

JOURNEYING TOGETHER CONFERENCE 2023

# TRAUMA-INFORMED CARE

*Relationships and Resilience as  
Keys to Health and Wholeness  
Session One*



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## TRAUMA IS A GLOBAL HEALTH EPIDEMIC



**TRAUMA IS ANYWHERE AND POTENTIALLY EVERYWHERE**



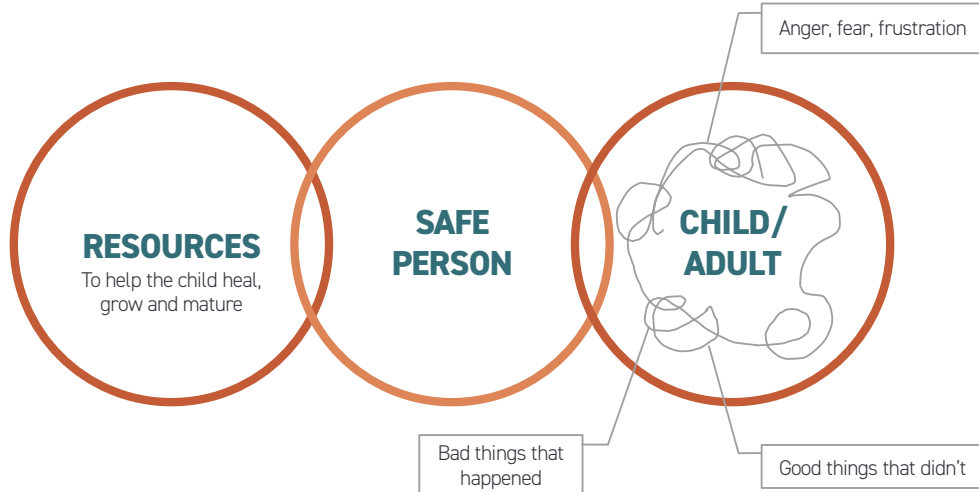
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### THE MIDDLE CIRCLE



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### ESSENTIAL SKILLS OF TRAUMA COMPETENT CARE

- 1** Understand the impact trauma
- 2** Increase felt safety
- 3** Reduce overwhelming emotions
- 4** Modify overwhelming behaviors
- 5** Support relationships
- 6** Develop the child's life story
- 7** Self-care



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# TRAUMA:

An event or experience that overwhelms a person's capacity to cope.

Substance Abuse and Mental Health Services Administration, 2014



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stress

POSITIVE STRESS

TOLERABLE STRESS

TOXIC STRESS



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### TYPES OF TRAUMA

- Acute trauma
- Chronic trauma
- Complex developmental trauma
  - Early (before age 5)
  - Chronic
  - Maltreatment
  - Failure of caregiver







## YOUR TURN

- 1) Have you noticed yourself or others struggle with any of these executive functioning skills?
- 2) What difference could it make for a person to have strong executive functioning?



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## THE GLOBAL EFFECT OF FEAR

*Trauma and its impact on the life of a person*



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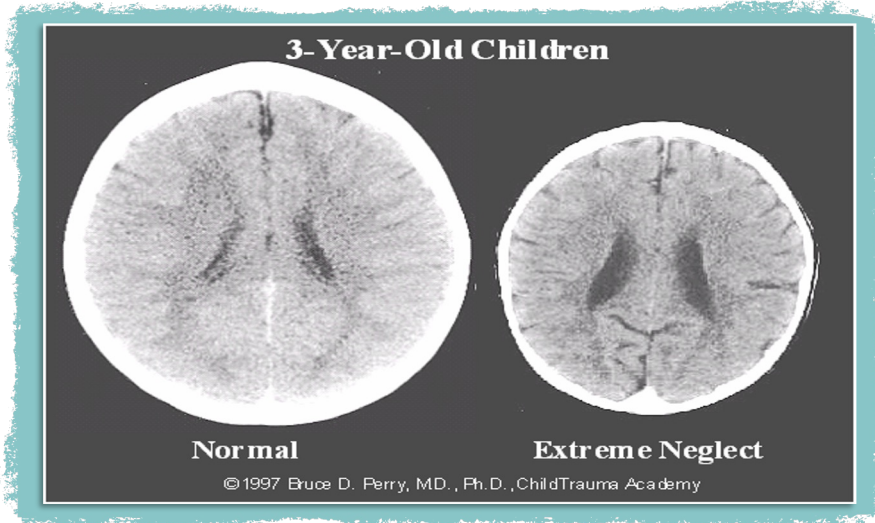
# TRAUMA IMPACTS

