

Discussion Table Questions to Consider

Trauma Informed Care:

What was your understanding of trauma informed care before this presentation?
Has your definition of trauma informed care changed? If so, how?

Tell us about a time you worked with a patient who was exposed to trauma. How did you respond to their specific needs? How did their trauma make you feel?

What are some ways you think trauma manifests in the body?

What's one thing you think you could improve upon when working with patients in regards to trauma informed care?

If you could run the hospital, what organization level changes would you make to help foster trauma informed care in our workplace?

What are some examples of ways we talk about patients, behaviors, etc, in medicine that do not demonstrate being trauma informed and how might you re-word those phrases?

Resilience:

Do you consider yourself a resilient person? Do you think that is a lifelong trait or something that comes with phases of life? Do you think you can know your own resilience before it is tested or before you need it?

How can you remain resilient while also recognizing trauma?

What personality traits skills lend themselves to increased resiliency? What lifestyle elements contribute to one's resiliency? What elements/networks/policies do you think medical schools can provide to help increase our resilience?

What things do you think contribute most to your resiliency?

How has your resilience been challenged in medical school/residency/practice?

In what ways do you think you can help to foster greater resiliency in your life moving forward?

QUESTIONS FOR PANELISTS

How does your experience in *your speciality* shape the way you approach TIC?

← TIC Questions

resilience?

Have you had the opportunity to recognize resilience in the lives of your patients? Do you think there are ways in which we can help patients with resilience?

How have you seen TIC change through the course of your practice?

Why do you think that there is currently such an uptick in discussions and research in Trauma Informed Care? How do you think we can keep this topic's momentum?

How is your approach to TIC adapted in our particular area of the country/state? In what ways do you think it would change if lived in a different area of the country/world?