

*Trauma-informed
care*

YBE CASTELEYN

TRAUMA-EXPERT

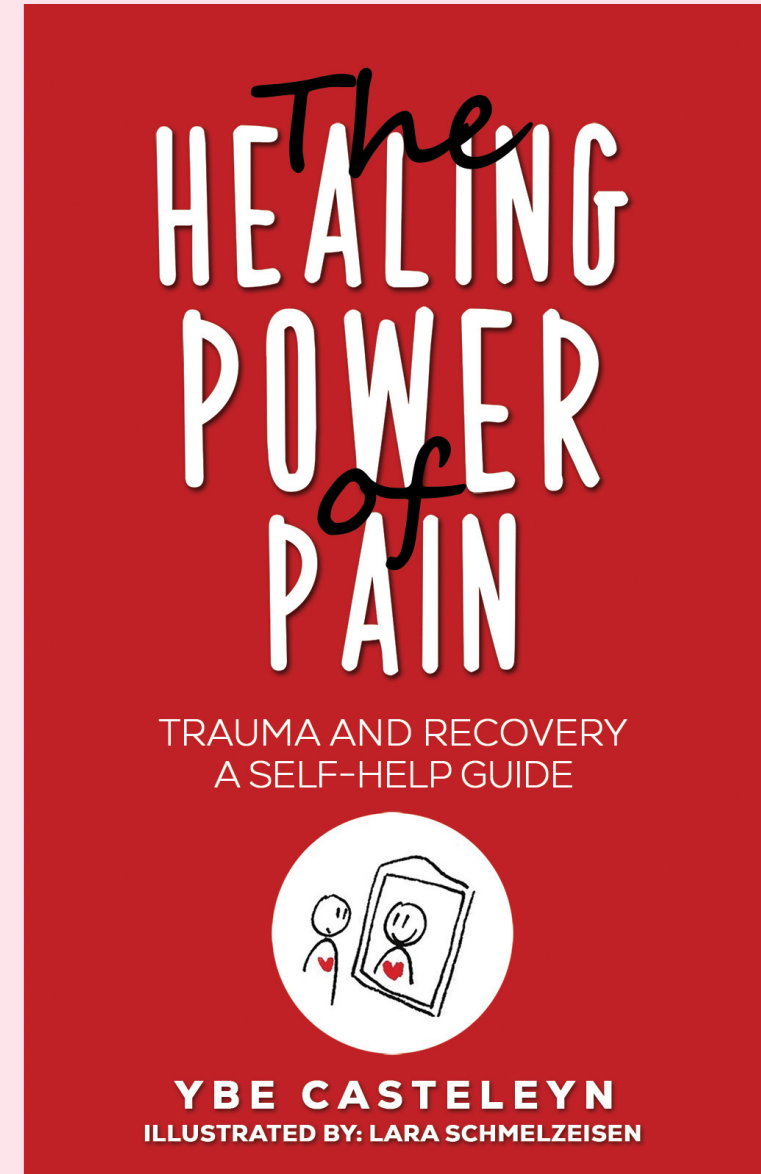
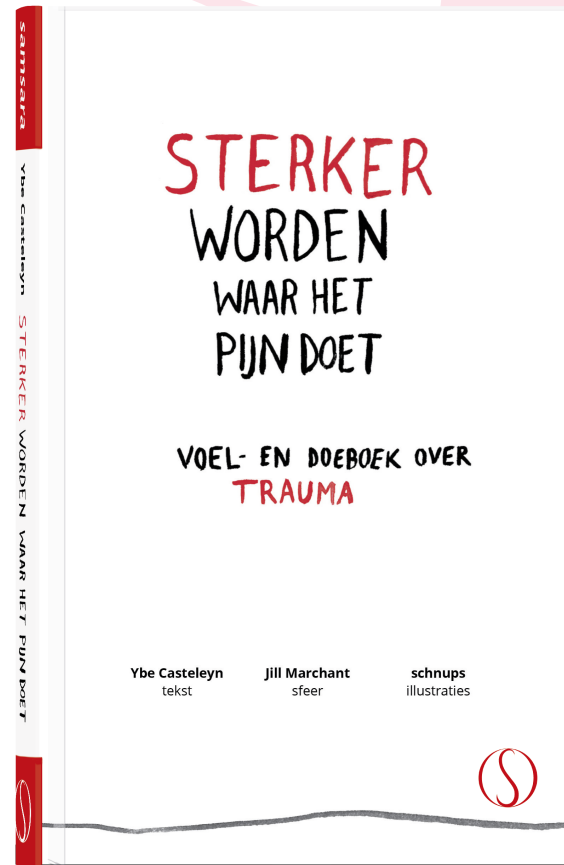


