



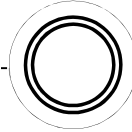
# Decreasing the Trauma Response

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NH COALITION AGAINST DOMESTIC AND SEXUAL  
VIOLENCE**



**KEEP  
CALM  
AND  
PRACTICE  
SELF-CARE**

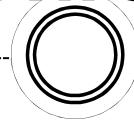
# Why is Understanding Trauma Important?



- To provide effective services we need to understand the life situations that may be contributing to the person's current problems
- Many current problems faced by the people we serve may be related to traumatic life experiences
- People who have experienced traumatic life events are often very sensitive to situations that remind them of the people, places or things involved in their traumatic event.
- These reminders, also known as triggers, may cause a person to relive the trauma and view the health care setting as a source of distress rather than a place of healing and wellness.

# What is Trauma?

## The Three E's



*Events* and circumstances that may include the actual or extreme threat of psychological or physical harm – such as natural disasters, violence, etc. or severe life-threatening neglect for a child that imperils healthy development.

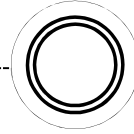
The individuals *experience* of these events or circumstances help to determine whether or not it is a traumatic event.

The long-lasting adverse *effects* that may occur immediately or may have a delayed onset.

The ACE Study is an ongoing collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente.

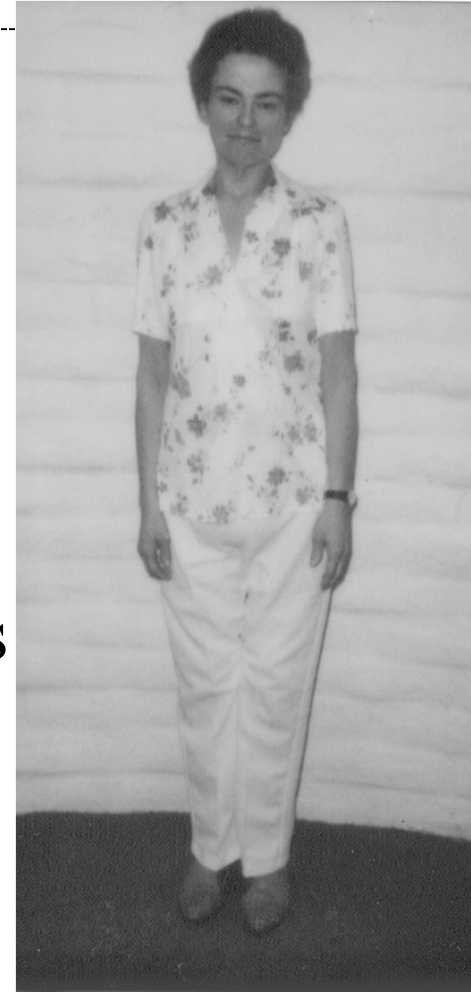
Led by Co-principal Investigators Robert F. Anda, MD, MS, and Vincent J. Felitti, MD, the ACE Study is perhaps the largest scientific research study of its kind, analyzing the relationship between multiple categories of childhood trauma (ACEs), and health and behavioral outcomes later in life.

