



TRAUMA

Breaking The Chains of Trauma



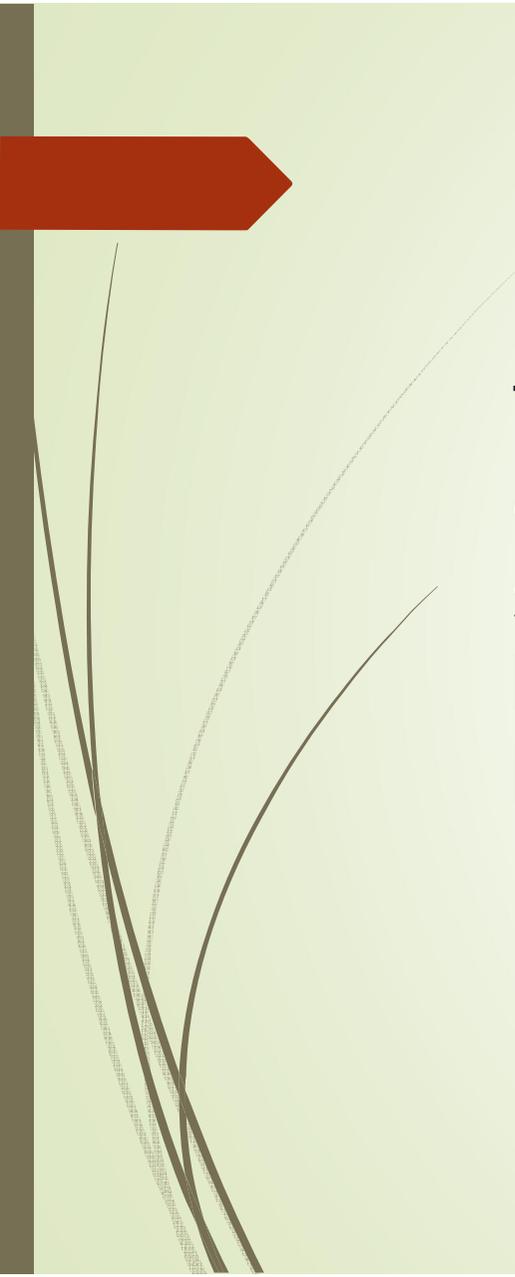
Who Am I

- Ko Smokey Mountains taku maunga
- Ko Mississippi taku awa
- Ko Native American Ko Kotemana aku iwi
- Ko Ken Robinson taku ingoa
- Tena Koutou Tena Kotou Katoa



The word trauma is an old word and derived from Latin and Greek languages. It originally meant “wound” or being “hurt.”

In the 1800s it came to be recognized that trauma was a sort of “psychic wound” that resulted from bad experiences.



Trauma is now seen as the normal emotional response people endure after something terrible happens. It can be brief, lasting a few hours, a few days, or long lasting.

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- ▶ Trauma can affect people of every race, ethnicity, age, sexual orientation, gender, psychosocial background, and geographic region.

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- A traumatic experience can be a single event, a series of events, and/or a chronic condition such as childhood neglect or domestic violence.

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- Traumas can affect individuals, families, groups, communities, specific cultures, and generations.



Autonomic Nervous System Sympathetic Dominance

- Learned through trauma and fear
- Fight/Flight
- Chronic Muscle tension
- Hypervigilance
- Diminished neocortical functioning
- Loss of language and speech
- Elevated heart and respiration rates
- Reactivity
- Intimacy intolerance
- Carrier of anxiety and stress



Autonomic Nervous System Parasympathetic Dominance

- No trauma or resolved trauma
- Mobility and decision making capacity
- Muscle relaxation and comfort
- Peak performance
- Problems=Challenge
- Intentionality
- Self-regulation
- Satiety
- Intimacy tolerance
- Healer and transformer of anxiety/traumatic stress



Perceived Threat

- ▶ Remaining in the context of a perceived threat without intentionally relaxing one's body yields:
 1. Sympathetic Dominance
 2. Anxiety Symptoms
 3. Compulsive Behaviors



Parasympathetic Dominance

- ▶ The Sympathetic and Parasympathetic system cannot be active at the SAME time
- ▶ Keep your body relaxed in the presence of a perceived stressor
- ▶ One simple way to gain parasympathetic dominance is deep breathing
- ▶ Breathing deeply activates the Vagus nerve which starts in our brain and wanders throughout our body touching just about every organ
- ▶ When the Vagus nerve is stimulated it slows down the heart rate



