



Trauma 101 and Recovery



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Take Care of Self



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Trauma:
when you bite into
a chocolate chip cookie
and it's oatmeal raisin

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Trauma Definition

Trauma occurs when an external threat overwhelms a person's internal and external positive coping resources

Traumatic Events

- Single Event
- Enduring, Ongoing (complex)

-SAMHSA

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The Three E's in Trauma

Events	Experience	Effects
<i>Events/ circumstances cause trauma.</i>	<i>An individual's experience of the event determines whether it is traumatic.</i>	<i>Effects of trauma include adverse physical, social, emotional, or spiritual consequences.</i>

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Traumatic Events

- Childhood or adult violence including sexual abuse, physical abuse, severe neglect
- Loss
- Witnessing violence or death
- Terrorism
- Urban violence
- War/combat
- Motor vehicles accidents
- Disasters
- Separation from your child against your will
- Bullying
- Homeless
- Life-threatening accidents
- Threatened with a weapon
- Being held captive
- Found it necessary to exchange sex in order to meet your basic needs or avoid harm
- Crime
- Harassment
- Miscarriage
- Stalking
- Sanctuary trauma
- Refugee/immigration

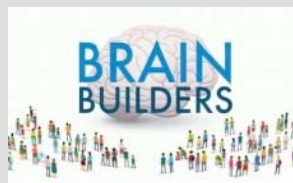
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Traumatic Events May Affect a Child

- Brain Development
- Sense of Personal Safety
- Ability to Trust Others
- Sense of the Future
- Behavior and Social Relationships
- Effectiveness in Navigating Life Changes
- Educational Performance: Capacity to Learn
- Children in Foster Care

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How Brains Are Built Video



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Hierarchy of Brain Function

Prefrontal Cortex

Executive Function

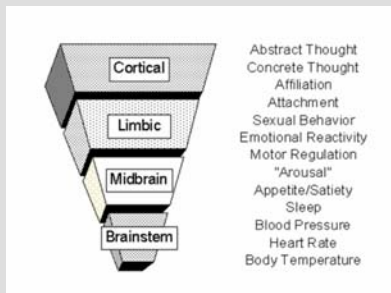
Future consequences
of current activities
Prediction of outcomes

Social controls

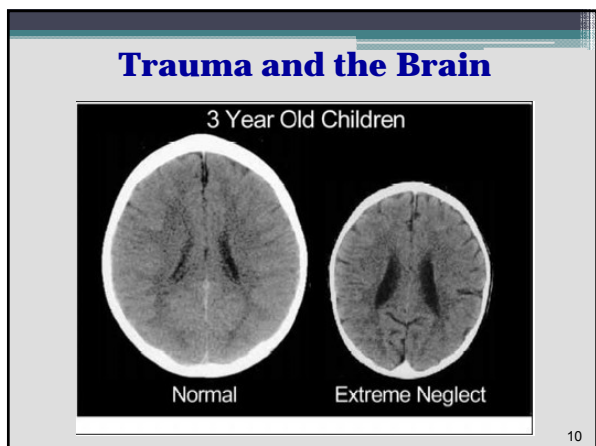
Differentiation among
conflicting thoughts
(best, better, good/bad)

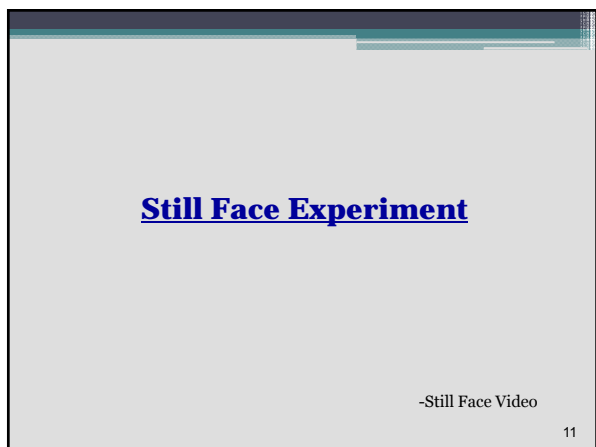
Relationships

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Discussion Question

Based on this first section of the training, we have discussed the definition of trauma, childhood trauma, brain development, and serve and return.

What are some of the takeaways from this section?

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Collaboration between Kaiser Permanente's Department of Preventive Medicine in San Diego and the Center for Disease Control and Prevention (CDC)

The Adverse Childhood Experiences Study (ACE)



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ACE SURVEY Survey is in your packet



-ACE Video

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Resilience

“Even when people score high on ACE’s it doesn’t mean this is determinate of their life course. What doesn’t get accounted for in the ACE score is the concept of resilience; building resilience is a solution to adverse childhood experiences.”

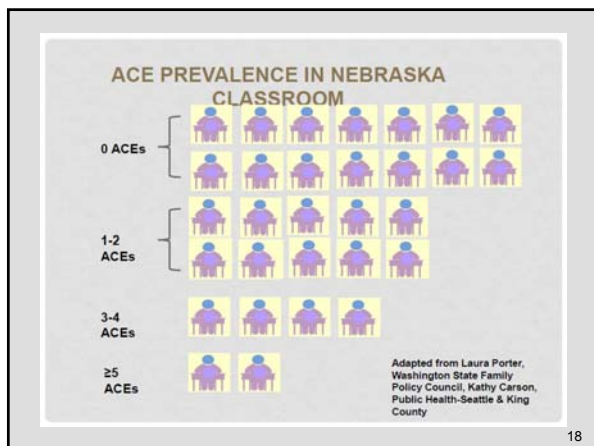
Jane Isaacs Lowe
Robert Wood Johnson Foundation