# Origins of the ACE Study

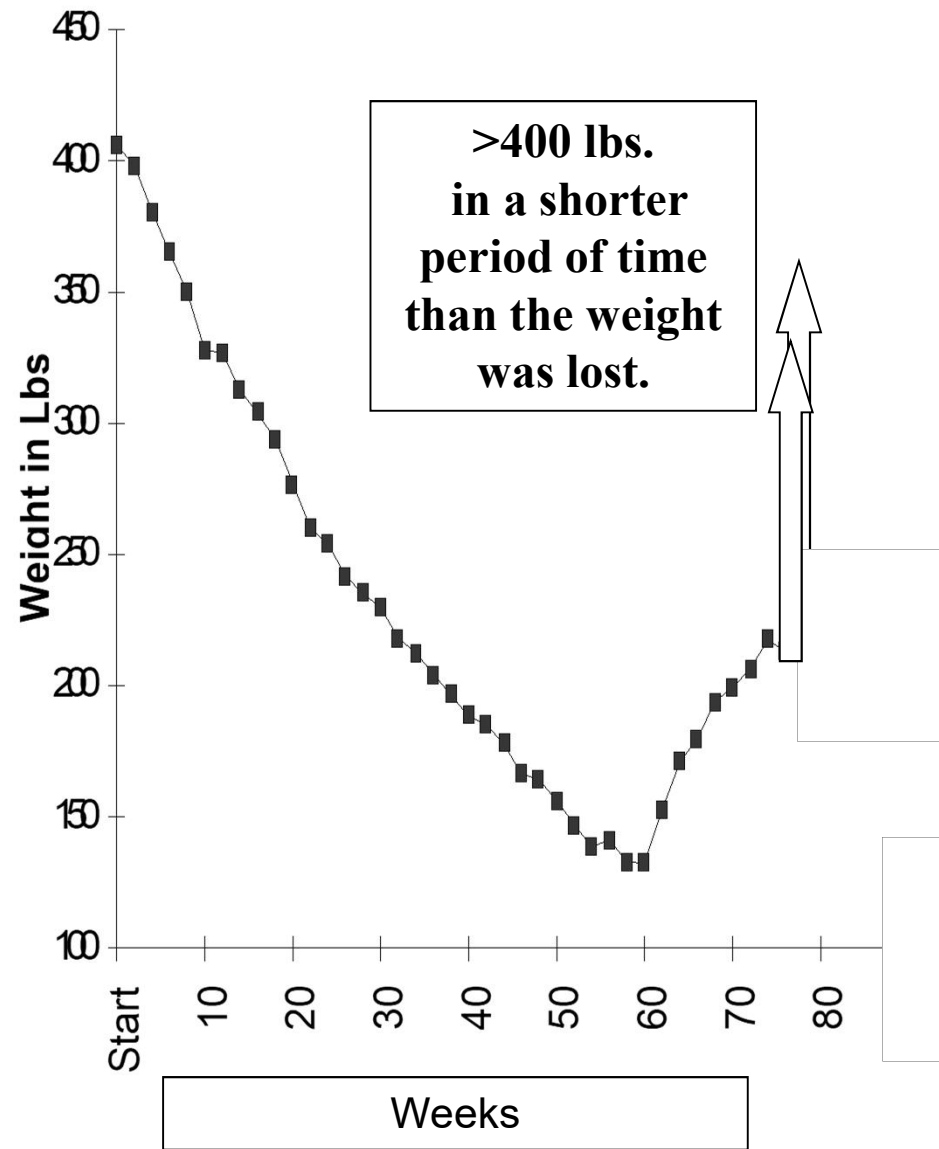


**51 weeks later**

408 → 132 lbs



**What was the *core* problem here?**

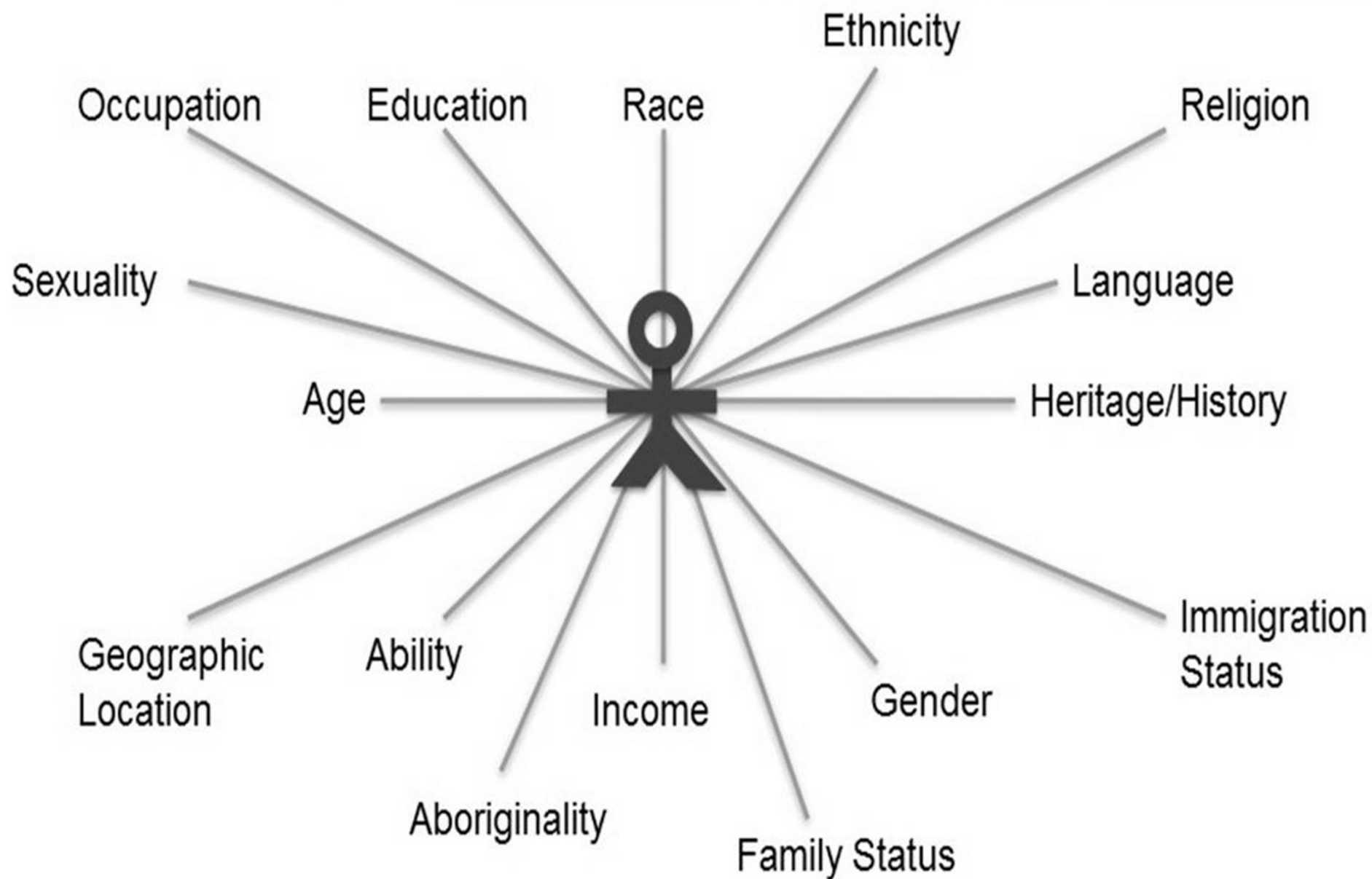


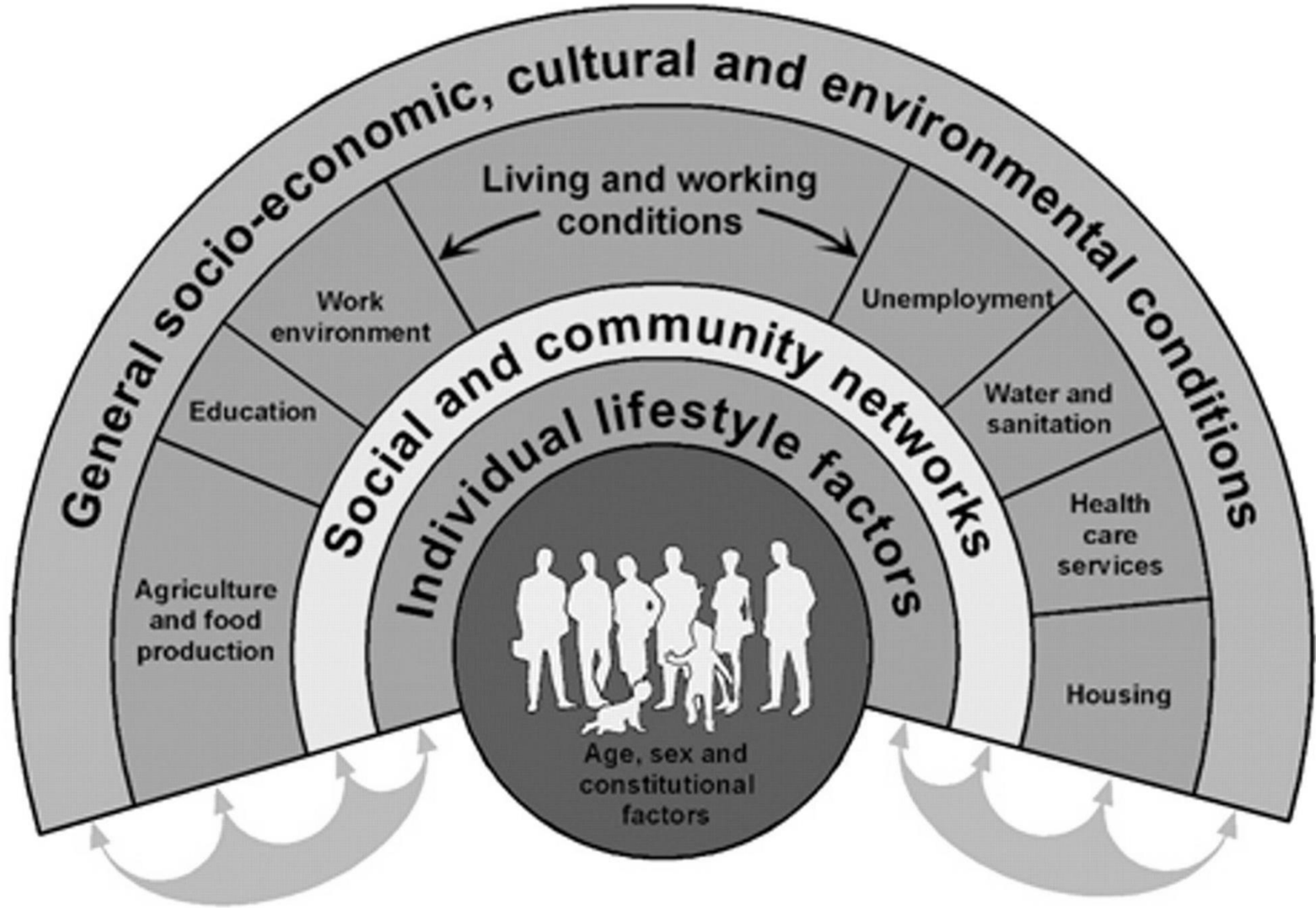
# A Public Health Paradox

What are conventionally viewed  
as Public Health *problems* are often personal  
*solutions* to long-concealed  
adverse childhood experiences.

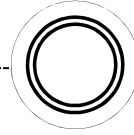
A New Understanding of the Childhood Brain

## Intersectionality or Social Location





# Traumatic Stress

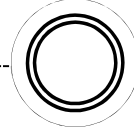


# The Stress Response

The human brain has a built-in alarm system that signals us when we may be in danger.



# The Stress Response and Complex Trauma



- When danger is ever-present, alarm goes off too frequently.
- Brain treats all potential threats as actual threats.
- Brain continues to release chemicals, so body becomes unbalanced.

# Fight, Flight, Freeze

In order to protect itself, the body uses increased energy to respond to danger in 1 of 3 ways:

Fight



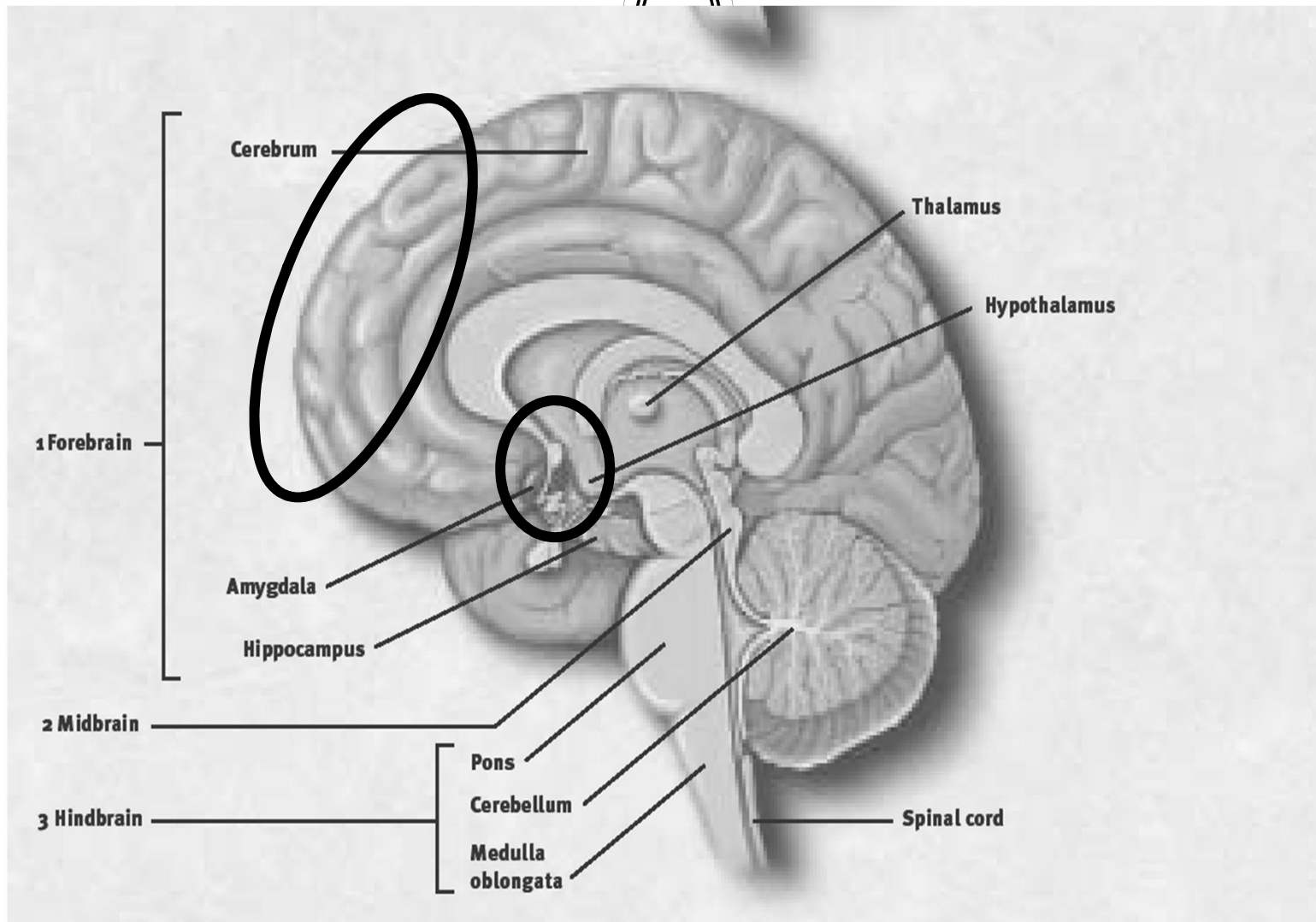
Flight

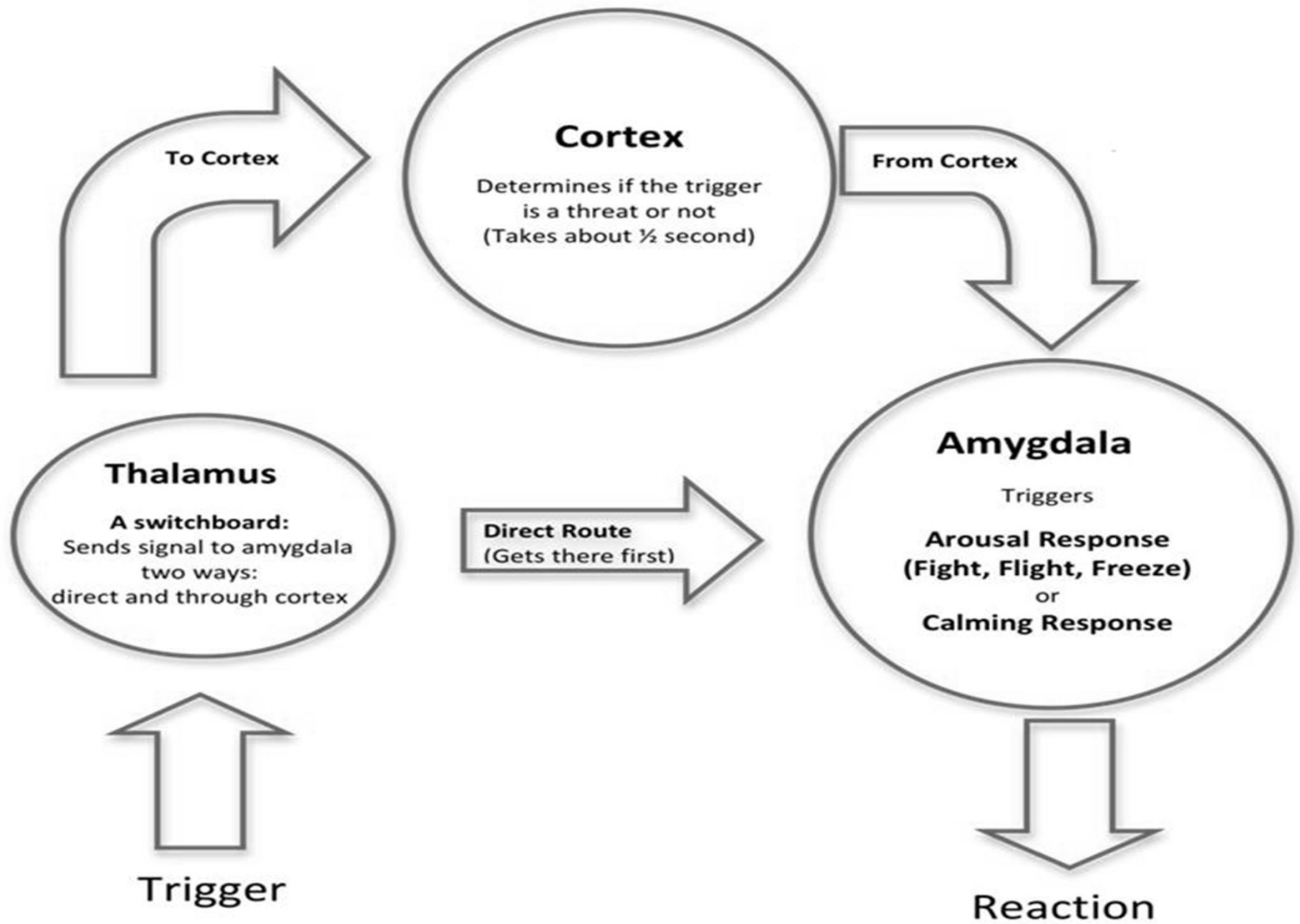


Freeze

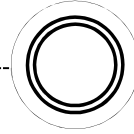


# The Stress Response





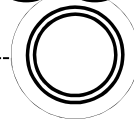
# Chemical Response to Stress



- Adrenalin - fight or flight response
- Cortisol – energy
- Opiates – compensate for physical and emotional pain
- Oxytocin – manage positive feelings



# Triggers



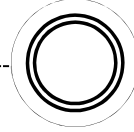
- Triggers include seeing, feeling, or hearing something that reminds us of past trauma.
- Triggers activate the alarm system.
- When the alarm system is activated, but there is no danger, it is a false alarm.
- The response is as if there is current danger.

