





# TRAUMA INFORMED CARE (TIC)

Addressing the psychological needs of hate crime victims  
through a trauma-informed approach

17.06.24

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## What is trauma informed care (TIC)

- A framework for understanding
- Respect, humility, interest and understanding
- Professionals must maintain a regulated emotional state
- Causes of behaviour/actions
- Understanding people in light of their life experiences

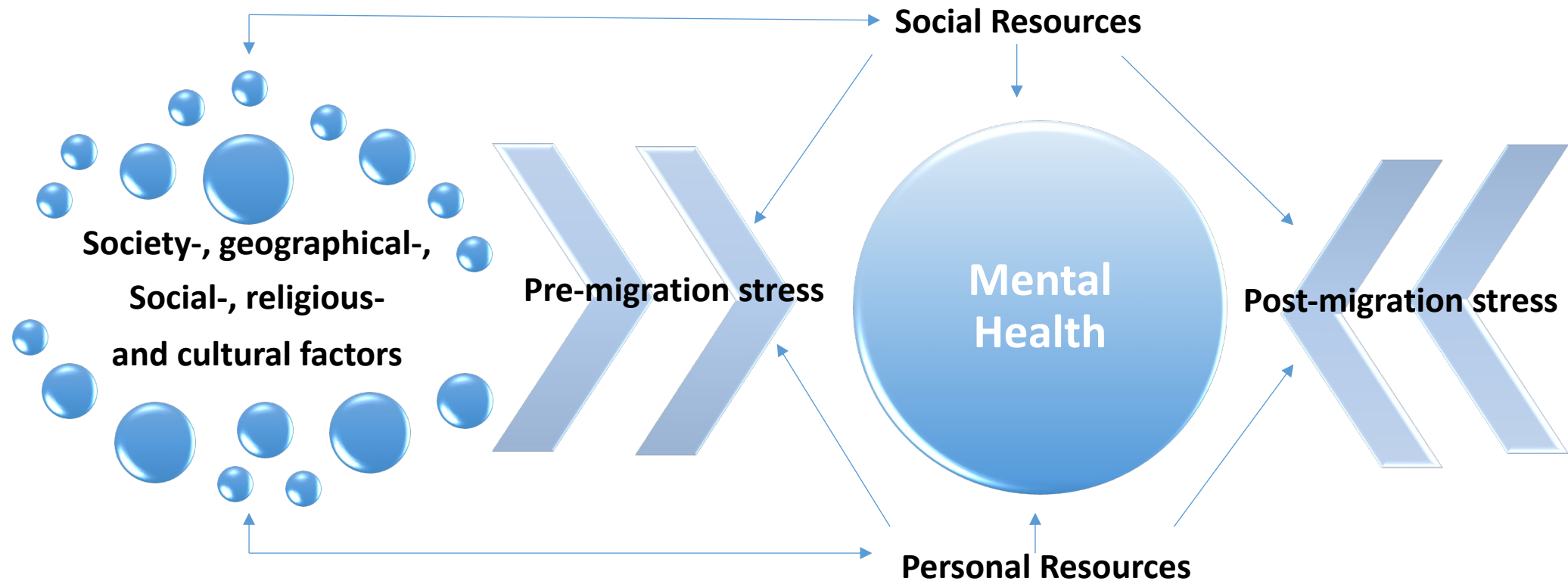
# BASIC UNDERSTANDING OF TRAUMA

To understand  
people in light  
of their  
experiences

To understand  
people in light  
of what they  
haven't  
experienced

To understand  
