# Trauma Informed Leadership in







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Trauma Informed Excellence: The Path





## Elephant = Emotional Brain

- Provides energy (healthy vs. counterproductive)
- Thinks in the immediate
- Gets spooked easily

## Rider = Logical Brain

- Provides direction
- Thinks long term
- Gets stuck easily
- Needs a destination and the small steps needed to get there

# An Argument for a Trauma Informed Specific Leadership Approach

Contagious Nature of Emotions

Mirror systems & the power of parallel processes

versus

Compassion Fatigue Vicarious Trauma Secondary Trauma Burnout

Organizational Culture

Aspects in one part of a system or group are mirrored in connected parts...with both positive and negative consequences

Helper's relationship with client is often a mirrored relationship to their dynamics with their supervisor/coworkers

### Science Behind Parallel Processes

Power of Leaders

Transfer of stress and trauma

Motivation

"Them" vs. "Us" vs. "Clients'



# Contagious Nature

# Mirror systems & the power of parallel processes

Compassion Fatigue

Vicarious Trauma

versus

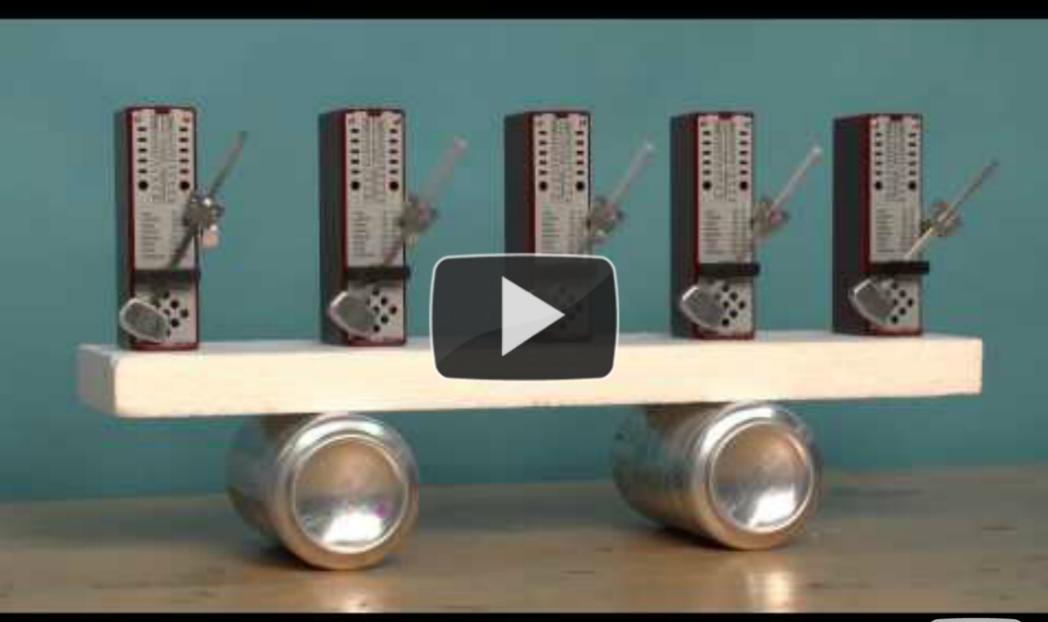
Organizational Culture

Secondary Trauma

Burnout

Aspects in one part of a system or group are mirrored in connected parts...with both positive and negative consequences

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You Tube

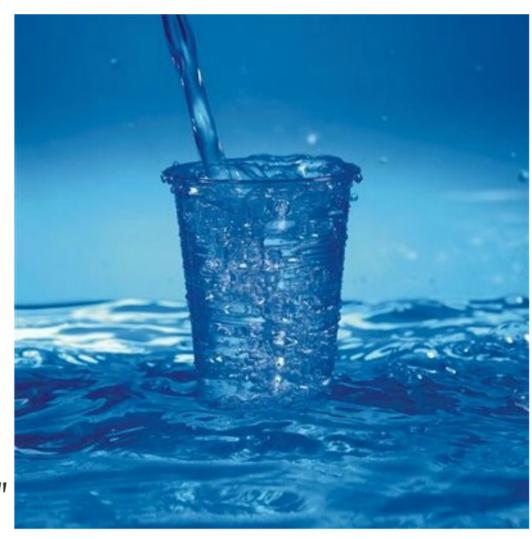
# Science Behind Parallel Processes

Power of Leaders

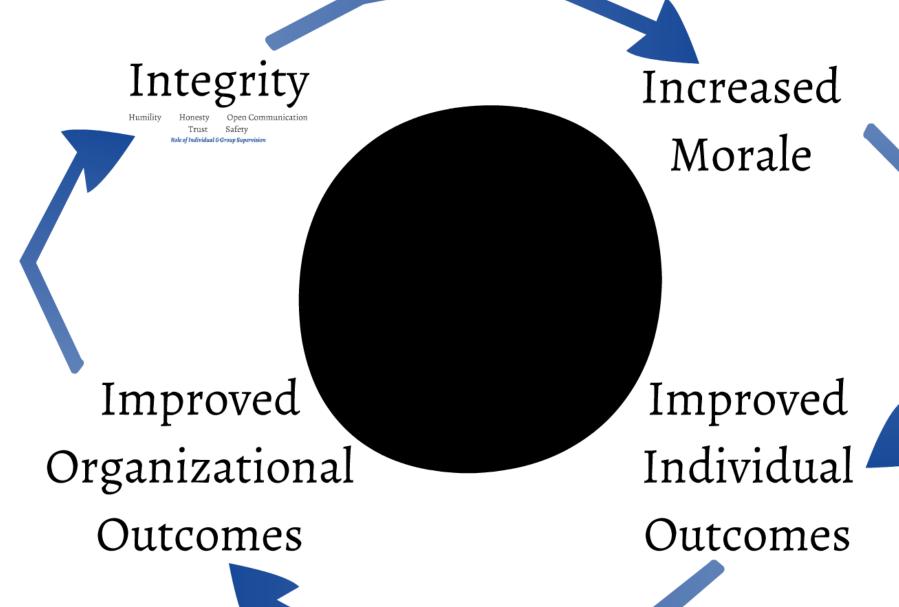
Transfer of stress and trauma

Motivation

"Them" vs. "Us" vs. "Clients"







