

TRAUMA- INFORMED INTEGRATIVE MEDICINE

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PHYSICAL SYMPTOMS

- Inquire about current pain or discomfort, self-care habits, and past harmful or disturbing medical experiences.
- Ask about familial patterns of illness or pain.

MENTAL & EMOTIONAL SYMPTOMS

- Inquire about anxiety, depression, grief, chronic sadness, anger and mood dysregulation.
- Ask about familial patterns of mental illness or emotional distress.

CURRENT LIFE STRESSORS

- Inquire about current job stress, chronic illness, pain, being a caregiver, moving to a new home, recent deaths, relationship strife, & financial problems.

TRAUMAS & ADVERSE CHILDHOOD EXPERIENCES

- Use ACE's (Adverse Childhood Experience Assessment) as a clinical assessment tool and determine score.
- Ask additional questions about past traumas.
- Remember, there are three categories of childhood household experiences: abuse, neglect, or household dysfunction.
- Face to face screening is best.
- Have psychotherapy & psychiatry trauma-trained referral sources in place.
- Recognize trauma could be a root cause of the physical symptoms.
- Recognize the role of intergenerational trauma.

WHY IS TRAUMA INFORMED-CARE IMPORTANT?

A growing body of research demonstrates the compelling dose-response relationship between the extent of adverse childhood experiences and the resultant increase in chronic mental, physical, and behavioral health conditions later in life. As a medical provider, you play an important role in identifying and addressing the effects of unresolved traumas to empower yourself and your patient.

ASSESSMENT FLOW

Trauma-informed care is a strength-based framework emphasizing physical, psychological, and emotional safety and resilience for both patient and provider.

Notice: Understand patient in context of history, current life stressors, emotional and physical symptoms, hypo-arousal, hyper-arousal, and dissociation.

Reflect: Offer your compassionate understanding of how traumatic stress might be impacting their physiological and psychological symptoms. Tie it together for them.

Empower: Where do we go from here? Would you like a referral? Assess engagement prior to referring.

Refer: [EMDR/IA](#), [IFS](#), [SMP](#), [Brainspotting](#).

MODEL FOR TRAUMA IN INTEGRATIVE MEDICINE

