

DOULA TRAINING SERIES



Trauma Informed Care on
March 30th 6-8pm

Advocacy & Self-Regulation
on June 29th 6-8pm

Storytelling: Birth Narratives
on August 31st 6-8pm

ALL SESSIONS HELD
AT THE YMCA,
766 MAIN ST.
WORCESTER, MA

Benefits:

- Certificate
- Continuing Education Credits
- Light refreshments
- Childcare on-site
- Transportation stipends available

Scan the QR code
to Register:



For more information:

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Kelsey@WorcesterACTs.org



The City of Worcester
Department of Health and Human Services
Division of Public Health

WORCESTER
ACT's
Addresses Childhood Trauma

UMass Memorial Health
UMASS MEMORIAL MEDICAL CENTER
Obstetrics and Gynecology

TRAUMA INFORMED CARE FOR DOULAS



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WWW.WORCESTERACTS.ORG

WORCESTER
ACT's
Addresses Childhood Trauma

GOALS FOR TODAY



- Understand what trauma is and how it may show up in pregnancy, birth, and postpartum
- Understand the role of a doula in supporting positive mental health



WARM UP

Raise your hand if you....

- have ever lost control of your emotions
- have addiction in your family
- find it easy to ask for help
- tried to help someone you thought was in danger
- have gone through a personal crisis
- know someone who died by suicide
- have felt different for any reason
- love to help people



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
- Stigma isolates us from the most
healing thing- connection

PHYSICAL ILLNESS

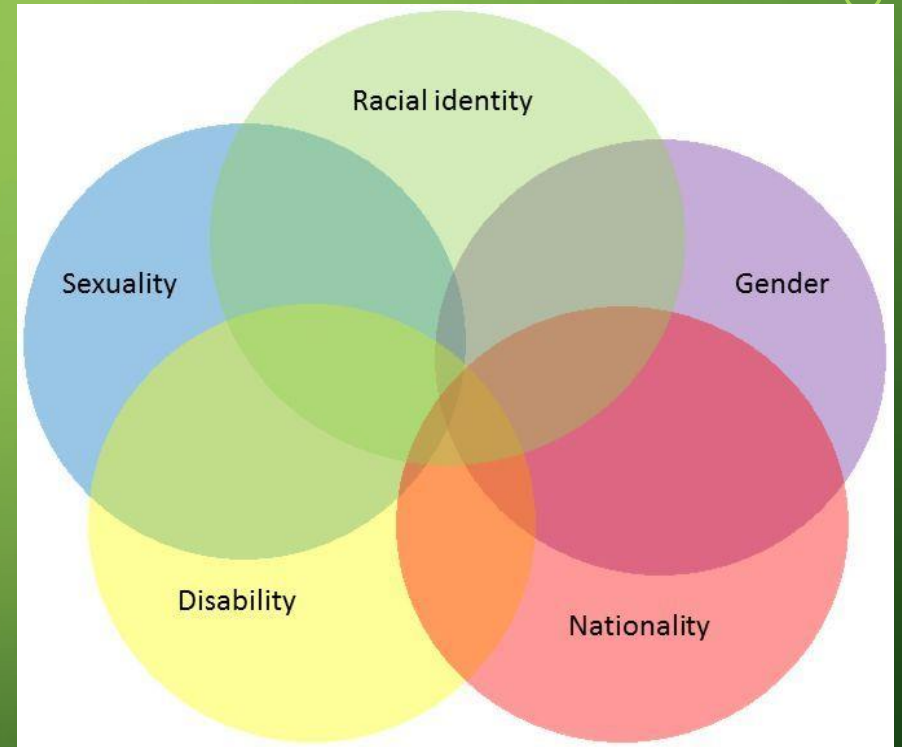


MENTAL ILLNESS



IDENTITY MATTERS

- We all hold multiple identities
- The identity groups you belong to impacts stigma and/or stress levels
- Groups are not afforded equal power
- Cultural beliefs about mental health, motherhood and giving birth
- Providers may be operating from stereotypes and misinformation



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).
- Engages your fight/flight/freeze stress response
- an injury verses an illness

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.

