

WORCESTER



Addresses Childhood Trauma

Amy Ebbeson, LCSW

**Worcester Addresses
Childhood Trauma**

Trauma Informed- understanding
a person's experiences to
understand their behavior and its
life-long consequences

TRAUMA OF FLEEING AFGHANISTAN



Please Mute
Use Chat for introductions
Take Care of Yourself
Mary Robbins will help monitor
questions
Agenda- Speaker bios on slides
Speaker may take questions
Recording will be shared out widely
Free to use and share

HOUSEKEEPING



TTT AGENDA

Welcome

Amy Ebbeson

12-12:15

Working w/ immigrants and refugees –

Sarah Stanlick

12:15-12:30

Karen Clark- Hoey

12:30-12:45

Afghan Culture-

Mona Ives & Somaya Rajai

12:45-1:15

Current Observations/situations/ needs-

Dr Bersani

1:15-1:30

Ways to help now-

Melanie Shapiro

1:30- 1:45

Noreen Johnson-Smith

1:45-2:00

RESPONSES TO STRESS/ ACTIVE 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).
an injury verses an illness

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

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

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

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

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

Fight

- against the person witnessing the shame

Flight

- to get away from the situation, the shamer, or the witness

Freeze

- to cease action or engagement or to try to become 'invisible'

De-value

- to deny the importance of the situation or trigger

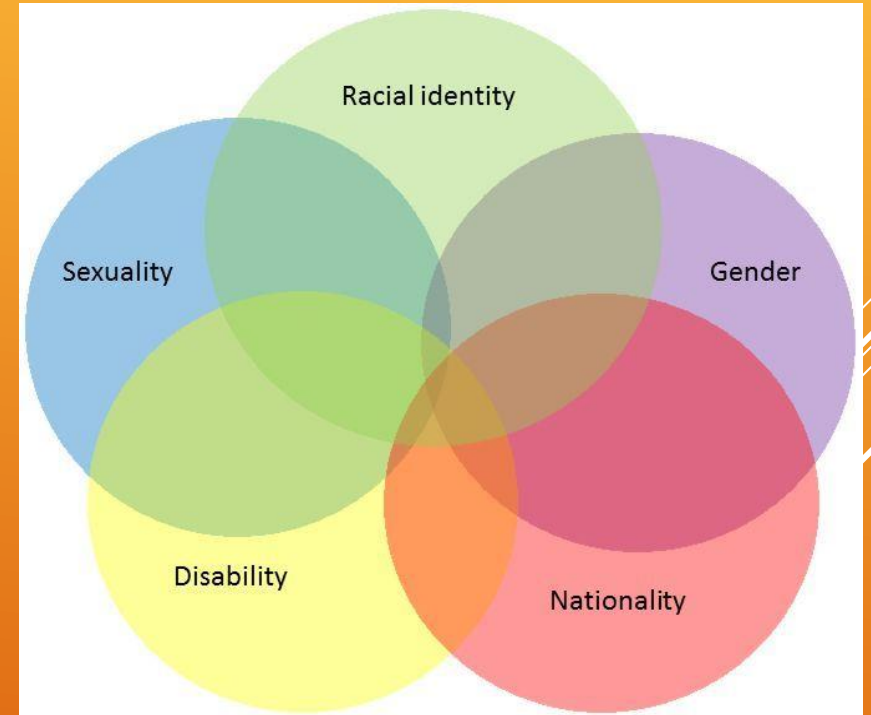
PEOPLE IN CRISIS...

- ▶ The traumatic occurrence or experience causes the body and mind to be overwhelmed and results in nervous system dysregulation
- ▶ Have been taught by experience to mistrust
- ▶ Have misperceptions of their own power
- ▶ Think in black and white/ Can't see any options
- ▶ Have little confidence/ overwhelmed
- ▶ Often get revictimized
- ▶ Need to be treated with kindness above all



