

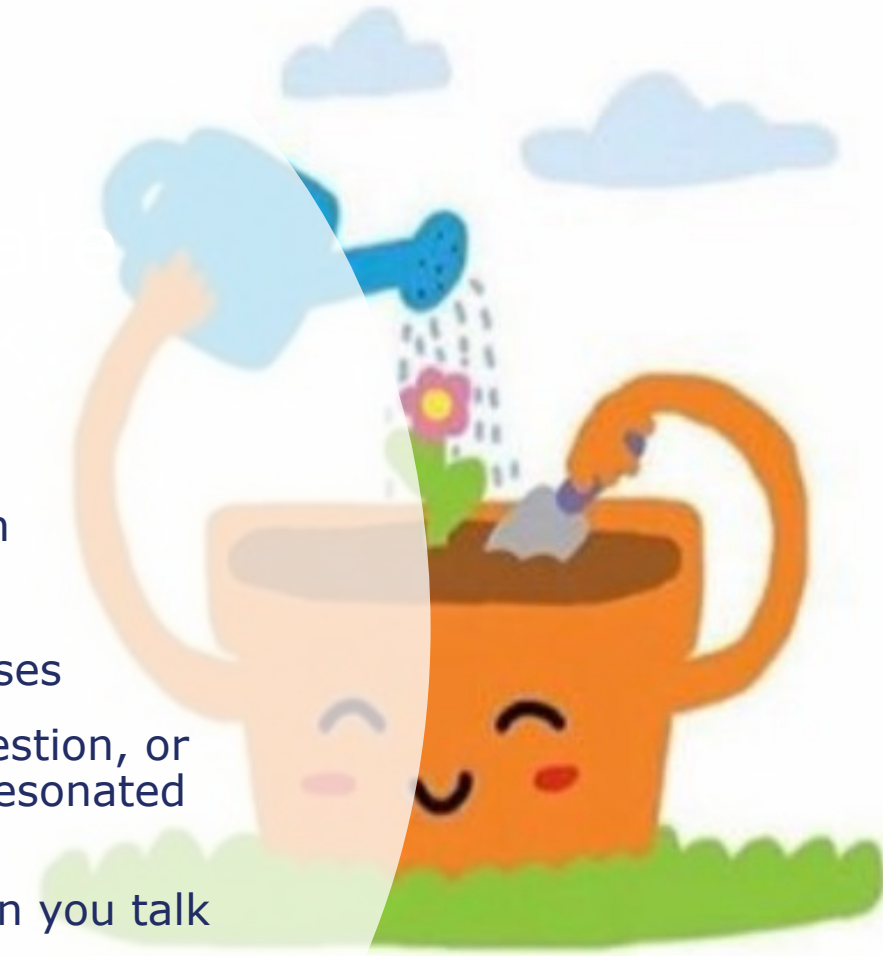


Impact of Trauma



Partnering to build brighter futures

TAKE CARE



-
- Breathe & stretch
 - Stay hydrated
 - Engage your senses
 - Write down a question, or something that resonated with you.
 - Debrief – who can you talk to?

OF YOURSELF



Learning Objectives

Define Trauma and Learn about the impact of traumatic Events

Develop a deeper understanding of what it means to be trauma informed

Understand the foundation of a trauma informed response

What are your Learning Objectives!



Check in Poll: What if your Wifi speed?

- A. 100% 5G
- B. 80% Medium Speed
- C. 30% Low Speed
- D. ?% Trying to reconnect
- E. Not Listed, drop in the chat!



Trauma



Poll: What do you witness as trauma in your role?

- A. Physical
- B. Emotions
- C. Behaviors
- D. Relationships
- E. Self Perception & Negative Self Talk
- F. Not Listed, drop in the chat!





What is Trauma?

The Three E's of Trauma:



Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



The Four R's of Trauma Informed Care

1

REALIZE

All people at all levels have a basic **realization** about trauma and how it can affect individuals, families and communities

RECOGNIZE

The individual or individuals within an organization are able to **recognize** the signs and symptoms of trauma.