Types of Trauma



Natural or Human-Caused

Natural

- Tornados
- Lightning Strikes
- Wildfire
- Avalanche
- Physical Ailment or Disease
- Earthquake
- Fallen Tree
- Hurricane
- Flood

Human-Caused

- Train Derailment
- Roofing Fall
- Structural Collapse
- Aircraft crash
- Arson
- Terrorism
- Warfare
- School Violence
- Domestic Violence

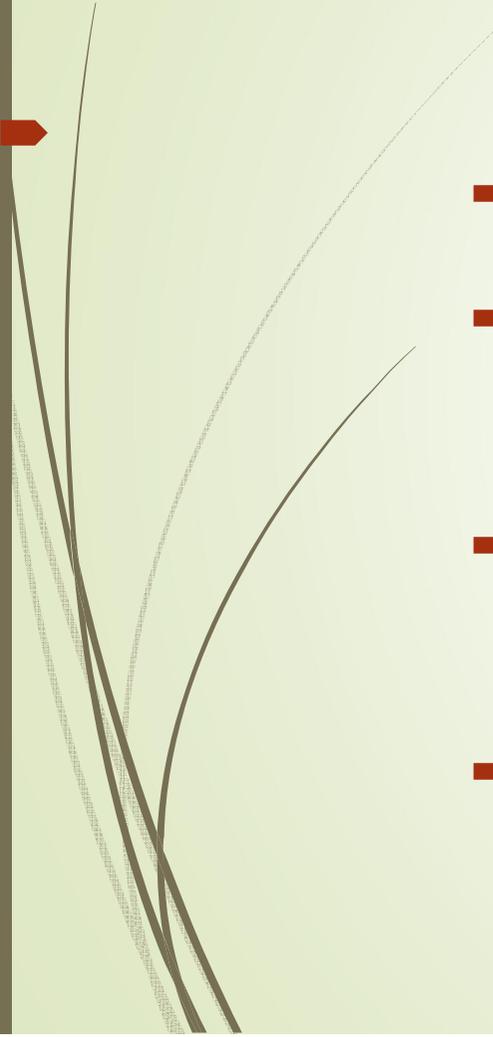


How survivors of natural trauma respond to the experience often depends on the degree of devastation, the extent of individual and community losses, and the amount of time it takes to reestablish daily routines, activities, and services.

Human -caused traumas are fundamentally different from natural disasters. They are intentional. The subsequent reactions to these traumas often depend on their intentionality.



