


A shift from traditional language to a trauma-informed description of vulnerable individuals can create...



...compassion instead of blame; hope instead of hopelessness and connection rather than disconnection.



What we say...

"Unacceptable Behaviour"



What's really going on....

"Understandable Behaviour"

What we say...

"Avoidant"

What's really going on...

"In 'flight' survival mode"



What we say...

"Defiant"



What's really going on...

"In 'fight' survival mode, coping with a threat"

What we say...

"Aggressive"



What's really going on...

"Frightened"

What we say...

What's really going on...

"Attention Seeking"



"Attachment Seeking"

What we say...

What's really going on...

"Withdrawn"



"Cautious"

What we say...

What's really going on...

"Rude"



"Self Protective"

What we say...

What's really going on...

"Not Engaging"



"Doesn't feel safe yet"