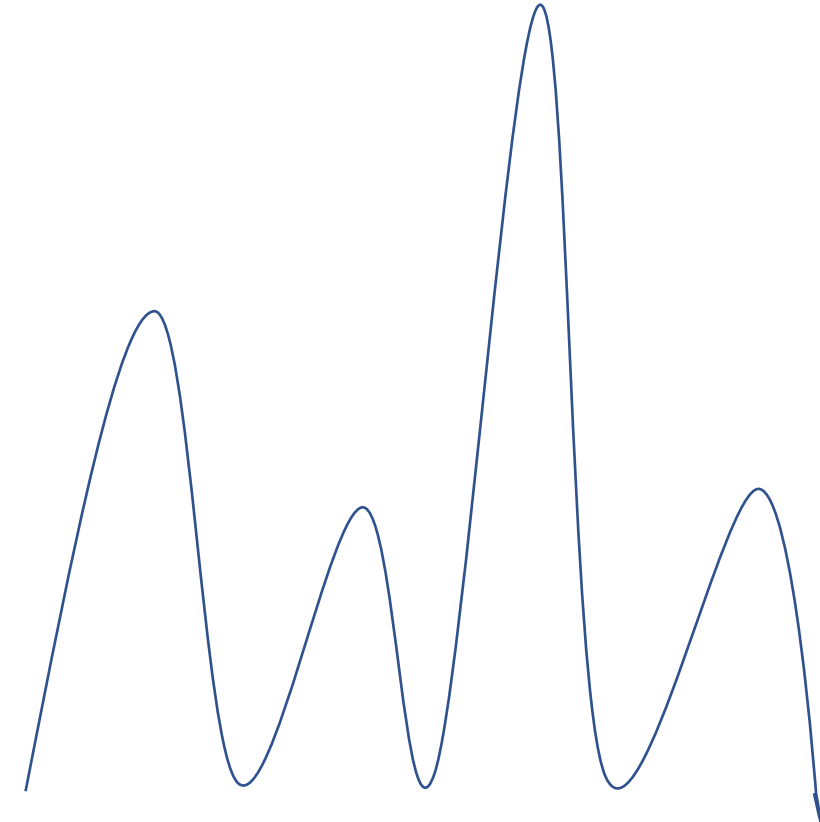
These findings suggest new approaches for research on social capital and disasters as well as public policy avenues for handling catastrophes. - [Daniel P. Aldrich](#) 2011

**Do we build social capital  
& relationships for people post adversity?**



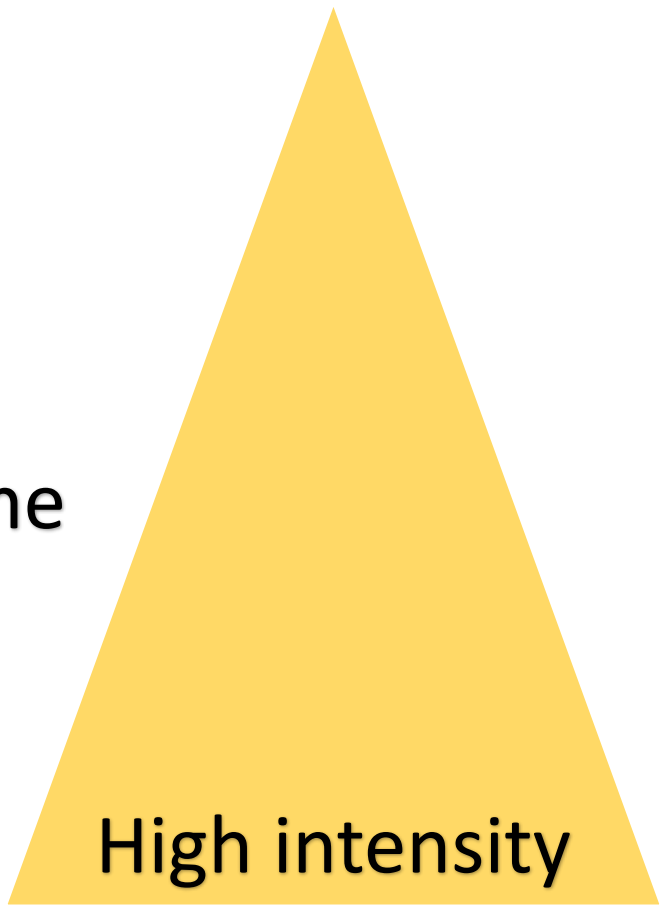
Interventions &  
therapeutic  
input

Large volume



Differing intensities

Small volume



High intensity

Frequent dosing



Self regulation

When we discuss children 'Self regulating' we must understand this;

Many children who've experienced trauma struggle to self regulate for many reasons. Many say they lack the 'ability' or 'skill'. But they actually lack experience of co regulation.

Skills stem from experiences.

- Mike Armiger

#RegulationFramework

If we want calm, safe, regulated communities, we need calm, safe and regulated support systems.

Look after people who look after people.

# Bandwidth



## TR principles for adults

Breaks during meetings

Basic needs met in environments?

Regulation aids

Walk and talk

Built in reflection/thinking out loud spaces

Breathing

Time and space between meetings



What small environmental changes could we make that would make a big difference?

What opportunities do we  
have for regulation?

[www.wellbeingandcoping.net](http://www.wellbeingandcoping.net)

[www.stayingsafe.net](http://www.stayingsafe.net)

"I have seen many people go on to live healthy lives despite trauma. But if there is to be a better tomorrow for these young people, we must give them reasons to believe that, through our hopeful actions, profound understanding & courageous compassion."

- Mike Armiger

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