

Fast

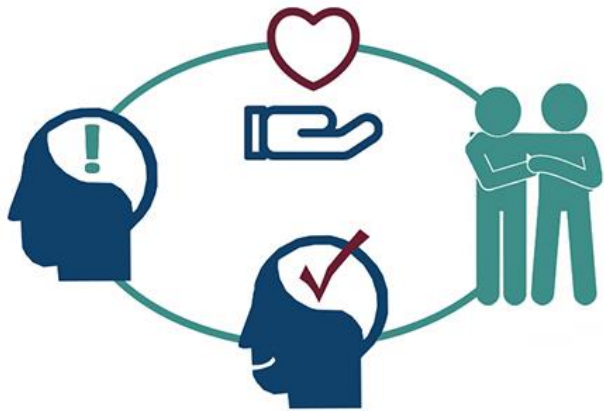
4 Trauma Informed Care



Use the ACEs questionnaire with your chronic pain and substance use disorder patients – they are likely to have experienced trauma in their past and taking care of these traumas should be part of care plan.



Shift your perspective – imagine how errors in learning can impact the rest of your life. Trauma therapy is finding those errors in learning and correcting them.



Healing requires awareness which leads to compassion which leads to forgiveness which leads to acceptance. Frame trauma positively – it can be fixed! We can make it better!



- Reading recommendations for patients: “The Courage to Feel” by Dr. Seubert, “Getting Past the Past” by Shapiro, and “The Body Keeps the Score”



- Explore and develop local resources for trauma therapy. Make note of psychologists who take patients on a sliding scale or pro bono.



- If appropriate, peer support programs like AA/NA
- Grief support groups or faith-based institutions & spiritual traditions (Indigenous elders)