



# Tips for Holistic Trauma-Informed Representation

Presented by:



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# Introductions:

Bridgette Stumpf



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# JUST A NOTE

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## ON LANGUAGE

Victim v. Survivor

## ON CONTENT

Will be covering case examples

## SHORT & LONG-TERM SUPPORT



# TODAY'S DISCUSSION

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- 1) Discuss the hallmarks of a trauma-informed litigation practices.
- 2) Identify tools that encourage empowerment throughout the attorney/client relationship.
- 3) Build resiliency for potential compassion fatigue.



# OBJECTIVE 1:

Discuss the hallmarks of a trauma-informed litigation practices.





# Define Trauma-Informed Practice

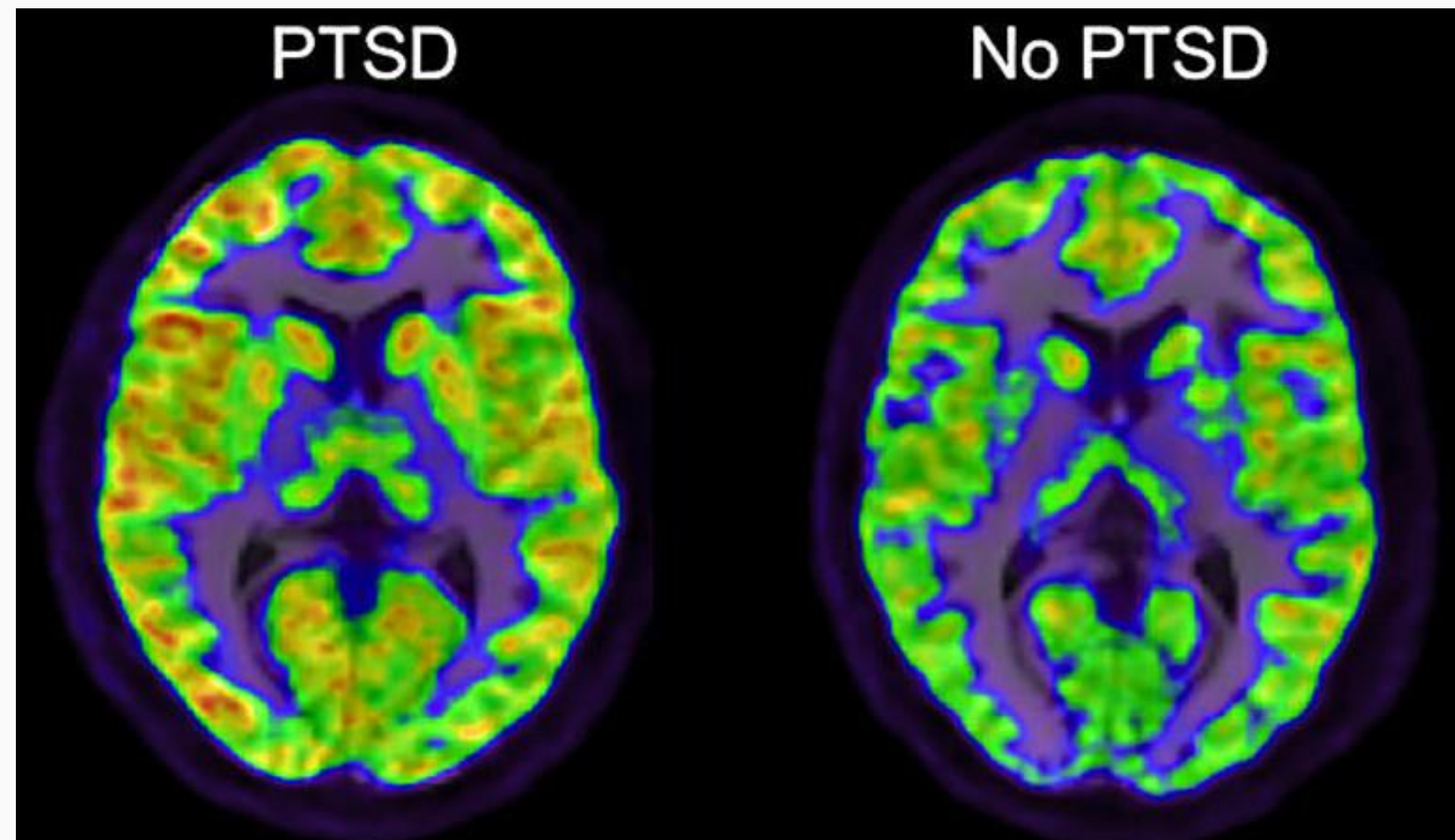
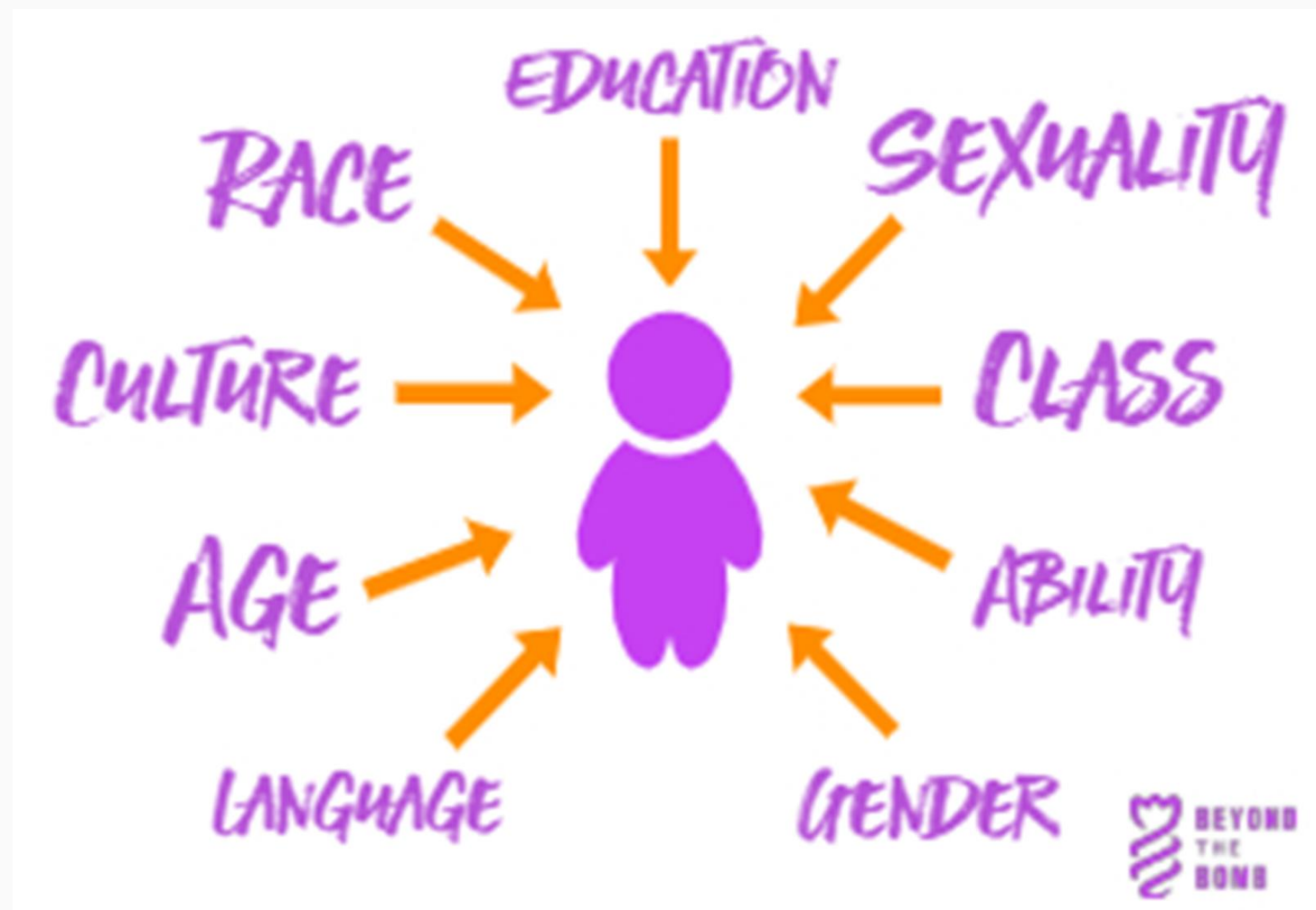
# Trauma-Informed Practice for Legal Teams

