

## FREEZE

- Threat is detected
- Options are weighed
- Super encoding begins, so you will recognize it in the future- think watering hole-predators
- If other no other options will stay here
- **Perception=Reality**
- Perceived inability to escape
- Pronounced verbal and physical immobility

## During Trauma of Assault

### Perpetrator Actions

- Tunnel vision
- Suspect is focused
- Thinking is planned and systematic
- Perceived control of behaviors and actions
- Memories are very orderly, narrative is chronological

### Victim/Survivor can be:

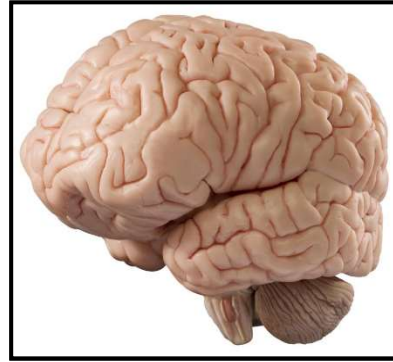
- Terrified, overwhelmed
- Defense circuitry in control
- Involuntary focus – danger, threats, survival
- Behavior controlled by emotions, reflexes
- Memories fragmented and illogical, not chronological

## Non-Traumatized



**Communicates  
Similarly**

## Future Trauma



**Communicates  
Similarly**

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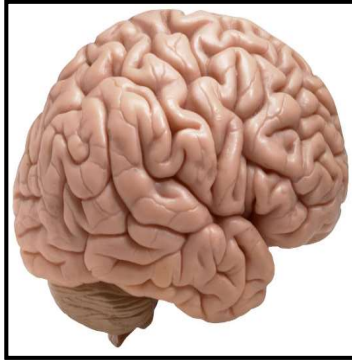
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### Non-Traumatized



Same as it was

### Traumatized

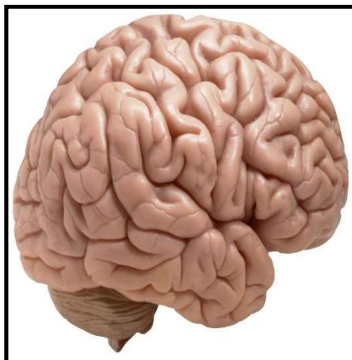


Communicates Differently

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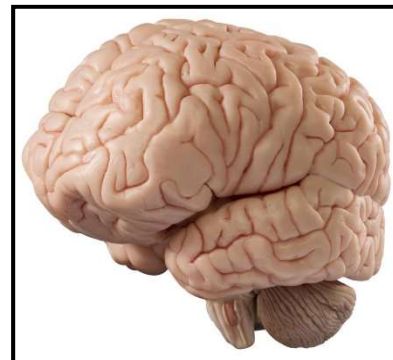
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### Non-Traumatized



Communicates Similarly

### Intervention/Support



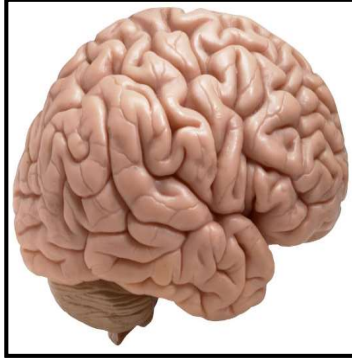
Communicates Similarly

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### Do you see a problem?

#### Intervention/Support



Same as it was

#### Traumatized



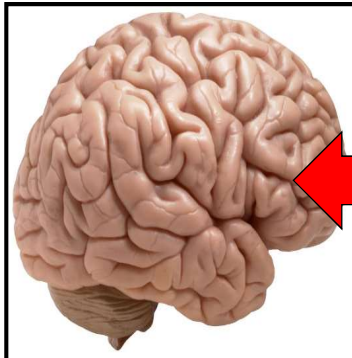
Communicates Differently

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### Do you see a problem?

#### Intervention/Support



Same as it was

#### Traumatized




Communicates Differently

Cortex to Cortex

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**Intervention/Support** **Traumatized**



**Same as it was** **Communicates Differently**

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**Brief Q&A**

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## Trauma-Informed Strategy

Understands emotions and sensations better.



Can turn off if smoke is added.

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## Be Mindful

**Victims/Survivors may have experienced:**

- Previous trauma
- Being Physically and Emotionally violated
- Powerless
- Hopelessness
- A Loss of self control
- Being Overwhelmed
- Intense **FEAR**
- Embarrassed
- Life is changing
- Thinking about dependents

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## Do the opposite of the person who traumatized them.

