

TRAUMA TRAINING TUESDAY BROUGHT TO YOU BY-



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ZOOM EDITION

MUTE YOURSELF
WHEN NOT SPEAKING

FOR COMMENTS OR
QUESTIONS, USE THE
CHAT FEATURE TO GET
LORI'S ATTENTION

LOGGING INTO ZOOM LIKE





I AM LEARNING
TO FIND JOY
RIGHT HERE
IN THE MESS
OF THINGS.

MHN

Sensory Scavenger Hunt

Before we begin, try to gather:

1. Something frozen/cold
2. Something that smells nice
3. Something that tastes good
(A small tasty treat/snack)
4. Something that feels nice/
interesting/comforting

SENSORY SCAVENGER HUNT- QUICK STRESS RELIEVERS

People with anxiety share their tips: <https://vt.co/lifestyle/health/13-people-anxiety-share-things-help-stay-calm/> (frozen orange)

Quick stress relievers: <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety> (aromatherapy, deep breathing)

One-minute stress strategies: <https://uhs.umich.edu/oneminute> (478 breathing)

Five-minute stress relief strategies: <https://www.verywellmind.com/stress-relief-strategies-3144709> (progressive muscle relaxation)

How to micro-dose meditation: <https://www.inc.com/nate-klomp/think-you-dont-have-time-to-meditate-science-shows-that-even-a-few-minutes-can-boost-your-productivity.html>

58 science-based mindful eating tips and exercises: <https://positivepsychology.com/mindful-eating-exercises/>

<https://brainigo.com/2019/06/24/the-healing-power-of-stress-reduction-therapy/>

GOALS FOR TODAY



- Understand that behaviors exist along a continuum of responses with varying effectiveness
- To increase participants understanding of trauma symptoms
- To respond to current situations with more empathy and understanding for ourselves and others
- Give practical tools for reducing stress and increasing coping skills