- BODY
- BRAIN

Adapted from Dr. Karyn Purvis's 5 B's



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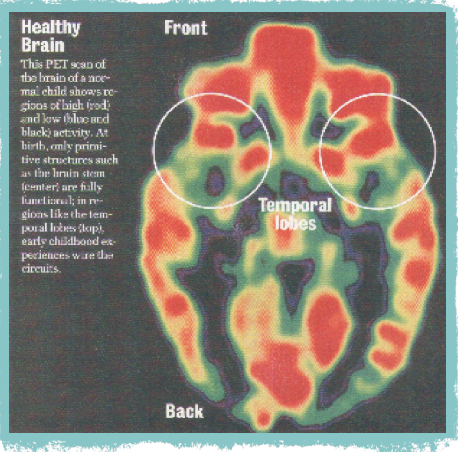
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### HEALTHY BRAIN

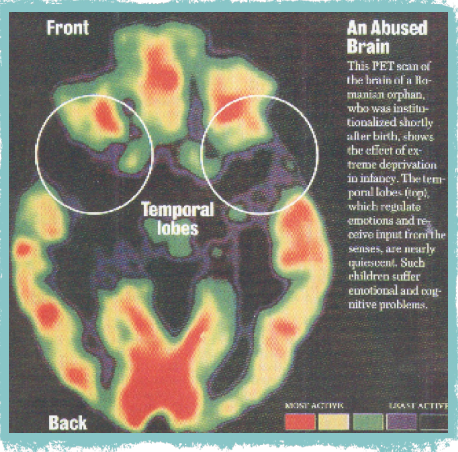
**Healthy Brain**  
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front  
Back  
Temporal lobes

