

Perspective Shift

Adapted by Elaine Miller-Karas TRI© from a Slide by Jane Stevens (ACES Connection)

Conventional	Trauma- Informed	Resiliency- Informed
People are bad.	People are suffering.	People are resilient.
People need to be punished.	People need an effective intervention.	People need our compassion as they learn new skills.
People just don't care.	Many people care, but lack understanding and skills.	Any person can learn self- regulation skills based on science.
We need to stop making excuses for people.	We need to learn how trauma impacts a child's and adult's development.	We need to learn how skills of well-being can reduce suffering.
What is wrong with you?	What happened to you?	What is right with you? What are your strengths?