

Trauma Informed Practices

The Swedish Red Cross Treatment Centre for Persons Afflicted by War and Torture

- One out of six treatment centers in Sweden
- Refugees and their families, in need of interventions, rehabilitating them from war, torture and/or flight induced trauma
- Regardless of legal status
- Main criteria: PTSD

Our staff

- Administrators
- Interpreters
- Social workers
- Psychologists
- Physiotherapists
- M.D.
- Project managers – children and next of kin interventions

- The Red Cross – other branches

Treatments offered

- Psycho-social support
 - CBT, EMDR, NET, ACT, IPT, PDT, CFT, DBT and PE
 - TFF and other group interventions
 - Medical assessment and rehabilitation
 - Physiotherapy (relaxation, massage, exercise, TRE. acupuncture, (TS) yoga and mindfulness
 - Family support
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Considering gender



Sister of my heart

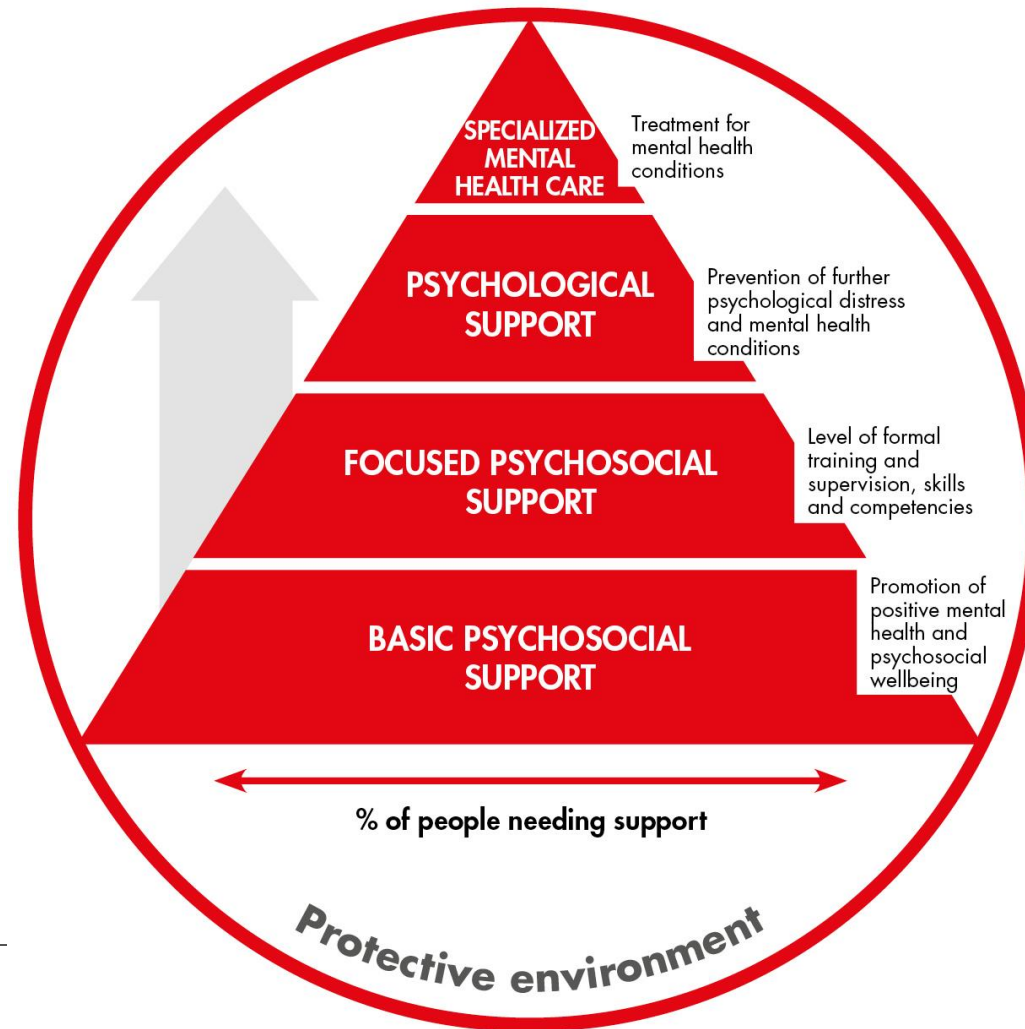
Considering age

Predicting PTSD in children

Research on trauma and proximity

Attachment

A pyramid of support – bottom up



Strengthening resilience

the ability to respond to stressful or unexpected situations and crises