**European Capital
of Democracy**



Co-funded by the
European Union

About my book



A short introduction to trauma

Shocktrauma

- Life threatening situation in adulthood
- Car accident, assault, war experiences

➤ **PTSD:** Post Traumatic Stress Disorder

Complex trauma or C-PTSD

- **Big T's or ACE's :** childhood abuse, (sexual) violence, neglect, substance abuse, loss of a parent
- **Chronic toxic stress in childhood**
- **Little t's:** growing up in poverty, feeling alone, worried all the time, not seen, not 'attuned' to as a child, ...
- **Chronically unmet needs**

Complex trauma

Impacts our development

Impacts our *Sense of Self*

Impacts our *Sense of Belonging*

Complex: *what is done to me & what belongs to me gets mixed up*

Toxic stress : responses

Loss of control

- Overwhelming

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- Instinctive reactions: FFF

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- Avoidance >< Healing

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Regaining Control

- Awareness and understanding
- Regulation
- *Re-educate & re-invent ourselves*



What

Trauma-informed care: 4 R's

1 Realisation about traumatic stress and its impact



What

Trauma-informed care: 4 R's

- 1 Realisation about traumatic stress and its impact
- 2 Recognizing signs of trauma



What

Trauma-informed care: 4 R's

- 1 Realisation about traumatic stress and its impact
- 2 Recognizing signs of trauma
- 3 Respond to trauma



What

Trauma-informed care: 4 R's

- 1 Realisation about traumatic stress and its impact
- 2 Recognizing signs of trauma
- 3 Respond to trauma
- 4 Resisting re-traumatisation



Why

To develop healthy coping mechanisms

The F's are survival mechanisms:
automatic short term coping
mechanisms to survive a life threatening
situation

We need to replace the F's by long term
coping mechanisms: chosen reactions in
line with the present context, our present
needs and values



How

Address stress instead of avoiding it

Make the uncomfortable comfortable:



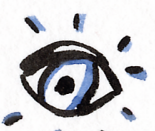

Inform yourself as a caretaker and the people you work with

- Talk about it
- Learn tools to (co)regulate

TRAUMA CARDS

TO LEARN

5
X
CARDS WITH

FACTS 
INTERVENTIONS 
SYMPTOMS 
EXERCISES 

A large, irregular pink brushstroke graphic that serves as a background for the title text.

Traumacards

How to use the cards?

- 1 Just put them on the table and...have a conversation !
- 2 Choose a card in function of what you want to discuss

A large, irregular pink brushstroke graphic that serves as a background for the title text.

Traumacards

3 Let (each of) your client(s) choose one and ask these 3 questions:

1 Why did you choose this one?

2 What is the card about?

3 Can you give an example?



Traumacards

- 1 Why did you choose this one?
> a personal touch

A large, irregular pink brushstroke graphic that serves as a background for the title text.