### ABUSED BRAIN

**An Abused Brain**  
This PET scan of the brain of a Romanian orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.




Front  
Back  
Temporal lobes

MORE ACTIVE  
LESS ACTIVE

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## TRAUMA IMPACTS

- BODY
- BRAIN
- BELIEF SYSTEM

Adapted from Dr. Karyn Purvis's 5 B's

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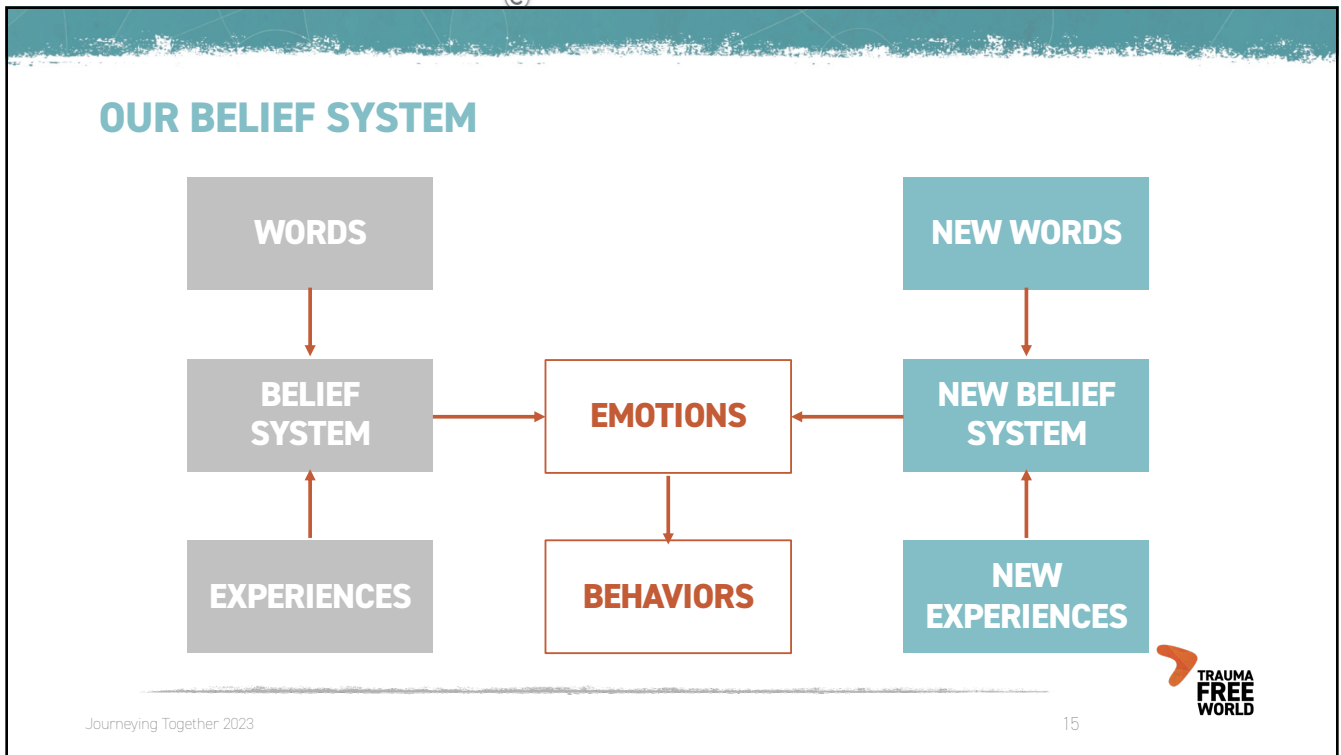
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**TRAUMA IMPACTS**