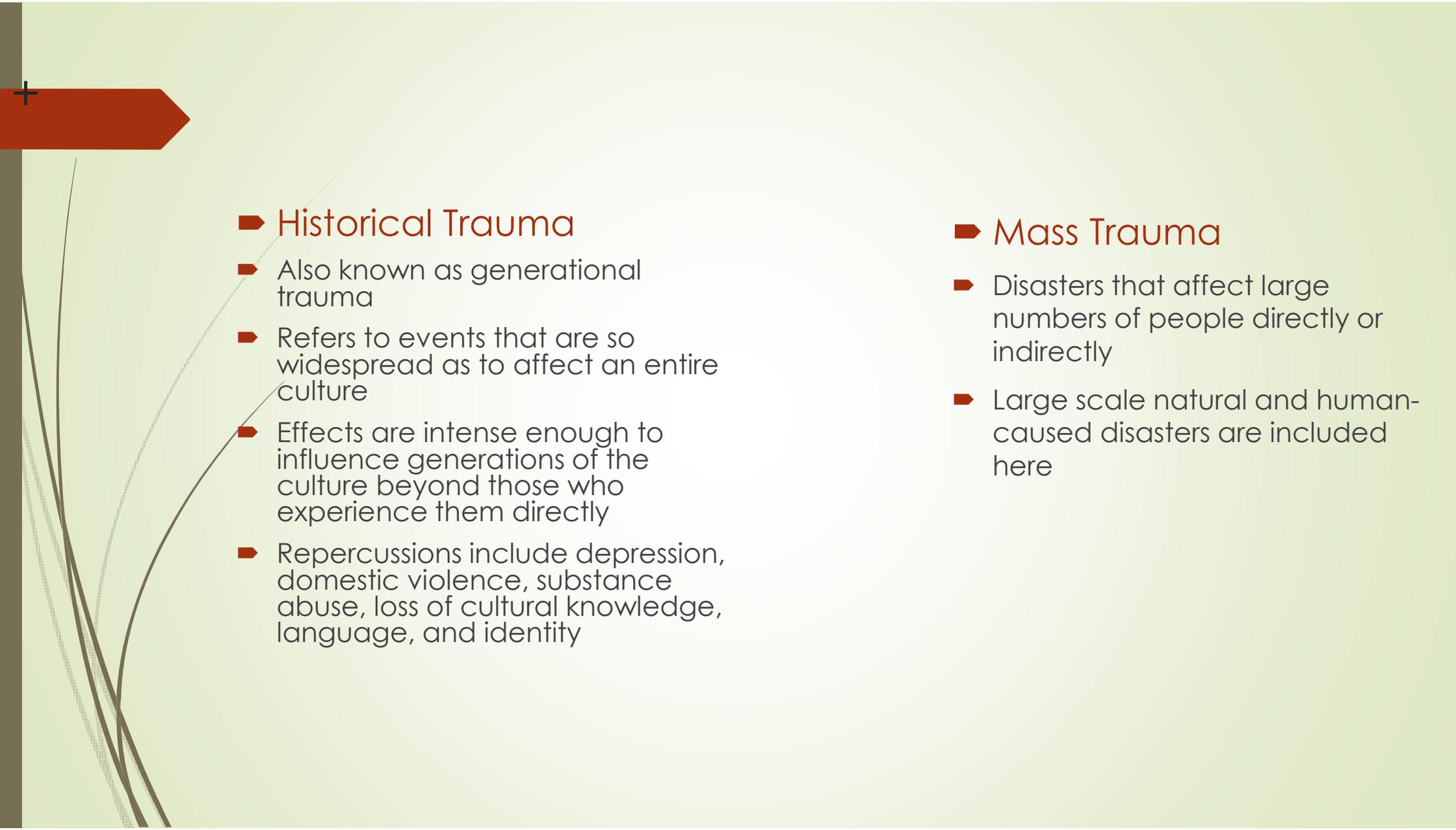
Individual Traumas

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- Refers to an event that only occurs to one person
 - It can be a single event (rape, mugging) or prolonged events (life threatening illness, multiple sexual assaults)
 - These survivors may not receive environmental support that members of collectively traumatized groups receive.
 - Less likely to reveal their traumas
 - Physical injuries are the most prevalent of individual traumas
 - Excessive alcohol use is the leading risk factor for physical injuries- nearly 50% of patients admitted to trauma centers have injuries attributable to alcohol dependence



➤ Group Traumas

- Traumatic experiences that affect a particular group of people
- The groups often share a common identity and history which includes military service members and vocational groups that specialize in managing traumas routinely—first responders
- These groups are likely to experience repeated trauma
- They tend to keep the trauma experience within the group
- Often, members of the group encourage others to shut down emotionally and repress the traumas



➤ Historical Trauma

- Also known as generational trauma
- Refers to events that are so widespread as to affect an entire culture
- Effects are intense enough to influence generations of the culture beyond those who experience them directly
- Repercussions include depression, domestic violence, substance abuse, loss of cultural knowledge, language, and identity

➤ Mass Trauma

- Disasters that affect large numbers of people directly or indirectly
- Large scale natural and human-caused disasters are included here