Traumacards

2 What is the card about?

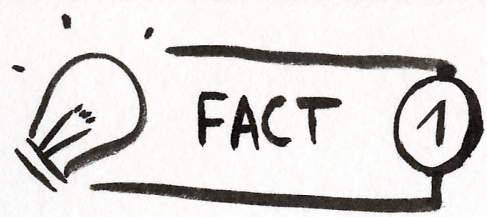
> theory, knowledge



Traumacards

3 Can you give an example?

> discuss specific situations



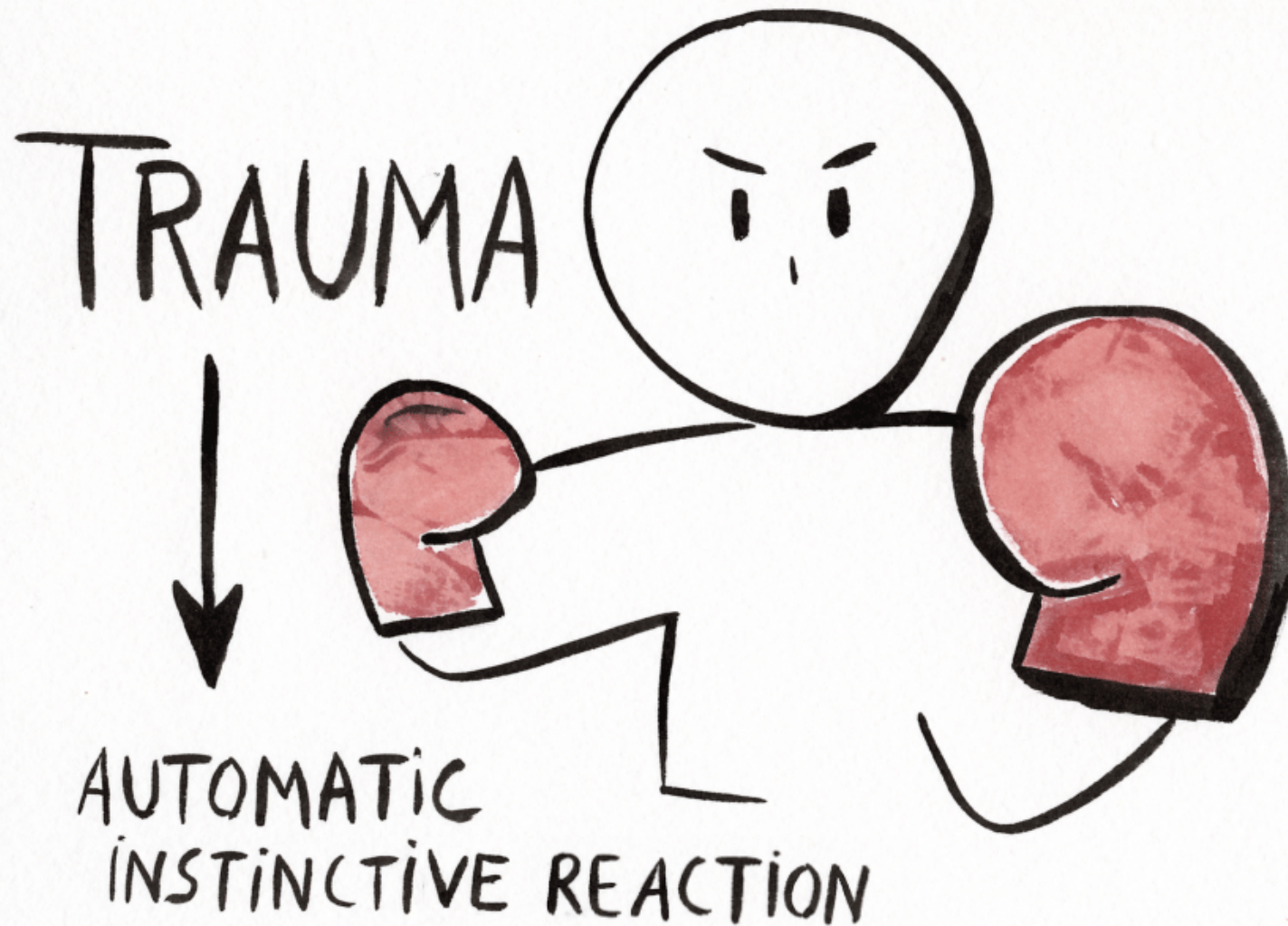
TRAUMA

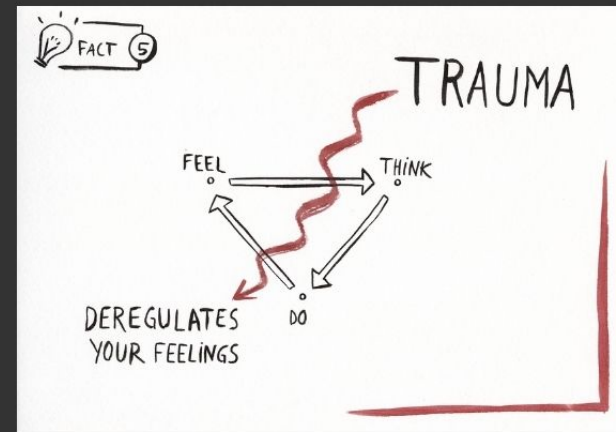