-Resilience Questionnaire

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Adverse Childhood Experiences*	Impact of Trauma and Health Risk Behaviors to Ease the Pain	Long-Term Consequences of Unaddressed Trauma (ACEs)
<p>Abuse of Child</p> <ul style="list-style-type: none"> Recurrent Severe Emotional abuse Recurrent Physical abuse Contact Sexual abuse <p>Trauma In Child's Household Environment</p> <ul style="list-style-type: none"> Substance abuse Parental separation or divorce - Chronically depressed, emotionally disturbed or suicidal household member Mother treated violently Imprisoned household member Loss of parent - (best by death, unless suicide, - worst by abandonment) <p>Neglect of Child</p> <ul style="list-style-type: none"> Abandonment Child's basic physical and/or emotional needs unmet <p>* Above types of ACEs are the "heavy end" of abuse.</p>	<p>Neurobiologic Effects of Trauma</p> <ul style="list-style-type: none"> Disrupted neuro-development Difficulty controlling anger/rage Hallucinations Depression Panic reactions Anxiety Multiple (G+) somatic problems Sleep problems Impaired memory Flashbacks Dissociation <p>Health Risk Behaviors</p> <ul style="list-style-type: none"> Smoking Severe obesity Physical inactivity Suicide attempts Alcoholism Drug abuse 50+ sex partners Repetition of original trauma Self Injury Eating disorders Perpetrate interpersonal violence 	<p>Disease and Disability</p> <ul style="list-style-type: none"> Ischemic heart disease Cancer Chronic lung disease Chronic emphysema Asthma Liver disease Skeletal fractures Poor self rated health Sexually transmitted disease HIV/AIDS <p>Social Problems</p> <ul style="list-style-type: none"> Homelessness Prostitution Delinquency, violence, criminal behavior Inability to sustain employment Re-victimization: rape, DV compromised ability to parent Intergenerational transmission of abuse Long-term use of health, behavioral health, correctional, and social services

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ACE Score Increases Suicide Attempt

1 of 100 people with 0 ACEs attempt suicide

10 of 100 people with 3 ACEs attempt suicide

20 of 100 people with 7 ACEs attempt suicide

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National Suicide Prevention Lifeline

1-800-273-TALK (8255)

suicidepreventionlifeline.org

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Existing Practice:

- Existing practice commonly asks “What is wrong with the person?” vs “what happened to the person?”
- Existing practice develops diagnoses, and treats symptoms instead of underlying causes.

Joe Federaro, LCSW
Sandy Bloom

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What is a “trigger?”

- Triggers are environmental stimuli
 - Sensory reminders of an event: Sound, sight, smell, touch, taste
- Responses to stimuli are conditioned
 - Not a conscious choice to behave certain way
- Cause emotional responses to neutral stimuli – brings back pieces of traumatic episode
- Brings back memory
 - Glimpse – enough to scare/startle/cause reaction
 - Re-experience – people literally believe they're in danger

Megan Smith

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Triggers can be ANYTHING

- hair, clothes, *uniform*
- accent, voice tone, gender
- season, weather, holiday
- media (books, articles, television, news, entertainment)
- strangers seen in public,
- life developmental milestones, changes in relationship
- psychotherapy & recovery

Megan Smith
-Common Triggers/SAVE handout

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Trauma is often Overlooked because...

- Behavioral responses resemble common delinquent behaviors and are under- identified as trauma symptoms
- Stress manifestation is different by ages, stages, expression
- Many just don't connect the symptoms to trauma
 - ...Thus leading to punishment rather than help

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Compassion Fatigue & Vicarious Trauma Self-Care Activity



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Region 3 Comfort Room



TIC Environment Scan



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Recovery: Healing Happens!

The definition of recovery has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

-Miller and Delaney 2005

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Stages of Recovery

Judith Herman, Trauma & Recovery

- Safety
- Remembrance/Mourning
- Reconnection

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Recovery/Interventions- Healing Happens!

- Treatment Models
- Psychoeducation
- Body work and other adjunct therapies
- Peer Support
- Healthy Anger
- Gender Responsive
- Culturally Competent
- Recovery Oriented
- New Coping Skills
- Spirituality
- Relationships



-EMDR and PTSD Video

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Trauma Focused Treatment Interventions

- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)- Ages 0-17
- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Intervention for Trauma in Schools (CB ITS)- Grades 3rd-8th
- Seeking Safety- Ages 13-25
- Trauma Trained Therapist

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Trauma Focused Treatment Interventions

- Beyond Trauma: A Healing Journey for Women- 12 Sessions, 90 Minutes each, 6-10 women
- TREM- Trauma Recovery and Empowerment Model
- M-TREM- Men Trauma Recovery and Empowerment Model
- Child Parent Psychotherapy (CPP)-Integrates a focus on the way the trauma has affected the parent-child relationship. Ages 0-6.
- Circle of Security-Early intervention program for parents and children, pre-school to age 5. Parent education and psychotherapy intervention for healthy attachment.
- PCIT- Parent Child Interaction Therapy
- NMT- Neurosequential Model of Therapeutics neurological interventions.

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Dr. Bruce Perry

Body Work & Other Adjunct Therapies

<ul style="list-style-type: none"> • Yoga • Meditation/Prayer • Tai Chi/Qi Gong • Mindfulness • Visualization/guided imagery • Deep Breathing • Reiki • Acupuncture • Dancing/Walking • Rocking Chair • Self-Care Kit • Art Therapy • Music • Journaling 	<ul style="list-style-type: none"> • Drumming • Massage • Aroma Therapy/Essential Oils • Grounding Techniques • Cooking • Other?
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~Just Breathe Video

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Activity: Creating Safety

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Thank-you, Evaluation, Certificates

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