

**The Transformation Center
Vision Statement:**

**A Trauma-Sensitive Peer
Movement**

We envision a society that prevents violence and promotes compassion; a society where people live from the knowledge that everyone's individual and collective healing and safety is possible and depends on us all.

Learn more about trauma:

www.transformation-center.org

www.mentalhealth.samhsa.gov.nctic

<https://acestoohigh.com>

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Trauma and the Peer Movement



What is trauma?

How prevalent is it?

Why do we want to be aware of it?

How can it help us as a peer support movement to understand trauma?

What is trauma?

Trauma shapes and informs our interactions with ourselves and others. It has a profound impact on our body, mind and spirit, often resulting in isolation, disconnection, learned helplessness, shame, rage, self-loathing and adverse physical conditions, including addiction.

Traumatic events can be shocking, and terrifying. These events can include violence between people, abuse of any kind, neglect, institutionalization, disasters or war. Trauma often involves betrayal by a trusted person or institution. Healing from trauma is possible for all. The experience is transformative.

How prevalent is trauma?

Up to 81% of people in psychiatric institutions have experienced trauma, either as children, adults or both.*

****American Journal of Psychiatry 144: 908-913***

Why do we want to be aware of trauma?

People and institutions that are trauma-sensitive are very aware of the need for safety and connection for traumatized people. They may have a heightened sensitivity to issues of power and control. People who have been traumatized have similar needs to non-traumatized people, but may have less ability to fill those needs.



Some examples could be the need for healthy relationships, the need for choice, and the right to have a voice.



How can it help us as a peer movement to understand trauma?

Regardless of whether we have trauma in our lives, many of our peers do. It can only be to our advantage to have some basic knowledge, so that we can listen better and be more effective in our relationships, at home, in our communities and at work.