
Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy

Trauma Informed Assessment And Evaluation

Abrasions refer to superficial wounds or injuries that occur when the skin is scraped or rubbed against a rough surface, often resulting in pain, bleeding, and potential infection, and in the context of trauma informed assessment and evaluation, such physical injuries may be indicative of deeper emotional or psychological wounds.

Acceptance and Commitment Therapy (ACT) is a type of psychotherapy that focuses on helping individuals develop psychological flexibility and acceptance of their thoughts and emotions, while also promoting values-based action, and is often used in conjunction with trauma informed assessment and evaluation to help individuals process and cope with traumatic experiences.

Adaptation refers to the process by which an individual adjusts to a new or changed environment, situation, or experience, and in the context of trauma informed assessment and evaluation, adaptation may involve the development of coping strategies or defense mechanisms to deal with traumatic stress.

Adverse Childhood Experiences (ACEs) refer to traumatic events or experiences that occur during childhood, such as abuse, neglect, or household dysfunction, which can have a profound impact on an individual's physical, emotional, and psychological development, and are often assessed and evaluated in the context of trauma informed care.

Advocacy refers to the act of supporting or promoting the rights and interests of individuals or groups, particularly those who have experienced trauma or adversity, and in the context of trauma informed assessment and evaluation, advocacy may involve helping individuals access resources, services, or support.

Affect refers to an individual's emotional state or experience, which can be influenced by trauma and may manifest in a range of ways, including anxiety, depression, or hypervigilance.

Ambiguity refers to a state of uncertainty or unclearness, which can be particularly challenging for individuals who have experienced trauma, as they may struggle to make sense of their experiences or emotions, and in the context of trauma informed assessment and evaluation, ambiguity may be addressed through the use of open-ended questions or exploratory techniques.

Anger refers to a strong emotional response, often characterized by feelings of hostility, resentment, or frustration, which can be a common experience for individuals who have undergone trauma, and in the context of trauma informed assessment and evaluation, anger may be addressed through the use of emotional regulation techniques or coping strategies.

Anxiety refers to a state of apprehension or fear, which can be a common experience for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, anxiety may be addressed through the use of relaxation techniques or mindfulness practices.

Art Therapy refers to a form of psychotherapy that uses creative expression, such as drawing, painting, or sculpture, to help individuals process and cope with their emotions and experiences, and is often used in conjunction with trauma informed assessment and evaluation to help individuals express and manage their

traumatic experiences.

Assessment refers to the process of evaluating or measuring an individual's needs, strengths, or challenges, and in the context of trauma informed assessment and evaluation, assessment may involve the use of standardized tools or clinical interviews to identify traumatic experiences or symptoms.

Attachment refers to the bond or relationship between an individual and their caregivers, which can be influenced by trauma and may impact an individual's ability to form healthy relationships or regulate their emotions, and in the context of trauma informed assessment and evaluation, attachment may be assessed through the use of attachment style questionnaires or relationship mapping techniques.

Avoidance refers to the tendency to avoid or escape from stimuli, situations, or emotions that are associated with trauma, which can be a common coping strategy for individuals who have experienced traumatic events, and in the context of trauma informed assessment and evaluation, avoidance may be addressed through the use of exposure techniques or cognitive restructuring.

Behavioral Activation (BA) refers to a type of psychotherapy that focuses on helping individuals identify and change negative behavioral patterns, such as avoidance or withdrawal, which can be associated with trauma, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop more adaptive coping strategies.

Body-Oriented Therapies refer to a range of therapeutic approaches that focus on the physical body and its role in processing and coping with traumatic experiences, such as somatic experiencing or mindfulness practices, and are often used in conjunction with trauma informed assessment and evaluation to help individuals regulate their physiological responses.

Boundary refers to a limit or boundary that separates an individual's personal space or emotional experience from that of others, which can be particularly important for individuals who have experienced trauma, as they may struggle to maintain healthy boundaries or experience emotional overwhelm.

Burnout refers to a state of emotional, mental, or physical exhaustion, which can be experienced by individuals who work with trauma survivors or are exposed to traumatic events, and in the context of trauma informed assessment and evaluation, burnout may be addressed through the use of self-care strategies or support groups.

Case Management refers to the process of coordinating and managing an individual's care or services, which can be particularly important for individuals who have experienced trauma and may require access to multiple services or supports, and in the context of trauma informed assessment and evaluation, case management may involve the use of care plans or service coordination.

