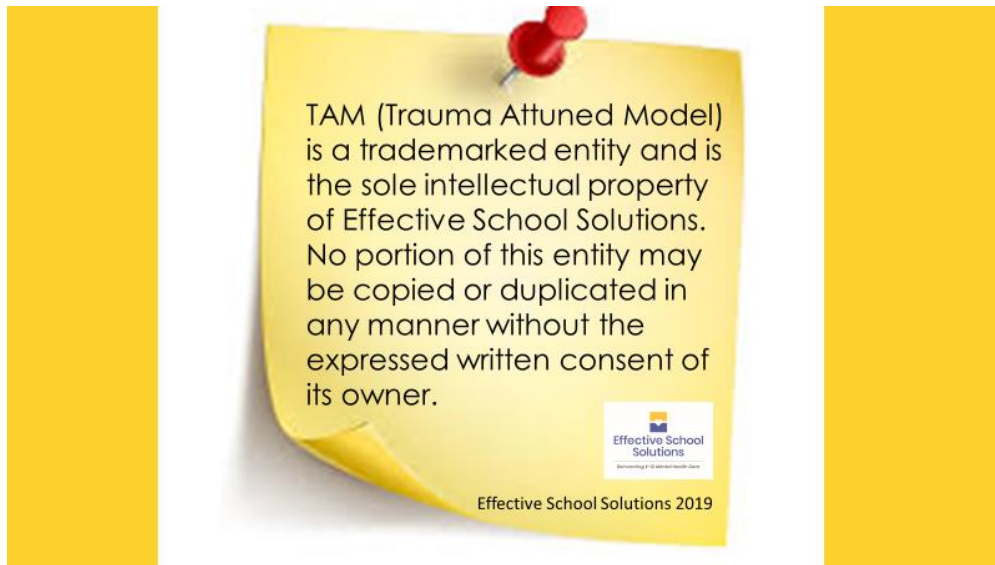


# Introduction to the Trauma-Attuned Model™

## Professional Learning Companion



### Objectives

Upon completion of this training participants will:

- Be introduced to the Trauma Attuned Model™
- Gain a general understanding of **trauma foundations**.
- Be introduced to **P.A.R.T. the 4 core components of the Trauma Attuned Model™**

## The Trauma-Attuned Model™

The Trauma Attuned Model™ is a relationship-based model, evidence-centered model. The goal is to help adults strengthen their resiliency through awareness of trauma and its effects on overall health, development and success. When adults strengthen and model their own resiliency, it will naturally strengthen the resiliency of the children in their care as well. It is a powerful way to become more attuned to the traumas of self and others to promote healthy growth and achievement.

### Trauma Foundations:

Stress(v.)

-Gunnar & Davis, in press

A response to actual or perceived threats in the context of uncertainty about our capacity to manage the threat.”

Trauma (n.)

-National Child Traumatic Stress Network

When a child feels intensely threatened by an event he or she is involved in or witnesses, we call that event a trauma.

