



## Trauma-Informed Care

### Statement of Purpose

We know that many people have been hurt by traumatic events such as abuse, experiencing or witnessing violence, natural disasters and accidents. Even if you have not had these experiences, no doubt you know someone who has, and you have been affected in that way. For some, the effects of trauma are healed quickly. For others, the healing takes longer. We provide trauma-informed services and trauma-specific interventions. We are committed to providing a safe, respectful environment that promotes recovery and healing for all.

### Trauma-Informed Services

Many people who come to therapy are not seeking trauma healing services, yet have experienced trauma. Individuals with a trauma history can be triggered, or re-traumatized, by words, behaviors, and other environmental cues. We strive to provide an environment and services that promote safety and healing. There are many ways we do this.

Teresa and Lee Anne have extensive training and experience understanding how trauma can affect individuals and families. All of our services come from a trauma-informed perspective, regardless of the reason you are seeking services. Here are some ways we do this:

We strive to treat everyone with kindness, respect, equality, open and clear communication, clear boundaries, and inclusion in treatment decisions.

If an individual is triggered, or re-traumatized, we offer understanding, support and attention.

We pay attention to our physical environment. Our waiting room offers a play area for children, water, tea, coffee and pleasant reading materials.

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### Trauma-specific Services

Clients with trauma-related symptoms and concerns can expect evidence-based, trauma-informed services. Therapists don't ask, "What's wrong?" Instead, they ask, "What happened? What is your story?" Treatment programs designed specifically for survivors of childhood trauma are consistent on several points:

- The need for safety, respect, information, connection, and hope for clients
- The importance of recognizing the adaptive function of "symptoms"
- The need to work collaboratively in a person-directed and empowering way with survivors of abuse.

Trauma survivors and/or parents are invited to participate in treatment planning. Therapeutic interventions are done only with client or parent consent. Clients are encouraged to invite family members and/or friends into their treatment, because we understand that healing and change happen in the context of safety and connection.

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