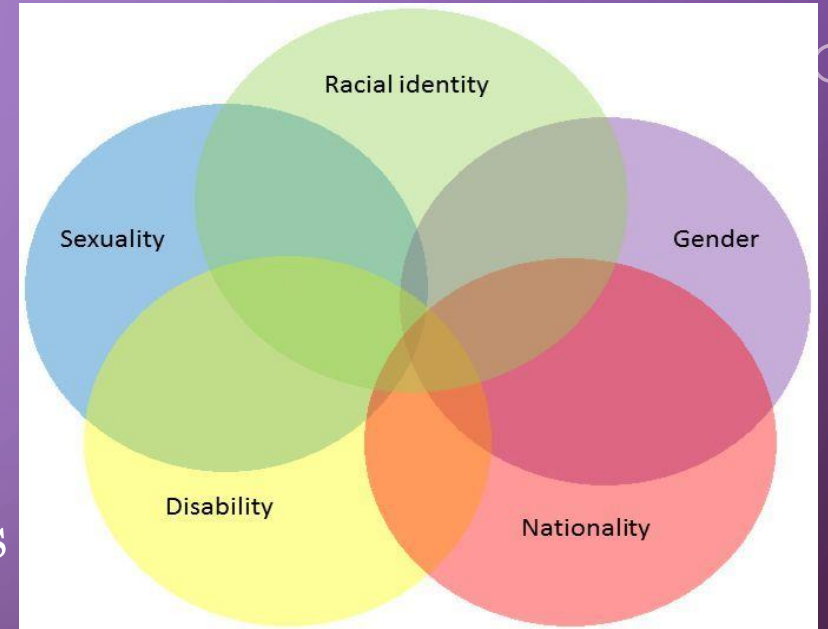
TRAUMA OVERVIEW

TRAUMA INFORMED-
UNDERSTANDING A
PERSON'S EXPERIENCES
TO UNDERSTAND THEIR
BEHAVIOR AND ITS LIFE-
LONG CONSEQUENCES



CULTURE & INTERSECTIONALITY

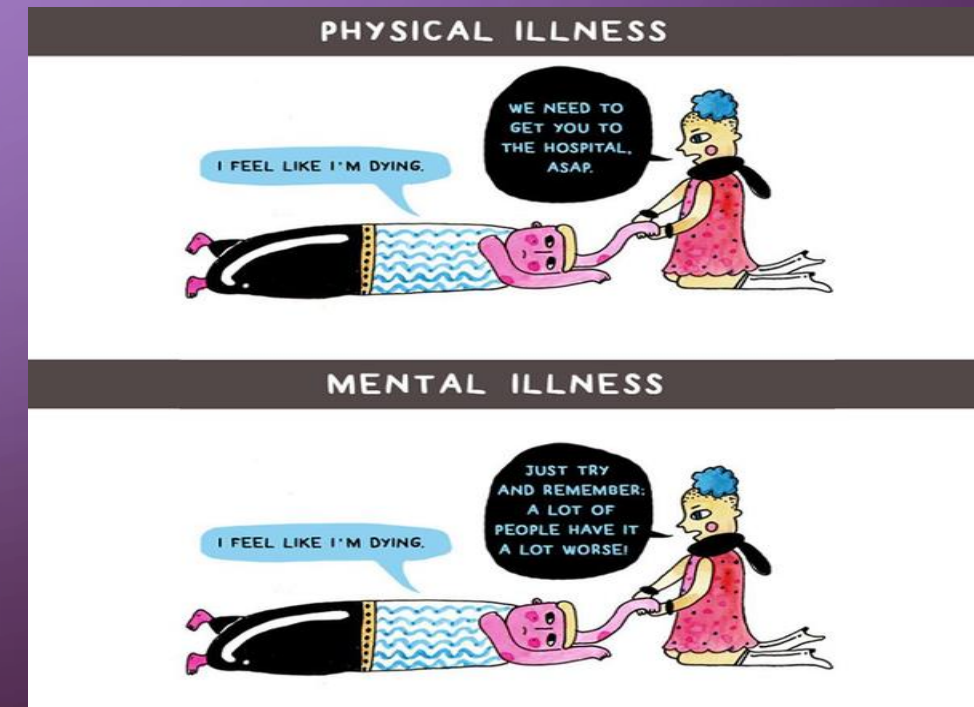
- The identity groups you belong to impacts Stigma, stress levels and norms
- Groups are not afforded equal power
- Racism/ Sexism/ Heterosexism-oppression
- There is more stigma among immigrant groups
- Different cultures have historically viewed mental illness as a weakness, a character flaw or even demonic possession, placing blame and shame on the mentally ill person



STIGMA

mark of disgrace or infamy; a stain or reproach, as on one's reputation

- stigma is a barrier that discourages individuals and their families from seeking help
- many people would rather tell employers they served time in jail than admit to being in a psychiatric hospital
- men experience more stigma



TRAUMA

- Psychological trauma is an occurrence which is outside the scope of everyday human experience and which would be notably distressing to almost anyone (American Psychiatric Association, 1987).
- It is not the event that determines whether something is traumatic- it's the individual's experience of the event.
- It can be a single occurrence or a chronic, repetitive experience
- Engages the stress response
- Stress is cumulative

