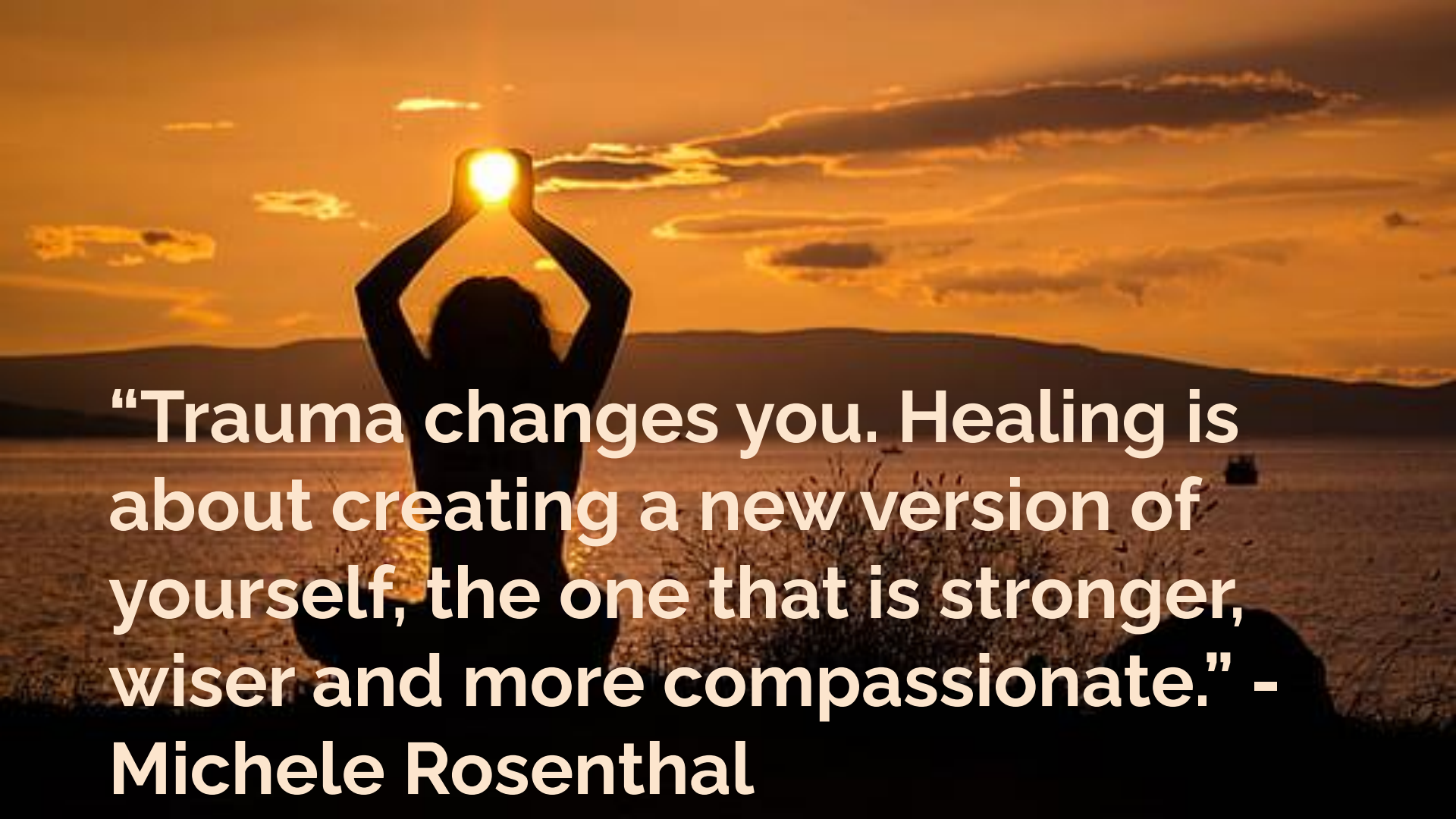


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# Trauma-Informed Tools for Caregivers to Prevent & Reduce Vicarious Trauma

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A silhouette of a person stands with their back to the camera, holding a glowing orb above their head. The scene is set against a vibrant sunset sky with orange and yellow clouds. The ground is dark and appears to be a field or beach. The text is overlaid on the lower half of the image.

**“Trauma changes you. Healing is about creating a new version of yourself, the one that is stronger, wiser and more compassionate.” - Michele Rosenthal**

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**What is  
trauma-informed  
care?**

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## **SIX PRINCIPLES OF Trauma-Informed care:**

- **Safety**
- **Choice**
- **Collaboration**
- **Peer support**
- **Empowerment**
- **Cultural sensitivity**

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**What is vicarious  
trauma?**

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Vicarious trauma can be thought of as overwhelming emotional challenges that result from exposure to another's traumatic stories and experiences in a work context.

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**What are 2  
important types of  
trauma-informed  
tools?**

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Two types of Trauma-Informed Tools that we can use to prevent and reduce vicarious trauma are **BOTTOM-UP** and **TOP-DOWN** practices.