# Integrity

Humility

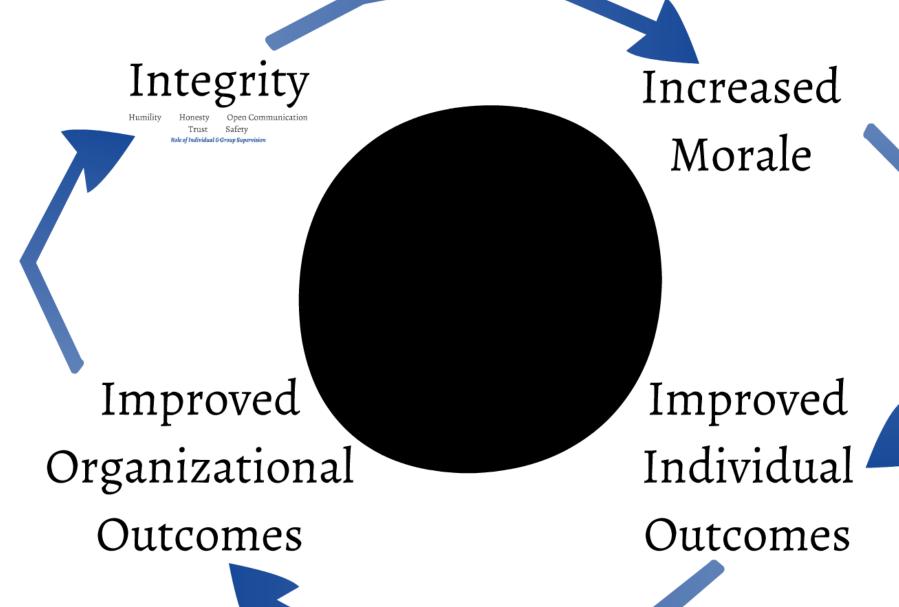
Honesty

Open Communication

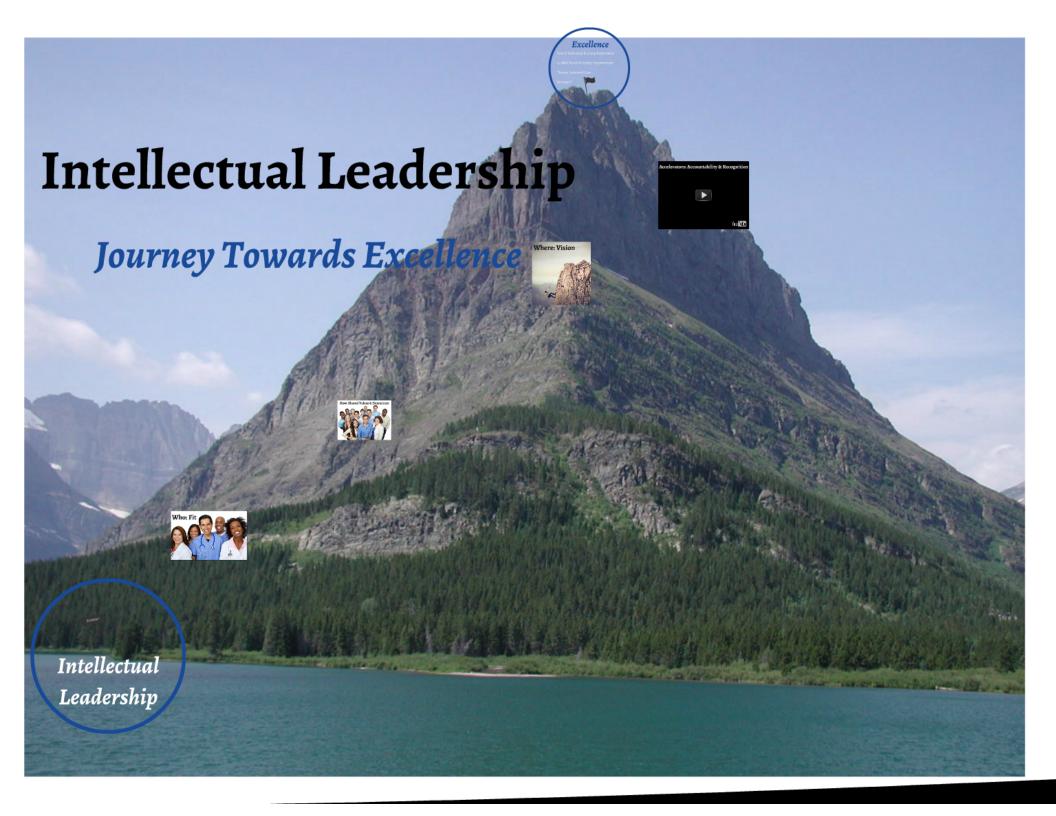
Trust

Safety

Role of Individual & Group Supervision











How: Shared Values & Democracy



# Where: Vision



# Accelerators: Accountability & Recognition







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