



When Trauma Enters the Room: An Interdisciplinary Framework for Trauma-Informed Clinical Decision-Making

Presented by: Aishwarya Joshi, PhD LPC, NCC

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

Course Description

Trauma is experienced, understood, and expressed differently across cultural, professional, and clinical contexts, underscoring the need for trauma-informed approaches that attend to context, equity, and individual experience. This session moves beyond recognizing trauma and toward applying trauma-informed principles to clinical decision-making. Grounded in SAMHSA's six guiding principles, participants will learn and apply the P.A.U.S.E. Trauma-Informed Decision-Making Framework to an ambiguous clinical scenario, examining how observation, context, professional assumptions, and client autonomy inform thoughtful clinical responses.

Learner Outcomes

After completing this learning track, participants will be able to:

1. Describe how cultural, contextual, and disciplinary perspectives can influence the recognition and interpretation of trauma-related experiences and responses
2. Differentiate observable client information from professional interpretations and assumptions when trauma may be present
3. Evaluate how professional role, culture, context, practitioner responses, client autonomy, and scope of practice influence trauma-informed clinical decisions
4. Identify experiential and reflective strategies that can strengthen trauma-informed clinical judgment and sustainable professional practice

Time-Ordered Agenda

10 minutes	Understanding trauma across contexts
10 minutes	Introduction to the P.A.U.S.E. framework
15 minutes	Applying P.A.U.S.E.
10 minutes	Integration and debrief
15 minutes	Q&A



About the Presenter

Dr. Aishwarya P. Joshi is an Assistant Professor at the University of Vermont, licensed mental health counselor, and an international board-certified counselor. Her scholarship focuses on trauma-informed counseling, educator and school mental health, multicultural practice, and the ethical integration of artificial intelligence into counseling. She is co-author of *Counseling Singularity* and conducts research advancing trauma-informed education, counselor training, and equitable mental health systems through culturally responsive, evidence-informed practice with local and global impact.

Disclosure

Financial: Aishwarya Joshi, PhD LPC, NCC will receive an honorarium for this presentation. <insert presenter information>

Non-financial: Dr. Aishwarya Joshi is currently developing the P.A.U.S.E. Trauma-Informed Decision-Making Framework, based on the presenter's own published work. No other relevant non-financial relationships were reported.

NCS Pearson Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

References

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- Han, H.-R., Miller, H. N., Nkimbeng, M., Budhathoki, C., Mikhael, T., Rivers, E., Gray, J., Trimble, K., Chow, S., & Wilson, P. (2021). Trauma informed interventions: A systematic review. *PLOS ONE*, 16(6), e0252747. <https://doi.org/10.1371/journal.pone.0252747>
- Substance Abuse and Mental Health Services Administration. (2014). *SAMHSA's concept of trauma and guidance for a trauma-informed approach* (HHS Publication No. SMA 14-4884).



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