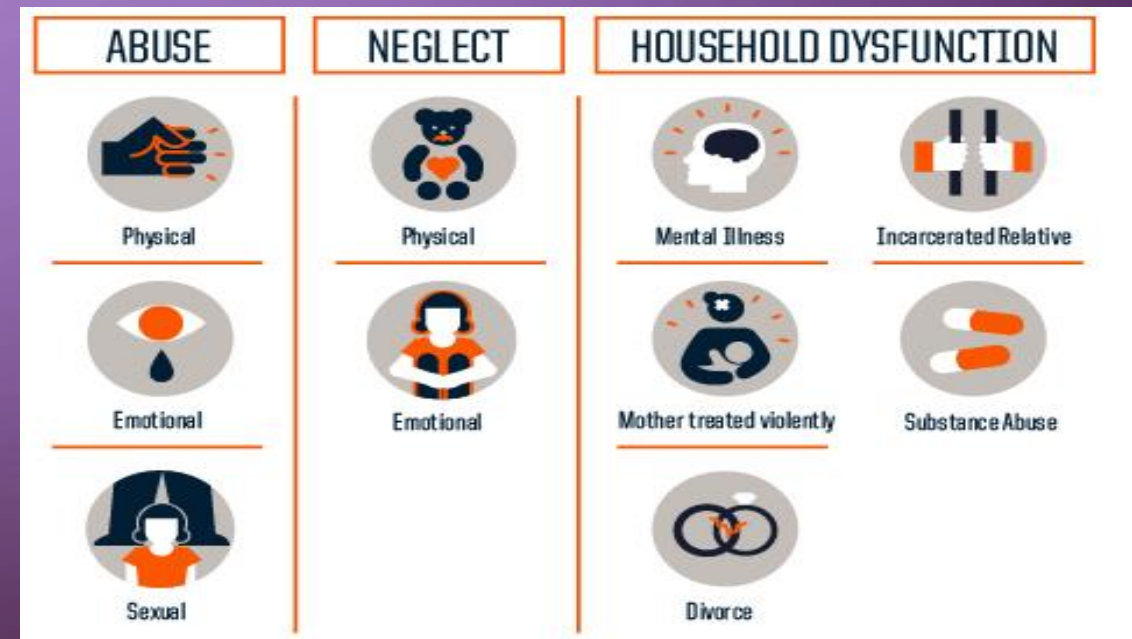


TRAUMA IS COMMON

- According to the CDC, Over 50% of American's have suffered at least one traumatic event
 - One in five was sexually molested as a child
 - One in four was beaten by a parent to the point of a mark being left on the body
 - One in eight witnessed their mother being hit (Van de Kolck)
 - Experiencing Poverty and Racism should be considered according to American Academy of Pediatrics



ACEs- Adverse Childhood Experiences



TRAUMA IMPACTS HEALTH



Trauma impairs: memory, concentration, new learning and focus.



Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.



Trauma impacts an individual's ability to: trust, cope, form healthy relationships.



Trauma disrupts: emotion identification; ability to self-soothe or control expression of emotions; one's ability to distinguish between what's safe and unsafe.



Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.

CHILDHOOD'S IMPACT ON THE DEVELOPING BRAIN



- Use dependent organ
- Each experience shapes the architecture of the brain
- Emotion super charges it
- The more an experience happens, the better traveled the path is
- Very mad and sad kids become mad and sad adults
- The most paved road becomes default
- Abuse feels normal and expected

YOUR BRAIN GOES TO AMAZING LENGTHS TO KEEP YOU SAFE

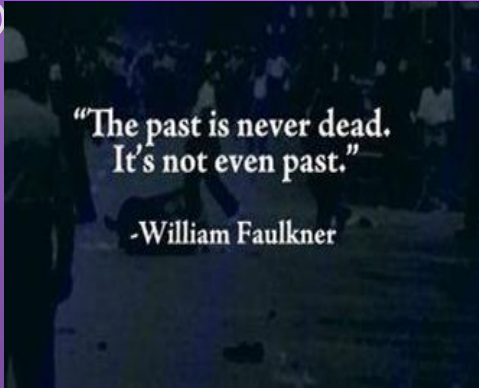
The human brain remembers more negative memories than positive ones. This is due to the negative bias the brain sets up as a defense mechanism.