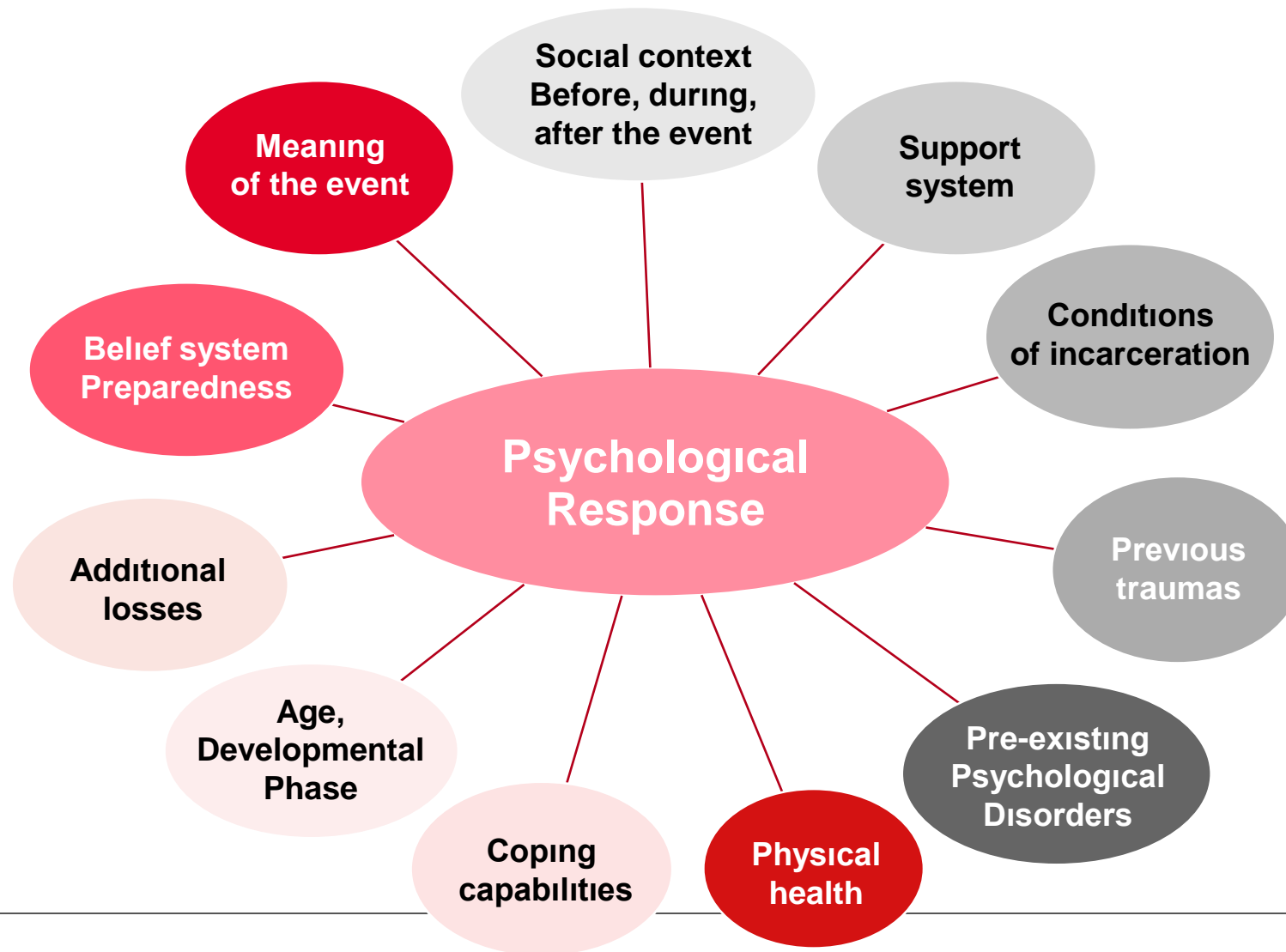
How to strengthen / foster resilience

- Prepared of what will happen, predictability
- Resistance in the situation – control of any free part of the body, praying reciting verses
- Being able to express aggression
- Finding some meaning, respect from others

A definition of trauma

”An overwhelming event containing threat, violence, fear, that does not allow fight or flight and that can cause injury”

(van der Kolk)



”Safety and trauma are incompatible. In order to heal, mind, body and brain have to be convinced it is safe to let go.”

(van der Kolk, again)

Trauma informed care

trauma understanding

- safety
- connections
- coping (managing emotions)



*”There is no greater
agony than bearing an
untold story inside you.”*

Maya Angelou

Counteracting solitude

- The concept of trauma and being alone
- Talking about trauma, separation is a pervading theme – the violence itself, the silence and invalidation, and with our patients at the Red Cross Centre also the exile
- Much of rehabilitation is about reconnecting, through legal, social and psychological measures

THANK YOU!