people in light  
of how life is at  
this moment

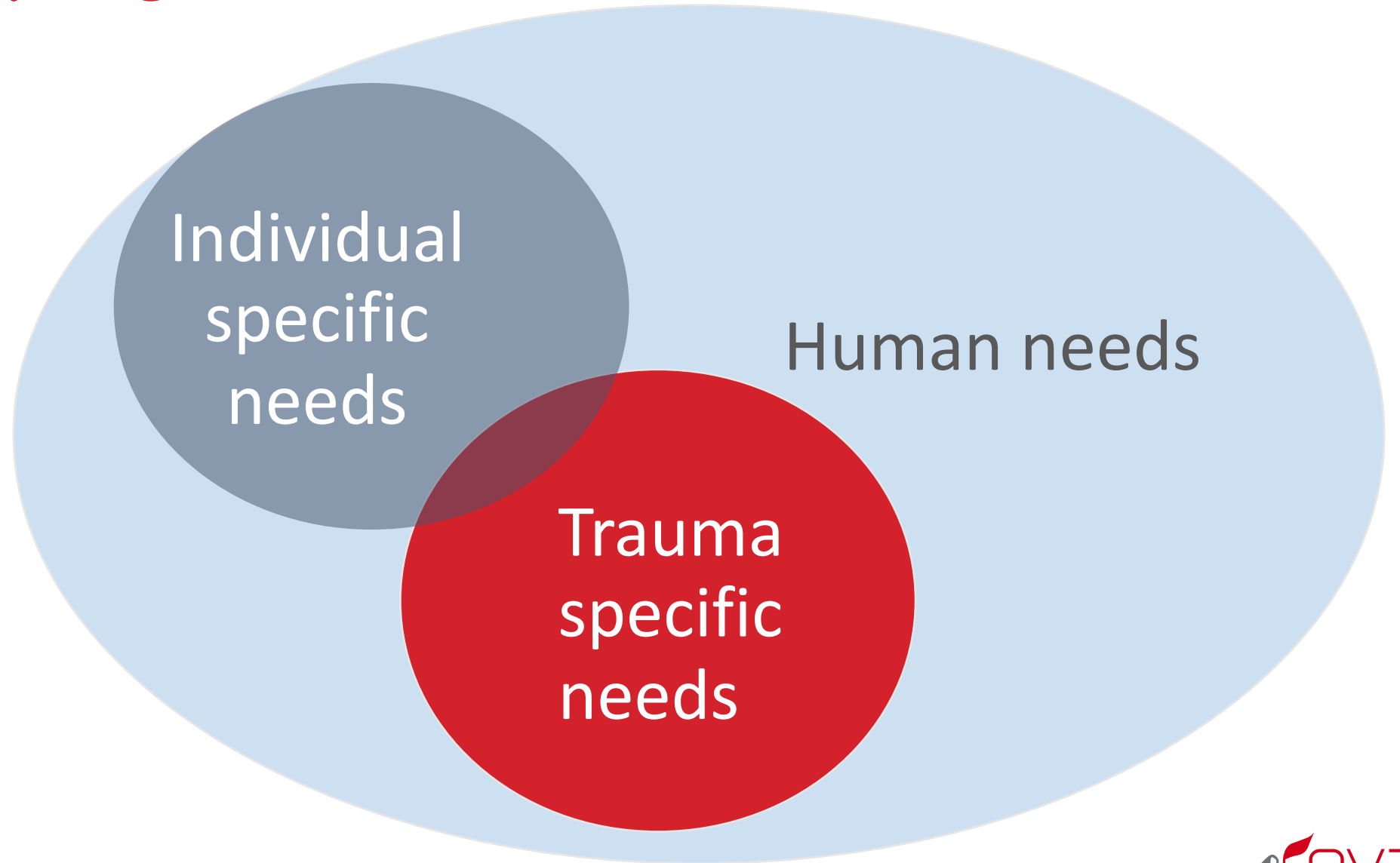
# WHAT AFFECTS MENTAL HEALTH



Model based on Beiser 1999/2006

# «The ordinary magic»

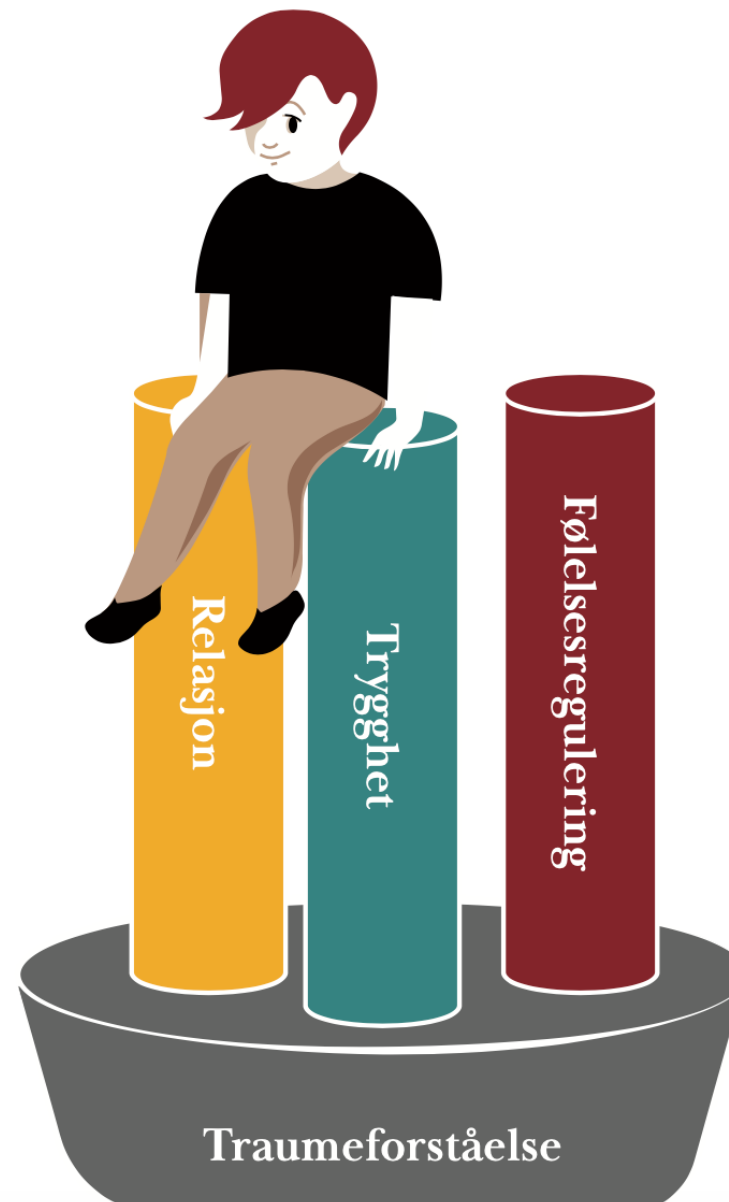
Ann S. Masten  
Bruce Perry

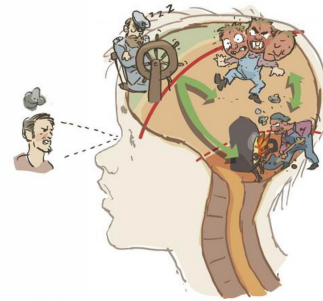
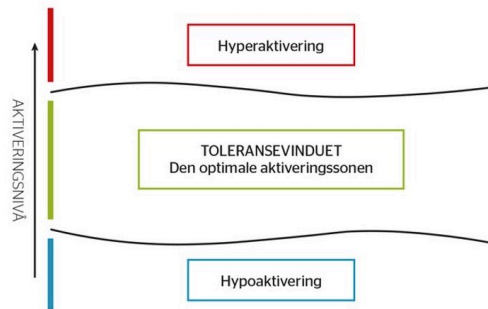


