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The Homeless Person First

EMERGENCY SERVICES and REHABILITATION SUPPORT

Promoting accessibility - improving equality - strengthening networks



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European Economic and Social Committee

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Trauma and attachment informed services



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Trauma

- Greek word
- Trauma= Wound
- Traumathos =To wound
 - To perforate the skin
 - Damaged tissue

Events may wound and perforate the mind, the psychic skin and the mind protective shield

Traumatic Event

- Overwhelming
- Collapse of defenses
- Intense primitive anxieties
- Trust in goodness is shattered
- Personality may change

PTSD

- To remember is to relive
 - Intrusive thoughts, images, dreams
 - Sounds, smells activate flashbacks
- Avoidance
 - of thoughts, conversations, places, activities
 - Repression of memories
- Hyperactivation
 - Sleep trouble, irritability, anger explosions, easily startled, self destructive behaviour

Compound Trauma

- Successive or prolonged trauma
- Emotional dysregulation
 - Anger, dissociation, emotional numbing
- Disturbances of Self:
 - negative concept, shame, guilt
- Difficulties with interpersonal relations:
 - Anxiety with proximity, avoidance, fear of abandonment

Adverse life events- Adulthood

Homelessness

- Job losses
- Economical problems
- Physical and mental health problems
- Substance abuse
- Victimization- exposure to physical and sexual violence, robbery, etc
- Reduced social networks

Adverse life events during Infancy / adolescence and homelessness

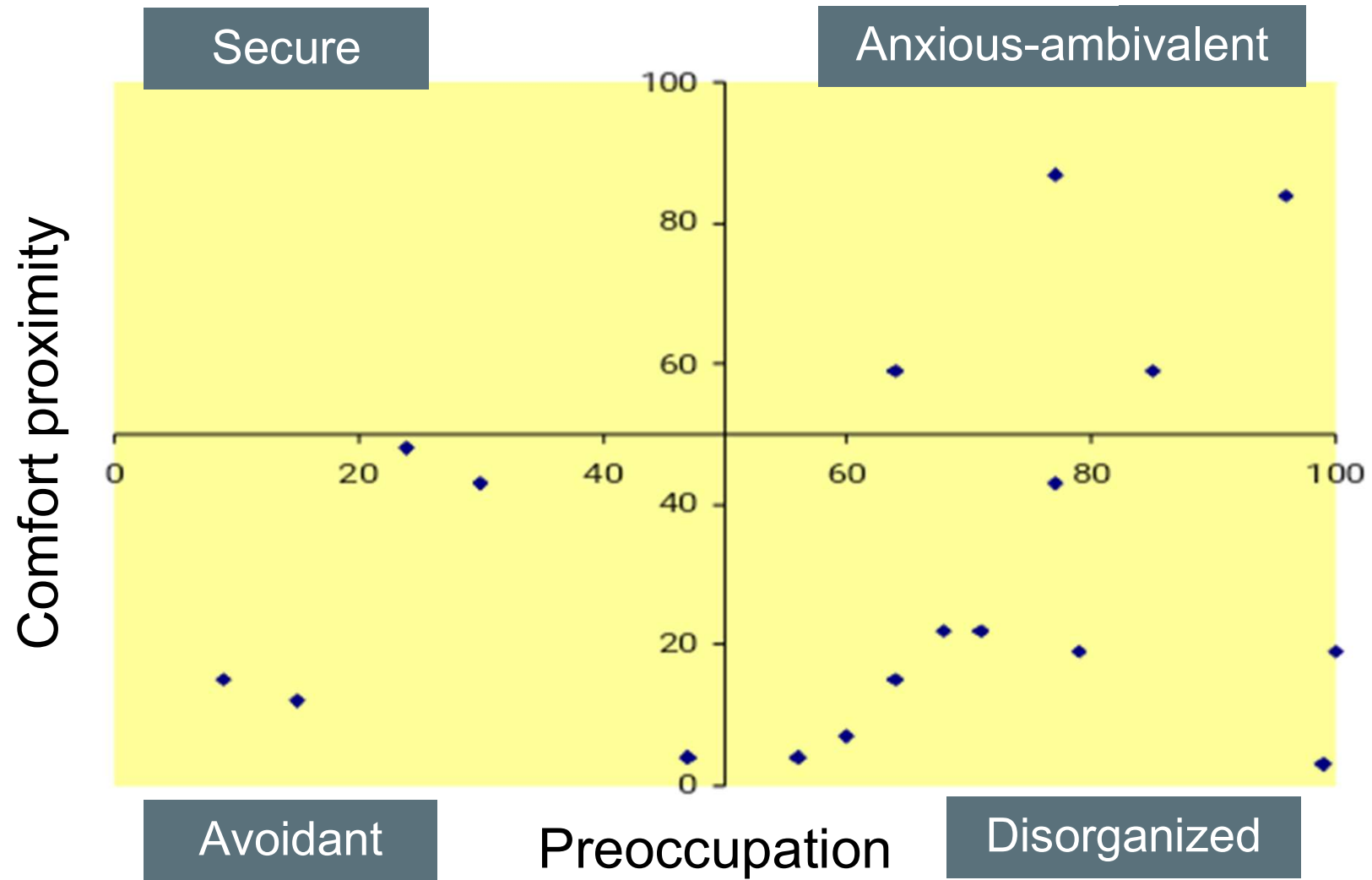
- Dysfunctional families
- Physical and sexual abuse
- Substance abuse or mental illness of parents
- Runaway from home
- Foster families, institutions

Homeless attachment styles

Insecure and disorganised model of attachment (both anxious-ambivalent and avoidant)

(Barreto, 2000)

Patterns of attachment



TIC Principles

- Focus on relationship
- Safety
- Beauty
- Reliability
- Choice
- Collaboration
- Capacitation/Empowerment