Childhood Trauma refers to traumatic events or experiences that occur during childhood, such as abuse, neglect, or household dysfunction, which can have a profound impact on an individual's physical, emotional, and psychological development, and are often assessed and evaluated in the context of trauma informed care.

Cognitive Behavioral Therapy (CBT) refers to a type of psychotherapy that focuses on helping individuals identify and change negative cognitive patterns or behavioral habits, which can be associated with trauma, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop more adaptive coping strategies.

Cognitive Restructuring refers to the process of identifying and challenging negative cognitive patterns or thought processes, which can be associated with trauma, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop more adaptive coping strategies.

Compassion Fatigue refers to a state of emotional, mental, or physical exhaustion, which can be experienced by individuals who work with trauma survivors or are exposed to traumatic events, and in the context of trauma informed assessment and evaluation, compassion fatigue may be addressed through the use of self-care strategies or support groups.

Complex Trauma refers to traumatic events or experiences that are prolonged, repeated, or cumulative, such as ongoing abuse or neglect, which can have a profound impact on an individual's physical, emotional, and psychological development, and are often assessed and evaluated in the context of trauma informed care.

Confidentiality refers to the principle of maintaining the privacy and confidentiality of an individual's personal information or experiences, which can be particularly important for individuals who have experienced trauma, as they may be vulnerable to exploitation or re-traumatization.

Coping Strategies refer to the techniques or methods that individuals use to manage or regulate their emotions, behaviors, or physiological responses, particularly in response to trauma, and in the context of trauma informed assessment and evaluation, coping strategies may be assessed and evaluated to identify areas for intervention or support.

Countertransference refers to the emotional or psychological responses that a therapist or clinician may experience in response to a client's trauma or emotional material, which can be an important consideration in the context of trauma informed assessment and evaluation, as therapists may need to manage their own countertransference reactions to provide effective support.

Crisis Intervention refers to the process of providing immediate support or intervention to individuals who are experiencing a crisis or emergency, such as a traumatic event or emotional breakdown, and in the context of trauma informed assessment and evaluation, crisis intervention may involve the use of stabilization techniques or support services.

Cultural Competence refers to the ability to understand and respect the cultural backgrounds, values, and beliefs of individuals from diverse cultural backgrounds, which can be particularly important in the context of trauma informed assessment and evaluation, as cultural factors can influence an individual's experience of trauma and their response to intervention or treatment.

Depression refers to a state of persistent sadness, hopelessness, or loss of interest in activities, which can be a common experience for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, depression may be addressed through the use of medication or psychotherapy.

Developmental Trauma refers to traumatic events or experiences that occur during critical periods of development, such as childhood or adolescence, which can have a profound impact on an individual's physical, emotional, and psychological development, and are often assessed and evaluated in the context of trauma informed care.

Dissociation refers to a state of disconnection or detachment from one's thoughts, feelings, or experiences, which can be a common coping strategy for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, dissociation may be addressed through the use of grounding

techniques or mindfulness practices.

Domestic Violence refers to a pattern of abusive or violent behavior in intimate relationships, which can be a form of trauma and can have a profound impact on an individual's physical, emotional, and psychological well-being, and in the context of trauma informed assessment and evaluation, domestic violence may be assessed and evaluated to identify areas for intervention or support.

Early Intervention refers to the process of providing support or services to individuals who have experienced trauma or are at risk of developing traumatic symptoms, with the goal of preventing or mitigating the effects of trauma, and in the context of trauma informed assessment and evaluation, early intervention may involve the use of screening tools or assessment protocols.

Emotional Dysregulation refers to the inability to regulate or manage one's emotions, which can be a common experience for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, emotional dysregulation may be addressed through the use of emotional regulation techniques or coping strategies.

Emotional Intelligence refers to the ability to recognize and understand emotions in oneself and others, which can be an important consideration in the context of trauma informed assessment and evaluation, as emotional intelligence can influence an individual's ability to form healthy relationships or regulate their emotions, and may be developed through training or practice.

Empowerment refers to the process of helping individuals develop a sense of control or agency over their lives, particularly in the context of trauma, and in the context of trauma informed assessment and evaluation, empowerment may involve the use of strengths-based approaches or support groups.

Engagement refers to the process of establishing a positive and collaborative relationship with an individual, particularly in the context of trauma informed assessment and evaluation, as engagement can be an important factor in building trust and promoting participation in the therapeutic process.

Evidence-Based Practice (EBP) refers to the use of interventions or treatments that are supported by scientific evidence and research, which can be an important consideration in the context of trauma informed assessment and evaluation, as EBP can help ensure that individuals receive effective and trauma informed care.