1. Know how to identify manifestations of trauma in clients.
2. Prepare for trauma cues and communicate plan to minimize trauma responses.
3. Ask for permission when you need to adjust the attorney/client relationship.
4. Be willing to adapt the litigation strategies.
5. Prevent compassion fatigue through maintaining wellness.





# Honor Clients' Identities, Lived Experiences & Trauma Histories





# CHRONIC TRAUMA & MEMORY RESEARCH



- Decreased size of hippocampus
- Hard time recalling the trauma
- But recall the physical and emotional feelings associated with the trauma
- Physiologically not able to simply ignore emotions in order to increase logical thinking
- Think of it as a broken leg

The Invisible Epidemic: Post-Traumatic Stress Disorder,  
Memory and the Brain, J. Douglas Bremner, M.D.

# STRESS AND MEMORY

TEDEd



## **OBJECTIVE 2:**

Identify tools that encourage empowerment throughout the attorney/client relationship.



# SPEAKING TO SURVIVORS: PRACTICE TIPS

- Litigation preparation considerations
- Create opportunities for choice (remember power with, not power over)
- Expectation management
- Strategies to ground and access the frontal lobe
- Kindness with boundaries











# **OBJECTIVE 3:**

Build resiliency for potential  
compassion fatigue.



# Compassion Fatigue



A natural response to hearing difficult stories of trauma, violence, abuse, etc. over and over (being in proximity to pain and trying to help).

Can occur due to a combination of:

- The story itself
- Feeling like you can't do enough to help
- Cumulative exposure
- Lack of support
- Helper's personal history and trauma experiences/questions



# Compassion Fatigue Signs



- Anger, irritability, tearfulness
- No time or energy for individual needs
- Loss of pleasure in work, loss of hope
- Nightmares, negative coping
- Overwhelming sense of responsibility
- Trauma story searching



# Compassion Fatigue & the Legal Context



Research found that attorneys who work with survivors of domestic and/or sexual violence and criminal defendants experienced higher rates of vicarious trauma symptoms than social workers and mental health professionals.

# Building Resilience in Legal Teams



1. Assess levels of compassion fatigue
2. Commit to fostering resilience
3. Practice self-awareness and self-management
4. Tap into support structures and relationships
5. Maintain wellness



Physical



Spiritual



Mental



Emotional



Behavioral



Social

# Build & Maintain Wellness

1. Mindfulness
2. Attitude of gratitude
3. Make Moves
4. Purposefulness
5. Social Support
6. Laugh





**Bridgette Stumpf** @BridgetteH · Apr 2



Sign I Saw:

My Cat:





# QUESTIONS? FEEDBACK?



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