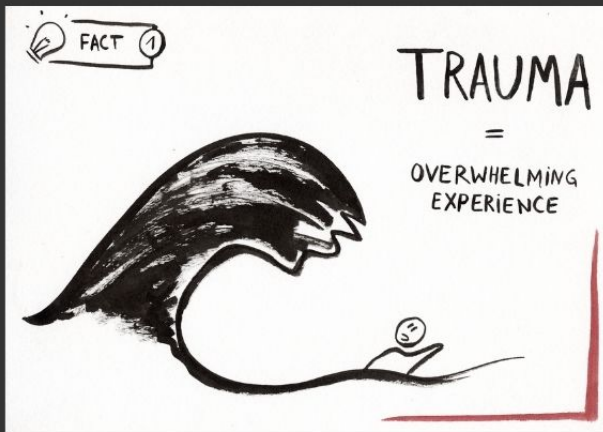
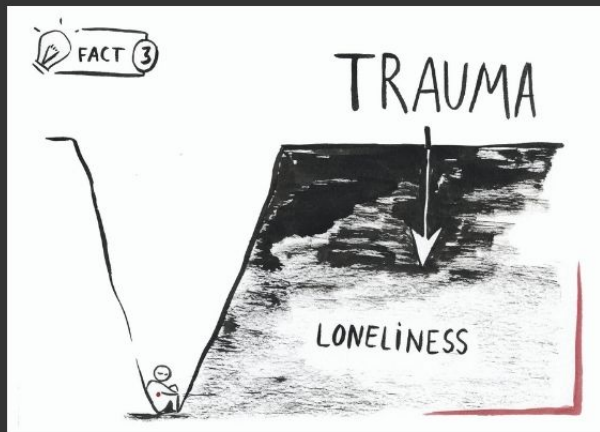
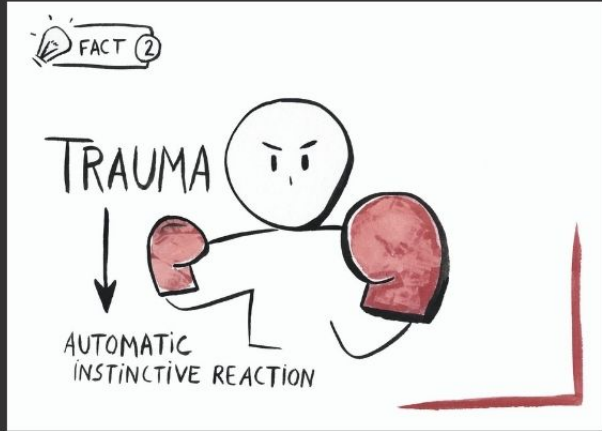
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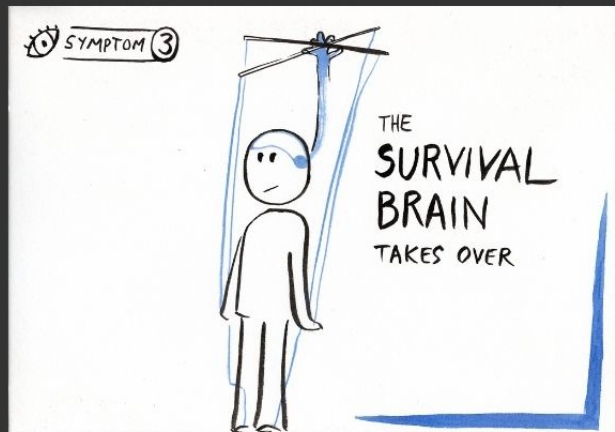
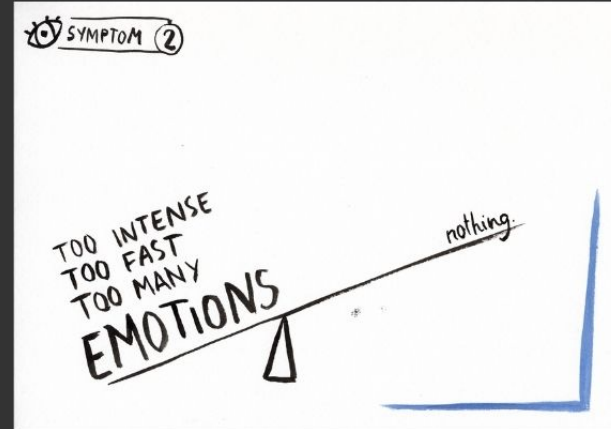
OVERWHELMING
EXPERIENCE




