

The background features a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the frame.

# WORKING WITH THE IMPACT OF TRAUMA

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## **Welcome!**



Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

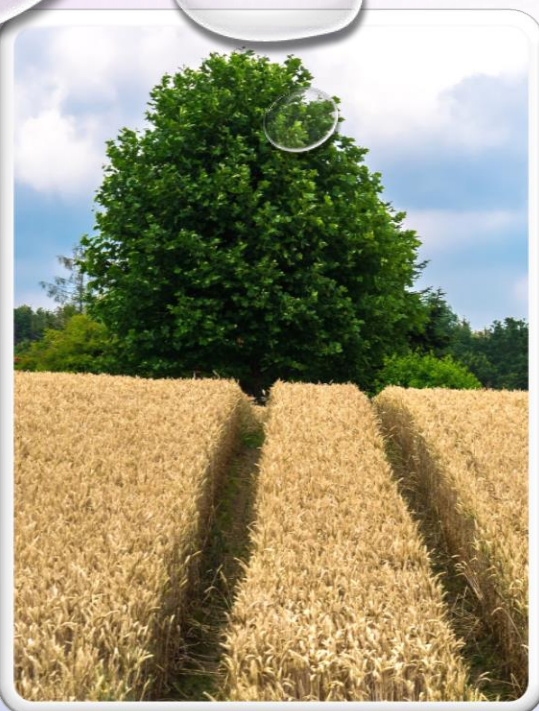
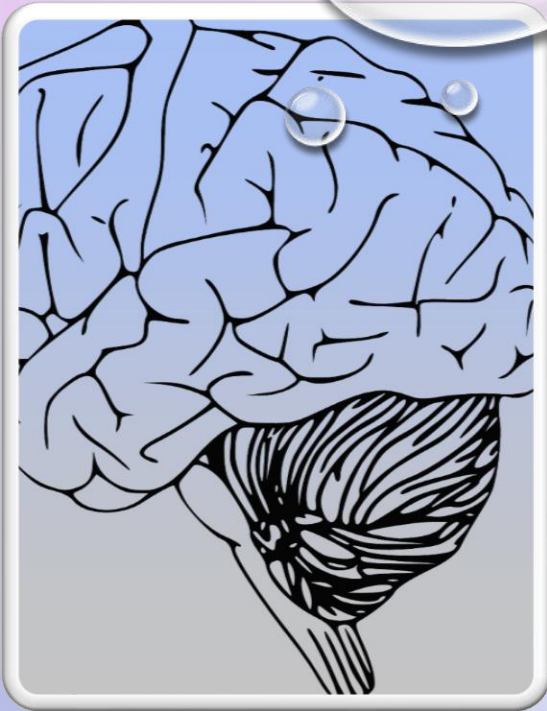
Please do take the time to provide us with some feedback towards the end of the session.

**Thank you!**



# OUTCOMES

- FIND OUT HOW OUR EXPERIENCE OF TRAUMA AND THREAT IMPACTS ON OUR PERCEPTION OF OURSELVES, OTHER PEOPLE, AND THE WORLD WE LIVE IN.
- LEARN HOW OUR PERCEPTION INFLUENCES OUR BEHAVIOUR, OUR ABILITY TO ENGAGE WITH SUPPORT AND OUR SENSE OF WELLBEING



# TRAUMA AND PERCEPTION



# THREAT RESPONSES AND THE WINDOW OF TOLERANCE

## **Fight/Flight Zone**

Increasingly Anxious, agitated, angry, overwhelmed  
Mind racing and feeling out of control.  
Unable to engage

## **Window of tolerance**

Calm and in control.  
Able to think, process information and learn  
Move up and down throughout the day – sometimes energetic sometimes relaxed

## **Freeze/Flop Zone**

Increasingly shut down, dissociating and numb  
Unable to focus, think, speak, and engage



# SUPPORTING WELLBEING AND ENGAGEMENT

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Identify threat response early warning signs

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Explain threat response

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Consider how you may represent a threat

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Delegate as much decision making as possible

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Think about the environment

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Self regulation – if they are out of their window of tolerance...don't join them!

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Using breathing and mindfulness.

# Norfolk Multi-agency Practice Week



Feedback can be provided through the QR code on the left or through this link which will be shared in the chat:

<https://forms.office.com/e/EM5kEwrFLJ>

