

WHAT IS TRAUMA-INFORMED CARE?

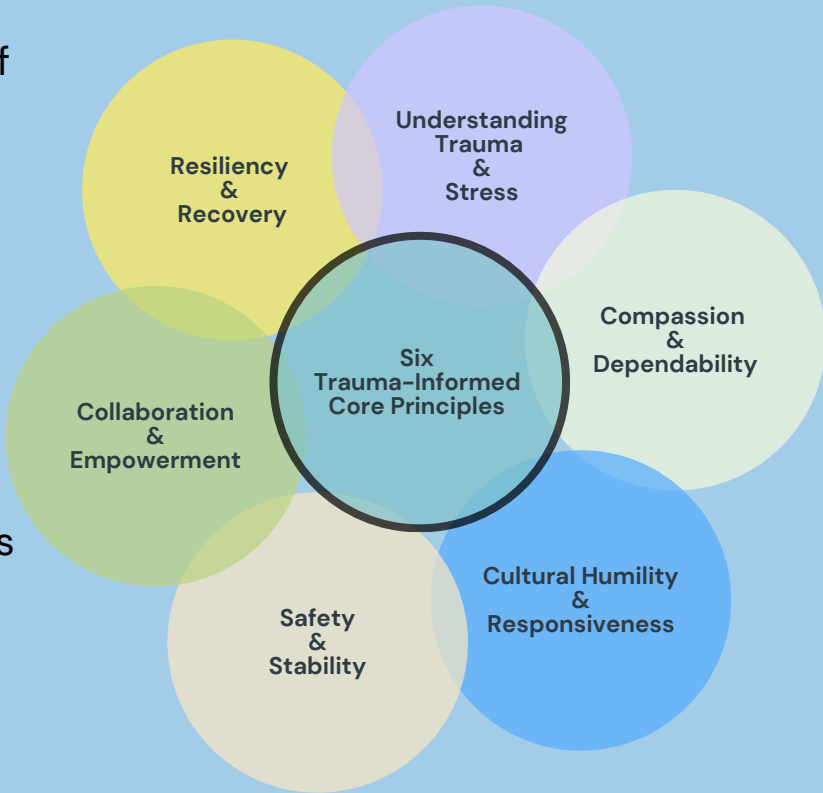
A way of interacting with clients, participants, patients, and/or students that:

- Promotes **SAFETY** and **AUTONOMY**
- Recognizes and **RESPONDS TO SIGNS OF TRAUMA**
- Highlights **PARTICIPANT STRENGTHS**.



Trauma-Informed Care Principles

- **REALIZE** the widespread impact of trauma and understand potential paths for recovery
- **RECOGNIZE** the signs and symptoms of trauma in people using services, their families, staff, and others involved with the system
- **RESPOND** by fully integrating knowledge about trauma into policies, procedures, and practices
- **RESIST** re-traumatization
- **RELATIONSHIP** is key



Why is trauma-informed genetics care important?

Traumatic events, like getting a genetic diagnosis and caring for someone with a genetic condition, can have lasting effects on health and well-being.

BEFORE DIAGNOSIS

- Diagnostic Delay
- Frequent Medical Consults, Tests, Treatments
- Feelings of Fear, Frustration, and Anxiety
- Avoidance and/or hypervigilance

AT TIME OF DIAGNOSIS

- Emotional Impact of Diagnosis
- Feelings of Shock and Grief
- Anger and Resentment at Diagnostic Odyssey

AFTER DIAGNOSIS

- Concerns over Lack of Awareness
- Burden of Being the Expert
- Feelings of Objectification
- Potential for Re-traumatization