Safety

Connection

Coping





# SOME TOOLS TIC



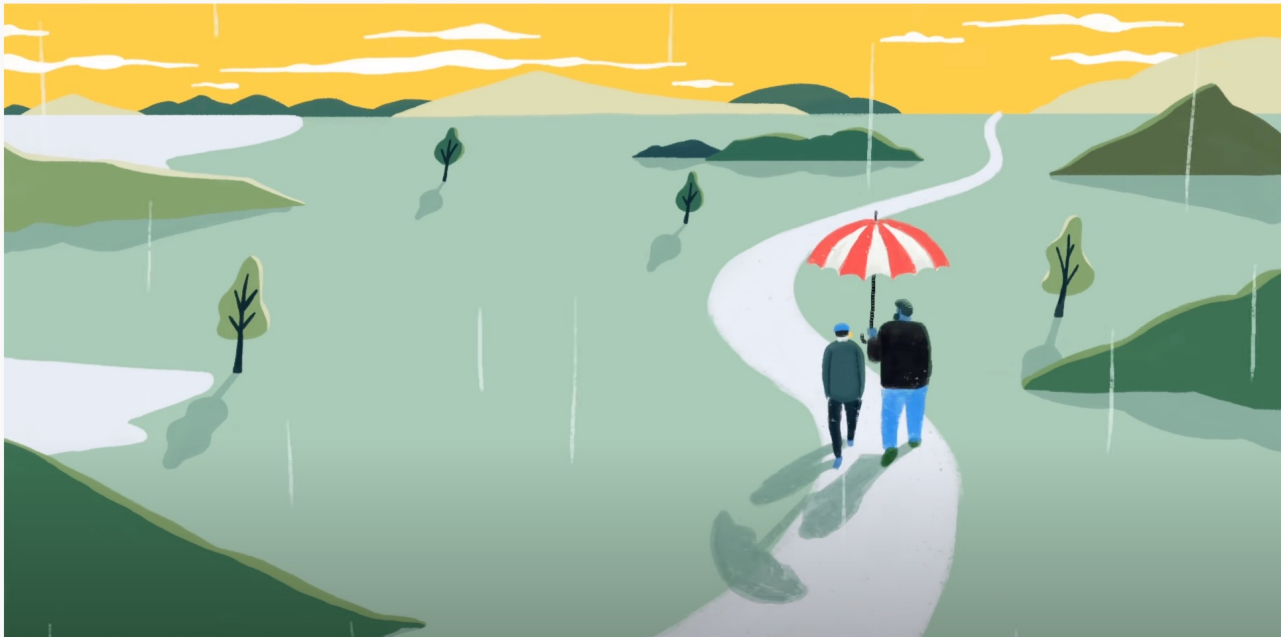


# Experiences with TIC

The youth has said that they are met and understood

The professionals

- A shared language in the systems
- Changed attitude and understanding
  - Kids do well if they can
  - If they don't do well something must be getting in their way
- Reduced aggression and violence
- Acknowledgment of being the tool
- Curiosity, humility and genuine interest
- Daring to go closer



“Mening skapes  
gjennom forståelse.  
Det gir mulighet  
for en helt ny fortelling  
om den enkeltes liv.”

“Meaning is created through  
understanding. It gives the  
opportunity for a completely  
new story about the  
individual's life”



Regionalt ressurscenter om vold,  
traumatisk stress og selvmordsforebygging

[www.rvtssor.no](http://www.rvtssor.no)

# QUESTIONS?





<https://youtu.be/f7XhrXUoD6U>

# REFERENCES

- Beiser, M 2006; Ethnic Identity, Resettlement Stress and Depressive Affect Among Southeast Asian Refugees in Canada <https://www.jstor.org/stable/41603692>
- Ann S. Masten 2015; The ordinary magic – Resilience in development
- Heine Steinkopf, Dag Nordanger, Brynjulf Stige & Anne Marita Milde 2021; Experiences of Becoming Emotionally Dysregulated. A Qualitative Study of Staff in Youth Residential Care <https://www.tandfonline.com/doi/full/10.1080/0145935X.2021.1918541>
- Heine Steinkopf , Dag Nordanger, Anne Halvorsen, Brynjulf Stige & Anne Marita Milde 2021; Prerequisites for Maintaining Emotion Self- regulation in Social Work with Traumatized Adolescents: A Qualitative Study among Social Workers in A Norwegian Residential Care Unit <https://www.tandfonline.com/doi/full/10.1080/0886571X.2020.1814937>
- Heine Steinkopf , Dag Nordanger, Anne Halvorsen, Brynjulf Stige & Anne Marita Milde 2020; How do staff in residential care transform Trauma-Informed principles into practice? A qualitative study from a Norwegian child welfare context <https://www.tandfonline.com/doi/abs/10.1080/2156857X.2020.1857821>

# RESOURCES

- Howard Bath from RVTSSør website; <https://rvtssor.no/ressurser/filmer/59/howard-bath/>
- A website on trauma informed care in Norwegian <https://www.traumebevisst.no/>
- The three pillars of trauma informed care with Howard Bath <https://rvtssor.no/aktuelt/294/de-tre-pilarene-i-traumebevisst-omsorg/>
- <https://rvtssor.no/ressurser/filmer/47/profilfilm/>
- <https://rvtssor.no/ressurser/filmer/45/gutten-som-falt-og-mannen-som-hjalp-han-opp-igjen/>
- Kids do well if they can by Ross Greene [Kids Do Well if They Can Ross Greene #1](#)