
Professional Certificate in Trauma-Informed Mentoring

Introduction to Trauma-Informed Practices

Introduction to Trauma-Informed Practices Glossary

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are traumatic events that occur during childhood, such as physical, emotional, or sexual abuse, neglect, household dysfunction, or exposure to violence. ACEs can have a lasting impact on a person's physical and mental health throughout their life.

Attachment Theory

Attachment theory is a psychological framework that describes the emotional bonds formed between individuals, particularly in early childhood. These attachment styles influence how individuals form relationships and respond to stress and trauma.

Boundaries

Boundaries refer to the limits individuals set for themselves in relationships and interactions with others. Establishing and maintaining healthy boundaries is essential in trauma-informed practices to ensure safety and respect for all parties involved.

Childhood Trauma

Childhood trauma refers to any distressing or harmful experience that occurs during a person's formative years. Childhood trauma can have long-lasting effects on physical, emotional, and mental health, impacting relationships and overall well-being.

Complex Trauma

Complex trauma refers to exposure to multiple traumatic events, often over an extended period, such as ongoing abuse, neglect, or violence. Complex trauma can have profound and lasting effects on an individual's development, behavior, and relationships.

Cultural Humility

Cultural humility is an approach that acknowledges and respects the diversity of individuals' cultural backgrounds, experiences, and identities. Practicing cultural humility involves actively listening, learning, and engaging with others in a respectful and non-judgmental manner.

Empowerment

Empowerment refers to the process of enabling individuals to take control of their lives, make informed decisions, and advocate for themselves. Empowerment is a key component of trauma-informed practices, as it promotes autonomy, self-efficacy, and resilience.

Healing-Centered Engagement

Healing-centered engagement is an approach that focuses on supporting individuals in their healing

journey by providing a safe and empowering environment. This approach prioritizes healing, well-being, and self-discovery, emphasizing strengths and resilience.

Intersectionality

Intersectionality is a concept that recognizes how various aspects of an individual's identity, such as race, gender, sexuality, and socioeconomic status, intersect and impact their experiences of trauma and resilience. Understanding intersectionality is essential in providing inclusive and equitable trauma-informed care.

Post-Traumatic Growth

Post-traumatic growth refers to the positive changes that can occur in individuals' lives following traumatic experiences. These changes may include increased resilience, personal growth, and a renewed sense of purpose and meaning.

Resilience

Resilience is the ability to adapt and bounce back from adversity, trauma, or stress. Building resilience is a central goal of trauma-informed practices, as it helps individuals cope with challenges, develop healthy coping strategies, and thrive in the face of adversity.

Self-Care

Self-care refers to the practice of taking care of one's physical, emotional, and mental well-being. Self-care is essential for individuals working in trauma-informed settings to prevent burnout, manage stress, and maintain overall health and wellness.

Strengths-Based Approach

A strengths-based approach focuses on identifying and building on individuals' strengths, abilities, and resources rather than focusing solely on deficits or challenges. This approach empowers individuals, promotes resilience, and fosters a sense of agency and self-worth.

Survivor-Centered Approach

A survivor-centered approach prioritizes the needs, perspectives, and experiences of individuals who have experienced trauma. This approach emphasizes empowerment, autonomy, and collaboration, allowing survivors to guide their healing journey and make informed choices.

Therapeutic Relationship

A therapeutic relationship is a professional connection between a client and a therapist, mentor, or other helping professional. A strong therapeutic relationship is essential in trauma-informed practices, as it provides a safe and supportive space for healing, growth, and personal development.

Titration

Titration is a term used in trauma therapy to describe the gradual and careful pacing of therapeutic interventions to prevent overwhelming or re-traumatizing clients. Titration allows individuals to process and integrate traumatic experiences at a manageable pace, promoting safety and healing.

Triggers

Triggers are stimuli or situations that evoke intense emotional or physical reactions in individuals who have experienced trauma. Triggers can vary widely and may include sights, sounds, smells, or memories that remind individuals of past traumatic experiences.

Trauma

Trauma refers to any deeply distressing or disturbing experience that overwhelms an individual's ability to cope and may have lasting psychological, emotional, or physical effects. Trauma can result from a single event or ongoing exposure to stressful or harmful situations.

Trauma-Informed Care

Trauma-informed care is an approach to service delivery that recognizes the prevalence and impact of trauma on individuals' lives. Trauma-informed care involves creating safe, empowering, and culturally responsive environments that promote healing, resilience, and recovery.

Trauma Response

A trauma response refers to the ways in which individuals react to traumatic experiences, such as fight, flight, freeze, or fawn responses. Understanding trauma responses is essential in trauma-informed practices to provide appropriate support and interventions for individuals in distress.

Validation

Validation is the act of acknowledging, accepting, and affirming individuals' thoughts, feelings, and experiences. Validation is a key component of trauma-informed practices, as it fosters trust, connection, and emotional safety in therapeutic relationships.

Vicarious Trauma

Vicarious trauma, also known as secondary trauma, refers to the emotional and psychological impact that professionals may experience as a result of hearing or witnessing others' traumatic experiences. Practicing self-care and seeking support are essential in mitigating the effects of vicarious trauma.

Wellness

Wellness refers to a holistic approach to health and well-being that encompasses physical, emotional, social, and spiritual dimensions. Promoting wellness is a central goal of trauma-informed practices, as it supports individuals in achieving balance, resilience, and overall quality of life.

Wraparound Services

Wraparound services are comprehensive, individualized support services that address the unique needs of individuals and families impacted by trauma. These services often involve collaboration among multiple providers and community resources to promote healing, stability, and recovery.

Yoga and Mindfulness

Yoga and mindfulness practices involve physical postures, breathing exercises, and meditation techniques that promote relaxation, self-awareness, and stress reduction. Integrating yoga and mindfulness into trauma-informed practices can support healing, emotional regulation, and resilience.