



**Trauma-informed**  
**Trauma-informed Toolkit**  
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## The Trauma-informed Toolkit

A resource for providing  
trauma-informed services

**One in ten** Canadians suffers from Post-traumatic Stress Disorder. The number of people with PTS who use our health care and social service system may be considerably higher than what is found in the general public. From the time the trauma occurred, people with post traumatic stress experience it in all stages of their lives and in their day to day activities including - parenting, working, socializing, attending appointments and in the interactions with health and spiritual care providers, social service workers, and care givers. People who have been affected by trauma are at risk of being re-traumatized in every social service and health care setting. This is often due to a lack of knowledge about the effects of traumatic events and a limited understanding of how to work effectively with survivors. Trauma effected people frequently feel misunderstood and unsupported which can impede healing and growth. This can be prevented with basic knowledge and by considering trauma-informed language and practices.

**The Trauma-informed Toolkit  
is a handbook intended  
to provide this knowledge  
for service providers.**

*“In a trauma-informed system, trauma is viewed not as a single, discrete event, but rather as a defining and organizing experience that forms the core of an individual’s identity. The far reaching impact, and the attempts to cope with the aftermath of the traumatic experience, come to define who the survivor is.” (Harris & Fallot, 2001)*

### **The Trauma-informed Toolkit:**

- **Provides recommended practices that will assist service providers and/or organizations to increase their capacity in delivering trauma-informed services.**
- **Outlines the important of acknowledging traumatic experiences in the lives of clients, patients, residents, etc. and identifying appropriate responses that can contribute to healing and recovery of the whole person.**
- **Helps service providers to keep the needs of trauma effected people at the centre of their work.**

In summary, this Toolkit provides important information on all aspects of trauma including what it is, its impact, effective approaches to working with people who have experienced trauma, trauma recovery, the impact on service providers and organizations, self assessments to determine whether organizations are trauma informed and information on resources and training.