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



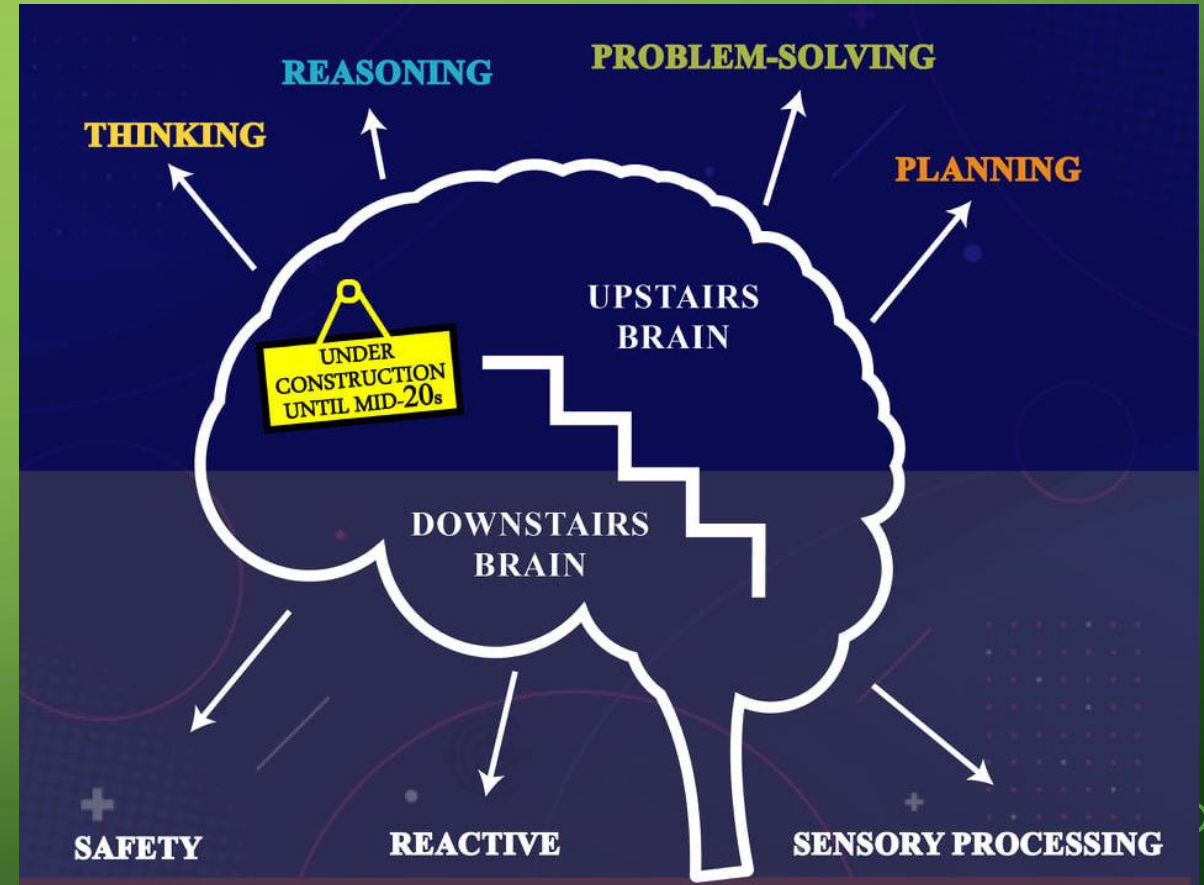
