

Webinar Series:
*Self Care, Resiliency and Compassion Fatigue
in Student Support and Educational Services*

**Webinar Seven:
The basics of trauma-informed Care**



**Think of someone who has recently really
challenged your patience/compassion**

**“Can you spare any
change please?”**

"I am so angry at these addicts"



**"Non-Compliant" "Sabotage"
"Resistant to treatment"**



Gaining Control

A Kingston FP took action after realizing that the practice she had just taken over had a large number of patients on high doses of opioids

When Dr. Rupa Patel started work at a Kingston community health centre several years ago, she was in for a surprise – the practice that she had just taken over had a large number of patients on high doses of opioids.



looked through the practice's medical records. "There were about 40-50 patients on chronic opioids, some at very high doses ... one



Our Pilot Study

**Primary care experiences
of women with a history
of childhood trauma
and chronic disease**

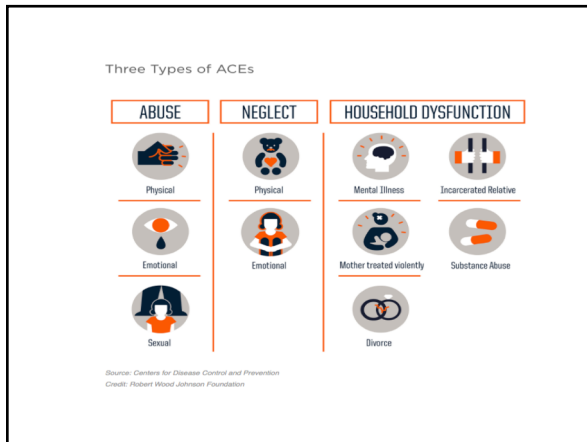
Trauma-informed care approach

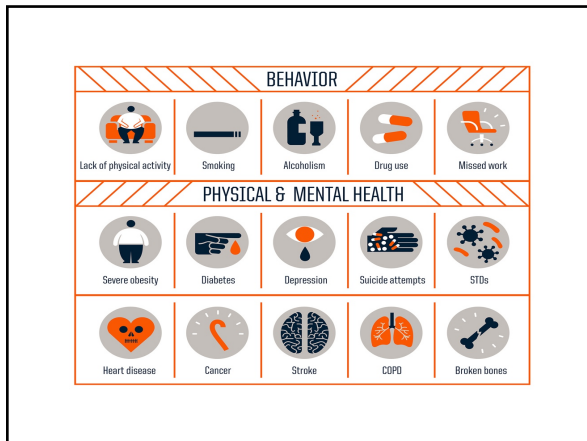
Eva Purkey MD MPH CCFP FCFP Rupa Patel MD CCFP FCFP
Tracey Beckett MSW RSW Françoise Mathieu MEd RP CCC

Purkey, Patel, Beckett, Mathieu (2018)

Ted Talk: Dr. Nadine Burke Harris

Nadine Burke Harris: How childhood trauma affects health across a lifetime

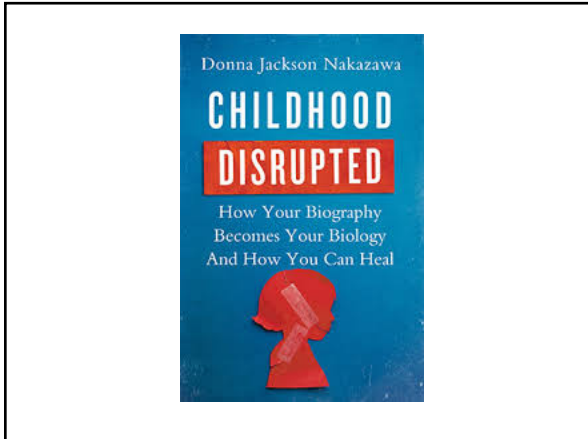




Adverse Childhood Experiences Study

"Having an ACE score of 4 nearly doubles the risk of heart disease and cancer.

"Increases the likelihood of becoming an alcoholic by 700 percent and the risk of attempted suicide by 1200 percent







"Changing the Paradigm from
What Is Wrong with You To...
What Happened to You?"

From the www.traumainformedcare project

Reflection Activity:

Is it helpful to be trauma-
informed?

At work?
At Home?

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