Sublimation	Transforming a socially unacceptable anxiety into a source of energy that produces no adverse consequences and is socially acceptable
Humor	Capacity to not take oneself too seriously, as in accepting one's shortcomings and talking about it in a socially acceptable way
Anticipation	Recording future danger in small steps to cope with the danger gradually
Rationalisation	Justifying a disturbing or unacceptable thought or feeling by selecting a logical reason to think or feel that way
Reaction Formation	Adopting or expressing the opposite of one's true feelings or motives
Regression	Reverting to an earlier stage of development
Identification	Taking on the characteristics of someone viewed as successful
Displacement	Releasing one's anxiety out on a substitute as releasing on the source of the true source could be harmful
Projection	Attributing one's own unacceptable behavior onto someone else
Fantasy	Gratifying frustrated desires by imaginary achievements
Denial	Unpleasant external realities are ignored

Note: Adapted from "Understanding Emotion and Anxiety," by J. Karem, 2006, United States of America: Wiley

TRAUMA, MEMORY AND DIRTY DISHES



- Healthy memories glossier over time/ nostalgia
- Trauma memories remain vivid over time
- Pre-verbal trauma gets filed in sensory ways and can cause unexplainable physical/ emotional reactions (the Body keeps the score)
- Triggered by sights, sounds, smells cause a re-experiencing
- Like dishes, you can let them pile up, but they will get more and more intrusive if not addressed
- With childhood trauma, symptoms present when you are safe, or have the space, time and capacity to process the events