- BODY
- BRAIN
- BELIEF SYSTEM
- BEHAVIOR

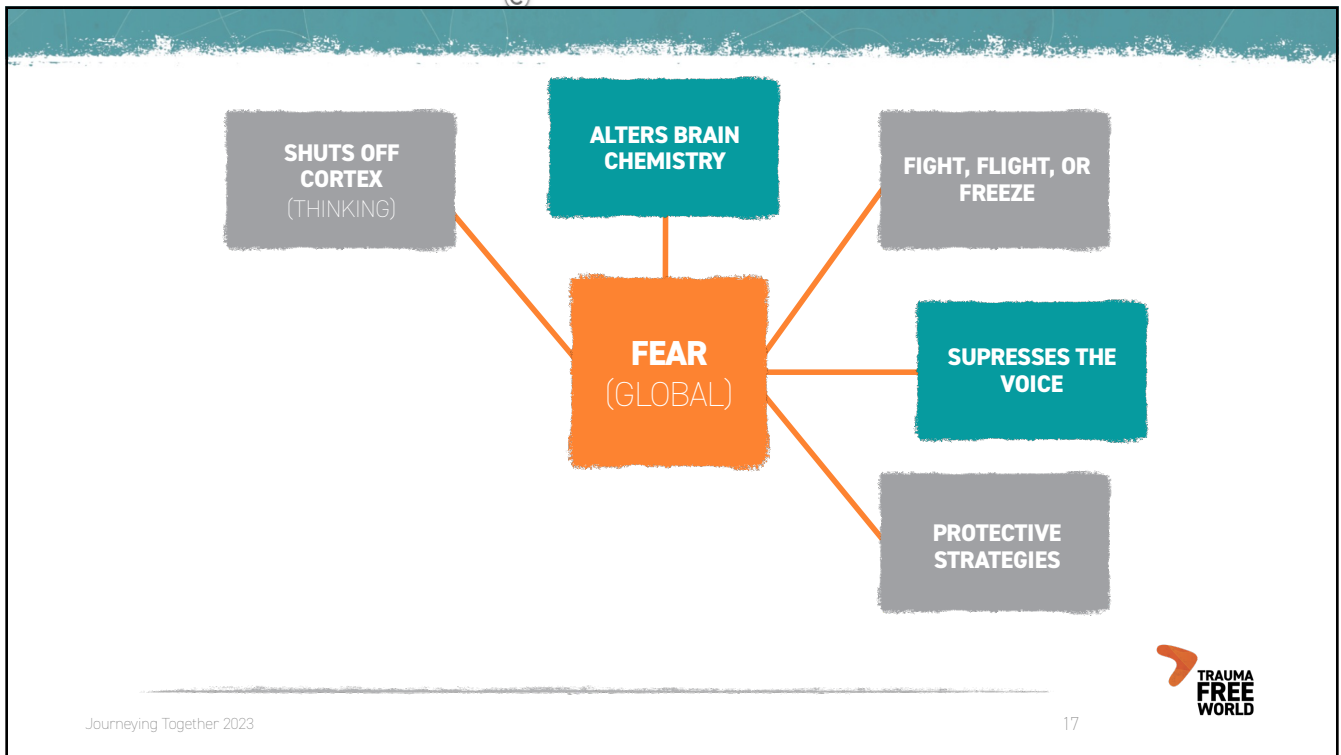
*Adapted from Dr. Karyn Purvis's 5 B's*

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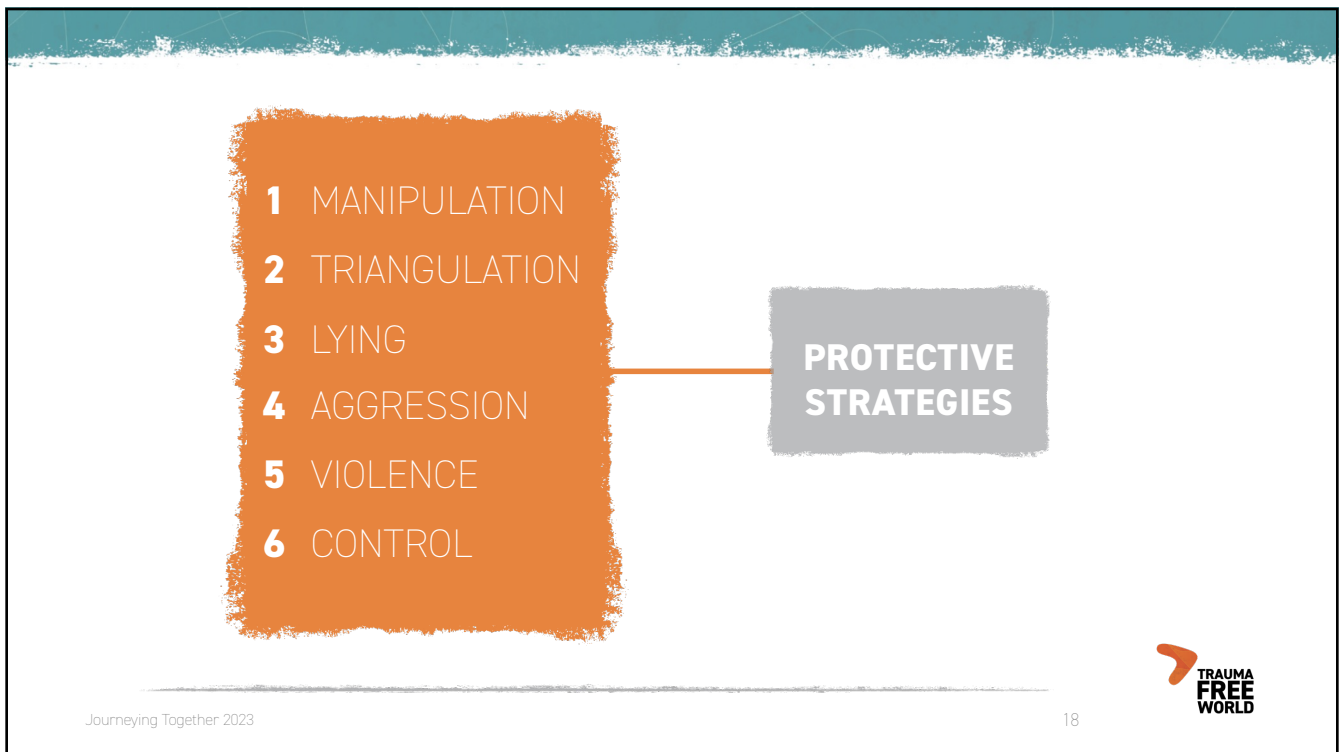
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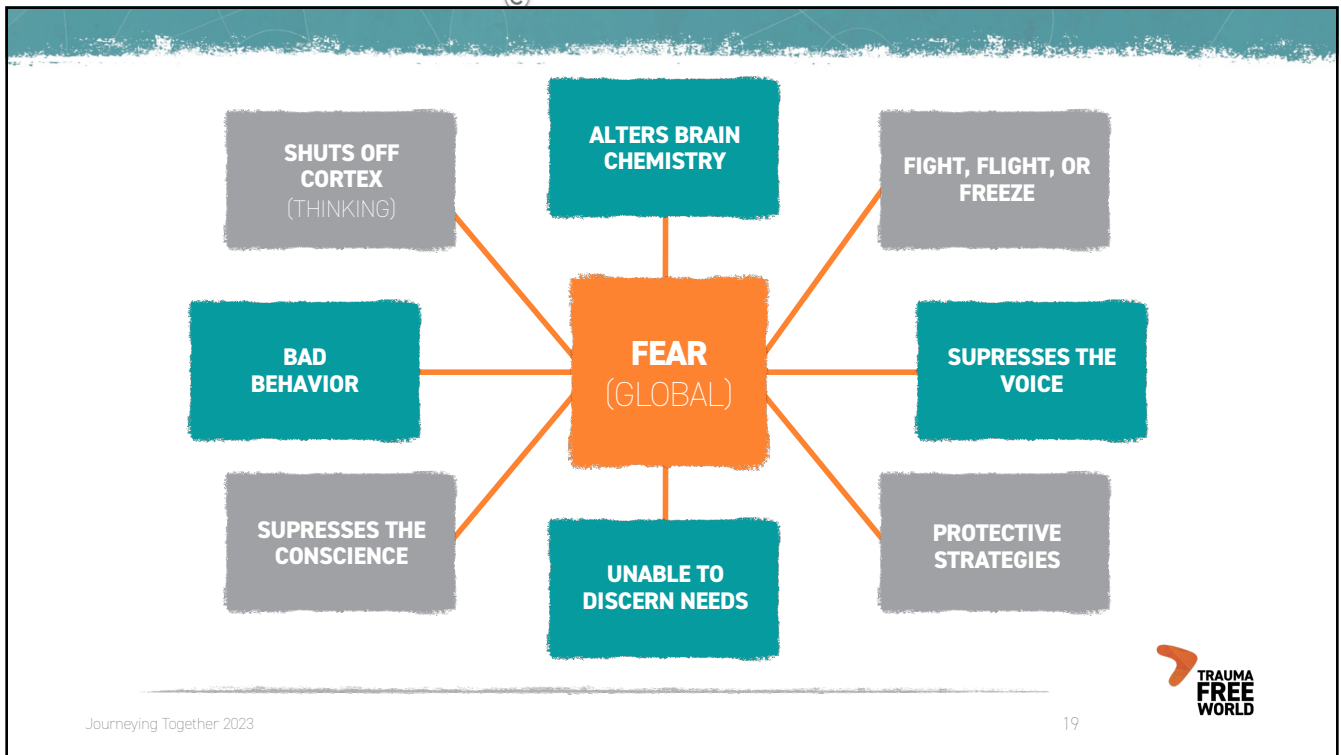


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### THE GOOD NEWS

*"I will praise You, for I am fearfully and wonderfully made."*  
Psalms 139:14

**THE BRAIN CAN CHANGE, GROW, AND HEAL OVER A LIFETIME.**

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TRAUMA FREE WORLD

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## EXPLORING ATTACHMENT

*Trauma's impact on development*



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## WHAT IS ATTACHMENT?



