**BASIC TRAUMA-INFORMED INTERVIEWING**

Patrol Briefing Training
June 27, 2019

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**TRAUMA**

- An event
- Threat/danger
- Fear/terror/horror
- Perceived lack of control

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**Survival**

- Freeze
- Flee
- Fight... in service of fleeing

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**Event**

- Brain perceives fear/horror/terror + lack of control
- "Fear" circuitry takes over

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**Experience**

- Prefrontal cortex vs. limbic system

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Stress changes brain function

PRE-FRONTAL CORTEX  LIMBIC SYSTEM
- Top-down Attention
- Integration of data
- Logical decision making
- Bottom-up Attention
- Threat network
- Reflexive responses

Experience

Trauma will likely impact a survivor’s ability to recall details

CENTRAL
- Spatial/location data
- Order of events
- Contextual cues

VS.

peripheral
Trauma-informed interview practices can assist in obtaining information

**CENTRAL**
- Start with memories
- Sensory-based questions
- Emotions & thoughts

**vs.**
- Peripheral

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Trauma-informed interviewing

- Avoid interruption
- Avoid leading questions
- Avoid sequencing
- Avoid sharing personal information

- Show empathy
- Be patient
- Use open-ended questions
- Use the interviewee's language

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Trauma-informed interviewing

- Acknowledge the trauma/pain of the situation
- Ask about 5 W's after experiential information
- Prepare subject for future contact

✓“What are you able to tell me about your experience?”
✓“Tell me more about that...”
✓“Help me understand your thoughts when...”
Trauma-informed interviewing

Additional resources

- Dr. Jim Hopper, PhD (https://www.jimhopper.com/)
- Dr. David Lisak, PhD (http://www.davidlisak.com/)
- FETI Interview technique (https://CertifiedFETI.com/)