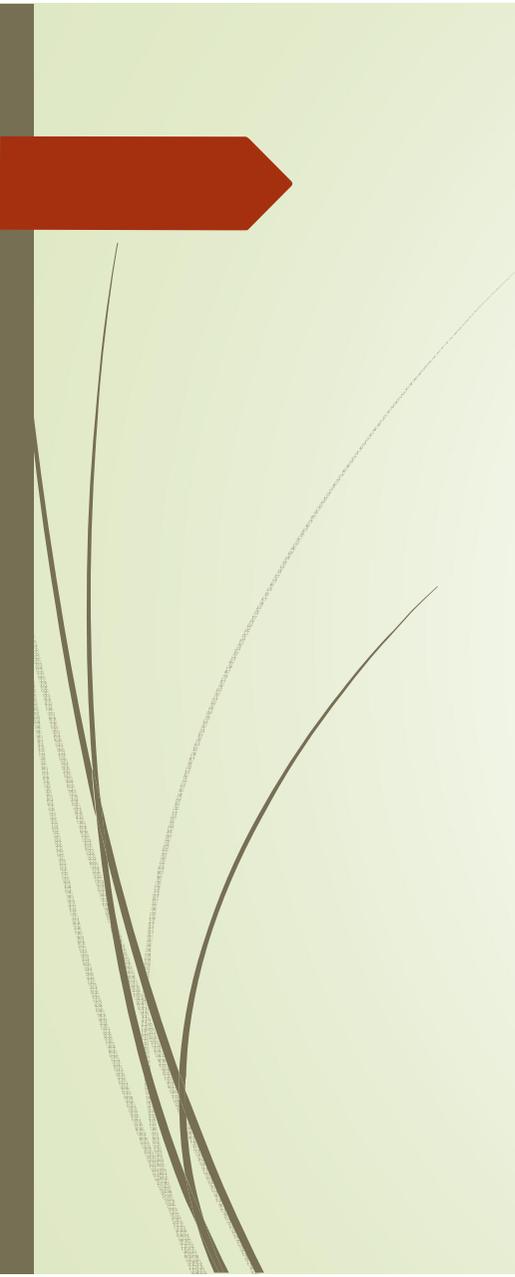
Intimate Partner Violence

- Often referred to as Domestic Violence
- It is a pattern of actual or threatened physical, sexual, and/or emotional abuse
- It is normally ongoing
- Substance Abuse, particularly involving alcohol, is frequently associated with Interpersonal Violence



Adverse Childhood Experiences

- Experienced at a young age through sexual, physical, or emotional abuse and neglect
- ACEs can negatively affect a person's well being into adulthood
- They can set the stage for increased vulnerability to physical, mental, and substance use disorders and enhance the risk for repeated trauma exposure across the life span
- Childhood abuse is highly associated with major depression, suicidal thoughts, PTSD, and dissociative symptoms and greater risk of adult alcohol use



Common Responses to Trauma



Emotional

- ▶ Emotional reactions to trauma can vary greatly and are influenced by the individual's sociocultural history.
 - ▶ Emotions most likely to surface include anger, fear, sadness, and shame
 - ▶ Individuals may have difficulty identifying these feelings for various reasons (lack of experience with the emotion, it is too dangerous to identify)
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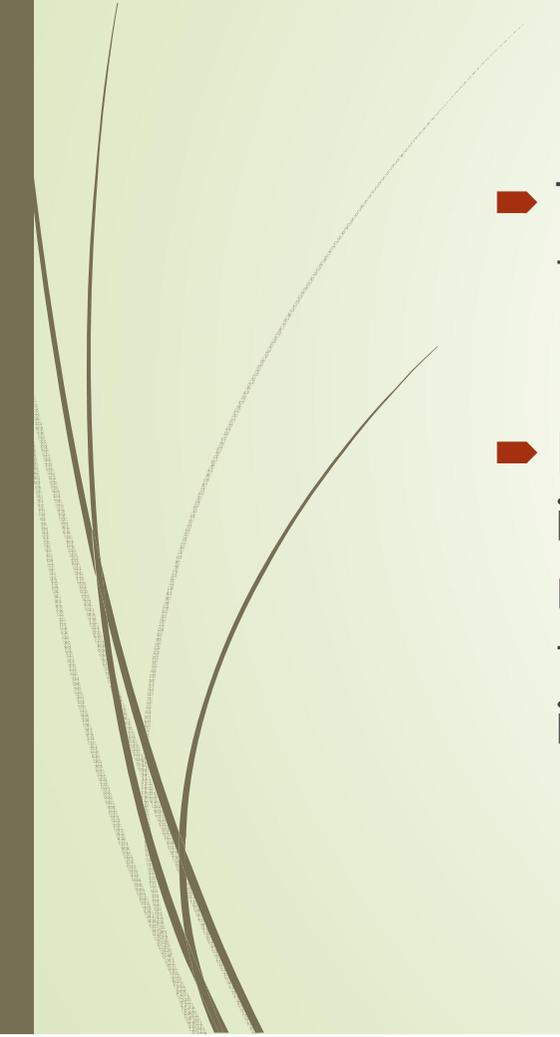