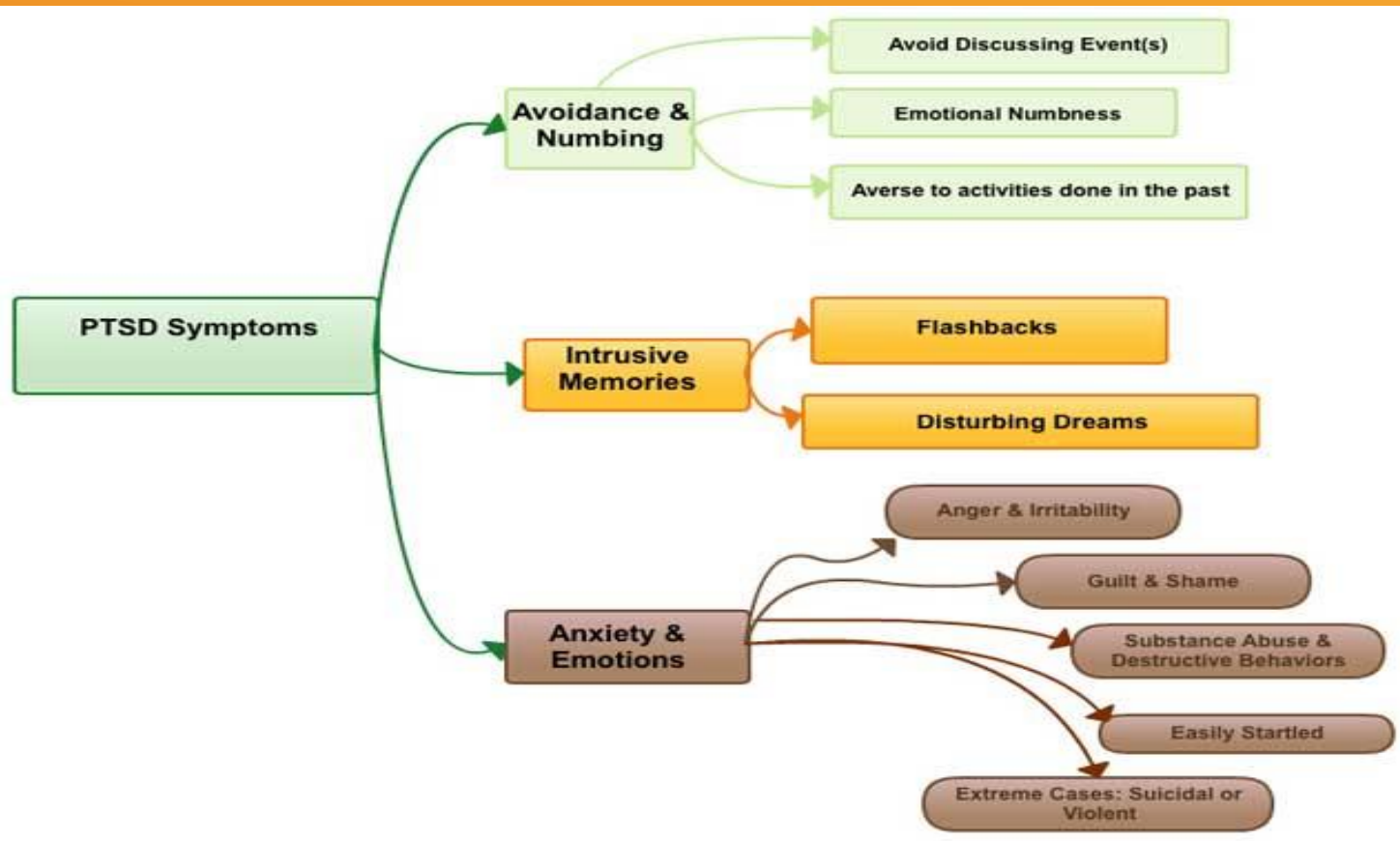
CULTURE & INTERSECTIONALITY

- ▶ We all hold multiple identities
- ▶ The identity groups you belong to impacts stigma and/or stress levels
- ▶ Views about Mental Illness/ Health
- ▶ Racism/ Sexism/ Heterosexism-oppression
- ▶ People may have been taught to mistrust people outside their group
- ▶ May not see you as an individual but as a representative of your group



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

PTSD symptoms present when you
are safe, or have the space, time and
capacity to process the events

VICARIOUS TRAUMA



- ▶ free floating anger and/or irritation
- ▶ over-eating or under-eating
- ▶ difficulty falling asleep and/or staying asleep
- ▶ worried that they are not doing enough
- ▶ dreaming about their clients/their clients' trauma experiences
- ▶ diminished joy toward things they once enjoyed
- ▶ diminished feelings of satisfaction and personal accomplishment
- ▶ dealing with intrusive thoughts of clients with especially severe trauma histories
- ▶ feelings of hopelessness associated with their work/clients
- ▶ blaming others
- ▶ Substance use/ misuse