TRAUMA INFORMED CARE: TIPS FOR PEDIATRIC OTs

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WHAT IS TRAUMA?

Trauma is defined as an emotional response resulting from a disturbing or distressful event (Straussner & Calnan, 2014). Trauma can also impact an individual's ability to engage in daily occupations and increase long term health risks such as heart disease (Oral et al., 2015).

TRAUMA INFORMED CARE & OT

TIC is a model of care that allows for a supportive healthcare environment for individuals who have experienced some form of trauma. A trauma-informed organization realizes the impact of trauma and understands the potential paths to healing, recognizes the signs and symptoms of trauma, responds by integrating this knowledge into treatment sessions, and seeks to prevent re-traumatization (SAMHSA, 2014). Trauma can effect a child's occupations such as play, social interactions, sleep, and activities of daily living. Occupational therapists play a crucial role promoting occupational justice, implementing trauma informed approaches, and preventing further psychological damage (Simó-Algado et al., 2002).

TRAUMA INFORMED INTERVENTIONS

- **Art-based Intervention:**
  - allows the client to express themselves emotionally
  - can create a sense of safety for trauma survivors (Mohr, 2014)
- **Sensory-based Intervention:**
  - sensory modulation techniques, such as sensory swings and auditory stimuli, to regulate the nervous system
- **Trauma Informed Play Intervention:**
  - improves emotional regulation and promotes playfulness (Halperi & Waldman-Levi, 2023)
  - improves social participation (Waldman-Levi & Weintraub, 2015)
- **Mindfulness Intervention:**
  - yoga/stretching can help improve emotional self-regulation
  - body scanning (tensing up muscles then releasing them) can help a child recognize how their body is feeling and improve occupational engagement

CDC 6 PRINCIPLES OF TIC

Safety	Trustworthiness & Transparency	Peer Support
Creating environments and activities that ensure physical and emotional safety	Decisions are made clearly, trust is built and maintained with client	Having a support system helps build trust, confidence and safety
Collaboration & Mutuality	**Empowerment, Voice & Choice**	**Cultural, Historical & Gender Issues**
Building meaningful relationships with clients and working together to improve outcomes	Recognize and promote client and family to use their voice	Offer cultural responsiveness, integrate cultural connections & appropriateness, address historical trauma

FOR MORE INFORMATION

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