Trauma Informed Care:

Child Therapy and Infant Mental Health Services

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Core Components Trauma Informed Care:

1) Safety...keep neurobiological functioning in mind!
2) Trustworthiness/ Transparency
3) Choice
4) Collaboration
5) Empowerment

Stress vs. Toxic Stress

Resilience is not created by the absence of stress, but the level/prevalence of stress, and response

Tenants of Infant Mental Health

- Early life is significantly important; Profound Effect of early experiences (prenatal to 5 years old) on a person's wellbeing over their lifespan (Brain structure, ACES, Epigenetics etc)
- Trusted caregiver helps provide child with sense of self, and sense of others, throughout life
- Support child/adult relationship; adult functioning and healing
- Development will continue, faster than adults may change
- Multidisciplinary; Silos do not provide for whole-person/system care or healing