



Delivering Trauma-Informed Care

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SPEAKER

Dr. Kati Lake is a clinical psychologist who specializes in the treatment of trauma, mood, and anxiety disorders using trauma-informed, patient-centered approaches to care. She provides evidence-based psychotherapies, working collaboratively with patients to meet their treatment goals. Obtaining a Ph.D. from Columbia University, Dr. Lake trained at Columbia University Medical Center/New York State Psychiatric Institute, New York Presbyterian/Weill Cornell Medical Center, and the Department of Veterans Affairs, serving outpatient, inpatient, and residential populations. Previously, Dr. Lake served as the Vice President of Consulting Services at RAINN who operates the National Sexual Assault Hotline, where she established and led the organization's consulting services department. Before RAINN, she led teams at the Department of Defense, including the Defense Suicide Prevention Office and Sexual Assault Prevention and Response Office. Dr. Lake also served as a Schedule C political appointee at the White House, providing support to the Under Secretary of Defense for Personnel and Readiness under two administrations.

ABSTRACT

Those utilizing mental health services experience higher rates of trauma than the general population. Trauma-informed care encourages a shift away from traditional models of care that look for pathology ("What is wrong with you?"), instead placing individual responses to experiences in context ("What happened to you?"). Data suggests this paradigm shift creates opportunities to improve patient care, provider wellbeing, and relationships between patients and providers.

LEARNING OBJECTIVES

1. Summarize current literature on the prevalence and impact of trauma in clinical populations.
2. Define trauma-informed care and its relevance in various healthcare settings.
3. Describe the core principles that guide trauma-informed care practices.
4. Identify opportunities that trauma-informed care presents to enhance outcomes for both providers and patients.

REFERENCES

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2. Butler, L. D., Critelli, F. M., & Rinfrette, E. S. (2011). Trauma-informed care and mental health. *Directions in Psychiatry*, 31(3), 197–212.
3. Elliott, D. E., Bjelajac, P., Fallot, R. D., Markoff, L. S., & Reed, B. G. (2005). Trauma-informed or trauma-denied: Principles and implementation of trauma-informed services for women. *Journal of Community Psychology*, 33(4), 461–477. <https://doi.org/10.1002/jcop.20063>