2

3

RESPOND

Individuals, programs, and organizations **respond** by practicing a trauma-informed approach

RESIST RE-TRAUMATIZATION

Individual and organizational practices may unintentionally compound trauma. Trauma informed individuals and organizations work to avoid this **re-traumatization**

4



Realizing Trauma in Our Work

Setting	Events	Experience	Effects
Intake/ Initial Meetings			
Program Expectations			
Participation Challenges			
Potential "Trauma Triggers" in services or systems			



Childhood Trauma







Poll: Did you gain something new about Trauma?

- A. No
- B. Yes
- C. Not sure, still processing!
- D. Not Listed, drop in the chat!

How Does Trauma Impact Us?



Gentle Reminder

“Our exposure to trauma in our professions has a personal impact. We must continuously support our own healing to nourish our professional impact.”

Jocelyn Vega

Trauma Responses



Crazy head comics



Effects of Trauma



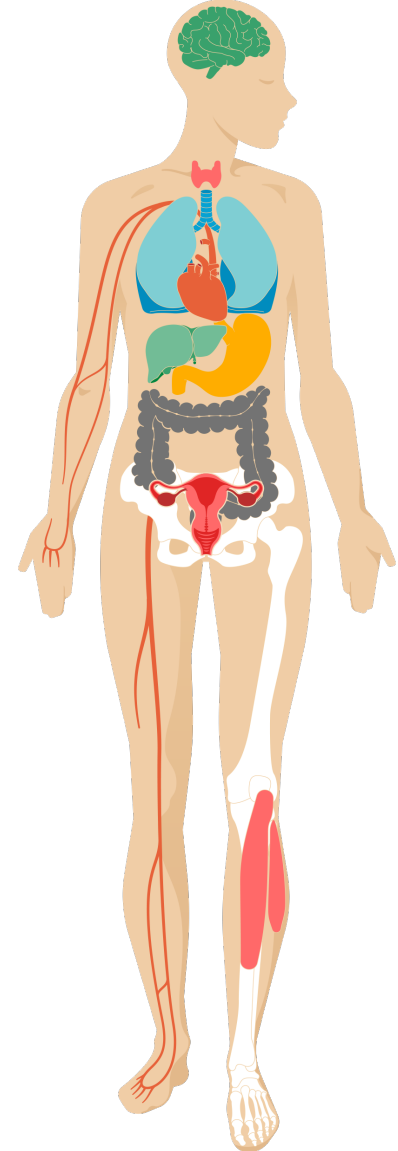
Write 1 example for 1 Area



Trauma and the Human Body

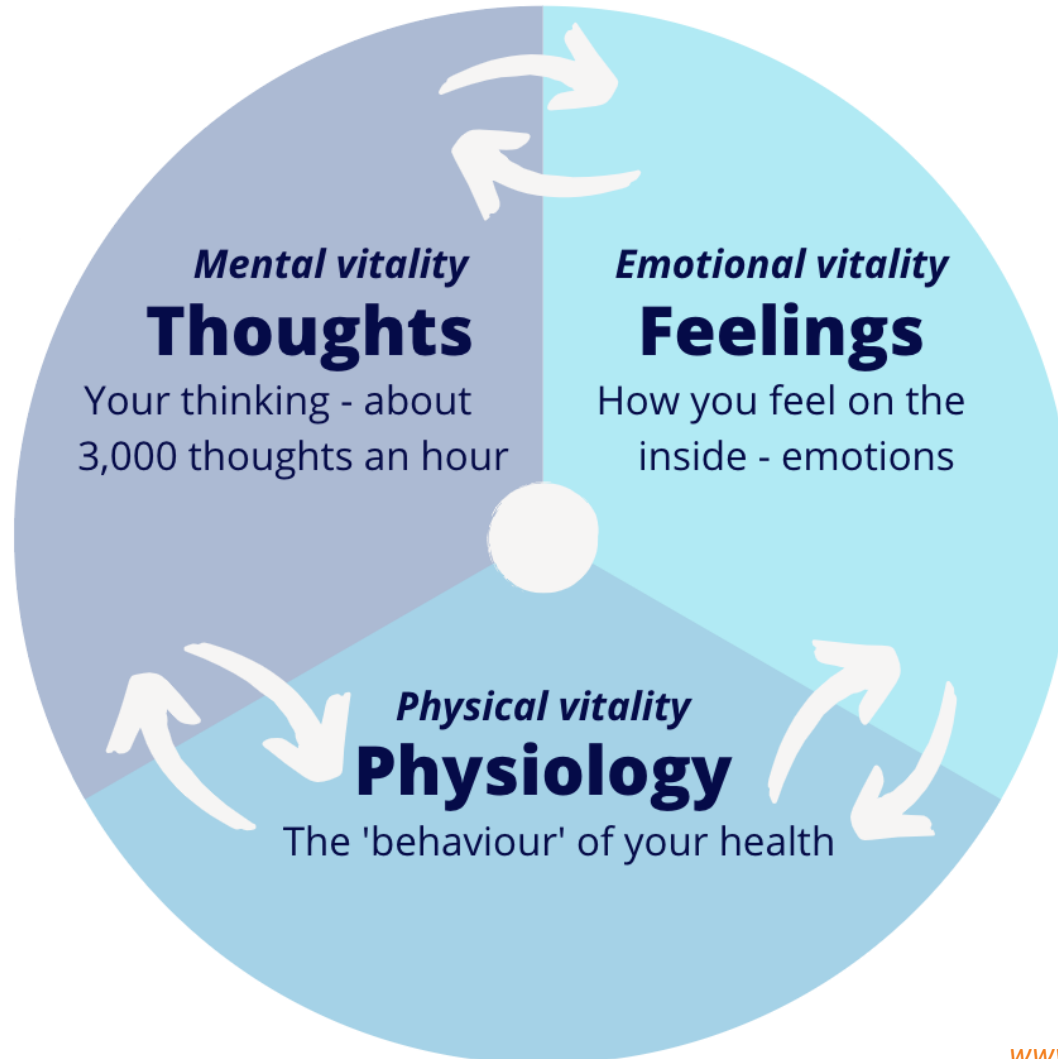
"The body continues to defend against a threat that belongs in the past." Van der Kolk, 2014

- Hyper Arousal
- Heart Rate/Blood pressure
- Muscles
- Digestion
- Blood sugar
- Immune System
- Sleep/Wake cycle
- Headaches
- Dissociation
- "When The Body Says No" book
- *Physical health can impact state of emotional and mental health*





