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INSTITUTE

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Trauma-Informed Care for Housing Work Part 1 - Concepts

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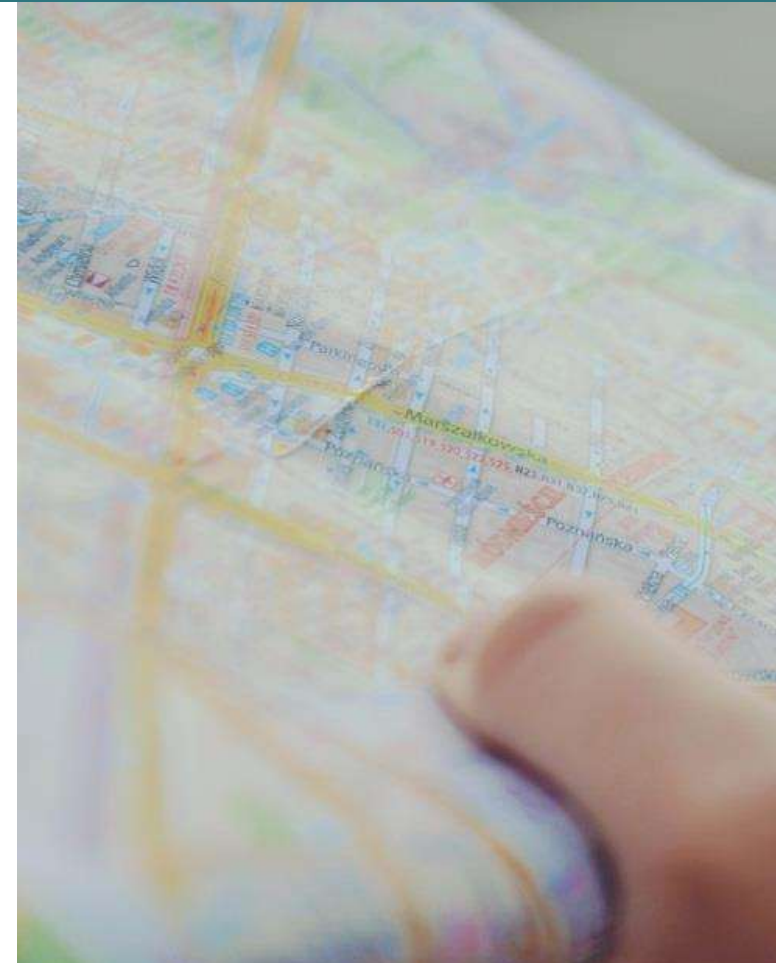
Learning Objectives

By the end of this training, you will be able to:

1. Identify 4 ways trauma impacts an individual; and
2. Apply 4 best practices to provide a trauma-informed approach to support housing clients.



- Defining Trauma
- Impact of Trauma
- Advocacy Using Trauma-Informed Care





Defining Trauma

- An emotional response to a terrible event
 - Traumatic events can happen directly to an individual or witnessed
- The event can result in long-term reactions





Impact of Trauma

How Trauma Impacts a Person



Cognition



Brain Function



Skills, Abilities,
and Behavior



Physical and
Mental Health

- Prefrontal Cortex
 - Rational thinking and reasoning
- Hippocampus
 - Memory
- Amygdala
 - Perceived and controls emotions



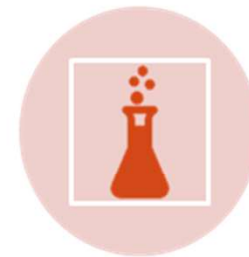
An action or situation that can lead to an adverse emotional reaction