- Empathetic eyes
- Empower-give choice
- Open posture
- Interested
- Active listening



### Attitude



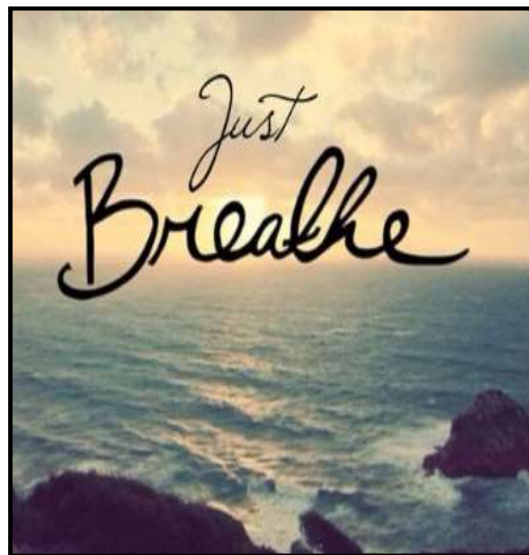
- Soft and comfortable
- Private and safe

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## Mindfulness Tip #1

Just focused breath



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## Not a “formal” discussion – On the fly



- Do you need a support person?
- Eye level
- Try to be non threatening
- Use your first name
- Privacy
- Active listening
- Patience
- Empathetic Eyes
- Just breathe

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## A Better Approach to Trauma-Informed Interventions



TIVI's should look more like when we try to get more information from kids.

Get survivors talking in narrative form and let them choose what details are given.

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## Trauma-Informed Interventions: What Doesn't Work

Interview techniques that **DON'T** work:

- Who, What, When, Where, Why
- Any interview involving confrontation
- Rapid fire questions



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## Trauma-Informed Intervention Support Person Rules



If support person is requested:

- Discuss SP rules
- Do not ask or answer questions or give input
- Remain silent

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## Set Tone & Ground Rules

- Introductions - Set the tone for the conversation
- Explain the purpose:
  - If an interview: to gather as much information as possible about the **experience**
  - If recorded, provide details

## Explain Ground Rules

- “Thank you for being here. I’m here to gather as much information as you are able to give me about your experience”
- “It’s not your fault”
- “Tell me what happened”
  - “Tell me everything. Sometimes survivors are embarrassed or feel like they have done something wrong or feel responsible for what happened. But, it is important to tell me everything. Don’t leave anything out”

## Survivor Questions

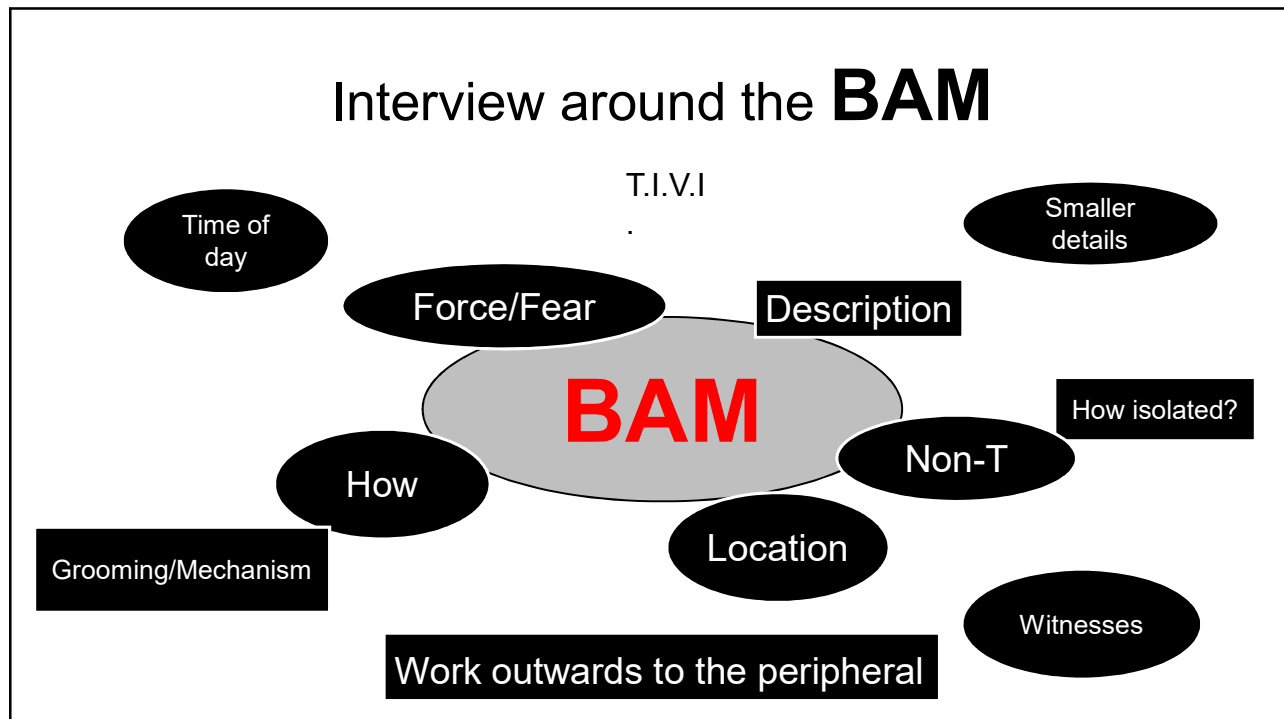
- Attend to survivor's immediate priorities
  - “Is there anything we need to do before we start the interview?”
  - “This may take \_\_\_\_\_ minutes/ hours. Is that OK?”
  - “Do you have any questions before we start?”

