



Trauma-Informed Care for Kin Caregivers

Dr. Joseph Crumbley

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**GRANDFAMILIES & KINSHIP
SUPPORT NETWORK**
A National Technical Assistance Center



ZERO to THREE



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Our mission is to
ensure that all babies
and toddlers have a
strong start in life.



What *is* trauma?

Experiences that are shocking, dangerous, life threatening or altering that emotionally or psychologically impacts one's functioning and coping abilities.



Symptoms of Traumatic Events

- Re-experiencing the event
- Intrusive thoughts and feeling related to the event
- Intentional avoidance of memories or thoughts about the events or situations that are similar or reminders of the events
- Hyperarousal, hypersensitivity or overreaction when feeling stressed or tense
- Negative changes in moods and feelings about situations and experiences that were previously enjoyable and satisfying
- Isolations and withdrawal from interpersonal relationships and activities
- Physical complaints such as disturbed sleeping patterns
- Feelings of hopelessness, helpless, guilt or shame



Questions for Caregivers

1. How did you become a caregiver?
2. What were your emotional responses? What was triggered?
3. Who supported you?
4. What supports did you wish you had?



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3. Who supported you?



Questions for Caregivers

4. What supports did you wish you had?



Questions for Providers

1. What approaches have you found helpful?
2. How have you addressed biases—yours and others?





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