
CHAMPLAIN | PROGRAMME
HOSPICE PALLIATIVE | SOINS PALLIATIFS
CARE PROGRAM | CHAMPLAIN



A TRAUMA INFORMED PALLIATIVE APPROACH

Grounding Exercise



Objectives

01

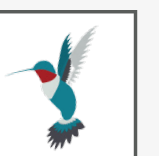
Consider how trauma is present in palliative care

02

Explore how trauma impacts people

03

Become familiar with trauma-informed care strategies



Definitions

Palliative Approach to Care:

Palliative care is an approach that improves the quality of life of persons and their families facing the problem associated with life-limiting illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other issues including physical, psychosocial and spiritual.



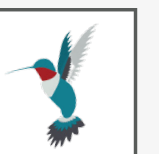
Definitions

What is Trauma?

Trauma arises from a deeply distressing or disturbing experience(s).

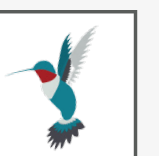
We can speak about trauma when an individual continues to experience overwhelming feelings of helplessness, loss of control and fear for their safety in response to a frightening event or events.

Trauma does not lie in an event, it lives in the body.



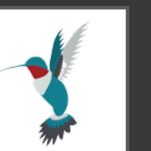
Traumatic responses can be triggered by **single events or multiple single events** such as accident, illness, surgery, natural disaster, violence, abuse or by the **experience of ongoing traumatic events** such as abuse, poverty, war, racism, colonialism, residential schools, adverse childhood events.

Traumatic responses can also be triggered by “smaller” events such as being employed in stressful, traumatic work settings.