The Body as a System





Trauma and Emotion



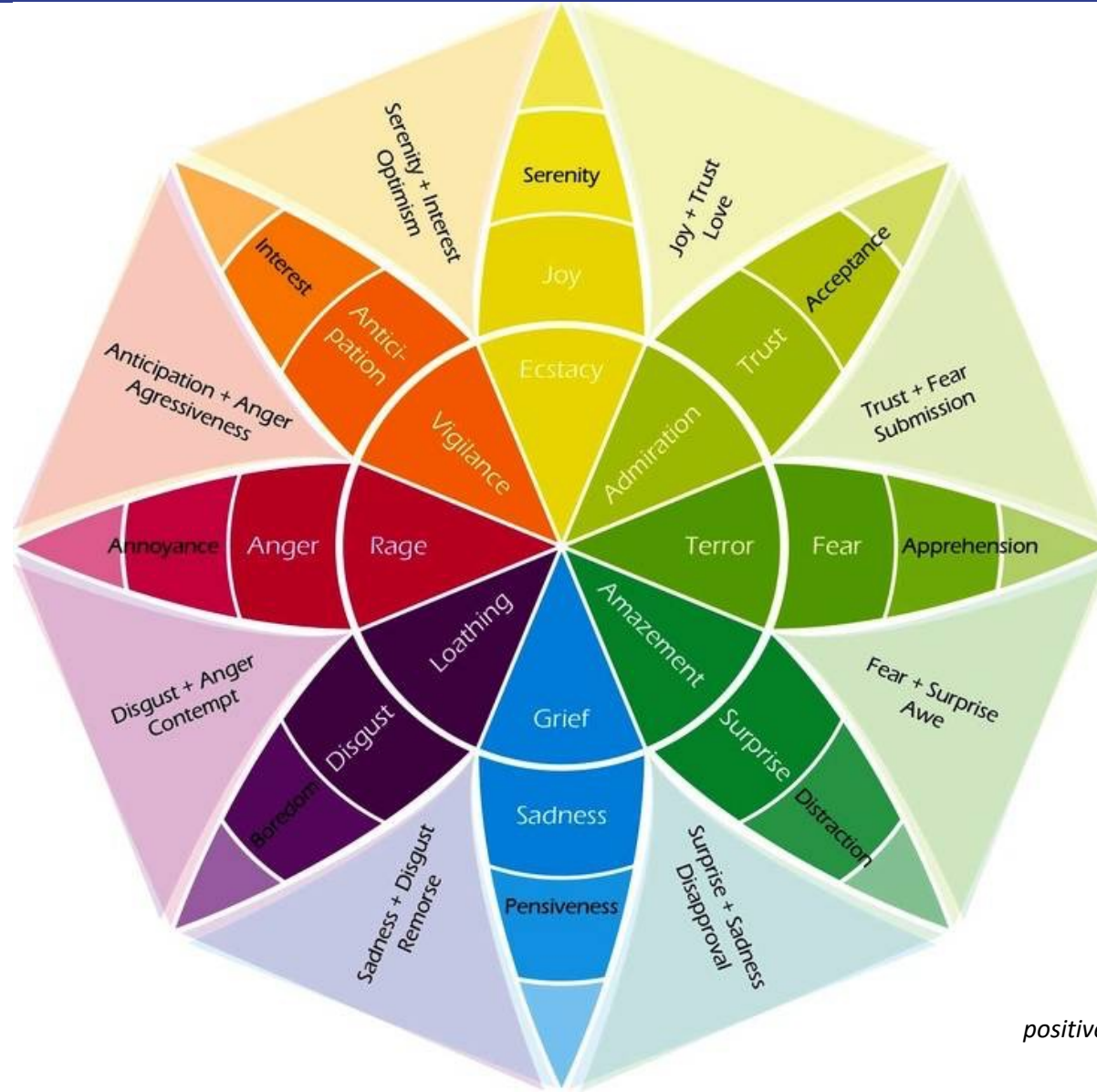
Trauma can elicit such intense fear, anger, shame, and helplessness that the child feels overwhelmed.

Overwhelming emotion may interfere with the development of age-appropriate self-regulation.

Emotions experienced prior to language development may be very real for the child but difficult to express or communicate verbally.

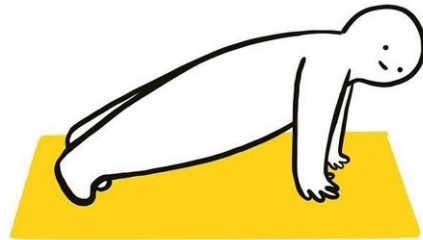


Emotions Wheel

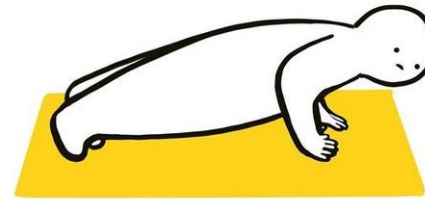




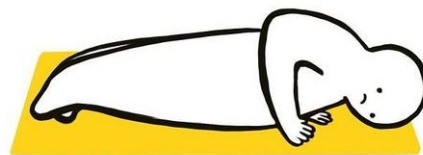
Trauma & Processing Emotions



TRYING



TO BE BETTER



IS MAKING



ME FEEL WORSE.