# Factors that Influence Responses to Trauma



- History and current functioning.
- Characteristics of the traumatic event.
- Culture.
- Stage of development.
- Nature of relationships and social supports.

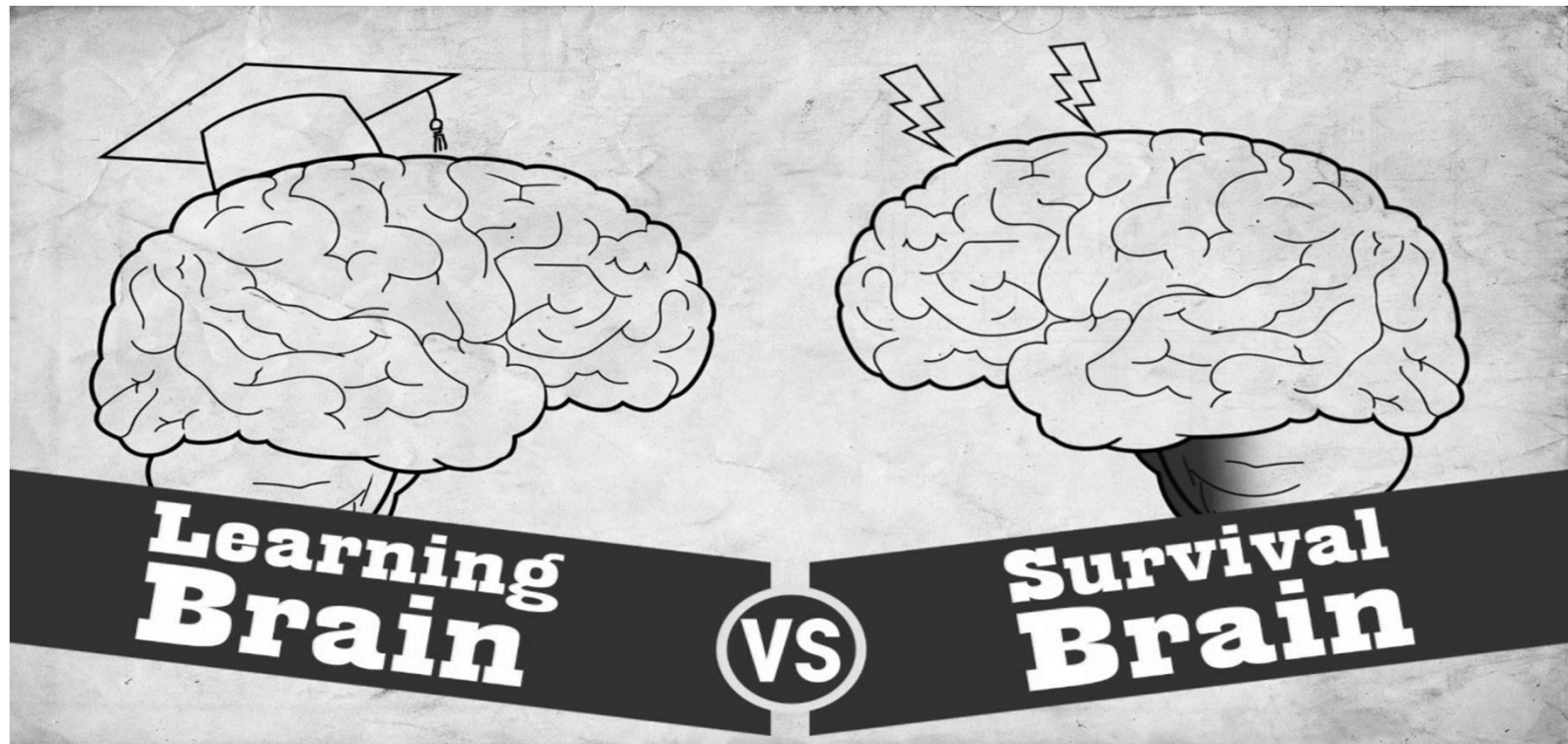
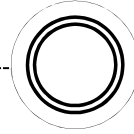
# Factors contributing for likelihood of PTSD