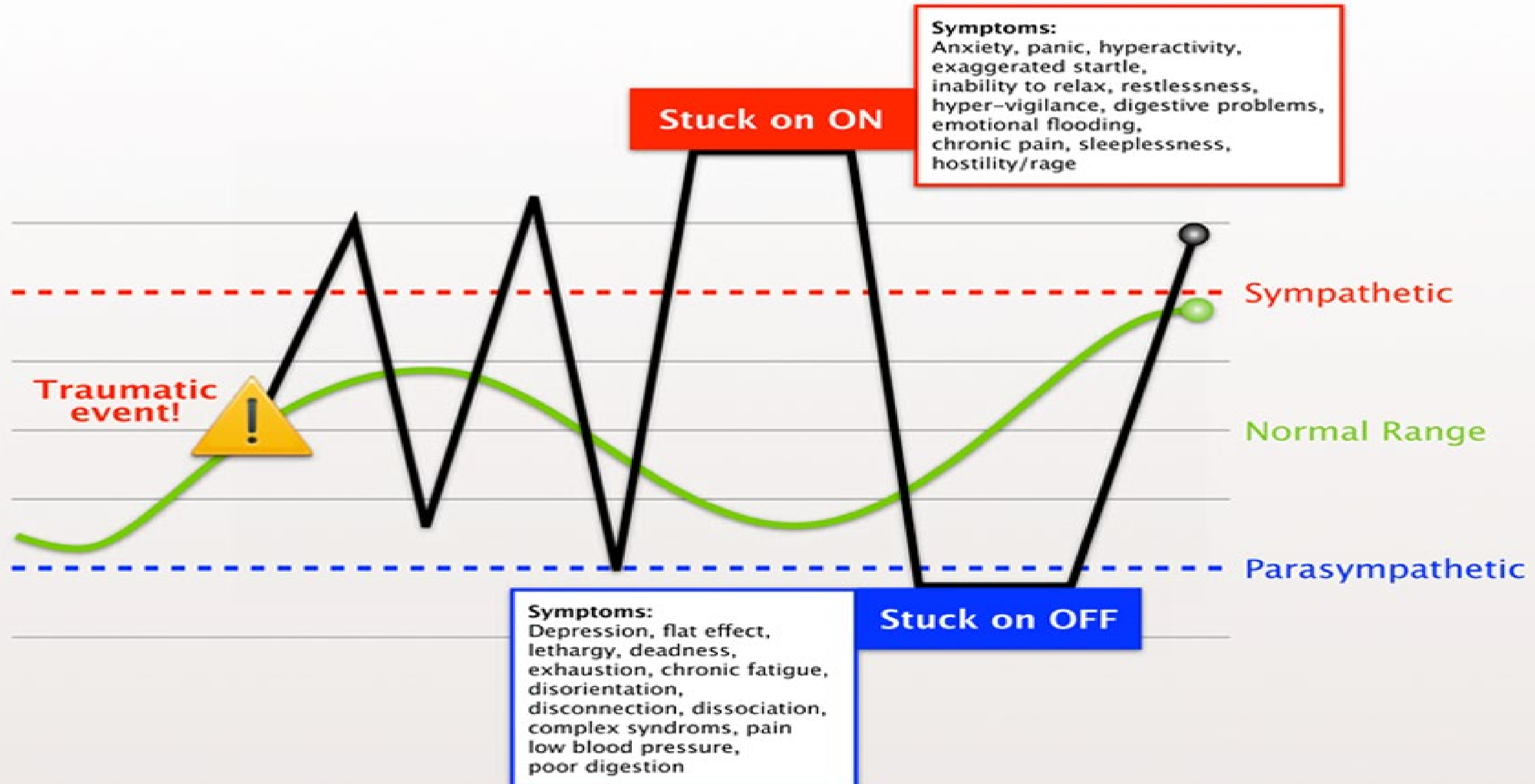


Traumatic symptoms are not caused by an event itself. They arise when residual energy from the experience is not discharged from the body. This energy remains trapped in the nervous system where it can wreak havoc on our bodies and minds.