@WORRY_LINES



Trauma and Behavior

- Children exposed to trauma can have difficulty regulating their emotions, as well as difficulty knowing and describing their feelings. They can have difficulty appropriately communicating wishes and desires to others.
- Traumatized children can demonstrate difficult impulse control, self-destructive behavior, and aggression against others.
- Trauma-exposed children may exhibit:
 - **Over-controlled behavior** in an unconscious attempt to counteract feelings of helplessness and impotence
 - **Under-controlled behavior** due to cognitive delays or deficits in planning, organizing, delaying gratification, and exerting control over behavior
- We can become alienated from ourselves, our needs, “gut feelings,” and lose our connection to ourselves. This is reinforced by stressed parents, lack of resources, etc.. We must remember that we are wired for connection and must reclaim ourselves and our meaning.



What Trauma Can Look Like



Denis Novikov

Anger and Hostility

Difficulty paying attention

Inability to trust or believe

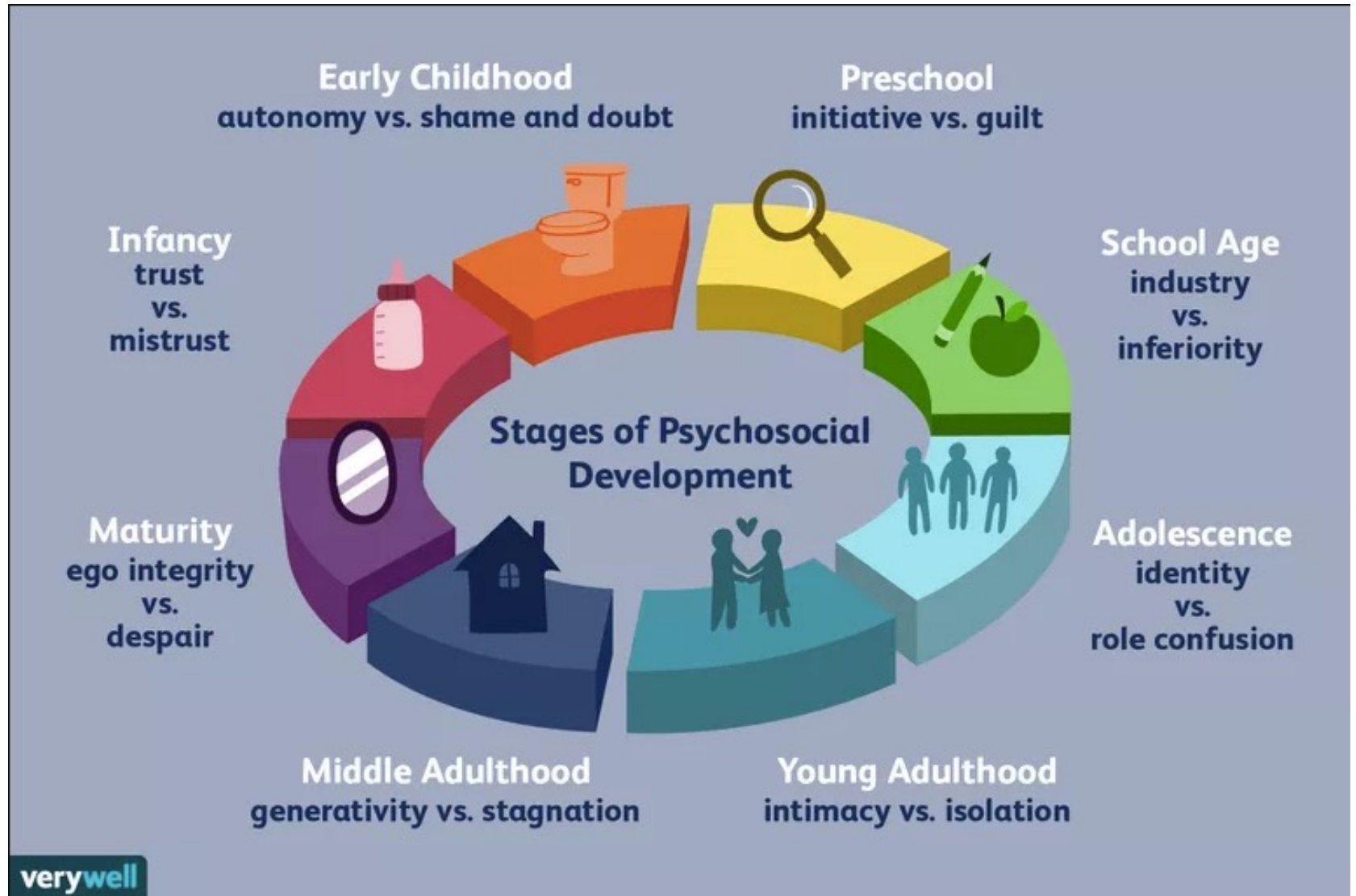
Perceiving danger everywhere

Challenges with change and transitions

Guarded and anxious



Trauma and Development



Early Childhood
autonomy vs. shame and doubt

Preschool
initiative vs. guilt

Infancy
trust
vs.
mistrust

School Age
industry
vs.
inferiority

**Stages of Psychosocial
Development**

Maturity
ego integrity
vs.
despair

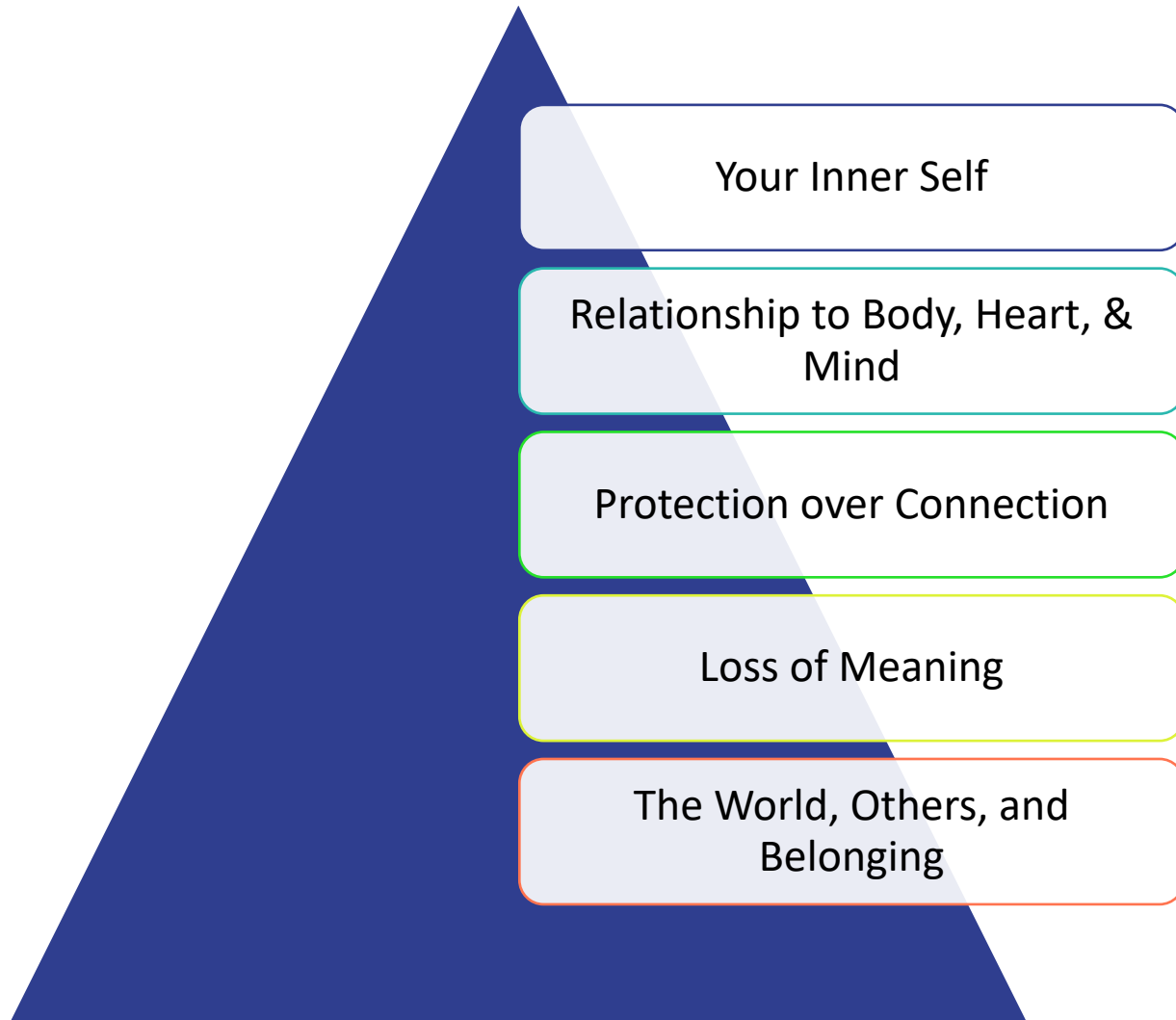