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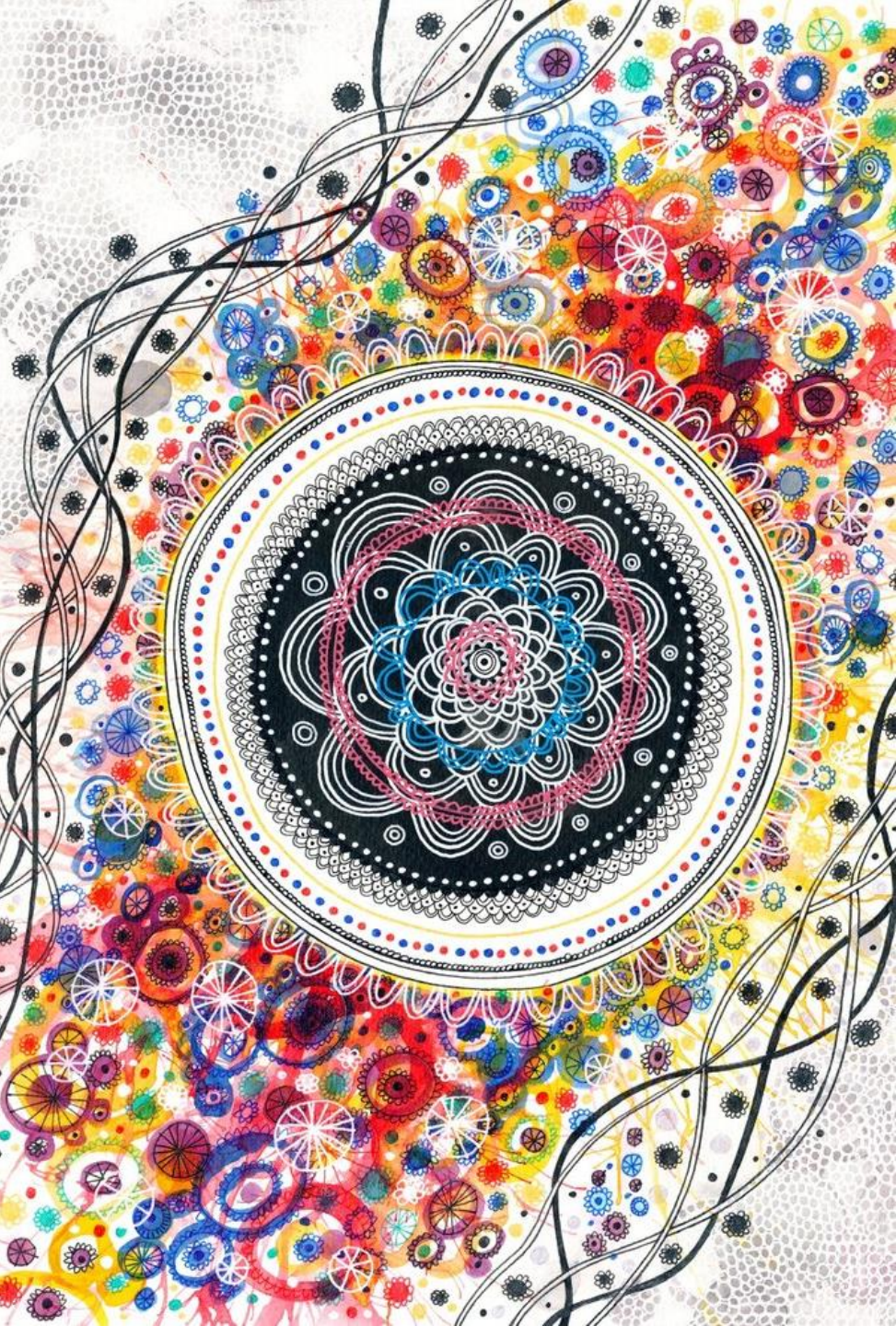


