



Sacred Depths Certification

Being Trauma-Informed

○ Definition of being Trauma-Informed

- Trauma Informed does not mean that we work directly with trauma or to heal someone of their trauma (that's only in the scope of Trauma Workers)
- What Being Trauma Informed DOES mean is that as practitioners, we are aware that ANY individual we connect with, client or otherwise, may have experienced trauma. We therefore understand the right and wrong ways to communicate and interact so that we don't re-trigger or cause harm.
- Trauma Informed Practitioner also understands that trauma can come from personal experiences or from cultural systemic discrimination or harm.
- Trauma Informed Coaches anchor their work with clients in the present and the future, not the past.

○ Can Coaches work with Clients who have experienced Trauma?

Therapists work with and treat trauma. Coaches do not treat trauma. They are simply aware of all of the nuances of working with clients who have experienced trauma.

Sometimes, people need therapy, as well as a coach to support them in between sessions. (Part of a coach's job is to support their clients to find those resources). Other times, clients have a baseline of working with the trauma, but need further support to make positive changes in the present.

○ Some Trauma-Informed Best Practices

- Pacing
 - When it comes to co-creating strategies with clients, what is the strategy and execution pace that is aligned for your client?

- It's also important to think about the pacing of your session work with your client. You may want to go slower if you know that someone has had a lot of trauma in their past or when you are building your container
- Create Strong Containers
 - Rules, Agreements, Expectations. Maintaining Boundaries. How you are holding the container energetically (including be aware of your own triggers)
 - Your rapport with your client. Trust. Trustworthiness is HUGE.
 - Transparency
 - Showing your client that they are being seen and heard
 - Create collaborative relationships
 - Being trustworthy
- Consent & Getting Permission:
 - Do not:
 - Touch body without asking for any exercises
 - Say things like, "You MUST do this, this way..."
 - "I went ahead and did an energy check on you..."
 - Even something like, "Close your eyes" (vs, "close your eyes or if you don't feel comfortable with that, close the shades on your eyes")
 - Can you hang on the line another 15 minutes? I've got the time (vs. just going longer without getting consent first)
- Be aware of the FEELING questions you ask
 - There are some feeling questions you want to avoid: Any variation of "How did it feel in your body when X (trauma) happened?"
- Remember the right to privacy: Do you want to tell me more about that?
- Be mindful to not shame your client
- Don't see your client as their "label": addict, abused child, etc