- Genetic factors account for one-third of the overall risk
- Severity of the trauma
- Being female
- Being younger
- Having a history of childhood abuse
- Other psychiatric problems
- Belonging to a minority group
- Lower socioeconomic status
- Lower education level

Shaili Jain, 2019

# Learning Brain Vs. Survival



Video

## Impact of Trauma: Client World View



- The world is an unsafe place to live in. Sense of a foreshortened future.
- Other people are unsafe and cannot be trusted.
- One's own thoughts and feelings are unsafe.
- Anticipate continued crises, danger and loss.
- Lack of belief in self-worth and capabilities.  
Possible suicide ideation.

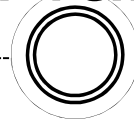
# Survivors Experience Multiple Types of Trauma



- Childhood victimization increases risk for abuse as adolescent or adult
- Coping strategies may increase risk for being harmed
- Not learn have right to protect oneself from harm.
- Survivors also experience social, political, cultural, historical, & immigration-related trauma\*
- Cultural and historical trauma can impact individuals and communities across generations
- Protective factors and resilience can mitigate
  - Can also be diminished, resulting in increased vulnerability and fewer opportunities to heal

\*Fabri: Triple Trauma Paradigm; Root: Insidious trauma; Packard: Cultural and Historical Trauma

# Trauma Framework



- Normalizes human responses to trauma
- Recognizes that trauma is not the exception
- Shift understanding from symptoms to adaptations
- Shift from seeing symptoms to understanding survival strategies as coping mechanisms are overwhelmed
- An injury model

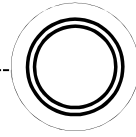
**What's wrong with you? VS What happened to you?**

**NCDVTMH**

# Trauma Framework

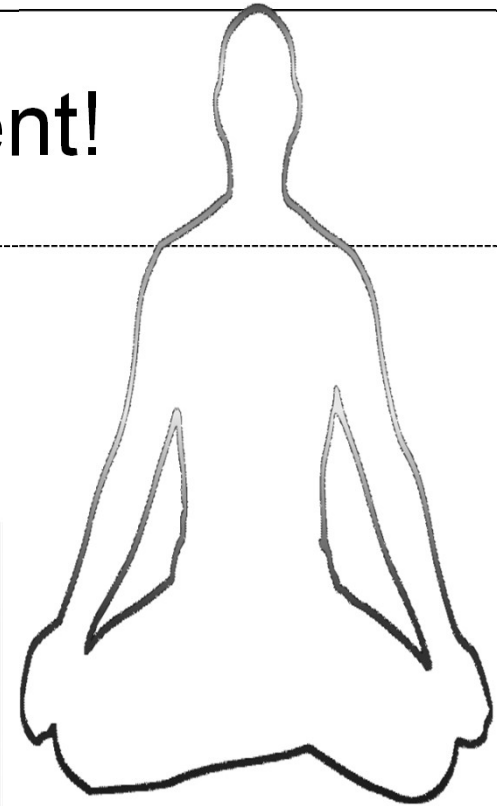
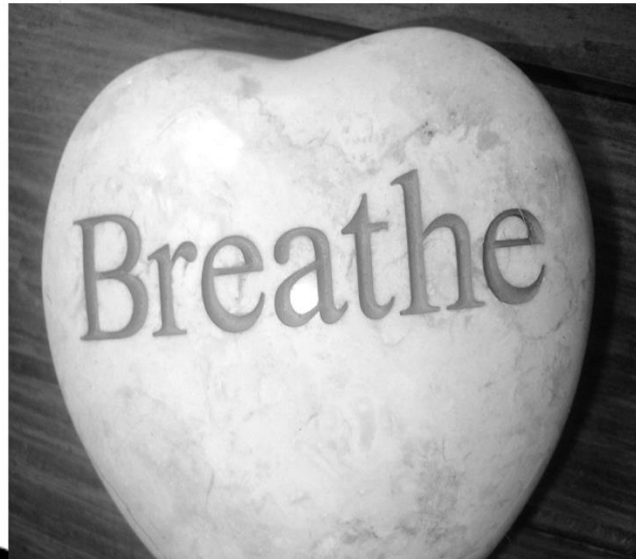
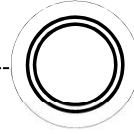
- Incorporates developmental, biological, emotional, cognitive, spiritual and interpersonal domains
- Multidimensional approaches to healing
- Strength and empowerment-based
- Relational and skill-building components
- Recognizes impact on providers and organizations

**NCDVTMH**



# Being Trauma-Responsive

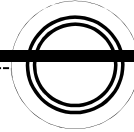
# The Brain is Resilient!