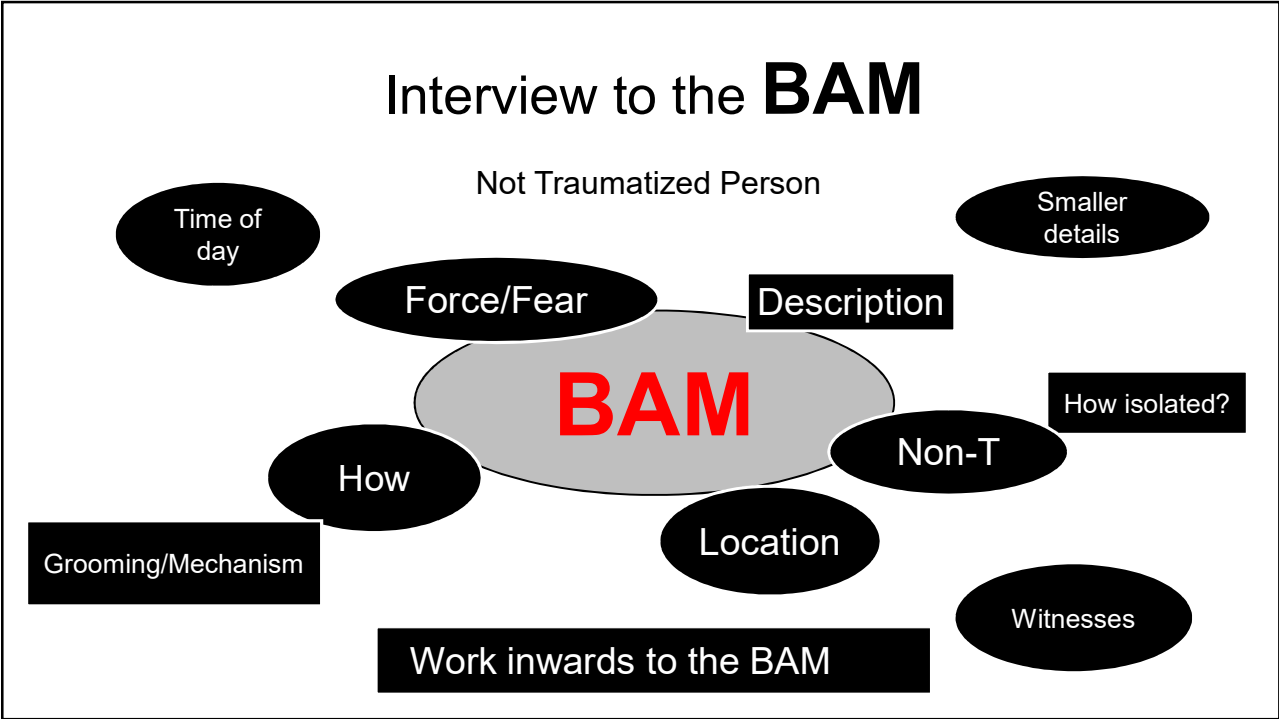
## Purpose & Discussion

- “Help me understand everything you are able to remember about what happened.”
- DO NOT INTERRUPT SURVIVOR NARRATIVE
- For follow up:
  - Ask open ended questions to maximize narratives
  - Ask questions in “headline” style
  - Ask questions focused on threat, emotions, and senses
- Silence is okay
- If hard questions are necessary, explain WHY you are asking

## Ending the discussion

- How you end the interview may determine whether the survivor stays involved in the process
- Minutes of skillful support from any sensitive person immediately after an incident can be worth more than hundreds of hours of professional support later
- Explain best way to make contact with the person over seeing this experience
- Ask how they would like to be communicated with, even if it is far in the future.
- Connect survivor to community resources





# Q&A

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# Thank You!

- National and Local Resources
- Technical Assistance

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