 FACT 2





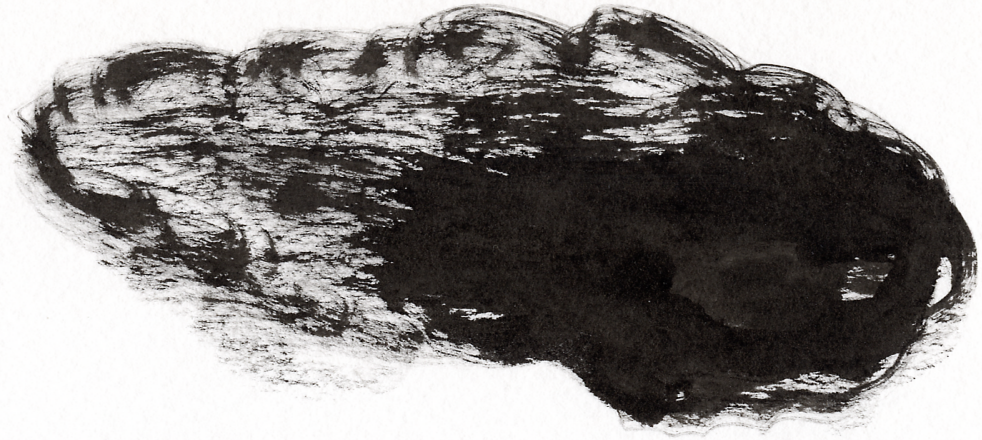


 SYMPTOM ③



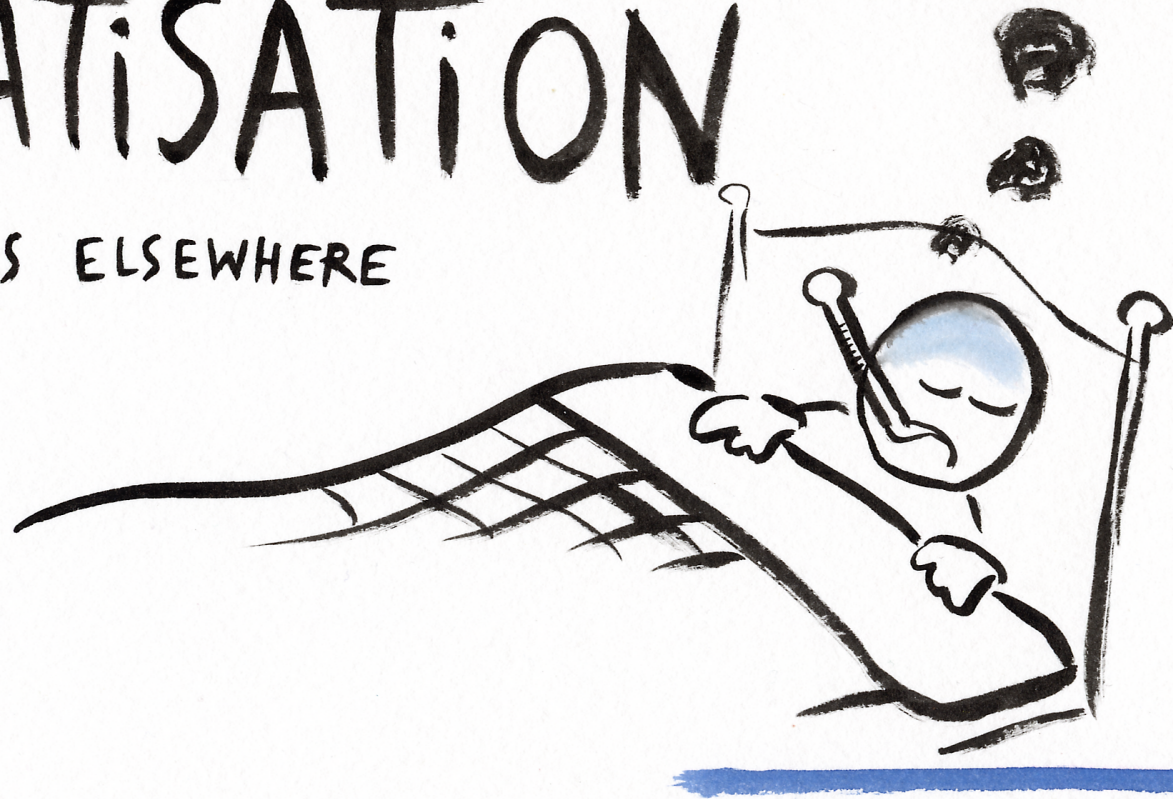
THE
SURVIVAL
BRAIN
TAKES OVER

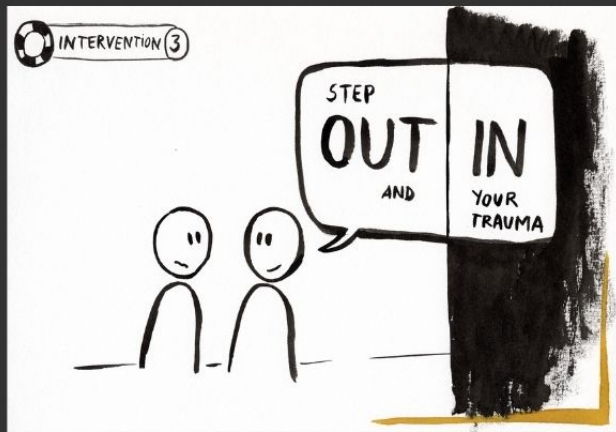
 SYMPTOM (4)