## Three Levels of Stress

A continuum

Normal  
or  
“routine” stress

Tolerable  
but  
depleting stress

Toxic  
-Traumatic Stress



## Types of Trauma:

### TYPE I TRAUMA

**Description:** Single event, dangerous, isolated, sudden.

**Response:** Recalled vividly, quicker recovery time, better prognosis

**Examples:** Motor vehicle accident, natural disaster, homicide, suicide.

### TYPE II TRAUMA

**Description:** Multiple, chronic, repeated.

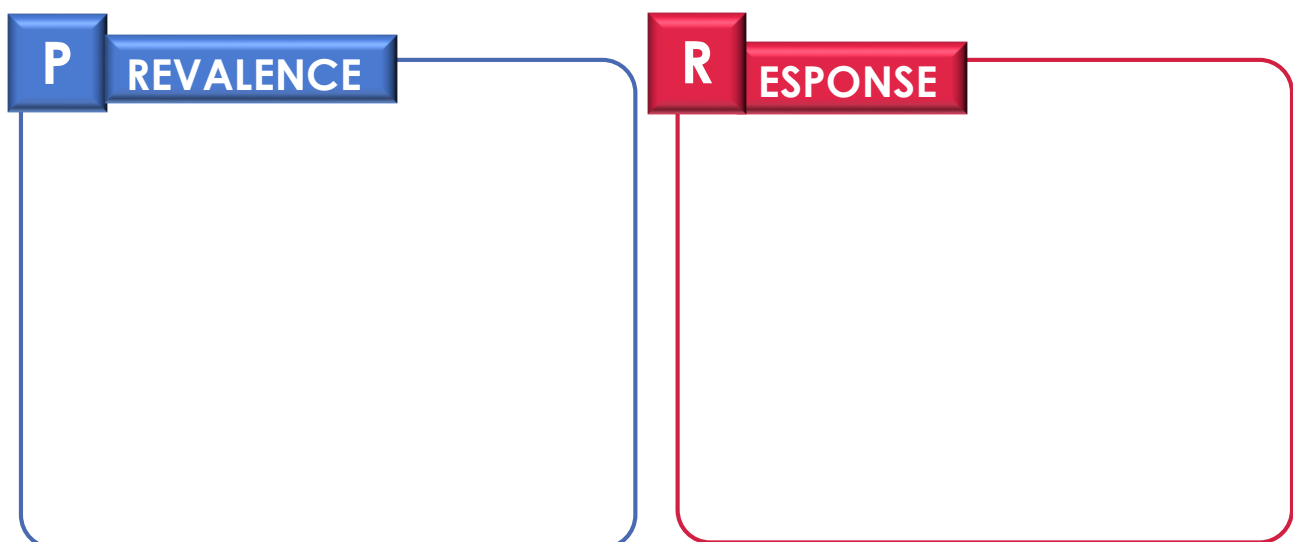
**Response:** Memories are fuzzy, helplessness, dissociation, character changes, long standing problems.

**Examples:** hostage situations, physical, sexual abuse, racism, discrimination, COVID

## Introduction to PART

### What is our PART?

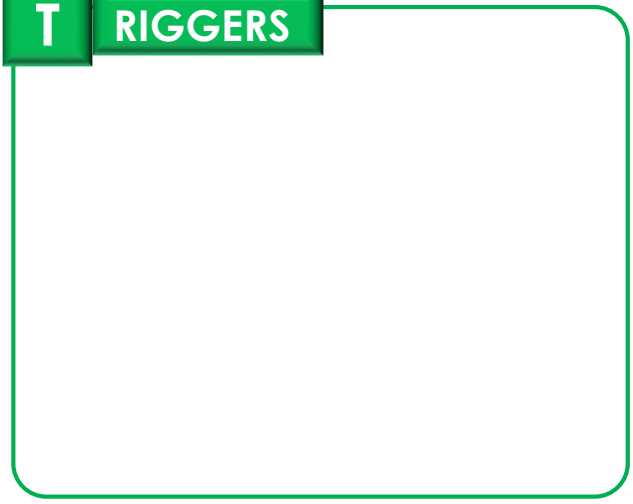
- PART is an acronym, used to represent the 4 core components of the **Trauma Attuned Model**<sup>TM</sup>
- It is the fundamental belief of TAM that adult caregivers can enhance the development of a child's resilience through strengthening and modeling their own resilience.
- This is done through understanding, attunement, and insight



**A** **FFECT**



**T** **RIGGERS**



## My Wellness Plan

**Things that upset me:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How people can tell I'm upset:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When I'm having a hard time controlling my anger, please don't do this:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Please do this:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things that I can do to calm down:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## My Wellness Plan

**Things that upset me:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How people can tell I'm upset:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When I'm having a hard time controlling my anger, please don't do this:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Please do this:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things that I can do to calm down:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SURVEY

Please scan below to complete a satisfaction survey, or go to the link

<https://www.surveymonkey.com/r/RCCCDD6>