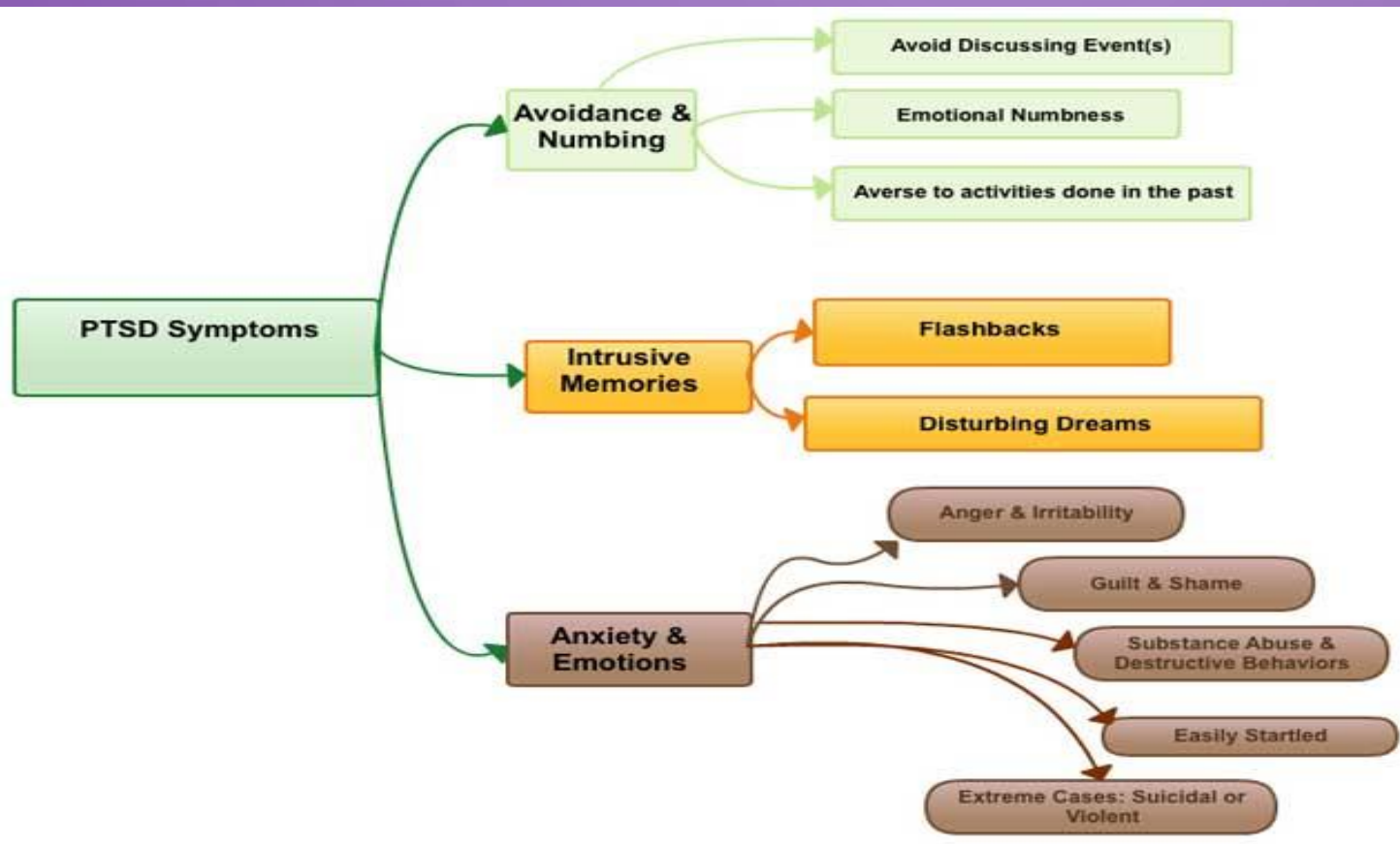
POST TRAUMA- DELAYED REACTION

- Often, symptoms of childhood abuse show up in adulthood
- Trying to have trusting relationships
- The symptoms are effective in coping during the trauma, not effective when it subsides, but persist
- Feeling too much or too little
- Guilt, shame, self-blame
- Withdrawing from others
- Feeling disconnected or numb
- **Stressed out at baseline**



SYMPTOMS OF PTSD-TRAUMA

TRAUMA IS A PREDICTABLE RESPONSE TO SOMETHING EXTRAORDINARILY STRESSFUL. IT IMPACTS ALL AREAS OF A PERSON'S LIFE AND CAN SIGNIFICANTLY AFFECT FUNCTIONING AND QUALITY OF RELATIONSHIPS.



All symptoms relate to the trauma
Stress Response won't turn off
Emotional Dysregulation



Generational Trauma



ELEMENTS OF TRAUMA IN PANDEMIC

- Event is sudden or unexpected
- Exposure- directly experiencing
- Perceived as overwhelming and/or uncontrollable
- Results in feelings of helplessness, lack of safety, lack of control
- Often generates secondary adversities, life changes and distressing reminders

SELF MEDICATION



The therapist
says- Give me 2
or 3 months in
therapy and
you'll begin to
feel better



The psychiatrist
says-Give me 2-3
weeks on these
meds and you'll
begin to feel better