Emotional Dysregulation

- ▶ Emotional dysregulation occurs (can't regulate anger, anxiety, sadness, and shame)
- ▶ Emotional dysregulation is more so when the trauma occurred at young age
- ▶ Self-medication-namely substance abuse is one of the methods traumatized people use in an attempt to regain emotional control
 - ▶ Other methods to regulate can include high risk, self-injurious behaviors, disordered eating, compulsive behaviors such as gambling, and repression or denial of emotions



Numbing

- ▶ The biological process whereby emotions are detached from thoughts, behaviors, and memories
 - ▶ Because numbing symptoms hide what is going on inside emotionally, there can be a tendency for family members, counselors, and other behavioral health staff to assess levels of traumatic stress symptoms and the impact of trauma as less severe than they actually are
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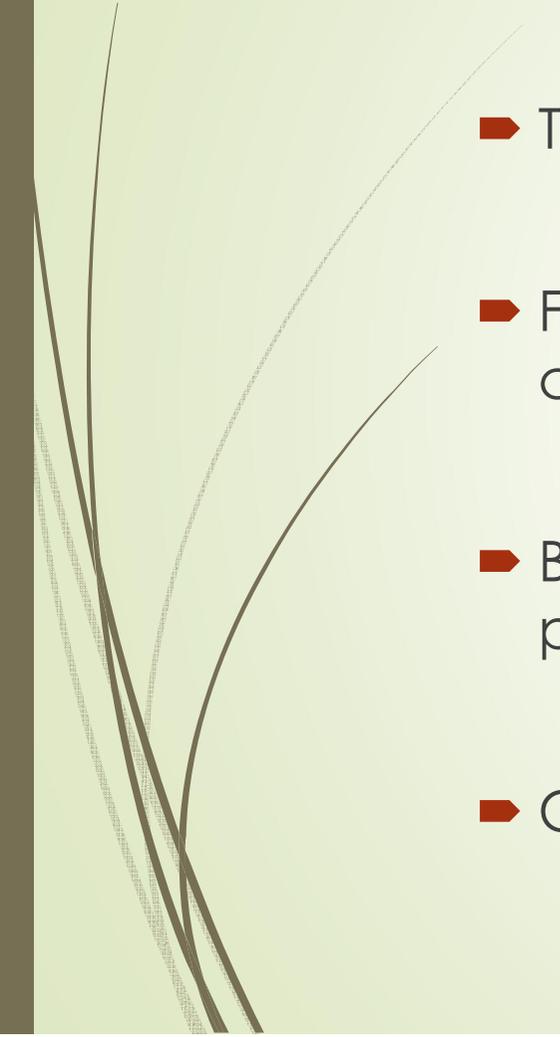


Physical

- There is a significant connection between trauma, including adverse childhood experiences, and chronic health conditions
- Common physical disorders and symptoms include:
 1. Somatic complaints
 2. Sleep disturbances
 3. Gastrointestinal
 4. Cardiovascular
 5. Dermatological
 6. Substance use disorders
 7. Respiratory
 8. Neurological



Cognitive

- ▶ Traumatic experiences can affect and alter cognitions
 - ▶ From the beginning, trauma challenges the just-world or core life assumptions that help individuals navigate life
 - ▶ Beck said trauma can alter three main cognitive patterns—thoughts about self, the world, and the future
 - ▶ Causes people to feel different from others
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Behavioral

- ▶ Engaged to manage the after effects, the intensity of emotions, or the distressing aspects of the traumatic experience
- ▶ Can be avoidant, self-medicating (alcohol abuse) compulsive (over eating), impulsive (high-risk behaviors) and or self-injurious behaviors
- ▶ Some may try to gain control over their experiences by being aggressive or sub-consciously reenacting aspects of trauma



Behaviors Used

- Self-harm and self destructive behaviors – examples are cutting, burning skin, head-banging, hair pulling, excessive scratching, bone breaking, and swallowing sharp objects
- Reenactments – to repetitively relive and recreate a past trauma in their present lives- possibly to master the trauma
- Consumption of Substances
- Avoidance which often coincides with anxiety and the promotion of anxiety symptoms



Men's Trauma versus Women's Trauma

Men

- Have higher rates of substance abuse
- Experience more combat and crime victimization
- The above implies that men's trauma occurs more in public
- Men's abusers are mostly strangers

