

Name: _____

Date: _____

TIC

W H A T H A P P E N E D T O Y O U S M E U T W G
 C T N E M N O R I V N E E F A S M R N S R Q W U
 M C S L E S U B A E C N A T S B U S L U G H F V
 S L E E P D I S T U R B A N C E Y L B B N E O T
 E V R K T L F V V S T A F F T R A U M A I Q T R
 E V A R C A M T S E L V D E D R A U G F P D E H
 B T M S W A I N R X O B Y N F C L P P O O B C T
 D O T I T O B C X O G C B T L N X Q I E C S N A
 E Y H T L U Q H O Y P A L X W Q C Y F R E S E M
 T U G O N C F W S S T P H I S T O R Y U V E L U
 A T I P M D C F B A S E U J W D Y R M T I N O A
 C U N V R I T O P J L A F S K J H T R L T B I R
 H Q E C T H P H R M A F S A L M C W U U P M V T
 M R A H O N O D I B V I H I S A U P P C A U C D
 E D S M M C V L S P Z C I Z D G I G G W D N I E
 N D C Y H D B T O D E P E N D E N C E W A G T N
 T W W S X A V N N Z H O J H Z M T I O L L D S I
 N D V D I C A N T P P W X P I N I X K S A W E A
 Z E R A C D E M R O F N I A M U A R T E M Q M T
 K A N X I E T Y A B N O I S S E R P E D E H O S
 O C H I L D A B U S E M H Y I D Q R C F G S D U
 S X G U T A Q J M R E S I L I E N C E B C Q I S
 W L P O S T T R A U M A T I C G R O W T H N T E
 J F A Q I N S T I T U I O N A L T R A U M A P Y

post traumatic growth
 maladaptive coping
 culture of abuse
 social support
 child abuse
 depression
 numbness
 TIC

what happened to you
 sleep disturbance
 safe environment
 prison trauma
 dependence
 nightmares
 history
 CBT

Trauma Informed Care
 domestic violence
 substance abuse
 staff trauma
 do no harm
 Resilience
 guarded

instituional trauma
 sustained trauma
 seeking safety
 disassociate
 detachment
 flashback
 anxiety