

A Guide to Helping Victims of Economic Trauma & Abuse

Information about financial trauma and its impacts may help individuals understand their reactions, develop increased self-compassion, and heal their relationship with money.



EDUCATE & NORMALIZE

Normalize responses to traumatic situations, raise awareness about financial trauma, and be cognizant of the detrimental effects of shame.



HELP LABEL FEELINGS & KNOW YOUR MONEY STORY

Help them identify feelings, encourage mindfulness practices, help them get to know their money story and root of the financial trauma.



TRY NOT TO JUDGE

Consider how certain behaviors and beliefs may be a reasonable response to trauma.



ACKNOWLEDGE DIFFICULTY OF TALKING ABOUT \$

Use reassuring language. For example: "This is a sensitive topic", "there is no judgement here / this is a safe space". Reiterate often.



EXAMINE POWER ISSUES

Ask yourself, "whose needs are being served?", "Are policies empowering those being served or those providing the service?"

A Guide to Helping Victims of Economic Trauma & Abuse (cont...)

Information about financial trauma and its impacts may help individuals understand their reactions, develop increased self-compassion, and heal their relationship with money.



AFFIRM THE CLIENT'S AUTONOMY

Advocates should offer respect, not rescue; options, not orders; and safe advocacy or treatment rather than re-victimization.



ACKNOWLEDGE THEIR RESILIENCE

Acknowledge the client's ability to survive and even grow from adversity.



IT TAKES TIME

Remember that growth doesn't happen overnight. Practice patience with your clients and encourage them to have patience with themselves.



YOU DON'T HAVE ALL THE ANSWERS

... But can still help them get the information they need. Make an appropriate referral & emphasize that they're not wrong for coming to you with this.



YOU ARE MORE THAN YOUR TRAUMA

Focus on the fact that it is possible to learn, grow, and achieve financial wellness little by little.