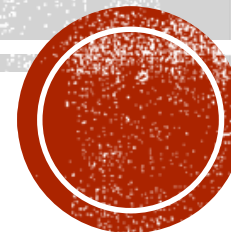


# HAVING A TRAUMA INFORMED MINDSET

2019 Peer Recovery Summit  
Thursday, May 9<sup>th</sup>  
Brandon R. Brown, Facilitator





Check-In



Expectations



Aspects

Questions  
Definitions  
Principles  
Framework



Questions

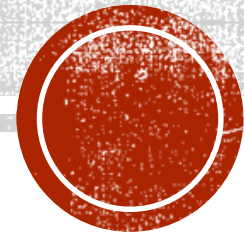
# HAVING A TRAUMA INFORMED MINDSET



**WHAT  
DO  
YOU  
EXPECT**



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TRAUMA  
INFORMED  
MINDSET**






# Small to Large Group Discussion


What is trauma?

**HAVING A  
TRAUMA  
INFORMED  
MINDSET**





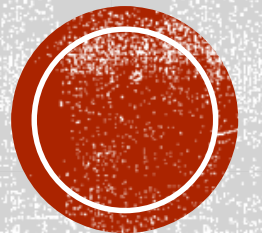
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MINDSET**



What could be  
the essential  
needs of  
someone who is  
trauma  
impacted?

# HAVING A TRAUMA INFORMED MINDSET

Individuals who may be trauma impacted may have challenges with what?



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INFORMED  
MINDSET**

Why is self care  
vital to being  
trauma-  
informed?



# HAVING A TRAUMA INFORMED MINDSET

How would you help a  
triggered or  
dysregulated person  
become calm?





What are some technical skills someone could use to engage anyone who may be trauma impacted?

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TRAUMA  
INFORMED  
MINDSET**

# HAVING A TRAUMA INFORMED MINDSET

What other topics or concepts sit comfortably within the trauma conversation?