Isn't there an app for that? Why, yes there is!!

# What is Trauma-Informed Care?

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When a human service program takes the step to become trauma-informed, every part of its organization, management, and service delivery system is assessed and potentially modified to include a basic understanding of how trauma affects the life of an individual seeking services.

SAMHSA

# Trauma-informed Approaches

- Use empowerment-based approach to counteract the experiences of abuse
  - Focus on strengths
  - Support empowerment through skill-building
  - Help create stability and supports
  
- Empathic engagement that provides:
  - Information & choices
  - Respect, connection, and hope
  - Access to tools, resources, and skills

## **Being trauma-informed allows us to:**

- Eliminate stigma
- Provide resources, tools and information about trauma and its impact to advocates and survivors
- Avoid re-traumatization
- Offer services that promote healing
- Attend to the role of culture

# NON TRAUMA INFORMED

POWER OVER  
YOU CAN'T CHANGE  
JUDGING  
PEOPLE NEED FIXING FIRST  
OPERATE FROM THE DOMINANT CULTURE  
PEOPLE ARE OUT TO GET YOU  
RIGHT/WRONG  
HELPING  
"YOU'RE CRAZY!"  
COMPLIANCE/OBEDIENCE  
NEED-TO-KNOW BASIS FOR INFO  
PRESENTING ISSUE  
"US AND THEM"  
LABELS, PATHOLOGY  
FEAR-BASED  
I'M HERE TO FIX YOU  
DIDACTIC  
PEOPLE MAKE BAD CHOICES  
BEHAVIOR VIEWED AS PROBLEM  
WHAT'S WRONG WITH YOU?  
BLAME/SHAME  
GOAL IS TO DO THINGS THE 'RIGHT' WAY  
PRESCRIPTIVE  
PEOPLE ARE BAD  
CONSIDER ONLY RESERCH AND EVIDENCE

POWER WITH  
YOUR BRAIN IS 'PLASTIC'  
OBSERVING  
PEOPLE NEED SAFETY FIRST  
CULTURAL HUMILITY  
PEOPLE CAN LIVE UP TO THE TRUST YOU GIVE THEM  
MULTIPLE VIEWPOINTS  
LEARNING  
"IT MAKES SENSE"  
EMPOWERMENT/COLLABORATION  
TRANSPARENCY AND PREDICTABILITY  
WHOLE PERSON AND HISTORY  
WE'RE ALL IN THIS TOGETHER  
BEHAVIOR AS COMMUNICATION  
EMPATHY-BASED  
SUPPORT HEALING  
PARTICIPATORY  
PEOPLE WHO FEEL UNSAFE DO UNSAFE THINGS  
BEHAVIOR VIEWED AS SOLUTION  
WHAT HAPPENED TO YOU?  
RESPECT  
GOAL IS TO CONNECT  
CHOICE  
PEOPLE ARE DOING THE BEST THEY CAN  
CONSIDER ALSO LIVED EXPERIENCE

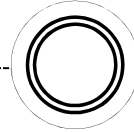
# TRAUMA INFORMED CARE

# The importance of a trauma-informed approach to health care

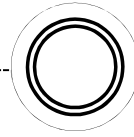


- With appropriate supports and intervention, people can overcome traumatic experiences.
- A trauma-informed approach reduces the ways that services may unintentionally exacerbate trauma-related issues.
- Staff (in all capacities) are less likely to experience issues related to vicarious trauma.
- The impact of the trauma-informed approach expands to the family of the person seeking services and then onto the great community.

# Signs that a person may be feeling distressed



- Emotional reactions – anxiety, fear, powerlessness
- Physical or somatic reactions
- Behavioral reactions – crying, uncooperative, argumentative, unresponsive, restlessness
- Cognitive reactions – memory impairment or forgetfulness, inability to give adequate history



How you are is as important as who you are.  
- Jeree Pawl

Special thanks to:  
Dr. Vincent Filetti  
Center for Disease Control  
SAMHSA

<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

or Google SAMSHA Concept of  
Trauma and Guidance

# Resources



- National Center on Domestic Violence, Trauma and Mental Health  
<http://www.nationalcenterdvtraumamh.org/>
- Family Homelessness Resource Center  
<http://homeless.samhsa.gov/organization/national-center-on-family-homelessness-39.aspx>
- ACES Connection <http://acestoohigh.com/>
- Trauma and Justice Center of SAMHSA  
<http://www.samhsa.gov/traumaJustice/>
- Open Doors NHCADSV Blog  
<http://opendoorsnh.blogspot.com/>
- National Childhood Traumatic Stress Network  
<http://www.nctsn.org/>