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# TODAY WE WILL PRACTICE:

1. BOTTOM-UP TOOLS
  2. TOP-DOWN TOOLS
  3. SELF-CARE MAPPING
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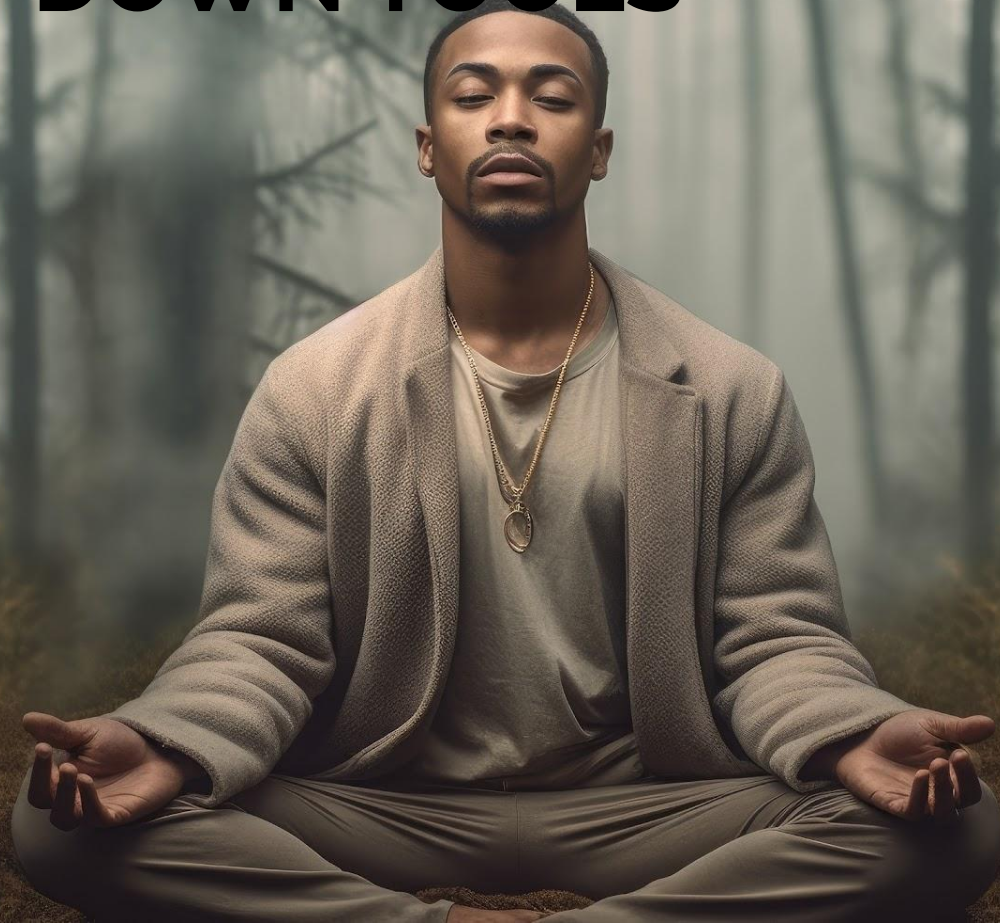


# TOP DOWN TOOLS

Top-down tools utilize the powers of the mind to impact how we feel.

- **OBSERVE YOUR THOUGHTS & NOTICE THEIR IMPACT**
- **EFT (Emotional Freedom Technique) or TAPPING**
- **BYRON KATIE'S 4 QUESTIONS**

# 1. TOP DOWN TOOLS





# BOTTOM-UP TOOLS

**Bottom-up tools focus on the body and breath as ways to regulate our nervous systems.**

- **INVIGORATING BREATH**
- **LAUGHTER YOGA**
- **DANCE IN YOUR CHAIR**



A group of three people are standing on a grassy mountain ridge at sunset. The sun is low on the horizon, creating a warm, golden glow across the sky and the landscape. The people are silhouetted against the bright light. One person in the center, wearing a dark jacket and light shorts, has their arms raised in a celebratory gesture. To their left, another person in a light shirt and dark shorts is also visible. To the right, a woman in a light jacket and dark pants is looking towards the sun. In the foreground, there are some items on the ground, including a water bottle and a bag. The overall mood is one of joy and accomplishment.

## 2. BOTTOM UP TOOLS



# 3. SELF-CARE MAPPING





### 3. SELF-CARE MAPPING

Create a self-care map that incorporates both top-down and bottom-up tools

- **Add images that soothe or inspire you.**
- **If you wish, organize your image into “prevention” and “intervention” sections.**



A man with white hair, wearing a light-colored t-shirt and shorts, is riding a bicycle through a misty, green forest. The bicycle has a large basket on the back filled with what appears to be fruit or flowers. He is riding on a path that runs alongside a calm body of water, which reflects the scene. The atmosphere is serene and misty, with soft light filtering through the trees. The text is overlaid on the left side of the image.

**“To love oneself is the beginning  
of a lifelong romance.” -Oscar  
Wilde**