REMINDER OF
THE TRAUMA



OVERWHELMING
FEELINGS



REACTION



Triggers and Stressors

Are rarely clear

Often unnoticed, even by the individual

Can be sensory-oriented

Can seem trivial or minor

Often uncontrolled factors

Reverts the individual to a less functional version of themselves



Advocacy Using Trauma-Informed Care



Why Should You Use It

Lower socioeconomic status is linked to higher rates of trauma



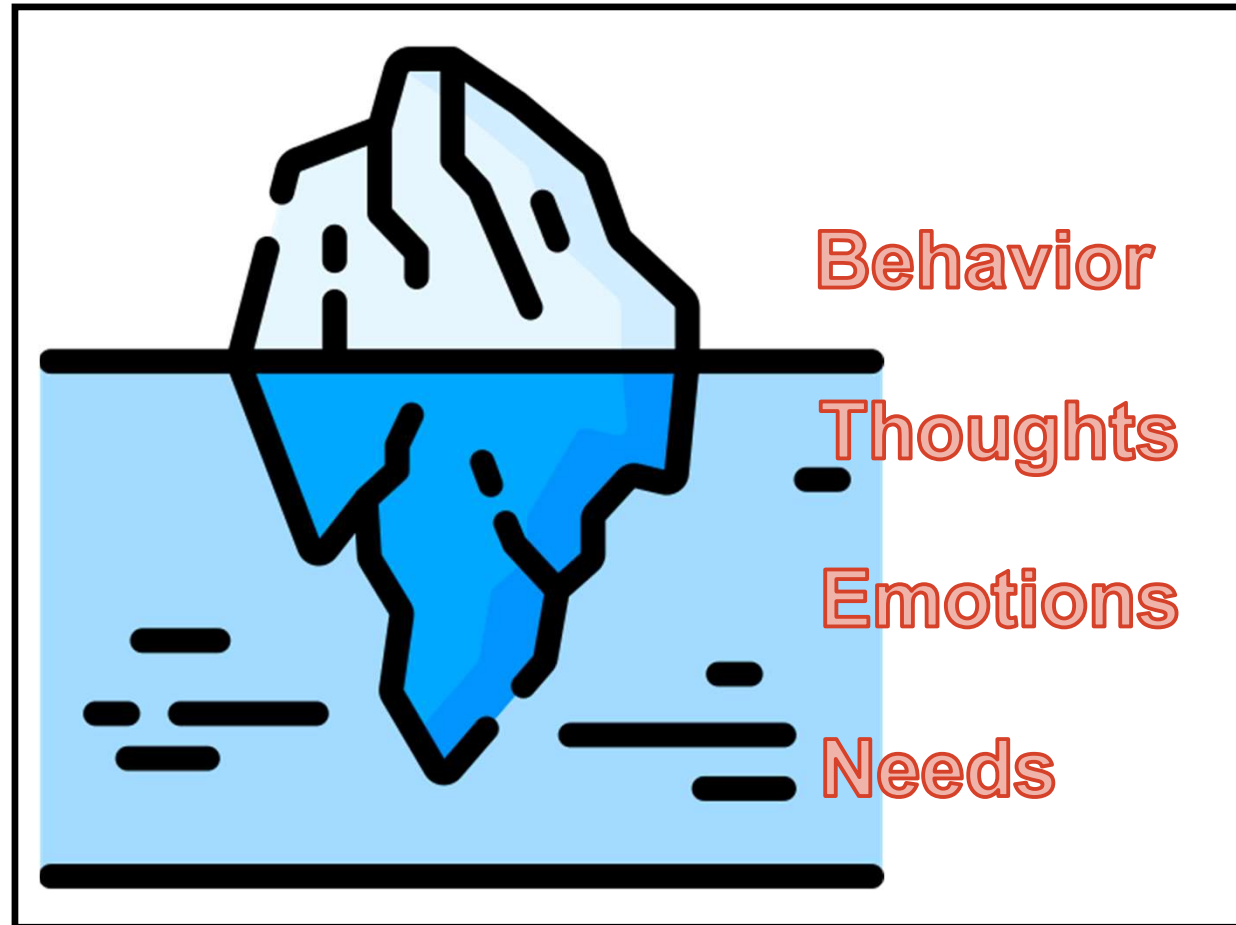
Trauma-informed legal practice reduces re-traumatization by recognizing the role of trauma in the lawyer-client relationship

By incorporating trauma-informed practices, it allows lawyers to better connect with clients and improve advocacy



Trauma-Informed Lens

We start to look at negative behaviors as learned “survival skills” that have helped a client get through threatening situations





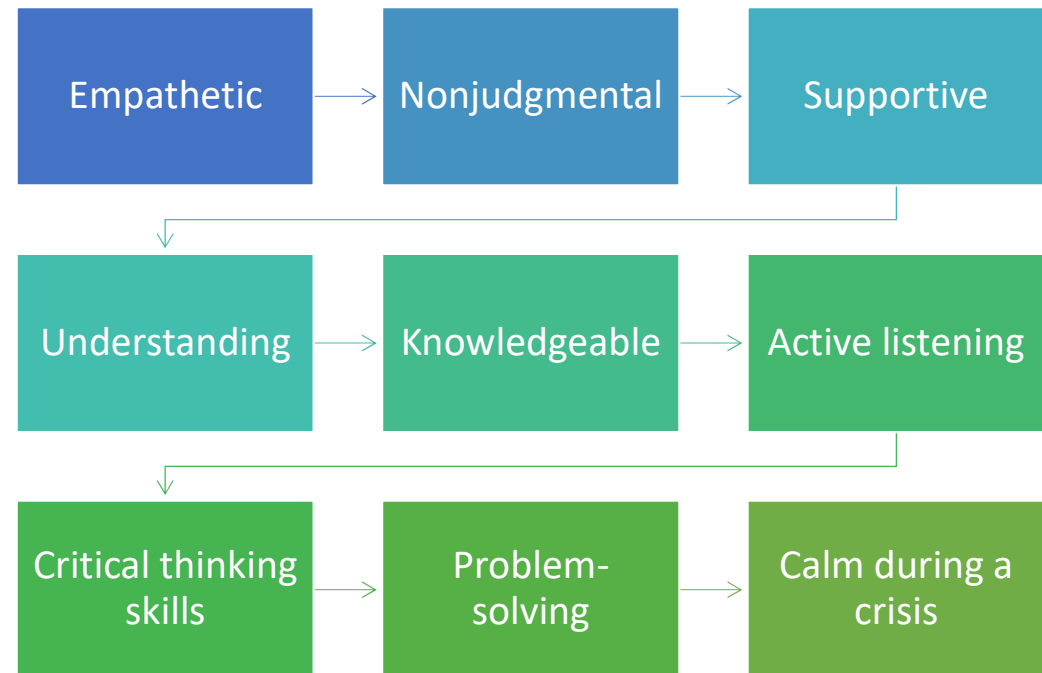
Trauma-Informed Lens

Fight (Physical Arousal)	Flight (Withdrawal & Escape)	Freeze (Stilling & Constricting)
Aggression	Social isolation	Constricted emotional expression
Trouble concentrating	Avoidance	Stilling behavior
Hyperactivity	Running away	Denial of needs



Skills and Qualities

- Providing trauma-informed care means to look beyond the observed behavior
- Be mindful of the words used
- Be understanding of the stressor the client is under
- Trauma impacts how information is processed so adjust your approach





Approach clients assuming they are more likely than not to have a history of trauma



Trauma can drive how an individual interacts with their environment



Understand working the attorney-client relationship can be retraumatizing



Shifting your language from “What’s wrong with you?” to “What happened to you?”



Prioritize the individual by acknowledging their physical, psychological, and emotional well-being



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