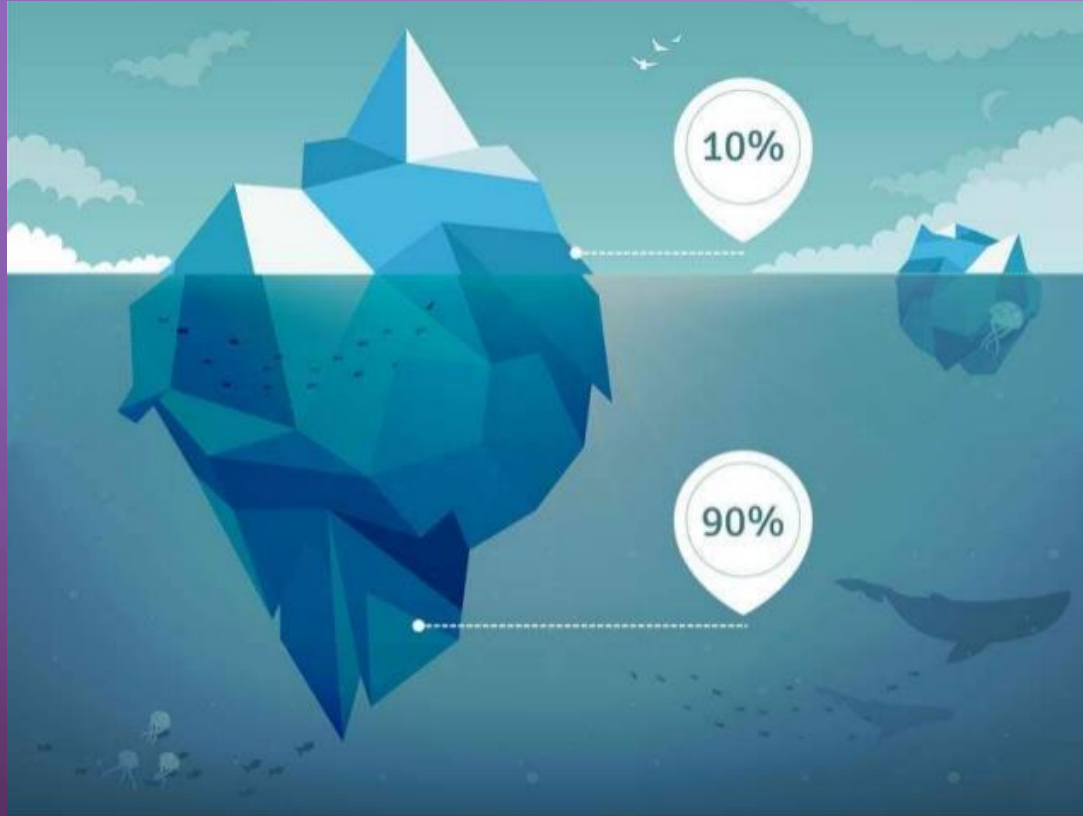
The bartender
says- Give this
shot 2-3 minutes
and you will be
feeling better!

Self medication is the most frequent way people cope with extreme distress. Effective in the short term, it can have long term implications and unintended consequences



**We're All Addicted
To Something that
Takes the Pain Away..**
— Daksh Chauhan

THE ICEBERG THEORY



- What the person shows is usually the tip of the iceberg.
- There is much more underneath
 - If you see cause for alarm, you are almost certainly right

BUILDING RESILIENCE

- Basic needs first- sleep, food, warmth
- Decrease Stress
- Structure & Routine= safety
- Mindfulness/ living in the present
- Reduce sense of present danger
- Feeling seen and cared about
- Instill Hope/ Gratitude



resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

- Problem Location
- Radical Acceptance
- The gift of detachment
- Validation
- Control your mood-emotional contagion
- Learn about your own stress response
- Invest in your future
- Learn about others across difference
- Creativity
- Resources for basic needs



CREATIVITY IS HEALING

The most
DANGEROUS STORIES
WE MAKE UP ARE THE
narratives that diminish our
INHERENT WORTHINESS.
WE MUST RECLAIM
THE TRUTH
ABOUT OUR
LOVABILITY, DIVINITY, *and*
creativity.
-Brené Brown
#RISING STRONG

THERE IS
NOTHING MORE
VULNERABLE
THAN CREATIVITY
-BRENE BROWN

CREATIVITY
IS THE WAY I SHARE
MY SOUL WITH
THE WORLD.
-BRENE BROWN

“Unused creativity is
not benign. It metastasizes.
It turns into grief, rage,
judgment, sorrow, shame.”