Women

- Have higher rates of PTSD
- Experience more physical and sexual assault
- Women's trauma occurs more in private places
- Women are more frequently in a relationship with the abuser



Ways Staff and Agency can cause retraumatization

- Being unaware that the client's traumatic history significantly affects his/her life
- Failing to screen for trauma history prior to treatment planning
- Challenging or discounting reports of abuse or other traumatic events
- Using isolation or physical restraints
- Using experiential exercises that humiliate the individual
- Endorsing a confrontational approach
- Allowing the abusive behavior of one client toward another to continue without intervention
- Labeling behavior/feelings as pathological
- Failing to provide adequate safety/ security within the program
- Disrupting counselor-client relationships by changing counselor's schedules and assignments



Trauma-Informed Treatment

1. Establishes a safe environment
2. Uses strengths and empowers
3. Builds healthy coping skills
4. Supports the development of healthy relationships
5. Identifies all needs and works to address them
(either directly or by referral)



Trauma-informed Care in Treatment Settings Is Sensitive

- ▶ Staff interactions
- ▶ Client awareness
- ▶ Identify 'triggers'

Examples:

- ▶ 'Close your eyes' or 'relax' may be triggers
- ▶ Saying 'no' to help, when asked
- ▶ Resistance to authority
- ▶ Withdrawal
- ▶ Submissiveness to others
- ▶ Sexualization of relationships



What Helps when we are upset?

- ▶ Be calm
- ▶ Listen, validate, allow to ventilate
- ▶ Hope
- ▶ Offer options
- ▶ Give clear information and suggestions
- ▶ Help consumer to focus on realistic plan of action (baby Steps)

(Schilling, 2010)



Viewing Symptoms as Protective Skills

- ▶ A TIC model frames symptoms as adaptation, rather than as pathology
- ▶ Every symptom helped a survivor in the past and continues to help in the present – in some way
- ▶ Emphasizes resilience in human response to stress
- ▶ Reduces shame
- ▶ Engenders hope for clients and providers alike



Tips for Building Resilience

- Develop a core set of beliefs that nothing can shake
- Try to find meaning in whatever stressful or traumatic thing that happened
- Try to maintain a positive outlook
- Take cues from someone who is especially resilient
- Don't run from things that scare you: Face them



Breaking the Chains of Trauma

- Trauma-related symptoms pose some of the greatest stumbling blocks to recovery for offenders, mental health clients, substance abusers, and individuals struggling with day-to-day responsibilities.



Breaking the Chains of Trauma

- These workbooks are based on the MRT approach and incorporate all of the key issues identified by SAMHSA's Trauma-Informed Treatment Protocol.