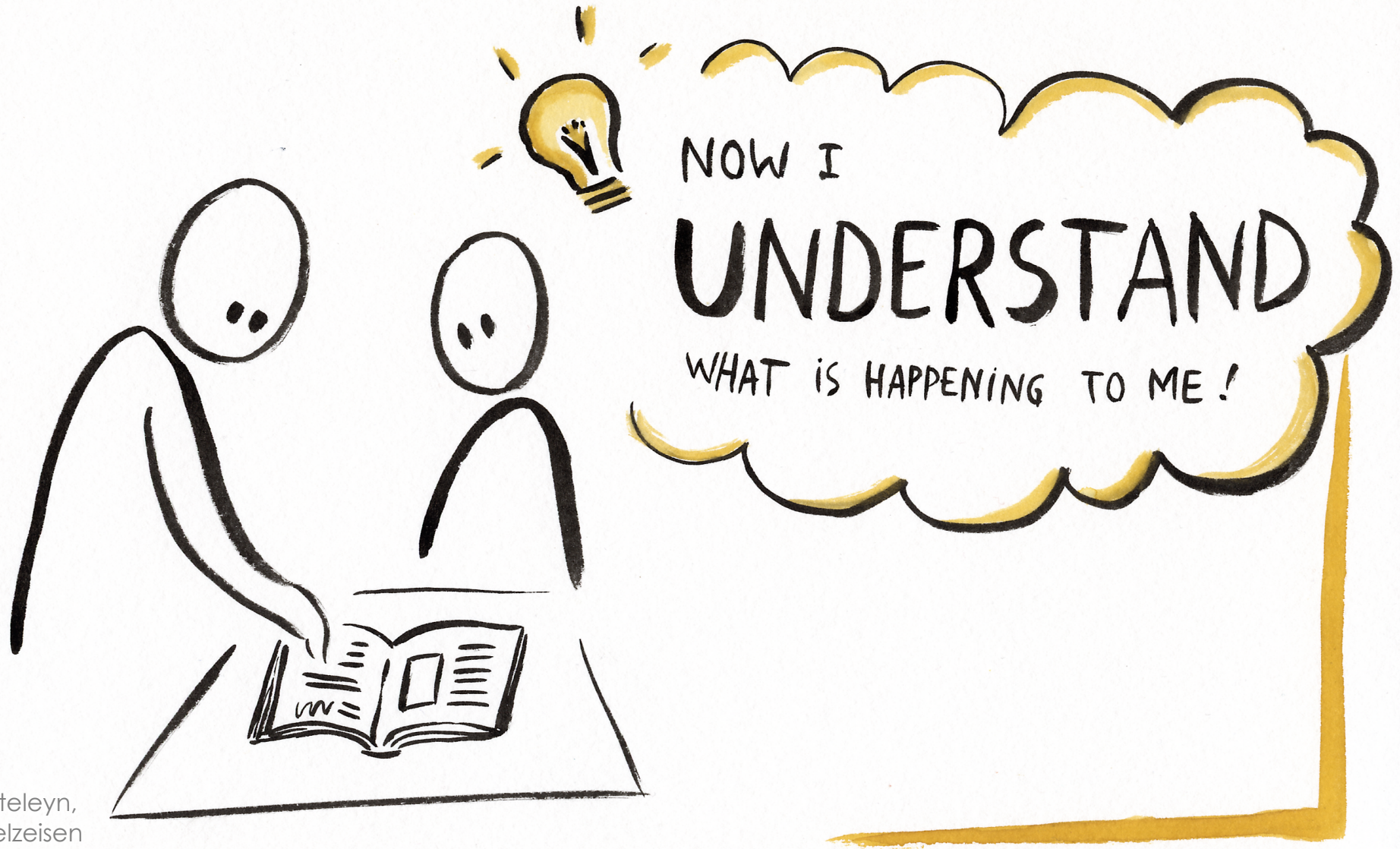
SOMATISATION

PAIN SURFACES ELSEWHERE



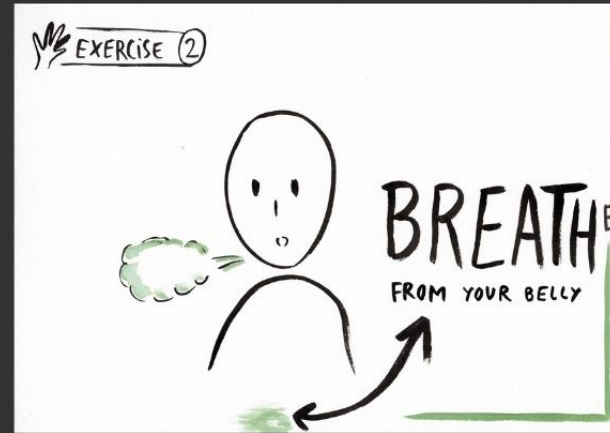