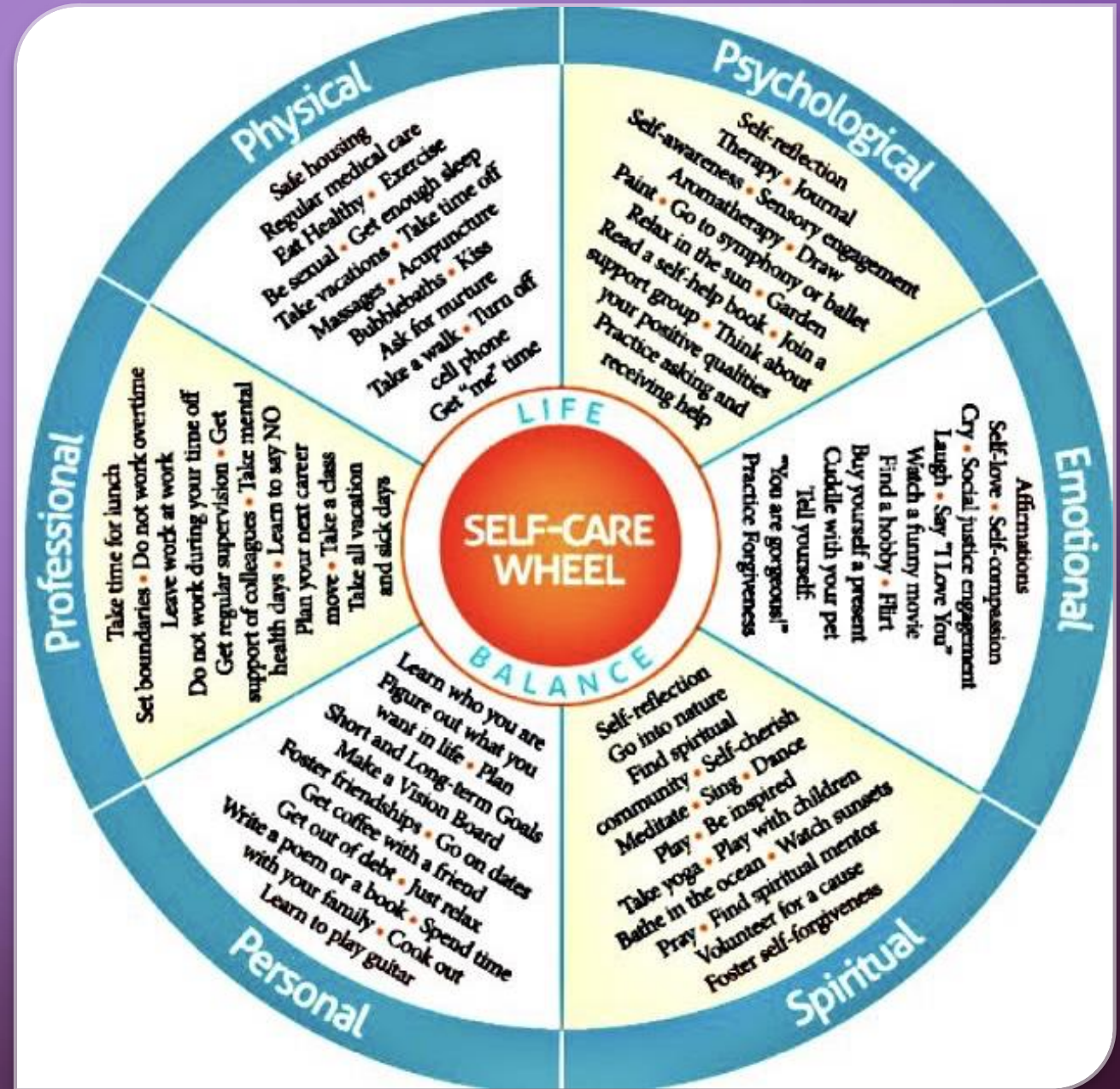
— BRENE BROWN, PHD, LMSW

**SUPER
SOUL
SUNDAY**

www.BreneBrown.com/hoodies

SELF-CARE WHEEL

- Physical Needs
- Psychological Needs
- Emotional Needs
- Spiritual Needs
- Personal Needs
- Professional/Goal Directed Needs