**WE ARE HARDWIRED FOR CONNECTION.**

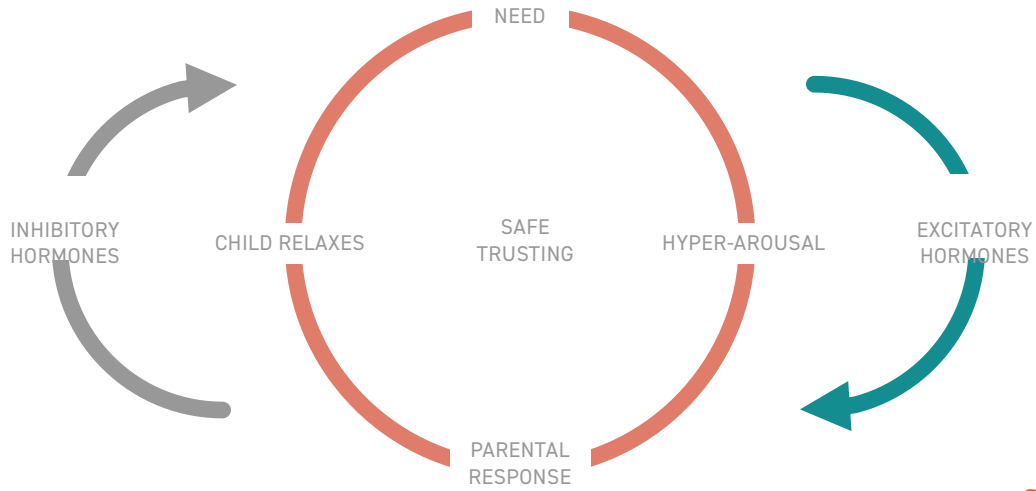
*"Every child is born looking for someone who is looking for him."*

— Curt Thompson, M.D.



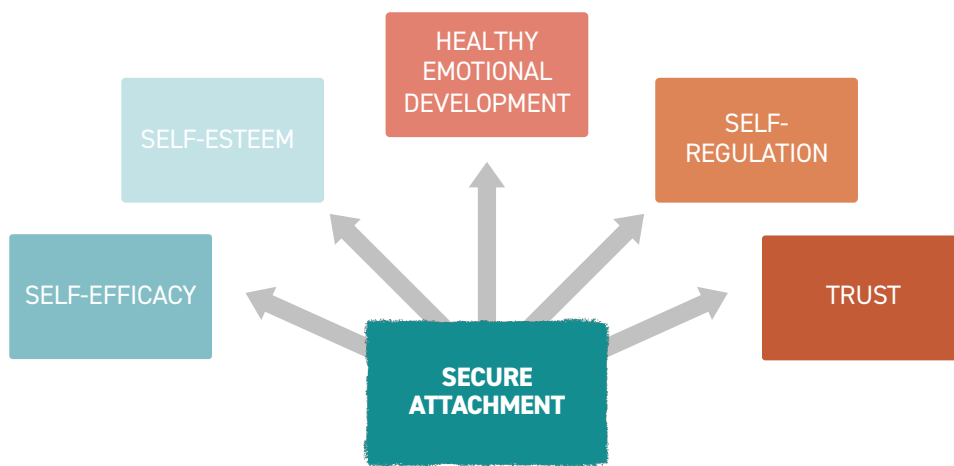


### HOW DOES HEALTHY ATTACHMENT HAPPEN?



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### EFFECTS OF SECURE, NURTURING ATTACHMENT