Broken bones

WHAT TRAUMA DOES TO THE BRAIN

- The Stress Response: Fight • Flight • Freeze
- Trauma keeps the body on high alert
- The “thinking brain” goes offline → survival brain takes over
- Logical reasoning isn’t possible unless people feel safe

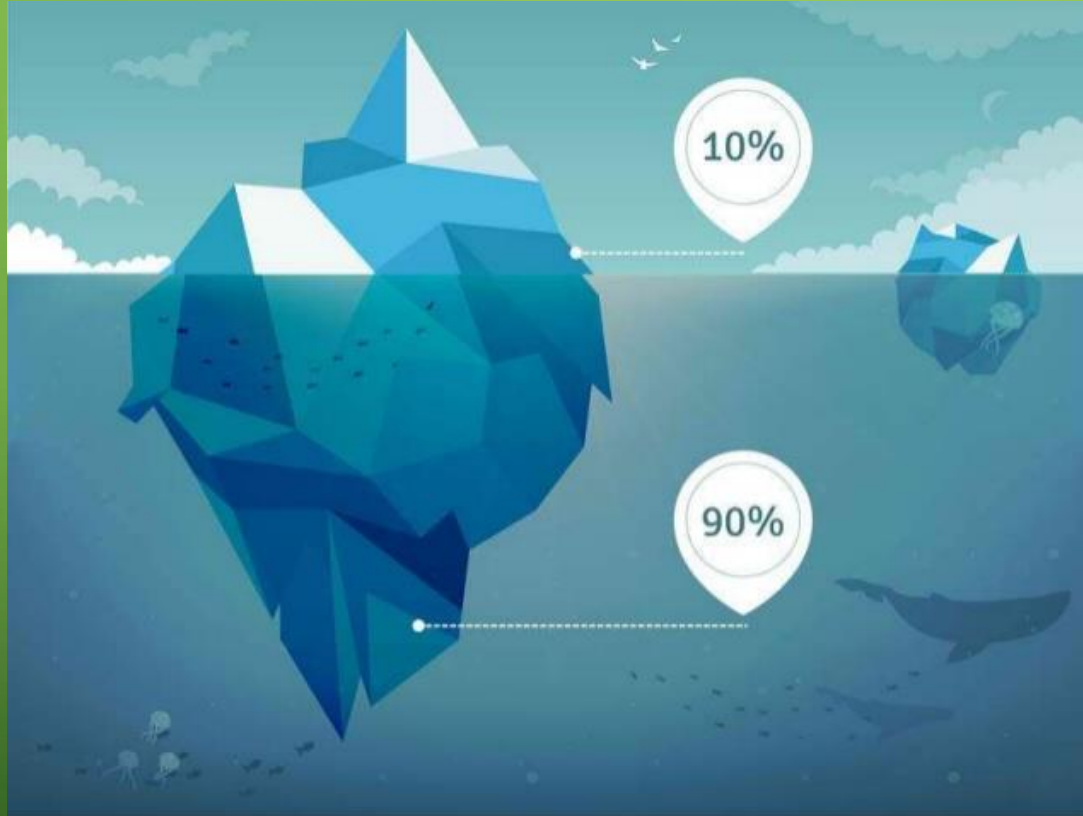




PEOPLE IN CRISIS...

- Often feel shameful, bad, or broken
- May be operating in fight/flight/freeze
- Have little confidence/ overwhelmed/ low self esteem/ can be revictimized
- Need to be treated with kindness above all
- Are best served by a calm, regulated presence

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.