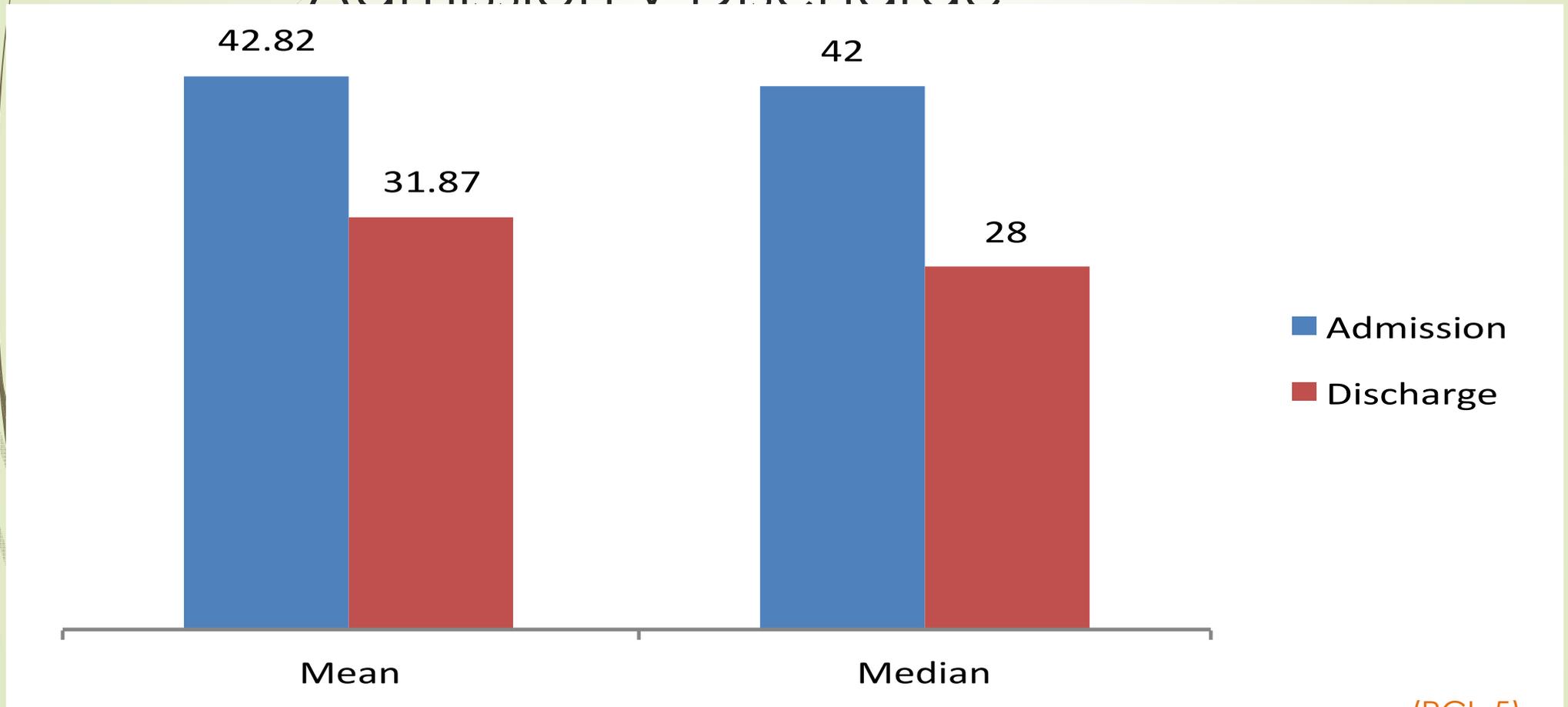


Breaking the Chains of Trauma

- ▶ They are designed to be used in an 8-session group format that can be implemented in an open-ended manner-where new participants can be entered at any time- or as an 8-session psychoeducational class.
- ▶ There are separate workbooks for female and male participants. The books are available only to those programs with MRT trained staff, or staff who have completed CCI's specialized Trauma Training.

PTSD score

Admission v Discharge



(PCL-5)

MRT™ Works: Thurston Co, WA Drug Court Program

Treating Trauma & Depression

Pre-/Post Assessment Measures	Program As Usual MRT Only Pre-Post
BDI-II Beck Depression Inventory	15.65 - 5.09 (67%)
ISE Index of Self Esteem	31.57 - 24.09 (24%)
DAPS PTS-T Posttraumatic Stress—Total	52.16 - 39.91 (24%)

Findings indicate:

- MRT alone reduced depression 67%
- Impacted clinically significant self-esteem areas by 24%
- Reduced traumatic symptoms by 24%



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- Try to find meaning in whatever stressful or traumatic thing that happened
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- Take cues from someone who is especially resilient
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Assessment Instruments

- 1. Life Events Checklist 5**
- 2. Index of Self Esteem**
- 3. Beck Depression Inventory**
- 4. DAPS- Detailed Assessment of PTSD**



URL:http://www.ptsd.va.gov/professional/assessment/te-measures/life_events_checklist.asp

Type: Guideline/Assessment Tool

Access Notes: Free/Publicly Available

Citation(s):

Gray MJ, Litz BT, Hsu JL, Lombardo TW. Psychometric properties of the life events checklist. *Assessment*. 2004 Dec;11(4):330-41. PubMed PMID: 15486169.

<http://www.ncbi.nlm.nih.gov/pubmed/15486169>. Subscription required.

Bae H, Kim D, Koh H, Kim Y, Park JS. Psychometric properties of the life events checklist-Korean version. *Psychiatry Investig*. 2008 Sep;5(3):163-7. doi: 10.4306/pi.2008.5.3.163. Epub 2008 Sep 30. PubMed PMID: 20046360; PubMed Central PMCID: PMC2796024. <http://www.ncbi.nlm.nih.gov/pubmed/20046360>. Subscription not required.

Includes Research Tools: Yes

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