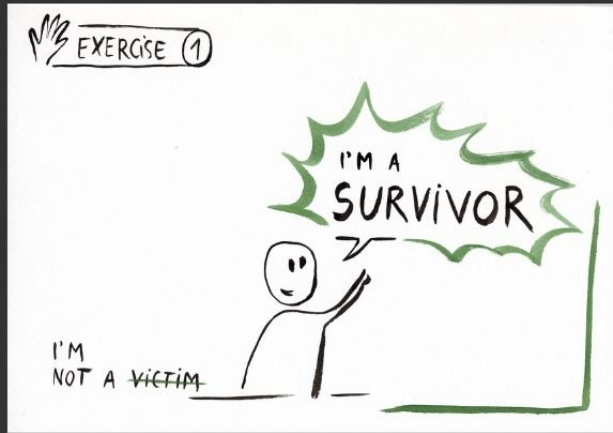



 INTERVENTION 5

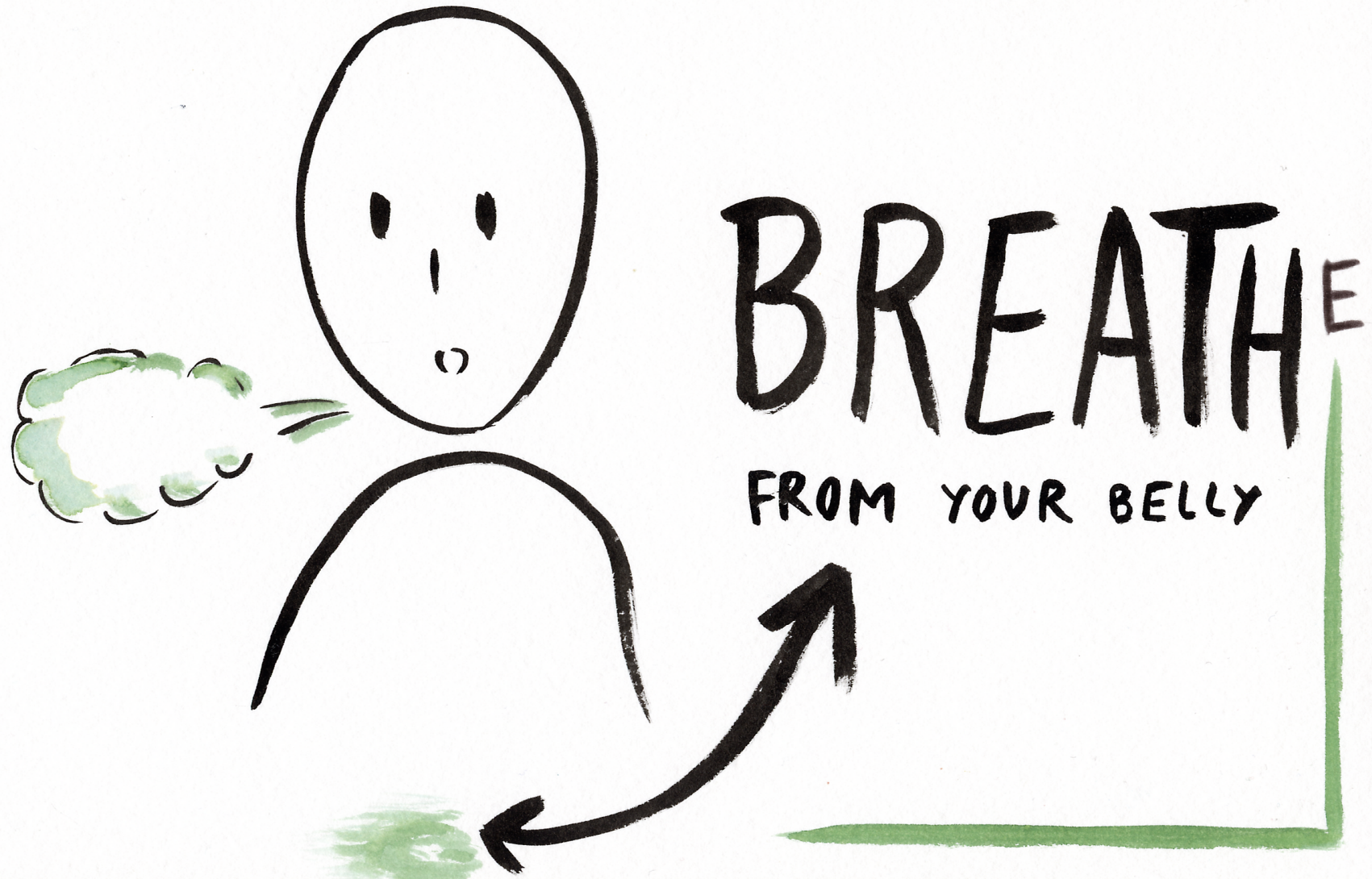


 INTERVENTION (3)





