



Becoming Trauma Informed

Edited by Nancy Poole and Lorraine Greaves

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Most people who seek mental health and addiction services have experienced trauma. For those working with clients in community services, treatment agencies and hospitals, providing “trauma-informed care” requires an understanding of the effects of trauma, and of how to create programs, spaces and policies that place priority on trauma survivors’ safety, choice and control.

Becoming Trauma Informed describes trauma-informed practice at the individual, organizational and systemic levels. This multi-authored collection brings together the voices of those who have integrated trauma-informed principles into various mental health and addiction treatment and social service environments, and of the diverse groups with which they work.

Becoming Trauma Informed is an important resource for those who are working, or who are preparing to work as addiction and mental health practitioners and program and system planners.

ABOUT THE EDITORS

Every health and mental health practitioner should read this book, whether they believe themselves to be working with trauma survivors or not.

—Laura S. Brown, PhD, ABPP. Author of *Cultural Competence in Trauma Therapy: Beyond the Flashback*; director, Fremont Community Therapy Project, Seattle, WA

...this book...provides state of the art knowledge about the transformation in service delivery and improved outcomes that occur when helping professionals and helping systems are trauma informed.

—Carol A. Stalker, PhD, RSW. Professor and associate dean, PhD Program, Faculty of Social Work, Wilfrid Laurier University, Waterloo, ON

NANCY POOLE, MA, PhD, candidate is the director of the British Columbia Centre of Excellence for Women’s Health. Nancy is well known for her collaborative work on research, training and policy initiatives on trauma-informed practice with governments and organizations on local, provincial, national and international levels. She is currently leading system change initiatives and the collaborative development of resources on trauma-informed practice with several provinces and territories in Canada.

LORRAINE GREAVES, PhD, is senior investigator at the British Columbia Centre of Excellence for Women’s Health and its founding executive director. She was the founding director of the Centre for Research on Violence against Women and Children in Ontario. She leads IMPART, a pan-Canadian training program for researchers in gender, addiction and intersections with mental health, violence and trauma. She is internationally recognized for integrating gender and equity into policy and practice and received an honorary doctorate from the University of Ottawa for her work in advancing women’s health.

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