Expressive Arts Therapy refers to a form of psychotherapy that uses creative expression, such as art, music, or drama, to help individuals process and cope with their emotions and experiences, and is often used in conjunction with trauma informed assessment and evaluation to help individuals express and manage their traumatic experiences.

Eye Movement Desensitization and Reprocessing (EMDR) refers to a type of psychotherapy that uses eye movement or other forms of bi-lateral stimulation to help individuals process and integrate traumatic memories, and is often used in conjunction with trauma informed assessment and evaluation to help individuals manage their traumatic symptoms.

Family Therapy refers to a form of psychotherapy that involves working with family members to address relationship dynamics, communication patterns, and other issues that may be contributing to an individual's trauma or distress, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop healthier family relationships.

Group Therapy refers to a form of psychotherapy that involves working with a group of individuals to address common issues or experiences, such as trauma or addiction, and is often used in conjunction with trauma informed assessment and evaluation to provide social support and connection for individuals who have experienced trauma.

Grounding Techniques refer to strategies or methods that help individuals focus on the present moment and manage feelings of dissociation or disconnection, such as deep breathing, progressive muscle relaxation, or mindfulness practices, and are often used in conjunction with trauma informed assessment and evaluation to help individuals regulate their physiological responses.

Grief refers to the emotional response to loss or bereavement, which can be a common experience for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, grief may be addressed through the use of support groups or therapy.

Historical Trauma refers to the collective trauma experienced by a community or population, such as the legacy of colonialism or slavery, which can be an important consideration in the context of trauma informed assessment and evaluation, as historical trauma can influence an individual's experience of trauma and their response to intervention or treatment.

Hypervigilance refers to a state of heightened alertness or arousal, which can be a common experience for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, hypervigilance may be addressed through the use of relaxation techniques or mindfulness practices.

Individual Therapy refers to a form of psychotherapy that involves working one-on-one with a therapist to address an individual's unique needs, experiences, and goals, and is often used in conjunction with trauma informed assessment and evaluation to provide personalized support and guidance for individuals who have experienced trauma.

Informed Consent refers to the process of providing individuals with clear and accurate information about their treatment options, risks, and benefits, which can be an important consideration in the context of trauma informed assessment and evaluation, as informed consent can help ensure that individuals are able to make informed decisions about their care.

Interpersonal Neurobiology (IPNB) refers to the study of the relationship between the brain, mind, and relationships, which can be an important consideration in the context of trauma informed assessment and evaluation, as IPNB can help therapists understand the neurobiological basis of traumatic experiences and develop more effective treatment strategies.

Intervention refers to the process of providing support or services to individuals who have experienced trauma or are at risk of developing traumatic symptoms, with the goal of preventing or mitigating the effects of trauma, and in the context of trauma informed assessment and evaluation, intervention may involve the use of evidence-based practices or trauma informed care.

Mindfulness refers to the practice of being present and fully engaged in the current moment, while cultivating a non-judgmental awareness of one's thoughts, feelings, and experiences, which can be an important consideration in the context of trauma informed assessment and evaluation, as mindfulness can help individuals develop greater self-awareness and self-regulation.

Mental Health refers to an individual's emotional, psychological, and social well-being, which can be influenced by trauma and may require specialized support or treatment, and in the context of trauma informed assessment and evaluation, mental health may be assessed and evaluated to identify areas for intervention or support.

Narrative Exposure Therapy (NET) refers to a type of psychotherapy that involves helping individuals process and integrate traumatic memories through the creation of a narrative or story, and is often used in conjunction with trauma informed assessment and evaluation to help individuals manage their traumatic symptoms.

Neurofeedback refers to a type of biofeedback that involves providing individuals with information about their brain activity, which can be used to help individuals develop greater self-regulation and control over their physiological responses, and is often used in conjunction with trauma informed assessment and evaluation to help individuals manage their traumatic symptoms.

Neuroplasticity refers to the brain's ability to reorganize and adapt in response to new experiences, learning, or environments, which can be an important consideration in the context of trauma informed assessment and evaluation, as neuroplasticity can help therapists understand the neurobiological basis of traumatic experiences and develop more effective treatment strategies.

Non-Verbal Communication refers to the process of conveying meaning or information through non-verbal cues, such as body language, facial expressions, or tone of voice, which can be an important consideration in the context of trauma informed assessment and evaluation, as non-verbal communication can influence an individual's experience of trauma and their response to intervention or treatment.