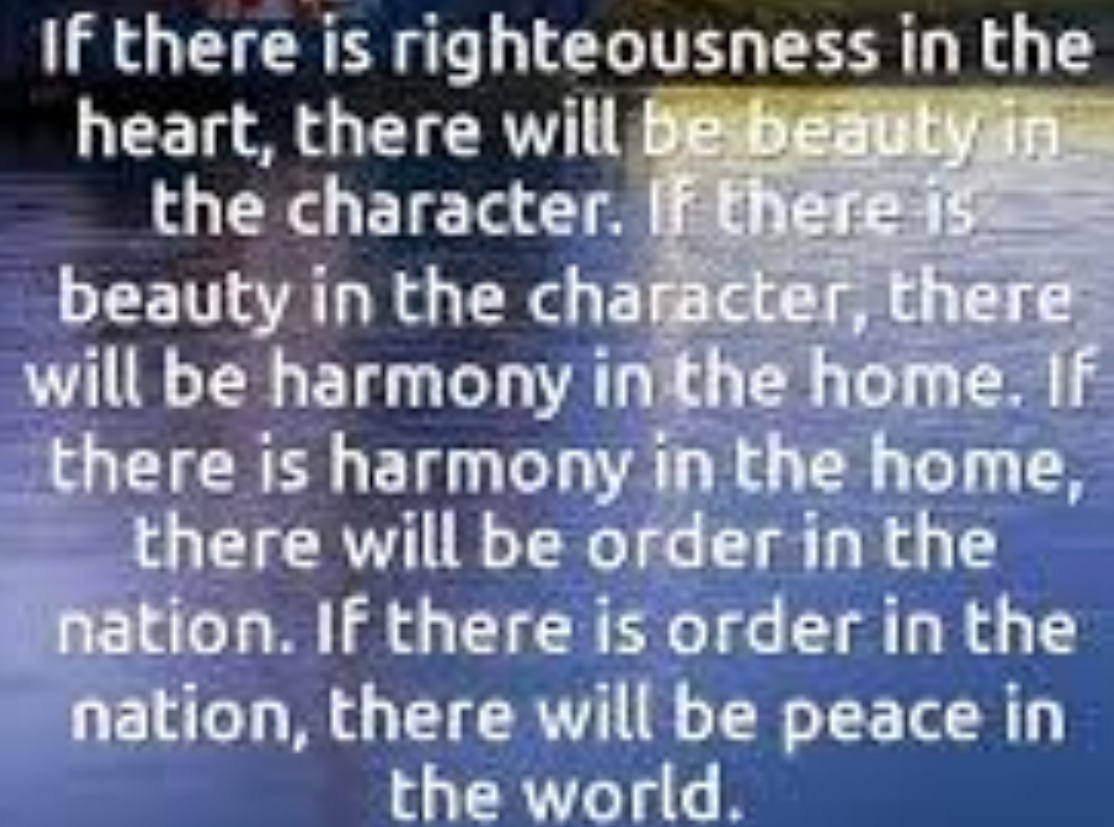


SAMPLE QUARANTINE ROUTINE

- 7:00am—Wake Up
 - Personal Hygiene/Make Bed/Stretch/Breakfast
- 8:00-9:00am—Something For the Soul
 - Read/Meditate/Journal
- 9:00-12:00pm—Productive Time Part 1
 - Work/School/Learning
- 12:00-1:00pm—Lunchtime
- 1:00-1:30pm—Time Spent Outside
- 1:30-2:30pm—Physical Activity
- 2:30-3:00pm—Household Chores
- 3:00-4:00pm—Hobbies
- 4:00-6:00pm—Productive Time Part 2
- 6:00-7:00pm—Dinner
- 7:00-9:00pm—Leisure/Fun Time
- 9:00-10:00pm—Winding down for Bed



SPIRITUAL NEEDS



If there is righteousness in the heart, there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world.

Confucian Proverb



IN 900 YEARS OF
TIME & SPACE
I'VE NEVER MET
anyone
WHO WASN'T
IMPORTANT 

THE POWER OF YOU

- Model self care and compassion
- Ripples / how you treat people
- Build Social Capital
- Create a happy world
- Change happens at all levels-individual, family, systems, society
- Insight is the best predictor of **SUCCESS**
- Make generous assumptions
- **Go make the world better because you're in it!**