

Trauma-Informed Care for Brain Injury Survivors: Why It Matters Presentation

POWER

Why?



Awareness, Acceptance, Action

**To Heal in Mind, Body,
Spirit, Soul and Emotions**



PROGRESS
- NOT -
Perfection



Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org

Living with a Brain Injury: My Journey and What It Teaches Us

Imagine waking up every day knowing something's different inside your brain, but no one else can see it. You look "normal." You sound "fine." But inside, you're fighting to process, keep up, and just make it through a world that doesn't understand.

That's been my reality for over five decades. After a severe traumatic brain injury at age 10, I faced not just recovery but years of misunderstanding, isolation, and stigma. School became confusing. Social interactions felt overwhelming. Despite looking fine, I struggled with an invisible disability no one acknowledged.

For many years, I blamed myself for falling short—until I realized my journey had purpose. I pursued a Master's Degree in Rehabilitation Counseling and became a Certified Rehabilitation Counselor to help others living with brain injuries and invisible disabilities. Eventually, I founded Second Chance to Live to share my story, insights, and encouragement with people worldwide.

About Craig J. Phillips, MRC, BA: A Brain Injury Survivor and Advocate

I am more than just a brain injury survivor. I am a whole person—a rehabilitation counseling professional, a published author of 19 eBooks, and the founder of Second Chance to Live. I live with the long-term, invisible impact of a traumatic brain injury sustained at age 10. My master's degree in Rehabilitation Counseling allows me to bridge clinical expertise with personal experience. Five + decades of living with the impact of a brain injury and an invisible disability while learning to thrive.

Through Second Chance to Live, I provide tools, insights, and encouragement for people living beyond the "fix." Healing is not just physical—it's emotional, spiritual, and lifelong. I am not a patient. I am a pioneer in long-term neuro-recovery, and my mission is to empower others

to live from the inside out. I am committed to encouraging a holistic -- body, soul, spirit, mind and emotions -- ongoing brain injury recovery process.

“Learn more about my lifelong recovery journey and professional credentials in this feature: [Craig J. Phillips – Brain Injury Recovery](#)”

My Personal Commitment to Trauma-Informed Care at Second Chance to Live

At Second Chance to Live, trauma-informed care isn't just a concept—it's my lived experience. I know firsthand the emotional, cognitive, and behavioral hurdles that come with brain injury and invisible disabilities. I also understand how stigma, misunderstanding, and dismissal can feel like invisible wounds that never fully heal.

Everything I share—whether articles, presentations, videos, or reflections—is grounded in empathy, safety, and respect. I don't offer quick fixes. I offer hope, validation, and encouragement—tools to empower you on your unique journey. My goal is to create a space where you feel seen, heard, and supported—one day, one step, one experience at a time.

How Second Chance to Live Delivers Trauma-Informed Care in Brain Injury Recovery

Second Chance to Live is a leading online resource offering trauma-informed care for individuals living with brain injuries and invisible disabilities. Rooted in lived experience and professional rehabilitation counseling, the platform provides hope, education, and holistic support beyond symptom management.

What Is Trauma-Informed Care?

Trauma-informed care is a compassionate approach that recognizes the widespread impact of trauma and promotes healing by creating safe, respectful, and empowering environments. *Second Chance to Live* integrates this approach into all its content and outreach efforts.

1. Creating a Safe and Supportive Space for Brain Injury Survivors

Safety is a foundational principle of trauma-informed care.

Second Chance to Live ensures emotional safety by:

- Providing a non-judgmental and welcoming environment.
- Sharing personal recovery experiences to reduce shame and stigma.
- Encouraging self-paced healing without pressure or unrealistic expectations.

2. Building Trust Through Transparency and Consistency

Trust is essential in trauma recovery. This platform fosters trust by:

- Offering honest reflections from a survivor's perspective.
- Communicating clearly that recovery is a lifelong journey.
- Maintaining a transparent tone to help readers feel seen and understood.

3. Promoting Peer Support and Community Connection

Second Chance to Live emphasizes the power of peer support by:

- Sharing relatable stories from someone living with a traumatic brain injury.
- Encouraging interaction through blog comments, email, and multimedia.
- Validating readers' experiences and helping them feel less alone.

4. Empowering Recovery Through Collaboration and Shared Wisdom

Rather than prescribing a one-size-fits-all solution, the platform:

- Invites readers to explore tools that resonate with them personally.
 - Frames recovery as a collaborative journey of mutual growth.
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5. Encouraging Voice, Choice, and Personal Growth

Empowerment is a key focus. *Second Chance to Live* helps readers:

- Rediscover purpose and identity beyond their injury.
 - Cultivate resilience by nurturing the body, soul, spirit, mind, and emotions.
 - Make informed choices about their healing path.
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6. Honoring Diversity and Individual Experiences

Second Chance to Live respects the uniqueness of every survivor's journey by:

- Recognizing cultural, gender, and historical influences in trauma.
- Avoiding labels and focusing on strengths and transformation.
- Promoting dignity and exclusivity in all content.

Conclusion: A Trauma-Informed Resource for Lasting Recovery

Through its holistic, peer-driven, and trauma-informed approach, **Second Chance to Live** stands out as a compassionate guide for brain injury survivors seeking purpose, healing, and renewed hope.

Why Trauma-Informed Care Is Essential in Brain Injury Recovery

Brain injury recovery is not a short-term fix. It's a lifelong journey that often remains invisible to others. What looks like a quiet student, an anxious friend, or someone struggling to follow a conversation may be someone

courageously navigating each moment while carrying the effects of an unseen injury.

Recovery must involve the whole person—not just cognitive or physical symptoms. Emotional, relational, and spiritual healing are equally important. That’s why trauma-informed care is vital: it shifts the question from “What’s wrong with you?” to “What happened to you?” It creates safe, trusting spaces where people feel seen, respected, and empowered.

Support isn’t about fixing someone—it’s about walking alongside them as they heal, grow, and reclaim their lives.

Four Trauma-Informed Care Principles Every Student Leader Should Know

As a brain injury survivor and advocate, I’ve learned that trauma-informed care is more than a theory—it’s a practical guide for creating healing spaces. Here are four principles for student leaders supporting peers with brain injuries and invisible disabilities:

1. **Safety First:** Create environments where people feel physically, emotionally, and psychologically safe. Simple actions like predictable structure, respectful communication, and allowing breaks build trust.
2. **Trustworthiness and Transparency:** Be clear about what people can expect. Follow through on promises. Trust is fragile, especially when someone has faced years of dismissal or judgment.
3. **Peer Support and Collaboration:** Healing happens when people connect with others who truly understand. Approach relationships as equals—sharing power, inviting participation, and honoring each voice.
4. **Empowerment, Voice, and Choice:** Encourage people to engage at their own pace. Acknowledge small victories. Help them find their voice, even if it’s quiet or slow to return.

Creating Inclusive Spaces: Cultural and Historical Responsiveness

Each person's story is shaped by their culture, history, and gender identity. Trauma doesn't happen in a vacuum. Recognizing and respecting these layers makes our support spaces safer and more inclusive. It's about meeting people where they are, honoring their whole experience.

Final Thoughts: You Can Make a Difference

Incorporating trauma-informed care principles doesn't require clinical expertise. It requires presence, patience, and kindness. When you lead with empathy and respect, you offer more than support—you offer a foundation for healing.