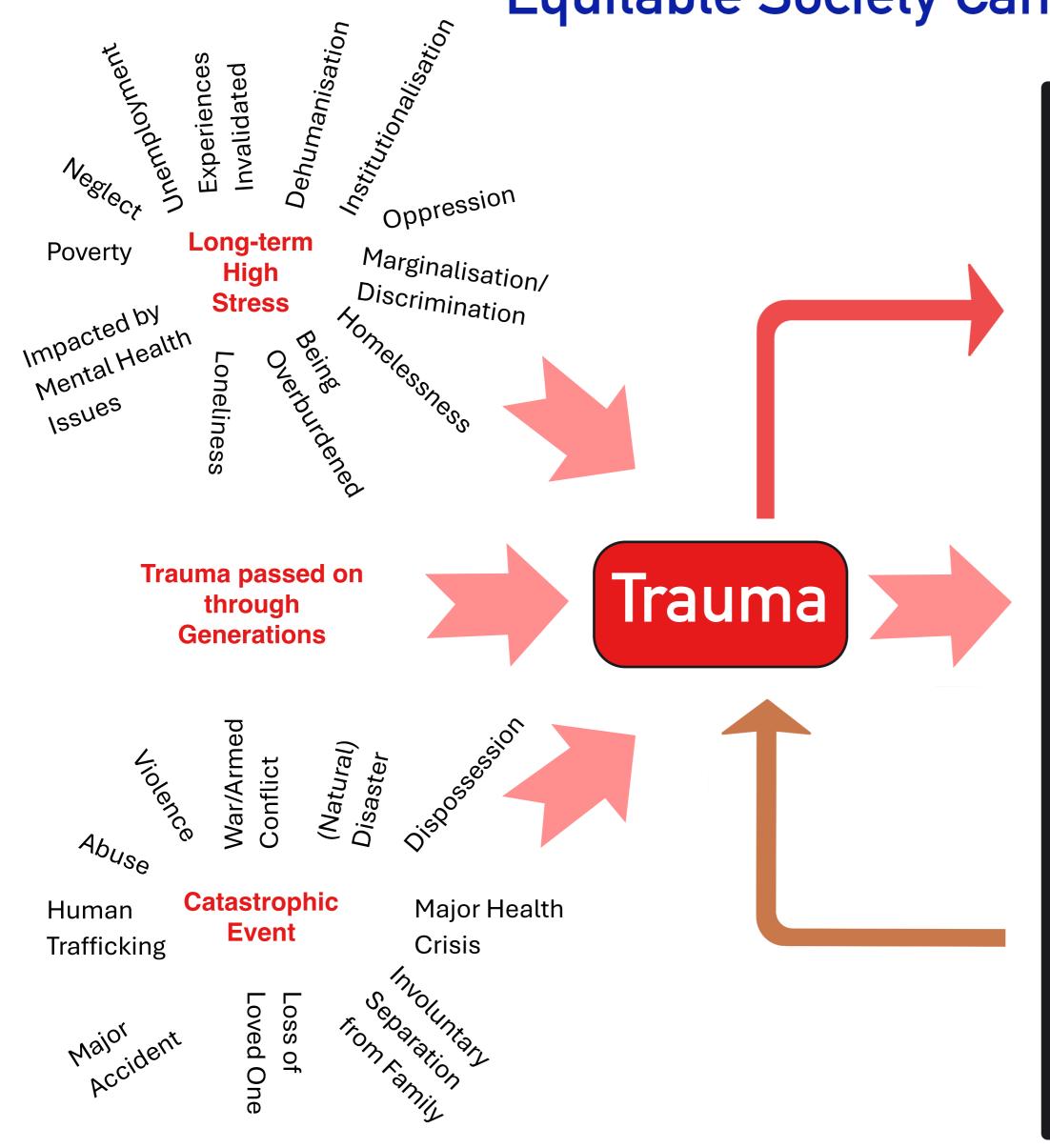
# How the Trauma-Response Wall in the Way of an Equitable Society Can Be Brought Down



To reach the outcome on the right, the 'wall' must be broken down by intentionally and comprehensively addressing the root causes of trauma (on the left) and ensuring that support is available to everyone to recognise and resolve trauma.

Through resolving trauma, the 'wall' made up of trauma responses crumbles. Otherwise we will keep crashing into this wall.

## How can YOU contribute to this in your work?



reactive behaviour us vs them polarisation discrimination of others prejudice dehumanising others aggression fear need to control rejection of the unfamiliar rejection of change reduced ability to take in new information susceptibility to conspiracy theory dissociation isolation depression self-harm self-blame low self-esteem & self-confidence misinterpreting interactions & cues as threatening toxic self-reliance

#### The Wall

Raised in trauma response against the support & change that could benefit those raising it

#### Accepting help

Trusting

Feeling safe

Belonging

Feeling connected

Thriving

Being empowered

Accepting (social) change

**Engaging with others** 

**Tolerating differences** 

More diverse, inclusive, integrated & equitable society where families thrive

### The Current Approach:

To try to achieve this, without addressing 'the wall' and what raised it

Based on 'Understanding the Trauma of Children from Institutions. A training manual for case workers"

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