Adolescence
identity
vs.
role confusion

Middle Adulthood
generativity vs. stagnation

Young Adulthood
intimacy vs. isolation

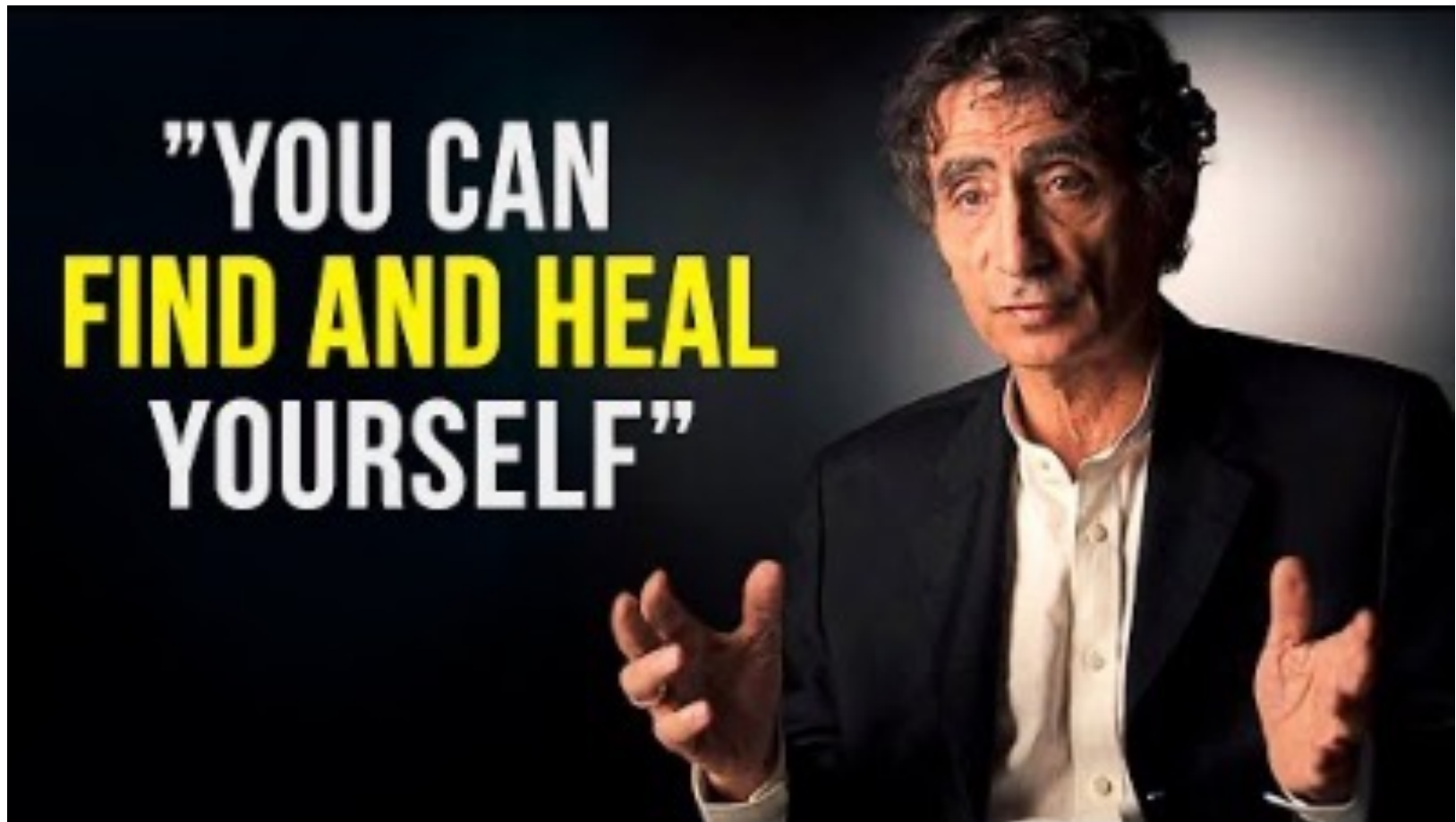


Trauma & World View





Healing – Learning from Our Trauma

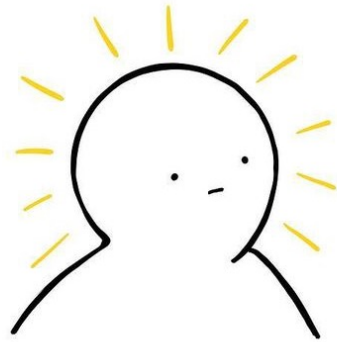




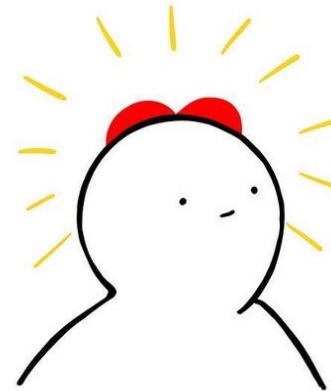
Questions?



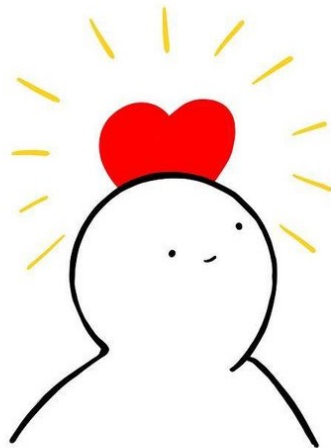
Friendly Reminder



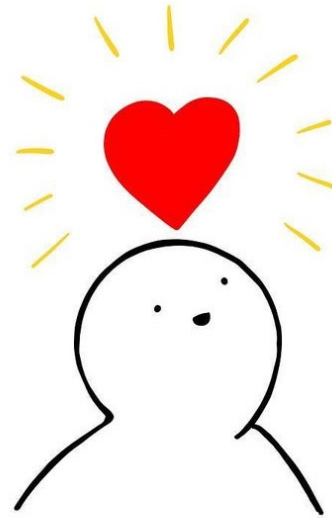
DON'T LET THAT



BIG OLD HEAD



GET IN THE WAY OF



THAT BIG OLD HEART