



# Retraumatization



## WHAT HURTS?













<b>SYSTEM</b> (POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")	<b>RELATIONSHIP</b> (POWER, CONTROL, SUBVERSIVENESS)
 <b>HAVING TO CONTINUALLY RETELL THEIR STORY</b>	 <b>NOT BEING SEEN / HEARD</b>
 <b>BEING TREATED AS A NUMBER</b>	 <b>VIOLATING TRUST</b>
 <b>PROCEDURES THAT REQUIRE DISROBING</b>	 <b>FAILURE TO ENSURE EMOTIONAL SAFETY</b>
 <b>BEING SEEN AS THEIR LABEL (I.E. ADDICT, SCHIZOPHRENIC)</b>	 <b>NON COLLABORATIVE</b>
 <b>NO CHOICE IN SERVICE OR TREATMENT</b>	 <b>DOES THINGS FOR RATHER THAN WITH</b>
 <b>NO OPPORTUNITY TO GIVE FEEDBACK ABOUT THEIR EXPERIENCE WITH THE SERVICE DELIVERY</b>	 <b>USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE</b>

Chart by the Institute on Trauma and Trauma Informed Care (2015)

<http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html>