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Trauma-Informed Practices

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Abstract

Two people can go through the same situation and perceive the situation entirely different. Crisis works the same way; a single event can be seen differently based on the person's vantage point, previous traumas, experiences, and worldviews. The crisis or trauma that one experiences can have a lasting impact on the individual's brain. It is the responsibility of the trauma-informed practitioner to walk the person experiencing trauma through exercises that will retrain their brain, reframe their situation, and get to a place where they function at a higher capacity if the person wants to function at a higher capacity. If not for any other reason, then the gospel and glory of Jesus Christ. Two Latin phrases showcase the varying aspects of righteousness; how we should approach God and others from a trauma-informed perspective. The first Latin phrase is *Coram Deo*, defined as passive righteousness, the righteousness bestowed unto us by faith alone in Jesus Christ. The second Latin phrase is *Coram Mundo*, which is active righteousness, and this is the righteousness enacted between us and other human beings. As it pertains to trauma-informed practices, *Coram Mundo* is the approach used to help individuals who may have mental disorders, substance use disorders, or anything preventing them from functioning at their highest level. Taking a Christ-centered approach to serving communities means being empathetic toward individuals regardless of their religious ideas, sexual orientation, cultural differences, political stance, socioeconomic status, or educational status. Why? Because Jesus did, and Jesus was a trauma-informed practitioner.

Keywords: Trauma-Inform Practices, Education, Secondary Trauma, Self-Care, and Students