



**Centra Wellness**  
NETWORK

Centra Wellness Network  
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### Trauma and Mental Health

When you think of trauma your mind probably goes to post traumatic stress disorder (PTSD). This is a common connection; however, the range of mental health issues trauma can cause goes well beyond just PTSD. If an individual experiences a trauma they could develop anxiety, depression, an eating disorder, a personality disorder, or even a substance use disorder to name a few. This of course can be from a first-hand experience, but also individuals who are close to the individual or working in a helping profession. Having exposure to traumatic stories or experiences is called vicarious trauma and this too can have detrimental effects if not addressed. Research shows that the earlier an intervention is implemented the better the outcomes for the individual.

#### Common Trauma Treatments

- Eye Movement Desensitization Reprocessing (EMDR)
- Cognitive Processing Therapy (CPT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Accelerated Resolution Therapy (ART)
- Neurofeedback
- Brainspotting
- Psychotherapy
- Yoga

*\*this list is not exhaustive of all trauma treatments/interventions*

#### Ways to Address Vicarious Trauma

- Check in with yourself. How are you feeling physically and emotionally?
- Balance your needs with work/others
- Connect with others (friends, family, therapist)
- Use safe coping strategies (self-care)

#### Reminders:

If you missed the first volumes you can find it on the Centra Wellness Network website under "news" then "articles and information". You can always reach out to me directly and I will happily provide you with a pdf.

As always, if you have any questions or would like more information on anything covered, please feel free to reach out!

My hopes and dreams are that we can work together to create a healthier community, recognizing and addressing the needs within the community and the reasons why those needs exist.

Thanks for reading,

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## Looking ahead:

Now that all the guiding principles are covered the TIC newsletter will be taking a pause. Would you like to see more? Have topics of interest? Let me know!




## Guiding Principles:

**Safety**




Ensuring physical and emotional safety.

**Trustworthiness/  
Transparency**




Decisions are made with transparency, with a goal of building and maintaining trust for all.

**Peer Support**




Utilizing their stories and lived experience to promote healing.

**Collaboration  
/ Mutuality**




Everyone has a role to play in the healing.

**Empowerment,  
Voice & Choice**



Individuals' strengths are recognized, built on, and validated.

**Cultural, Historical,  
and Gender Issues**



Actively moving past stereotypes and biases, offering inclusive services.

The focus this month will be on the final trauma informed care principle of **cultural, historical, and gender issues**. It is important for an organization to actively move past cultural stereotypes, offer gender-responsive services, understand and use the healing value of traditional cultural connections, while also recognizing and addressing historical trauma. This has always been an important part of being trauma informed, however, it is needed now more than ever.

### What can be done on an organizational level?

- Recognize the different cultural views on specific treatments or interventions.
- Think about the differences in developmental milestones between cultures
- When working with an individual understand that sometimes circumstances come from a systemic issue rather than individual.
- Be mindful of meeting places, attire, or office décor—these things can potentially trigger an individual or deter them from services all together.

*\*This of course will look different depending on the population you serve.*

Reference: Substance Abuse and Mental Health Services Administration