Parallel Process refers to the phenomenon in which the therapist's own experiences, feelings, or reactions mirror or parallel those of the client, which can be an important consideration in the context of trauma informed assessment and evaluation, as parallel process can influence the therapeutic relationship and outcome.

Peer Support refers to the process of providing support or guidance from individuals who have experienced similar challenges or trauma, which can be an important consideration in the context of trauma informed assessment and evaluation, as peer support can provide a sense of connection and community for individuals who have experienced trauma.

Person-Centered Therapy refers to a form of psychotherapy that emphasizes the individual's inherent worth, dignity, and capacity for self-directed growth and change, and is often used in conjunction with trauma informed assessment and evaluation to provide a supportive and non-judgmental therapeutic environment.

Phased Treatment refers to an approach to treatment that involves breaking down the therapeutic process into distinct phases or stages, each with its own specific goals and objectives, which can be an important consideration in the context of trauma informed assessment and evaluation, as phased treatment can help individuals develop a sense of control and progress in their recovery.

Post-Traumatic Growth (PTG) refers to the positive psychological changes that can occur in individuals who have experienced trauma, such as increased resilience, meaning-making, or personal growth, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop a more positive and empowered sense of self.

Post-Traumatic Stress Disorder (PTSD) refers to a mental health condition that can develop in response to experiencing or witnessing a traumatic event, and is characterized by symptoms such as flashbacks, nightmares, or hypervigilance, and is often assessed and evaluated in the context of trauma informed care. Psychodynamic Therapy refers to a form of psychotherapy that emphasizes the role of unconscious thoughts, feelings, and experiences in shaping an individual's behavior and emotions, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop greater self-awareness and insight into their traumatic experiences.

Psychological First Aid (PFA) refers to an approach to providing support and care to individuals who have experienced trauma or are at risk of developing traumatic symptoms, with the goal of promoting safety, stabilization, and connection, and is often used in conjunction with trauma informed assessment and evaluation to provide immediate support and intervention.

Psychological Trauma refers to the emotional, psychological, or physiological response to a traumatic event or experience, which can be an important consideration in the context of trauma informed assessment and evaluation, as psychological trauma can have a profound impact on an individual's mental health and well-being.

Re-Enactment refers to the phenomenon in which an individual re-experiences or re-enacts a traumatic event or experience, often in a symbolic or metaphorical way, which can be an important consideration in the context of trauma informed assessment and evaluation, as re-enactment can influence the therapeutic process and outcome.

Re-Traumatization refers to the experience of re-living or re-experiencing a traumatic event or experience, often in response to triggers or stimuli that remind the individual of the original trauma, which can be an important consideration in the context of trauma informed assessment and evaluation, as re-traumatization can exacerbate an individual's traumatic symptoms and distress.

Recovery refers to the process of healing, growth, and transformation that occurs in individuals who have experienced trauma, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop a more positive and empowered sense of self.

Referral refers to the process of directing an individual to a specific resource, service, or provider, which can be an important consideration in the context of trauma informed assessment and evaluation, as referral can help individuals access specialized care or support services.

Relaxation Techniques refer to strategies or methods that help individuals manage stress, anxiety, or hypervigilance, such as deep breathing, progressive muscle relaxation, or visualization, and are often used in conjunction with trauma informed assessment and evaluation to help individuals regulate their physiological responses.

Resilience refers to the ability to withstand, recover, or adapt in the face of adversity, challenge, or trauma, which can be an important consideration in the context of trauma informed assessment and evaluation, as resilience can influence an individual's ability to cope with traumatic experiences and develop a more positive and empowered sense of self.

Risk Assessment refers to the process of evaluating an individual's risk of harm to themselves or others, which can be an important consideration in the context of trauma informed assessment and evaluation, as

risk assessment can help identify areas for intervention or support.

Safety refers to the creation of a secure and supportive environment, which can be an important consideration in the context of trauma informed assessment and evaluation, as safety can help individuals feel more comfortable and secure in their therapeutic environment.

Screening refers to the process of assessing or evaluating an individual's risk of developing traumatic symptoms or trauma related disorders, which can be an important consideration in the context of trauma informed assessment and evaluation, as screening can help identify areas for intervention or support.

Self-Care refers to the process of engaging in activities or practices that promote physical, emotional, or psychological well-being, which can be an important consideration in the context of trauma informed assessment and evaluation, as self-care can help individuals develop greater self-awareness and self-regulation.

Self-Regulation refers to the ability to manage or regulate one's emotions, behaviors, or physiological responses, which can be an important consideration in the context of trauma informed assessment and evaluation, as self-regulation can influence an individual's ability to cope with traumatic experiences and develop a more positive and empowered sense of self.