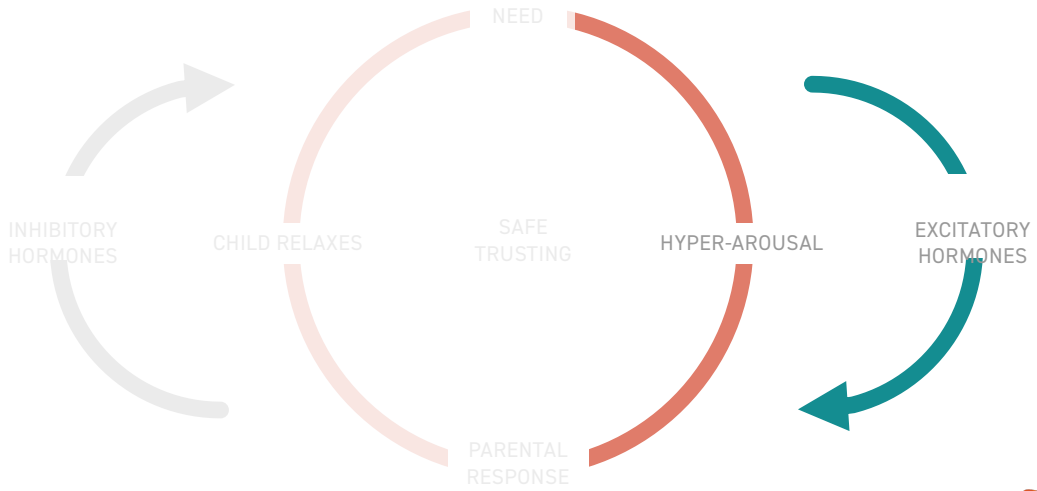
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### HOW DOES HEALTHY ATTACHMENT HAPPEN?



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## EVERYONE HAS TWO NEEDS



*Who can I go to when I have a question, need, or problem?*



*How does this place work? What are the rules?*



## TRAUMA'S IMPACT ON ATTACHMENT AND ORIENTATION



Difficulty trusting others and creating healthy relationships



More likely to use toxic behavior to express self or get needs met instead of using their voice



More likely to have difficulties with executive functions



## RECOGNIZING HOTSPOTS



PERSON SMELLS SOMETHING THAT TRIGGERS A:

THE RESPONSE TO THE TRIGGERED MEMORY OFTEN LOOKS LIKE "BAD BEHAVIOR".

**TRAUMATIC  
MEMORY**

## EACH OF US MUST **BE SAFE** AND **FEEL SAFE**

### MAXIMIZING SAFETY FOR OTHERS

- SAFE ADULTS SHOULD MODIFY THE ENVIRONMENT AND
- SAFE ADULTS SHOULD MONITOR THEIR OWN BEHAVIOR





## YOUR TURN

### MAXIMIZE THE SENSE OF SAFETY

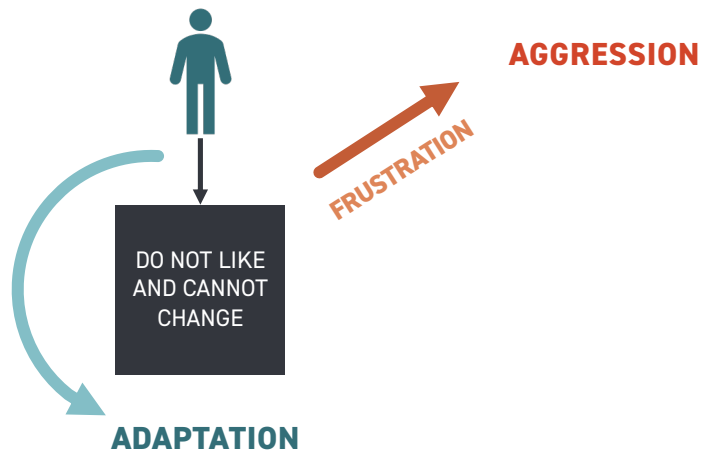
*Write down 3 ways you can provide the experience of safety with the population with whom you are working?*



