

# Quick Connect: Brief Trauma Education Intervention (5 minutes)

## Learning Objectives:

- Recognize physical and emotional responses to trauma
- Learn practical self-regulation techniques
- Develop awareness of treatment approaches

## Part 1: Opening (30 seconds)

Gentle Introduction: "I'd like to share something that might help you understand what's happening in your body and brain when things feel overwhelming. Is it okay if we talk about this for a few minutes?"

## Part 2: Core Message (2 minutes)

Simple Brain-Body Connection: "You know how a smoke alarm goes off to keep you safe? Our brain has something similar - it's trying to protect us. Sometimes after tough experiences, this alarm gets extra sensitive. This isn't your fault, and you're not broken. Our bodies are designed to respond to stress. Fight, flight, freeze, and fawn are the most basic types of our bodies response to stress.

Fight – When your body feels that you're in danger, and that you can fight against the threat. When you're in "fight mode" you might feel very angry, have a tight jaw, or want to punch or kick something or someone.

Flight – When your body feels that you're in danger, but automatically knows that you can't beat the danger by fighting it and needs to "get away". When you're in "flight mode" you might feel anxious, trapped, or restless.

Freeze - When your body feels that you're in danger, but you get stuck. "When you're in "freeze mode" you might physically feel stuck or heavy.

Fawn - When your body feels that you're in danger, but knows that fight, flight, or freeze don't work. When you're in "fawn mode", you might be trying to make someone else happy, someone who might feel dangerous to you.

## Key Points to Share:

- "Your reactions make sense"
- "Your body is trying to protect you"
- "Your body is responding the way it was designed to respond"
- "You're not alone in this"
- "There are ways to help your body feel safer"

## Part 3: Quick Tool (2 minutes)

"Would you like to try something simple that might help when things feel too much?"

Teach "Pocket of Peace" technique:

1. "Place one hand in your pocket (or hold onto something safe)"
2. "Take one slow breath"
3. "Notice three things you can see right now"

## Part 4: Closing (30 seconds)

"You can use this anytime. It's like having a little piece of calm in your pocket. Would you like me to write it down for you?"

## Facilitator Notes:

- Watch for signs of overwhelm
- Keep voice calm and steady
- Allow silence
- Don't push for responses

- Have crisis resources ready
- Follow up plan in place

Quick Grounding Alternatives if participant seems disconnected:

- Offer water
- Notice room temperature
- Feel feet on floor
- Hold a smooth stone

Remember: This brief intervention is about planting seeds of understanding and offering immediate tools, not processing trauma.