A HELPING RELATIONSHIP

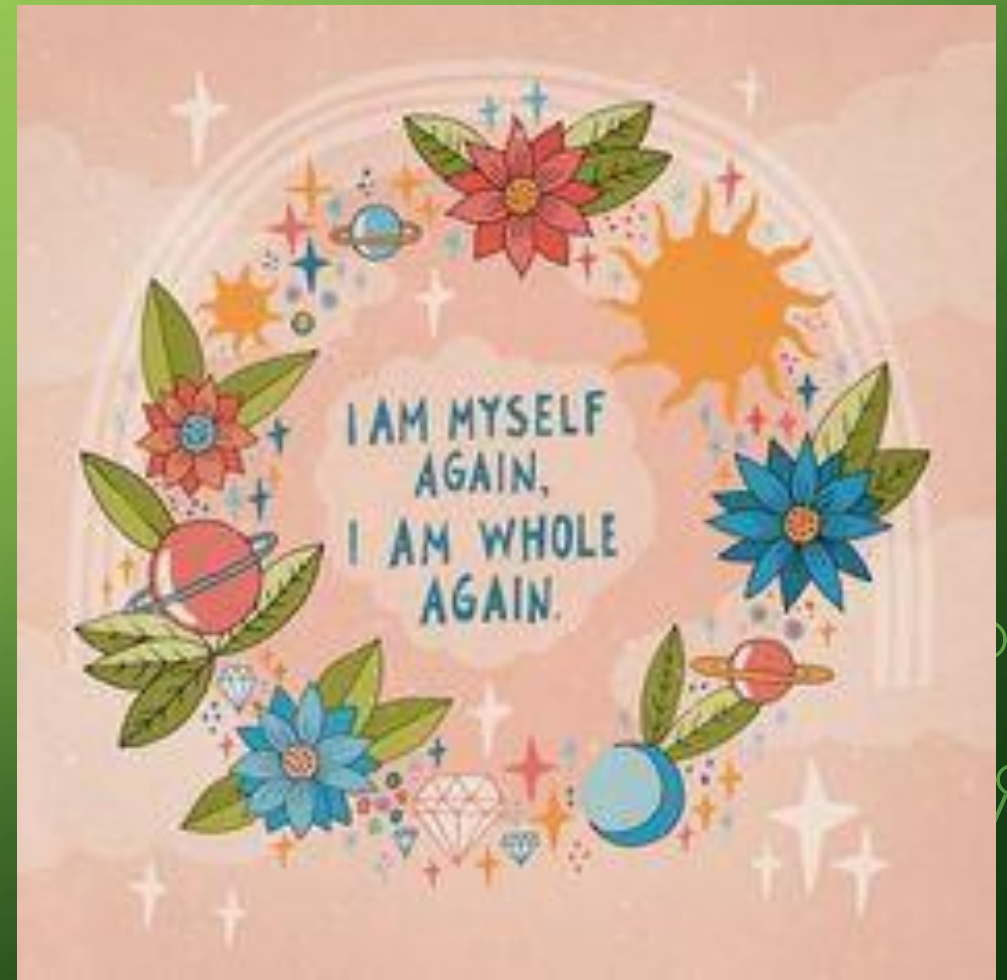
- Is a “protective factor”
- Gives unconditional positive regard
- Can lessen or undo traumatic effects
- Builds resilience
- Offers a role model
- Encourages healing
- Is more effective than anything else



"If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence and judgment. If you put the same amount of shame in a Petri dish and douse it with empathy, it can't survive," - Dr. Brene Brown.

PRINCIPLES OF TRAUMA INFORMED ENVIRONMENTS (SAMHSA)

- Safety
- Trustworthiness and Transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice and choice
- Consideration of Cultural, Historical, and Gender Issues



BUILDING RESILIENCE

- Decrease Stress
- Basic needs first: sleep, food, warmth
- Structure, Routine, Predictability = Safety
- Mindfulness & being in the present
- Reduce sense of fear or danger
- Feeling seen and cared about matters greatly



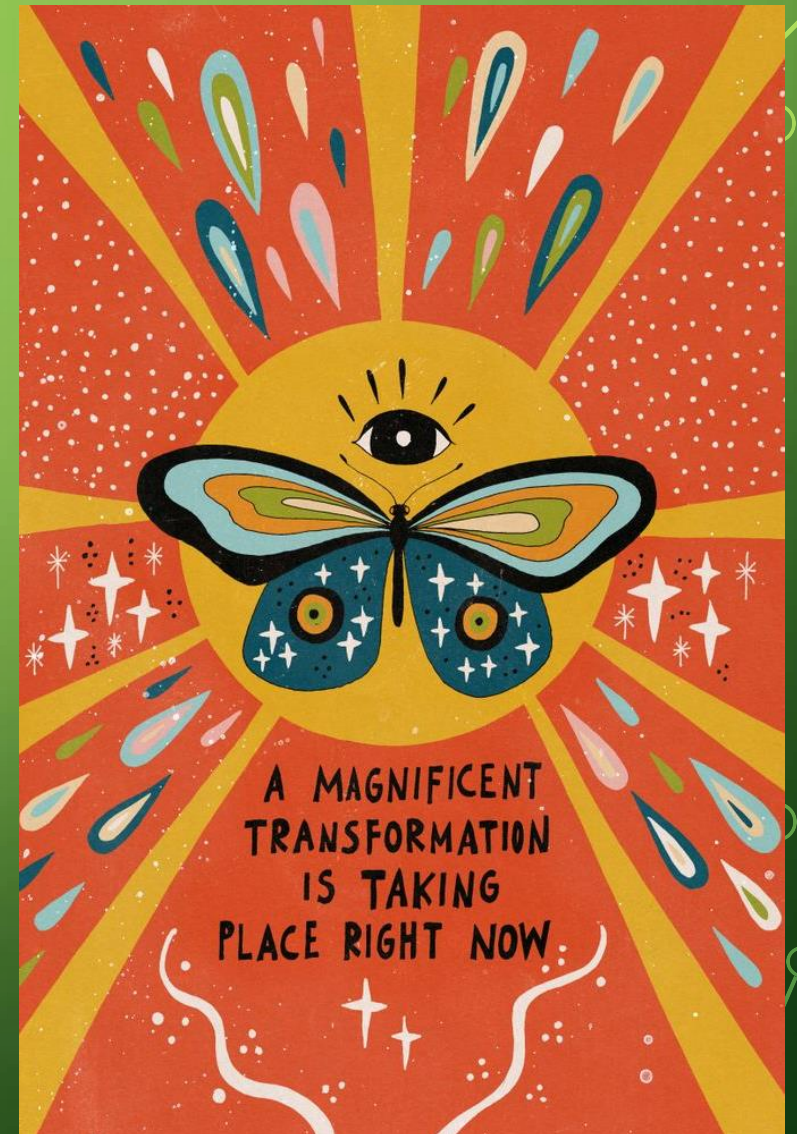
resilience:

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

—Merriam-Webster Dictionary

ATTENTION: THE SKILL OF MANAGING CRISIS

- Is a basic need
- Positive, Negative, None
- Whatever you put your attention on, you grow
- Be intentional with your attention
- Paying attention to someone is one of the best things you can do (and it's free)
- It's the most effective tool in your toolbox





THE POWER OF REPAIR

- Birth is physically demanding and painful- people are not at their best
- “It’s not the rupture that defines us — it’s the repair.”
- Every tough moment can become connection
- Modeling calm teaches that big feelings are survivable
- The relationship *is* the intervention

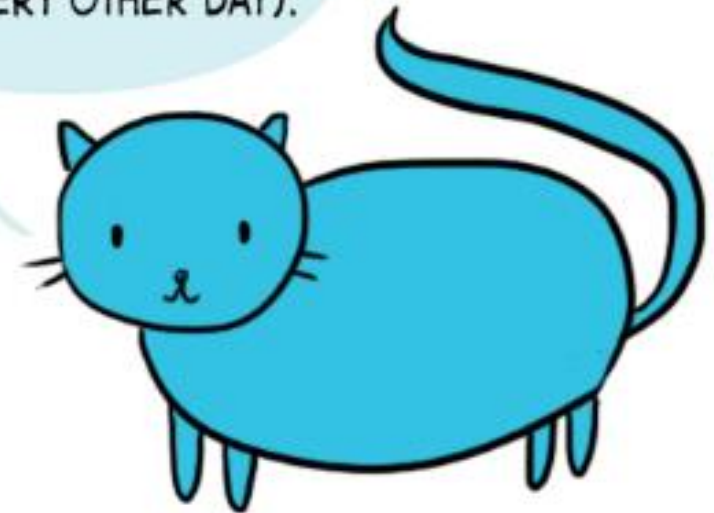
TAKE CARE OF YOU

- Try not to take it personally
- Remember: hurt people hurt people
- Reduce Your Stress
- Attend to your Physical Health
- Mindfulness
- Increase Restful Sleep

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help.

- Thich Naht Hanh

IT'S A GOOD DAY TO
TAKE CARE OF YOURSELF
(SO IS EVERY OTHER DAY).



THE POWER OF YOU

- Intervention with individuals can have a dramatic, life long impact
- This is the beginning of an important journey
- May change the course of their life trajectory
- Early Childhood really matters
- Planting Seeds
- Building strong foundations
- Go make the world better because you're in it!
- <https://youtu.be/GcZqClYTcwo>

IT IS EASIER
TO BUILD
STRONG
CHILDREN
THAN TO
REPAIR
BROKEN MEN.

~ Frederick Douglass

Tickled Mum Quotes @ TickledMummyClub.com.au



FEEDBACK REQUEST



- https://docs.google.com/forms/d/e/1FAIpQLScpPtYMHvWW59yXIkynEP89Q6MzQPgWFOE9wfDoOmaJR6iVOg/view_form