Sensorimotor Psychotherapy refers to a form of psychotherapy that emphasizes the interplay between the senses, motor systems, and emotional experiences, and is often used in conjunction with trauma informed assessment and evaluation to help individuals process and integrate traumatic memories.

Social Support refers to the network of relationships, connections, or resources that provide emotional, practical, or tangible support to an individual, which can be an important consideration in the context of trauma informed assessment and evaluation, as social support can influence an individual's ability to cope with traumatic experiences and develop a more positive and empowered sense of self.

Somatic Experiencing (SE) refers to a form of psychotherapy that focuses on helping individuals process and integrate traumatic memories through the use of somatic or bodily experiences, and is often used in conjunction with trauma informed assessment and evaluation to help individuals manage their traumatic symptoms.

Stabilization refers to the process of establishing a sense of safety, security, or stability in an individual's life, which can be an important consideration in the context of trauma informed assessment and evaluation, as stabilization can help individuals develop greater self-regulation and resilience.

Strengths-Based Approach refers to an approach to assessment and intervention that emphasizes an individual's strengths, resilience, and capacity for growth and change, rather than their deficits or pathology, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop a more positive and empowered sense of self.

Substance Abuse refers to the misuse or overuse of substances, such as drugs or alcohol, which can be a common coping strategy for individuals who have experienced trauma, and in the context of trauma informed assessment and evaluation, substance abuse may be addressed through the use of evidence-based treatments or support groups.

Support Groups refer to a type of group therapy or community-based support that provides a safe and supportive environment for individuals to share their experiences, receive support, and develop connection

with others, and is often used in conjunction with trauma informed assessment and evaluation to provide social support and community for individuals who have experienced trauma.

Survivor refers to an individual who has experienced trauma or adversity, and is often used in conjunction with trauma informed assessment and evaluation to acknowledge the individual's strength and resilience in the face of challenging experiences.

Systemic Therapy refers to a form of psychotherapy that emphasizes the interplay between individuals, relationships, and systems, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop a more nuanced understanding of their context and environment.

Therapeutic Relationship refers to the bond or connection between a therapist and client, which can be an important consideration in the context of trauma informed assessment and evaluation, as the therapeutic relationship can influence the individual's experience of trauma and their response to intervention or treatment.

Trauma refers to an emotional, psychological, or physiological response to a traumatic event or experience, which can be an important consideration in the context of trauma informed assessment and evaluation, as trauma can have a profound impact on an individual's mental health and well-being.

Trauma-Informed Care (TIC) refers to an approach to care that acknowledges the prevalence and impact of trauma on individuals, families, and communities, and seeks to provide a safe, supportive, and empowering environment for individuals to heal and recover, and is often used in conjunction with trauma informed assessment and evaluation to provide trauma sensitive and responsive care.

Trauma-Sensitive Yoga (TSY) refers to a form of yoga that is designed to be sensitive to the needs and experiences of individuals who have experienced trauma, and is often used in conjunction with trauma informed assessment and evaluation to help individuals develop greater self-awareness and self-regulation.

Treatment refers to the process of providing support or services to individuals who have experienced trauma or are at risk of developing traumatic symptoms, with the goal of promoting healing, recovery, and growth, and is often used in conjunction with trauma informed assessment and evaluation to provide evidence-based and trauma informed care.

Trigger refers to a stimulus or cue that can evoke a traumatic memory or response, which can be an important consideration in the context of trauma informed assessment and evaluation, as triggers can influence an individual's experience of trauma and their response to intervention or treatment.

Validation refers to the process of acknowledging or confirming an individual's experiences, emotions, or reality, which can be an important consideration in the context of trauma informed assessment and evaluation, as validation can help individuals develop a sense of safety and trust in the therapeutic environment.

Vicarious Traumatization (VT) refers to the experience of emotional, psychological, or physiological distress that can occur in individuals who work with trauma survivors or are exposed to traumatic material, which can be an important consideration in the context of trauma informed assessment and evaluation, as VT can influence the therapeutic relationship and outcome.

Witness refers to an individual who has observed or witnessed a traumatic event or experience, which can be an important consideration in the context of trauma informed assessment and evaluation, as witnesses

may require support or intervention to cope with their own traumatic experiences.

Yoga Therapy refers to a form of therapy that uses yoga practices, such as postures, breathing, or meditation, to help individuals manage stress, anxiety, or trauma, and is often used in conjunction with trauma informed assessment and evaluation to promote relaxation, calmness, and well-being.