

# Trauma Informed vs Trauma Specific Intro Transcript

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*Video transcript for SHARE.*

## **TI vs TS Intro**

### **Being Trauma Informed**

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To me, being trauma informed is an awareness; and it's an awareness of how things could be perceived. So it starts from the moment someone walks into the door to the offices that they go into, to the people that they interact. It's all about our perception of the environment around us and our interactions with people. So, trauma-informed means being into and with how we interact with our coworkers, how we greet our families downstairs, what they have to go through to actually get the services that they are needing and making sure that we are welcome and open and safe in meeting their needs from the very moment that they are reaching out to us.

### **Offering Trauma Specific Services**

So, we've developed this environment that is open and friendly for the people who have experienced trauma. So, if they're coming to see us for those services, then we also need to make sure that we are providing the quality of care and the services that we know are going to be helpful for them. We've got them in our doors so how do we reach out, how do we meet their needs, and how do we help them work through those traumas they've experienced? Here it can be any of the trauma models—TFCBT, Seeking Safety, TREM, I mean, you name it, being able to say, "Okay, we've realized you've got this trauma, and now we have the tools to help you move past it."