Peter Levine



Symptoms of Un-Discharged Traumatic Stress



STRESS
SYMPATHETIC

CALM
PARASYMPATHETIC

PUPILS EXPAND

PUPILS SHRINK

FAST & SHALLOW
BREATHS

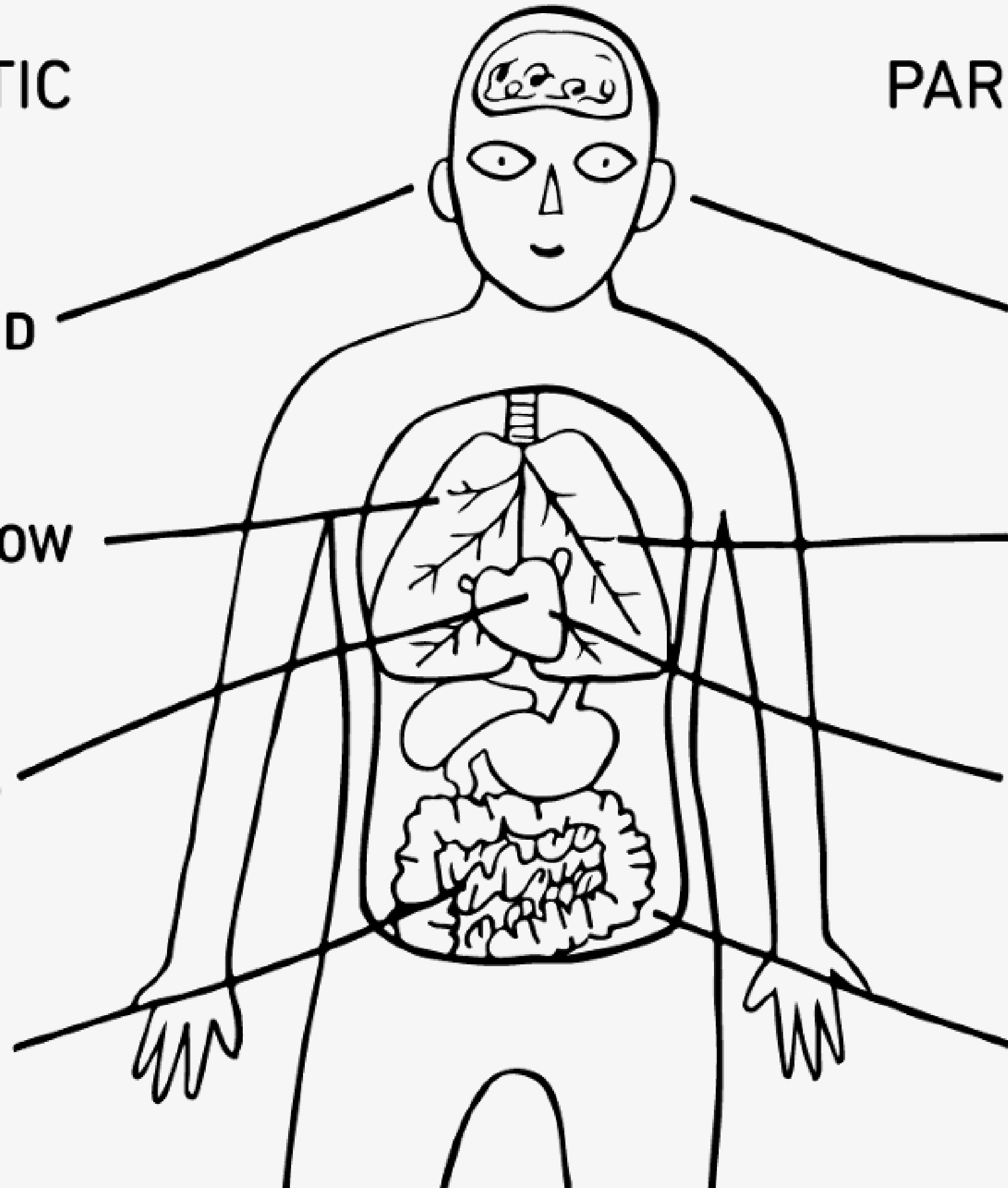
SLOW, DEEP
BREATHS

HEART PUMPS
FASTER

HEART SLOWS

GUT INACTIVE

GUT ACTIVE



INSTINCTIVE TRAUMA RESPONSES

TRAUMA SERIES PART 3

FIGHT RESPONSE



In case of danger, the body and brain can trigger the fight response, which makes you want to attack and be aggressive to fight off the danger

FLIGHT RESPONSE



In case of danger, the body and brain can trigger the flight response, which makes you want to flee the scene to get yourself to safety

FREEZE RESPONSE



In case of danger, the body and brain can trigger the freeze response, which activates the nervous system and freeze the body, unable to fight or flight

FAWN RESPONSE



In case of danger, the body and brain can trigger the fawn response, which makes you want to avoid/diffuse conflict through people-pleasing behaviour

What is Trauma-Informed?

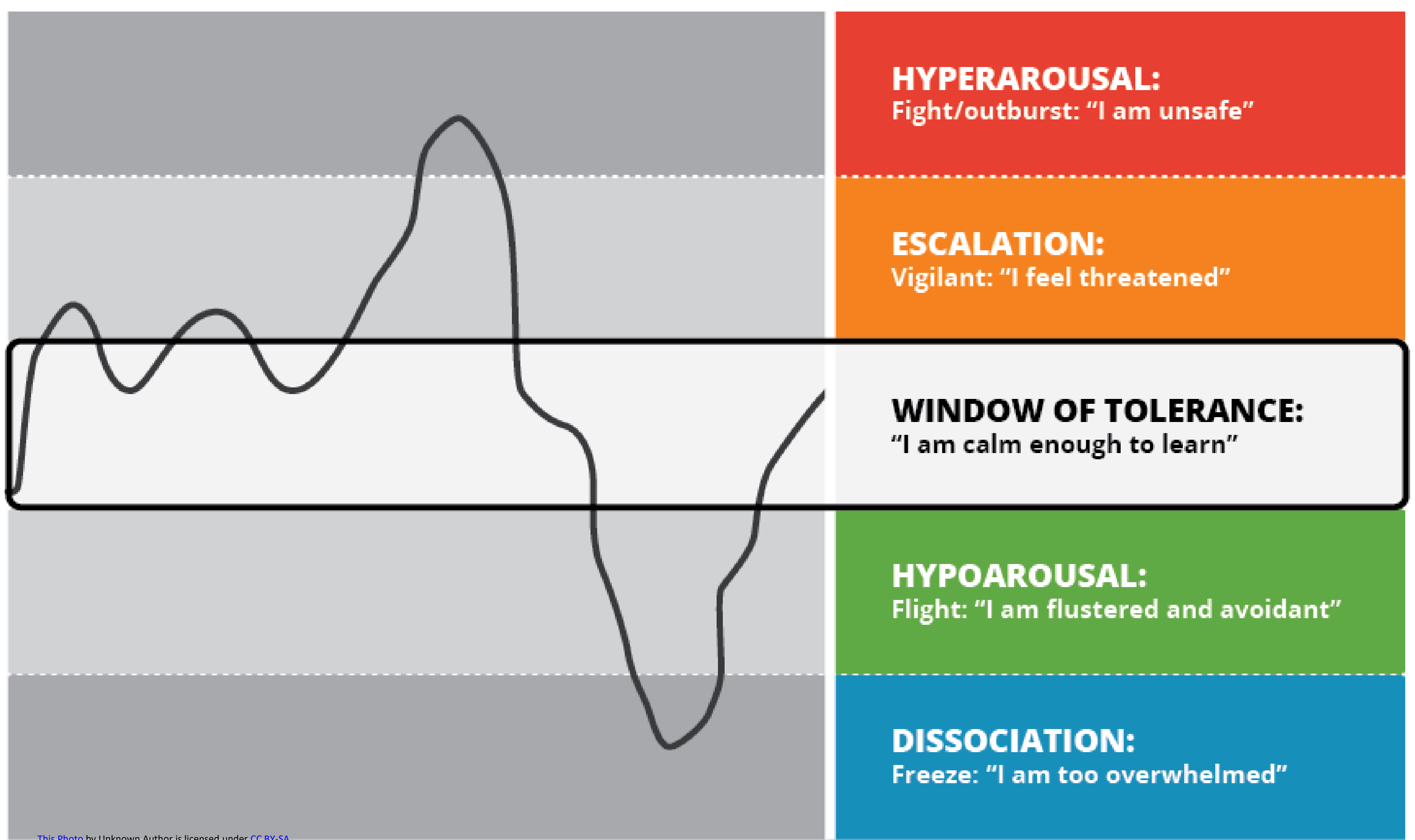
An approach, program, organization, or system that is trauma-informed:

Realizes the widespread impact of trauma and understands potential paths for recovery.

Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system.

Responds by fully integrating knowledge about trauma into policies, procedures, and practices.

Seeks to actively prevent additional trauma.



Self-Regulation

We need to check in with ourselves!

1. What can I notice in my body, emotions, sensations, and thoughts?
2. How can I attend to these things?
 - Cloud or train
 - “Where are my feet” and other sensory experiences.
 - Stare Down

Crisis Stabilization and Safety Aid



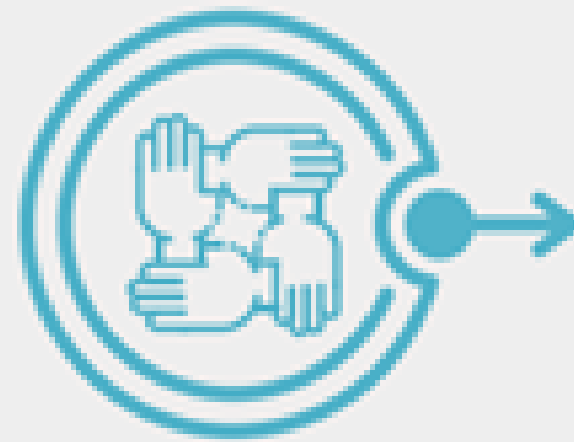
Six Principles of Trauma-Informed Care



1. SAFETY



**2. TRUSTWORTHINESS
& TRANSPARENCY**



3. PEER SUPPORT



**4. COLLABORATION
& MUTUALITY**



**5. EMPOWERMENT
VOICE & CHOICE**



**6. CULTURAL, HISTORICAL,
& GENDER ISSUES**

Commitment to trauma awareness:

Nervous system flow between activation (SNS) and de-activation (PSN)

Survival responses remain largely present

Create safe context:

Physical safety

Emotional safety

Trustworthiness

Clear and consistent
boundaries

Transparency

Predictability

*What has happened to
this person?

Recognize and honour the individual:

Relationship

Respect

Compassion

Acceptance and
non-judgment

Coordination

Mutuality

Restore power:

Strength focus

Empowerment

Choice

Skill building

Connected Teams

Non-violent communication

Self-Care and Compassion

Mindfulness

Integration

Self-Regulation

Exercise

How does trauma show up in your work?

What does it look like?

Think of a situation where you observed high activation in someone else or yourself. Sit with it for a moment. Can you notice where you feel it in your body?



SE™ CRISIS STABILIZATION AND SAFETY AID

The SCOPE Safety Aid stabilizes physiological stress response and helps build resilience to get through crisis. This can be an effective tool for frontline workers, first responders, and people dealing with intense pressure.



S **SLOW DOWN**
Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

C **CONNECT TO BODY**
Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

O **ORIENT**
Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

P **PENDULATE**
Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

E **ENGAGE**
Engage socially. Connect with someone who can support you.

BE ON THE LOOKOUT FOR SIGNALS FROM OUR NERVOUS SYSTEM:

- Accelerated heart rate
- Shallow breathing
- Social avoidance
- Erratic thoughts
- Muscle tension
- Heavy fatigue
- Rapid speech
- Numbness
- Insomnia

HIGH ACTIVATION OF THE AUTONOMIC NERVOUS SYSTEM MAY RESULT IN:

- Fight/Flight/Hypertension Response (Sympathetic)
- Freeze/Immobility/Helplessness (Parasympathetic)



WALK THRU IT WITH OTHERS OR FIND ADDITIONAL SUPPORT:
traumahealing.org/scope





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