

# The Future of Trauma-Informed Care

Matt Bennett, MA, MBA

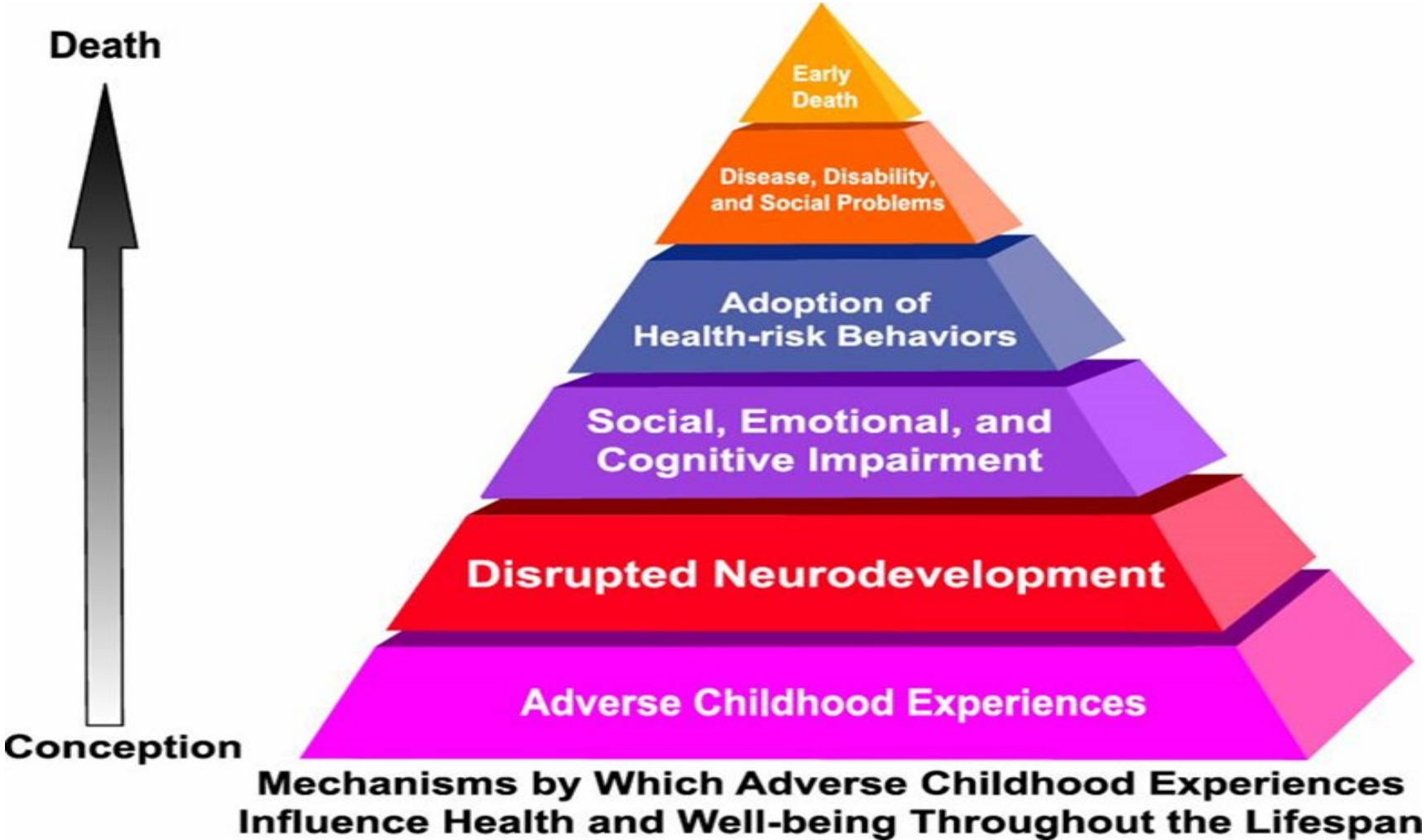
Denver, CO

[matt@optimalhrv.com](mailto:matt@optimalhrv.com)

20  
22

NATIONAL  
**RYAN WHITE**  
CONFERENCE  
ON HIV CARE & TREATMENT

# Leading Professions for Burnout



# HRV Scores as a Quality Measure



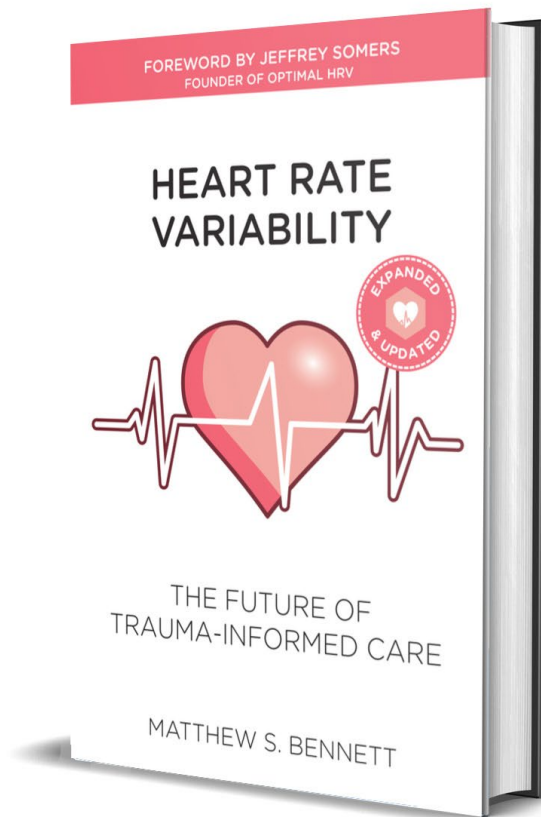
- Establishing a baseline
- How am I doing (States and Traits)
  - Today?
  - This week?
  - This month?
- Are interventions healing trauma and improving cognitive, emotional, social, and medical health?
- What happens between appointments?
- Dangers of significant drops

# HRV Biofeedback and Mindfulness



- Supporting healing and post-traumatic growth
- Resonance frequency breathing
- Mindfulness on steroids (or some better analogy!)
- A simple (and safe) tool to help heal the nervous system and build resiliency

# Matt Bennett, MA, MBA



- [matt@optimalhrv.com](mailto:matt@optimalhrv.com)
- Free Book: [www.optimalhrv.com/resources](http://www.optimalhrv.com/resources)
- Thank you for all your work!