**Presentation 1: The Importance of an Integral Approach in Trauma Treatment**

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**Background**: Multi-stress families often face interconnected challenges such as poverty, unemployment, health issues, and trauma. Traditional trauma treatment may not address these complex, overlapping issues. An integral approach, combining trauma-informed care with a holistic understanding of the family system, is essential for effectively supporting these families in their healing process.

**Objective**: This presentation explores the effectiveness of an integral approach to trauma treatment for multi-stress families. It examines how a trauma-informed, collaborative framework can meet the needs of families facing multiple stressors. It also highlights how integrating mental health, social services, and community support improves treatment outcomes.

**Method**: The presentation uses a casestudies to demonstrate the application of an integral approach in treating multi-stress families. The cases highlight the roles of professionals from healthcare, social work, and education in addressing both psychological and practical needs. It illustrates how a multi-disciplinary, trauma-informed model can offer more comprehensive support for families.

**Results**: Findings show that traditional psychotherapy alone is often insufficient for multi-stress families, as ongoing environmental stressors, fragmented services, and societal divisions complicate the healing process. A coordinated, integrated approach that emphasizes safety, trust, empowerment, and peer support leads to better engagement, resilience, and recovery.

**Conclusions**: An integral, trauma-informed approach is critical for addressing the multifaceted needs of multi-stress families. This approach promotes collaboration across sectors, integrates services, and ensures families receive holistic support tailored to their unique challenges, fostering long-term resilience and stability.