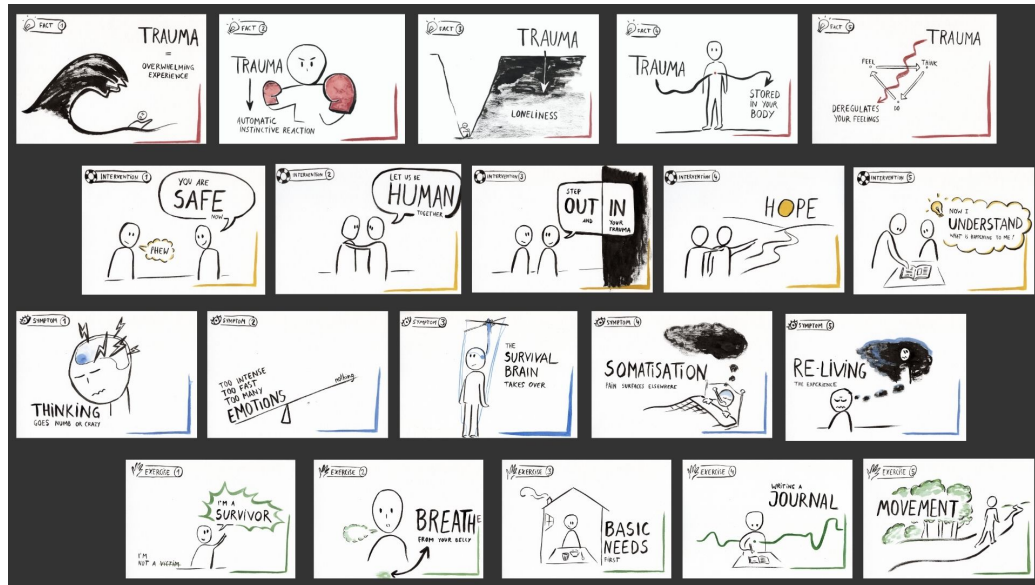
 EXERCISE (2)



 EXERCISE (5)



Traumacards



• www.ybecasteleyn.be

➤ shop

handpainted, printed, digital



*I believe that everyone
can soften traumatic pain.
Let us build a trauma-
informed society together.*

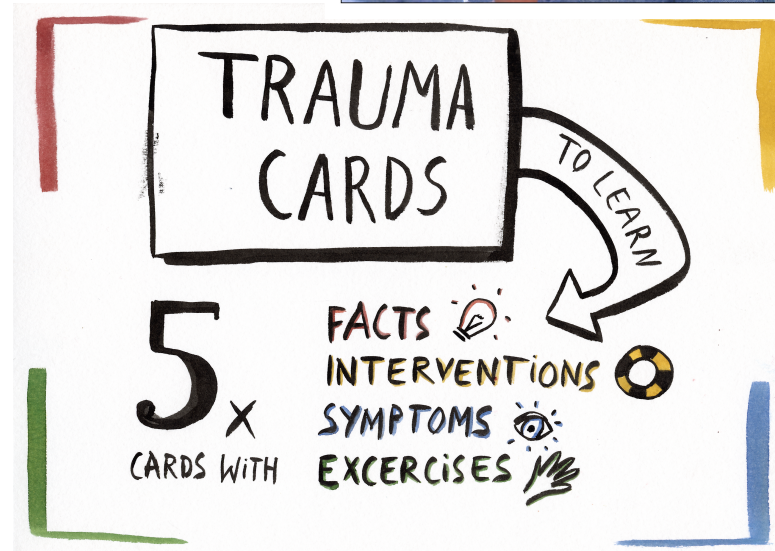
Ybe Casteleyn

Thank you

YBE CASTELEYN

www.ybecasteleyn.be

www.thehealingpowerofpain.com



The HEALING POWER of PAIN

TRAUMA AND RECOVERY
A SELF-HELP GUIDE



YBE CASTELEYN
ILLUSTRATED BY: LARA SCHMELZEISEN