

Trauma- Informed Care in Pelvic Health

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A dimly lit room with a textured wall. Two women are seated on a yellow sofa, facing each other. The woman on the right is gesturing with her hands while speaking. In the background, there is a lamp on the left and an hourglass on a table on the right. The text 'Trigger warning' is overlaid in the center.

Trigger warning

Scottish Statistics

20% of women
and 8% of men

- Experience sexual abuse before age 18

20% of women
and 4% of men

- Experience sexual assault as adults

90% of people

- Sexually abused as children knew the perpetrator

19% of women
and 4% of men

- Have experienced attempted rape

29% of
women

- Have experienced violence and/or sexual violence from a current or previous partner since age 15

What do we mean by 'trauma?'

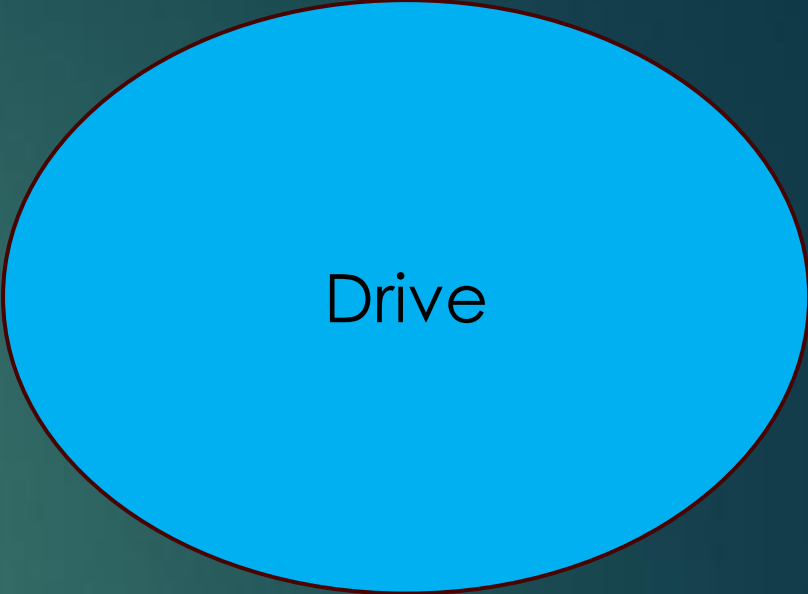
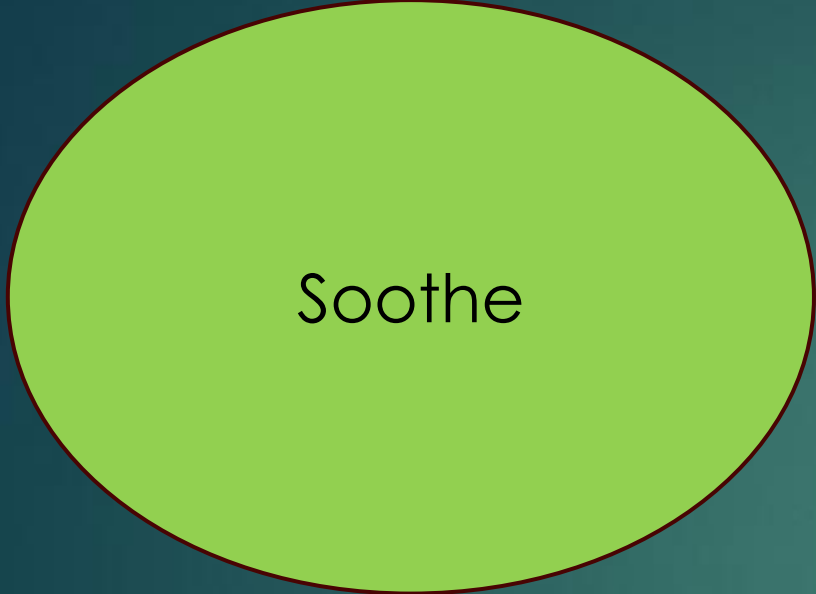
The **event**

How it's
experienced

Its **effects**

A 3D wireframe model of a human brain, viewed from a side profile. The brain is rendered with a complex network of thin, brownish-gold lines representing neural connections. Overlaid on this wireframe are several semi-transparent, glowing regions in shades of green, blue, and purple, indicating areas of neural activity or specific brain regions. The background is solid black, making the glowing brain stand out.

Our Big Stay-Alive Machine



Soothe

Threat

Drive

What is
trauma-
informed
practice?

How might you
make a start on
this in your own
practice?



If in doubt...reach out

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