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## FRUSTRATION & AGGRESSION

**“THE BOX”**



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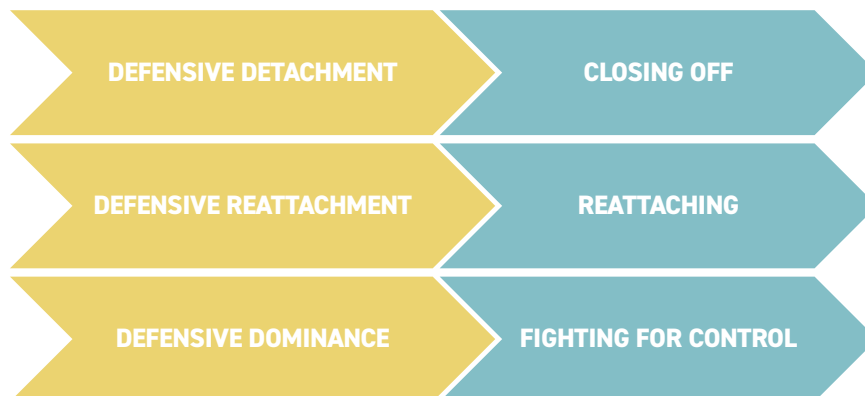


## SUPPORT THE HEALING PROCESS BY ADDRESSING GRIEF

**T**alk  
**E**xercise  
**A**rt  
**R**ecord  
**S**ob



## BEHAVIOURAL RESPONSES TO THE FEAR OF SEPARATION



Adapted from the work of Dr. Gordon Neufeldt





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## PSYCHOLOGICAL PRESENCE

REFERS TO A PERSON BEING  
“in the heart” OR “on the mind”  
OF FAMILY MEMBERS EVEN THOUGH  
THEY ARE NOT PHYSICALLY PRESENT



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## TWO FOUNDATIONAL PRINCIPLES

IMPACT OF THE  
PSYCHOLOGICAL  
PRESENCE

A PERSON'S  
ESSENTIAL  
CONNECTIONS



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## A PERSON'S ESSENTIAL CONNECTIONS



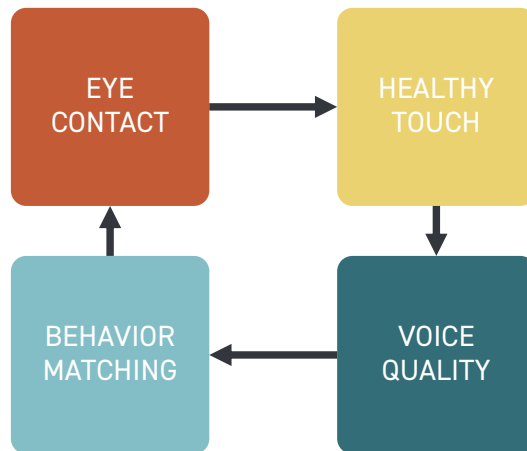
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## CONNECTING STRATEGY: THE POWER OF ENGAGEMENT



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# TRAUMA-INFORMED CARE

*Relationships and Resilience as  
Keys to Health and Wholeness  
Session Two*



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## LISTENING TO YOU

When I hear "self care" this thought comes to mind:

My greatest challenges in pursuing self-care are:

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## GUIDING PRINCIPLES OF SELF-CARE

Self-care is a requirement - not a reward.

Self-care is not a selfish act.

Self-care must be intentional.

Self-care is Biblical and is good stewardship.



## YOU'VE HEARD IT BEFORE...



**YOU CANNOT  
POUR FROM AN  
EMPTY CUP.**



# Resilience Factors



- Supportive relationships with safe people
  - Self-Esteem
- Mental Flexibility
- Future Focused



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"Resilience allows us to create the life we want instead of merely recreating the life that's familiar."

- Mary Vicario

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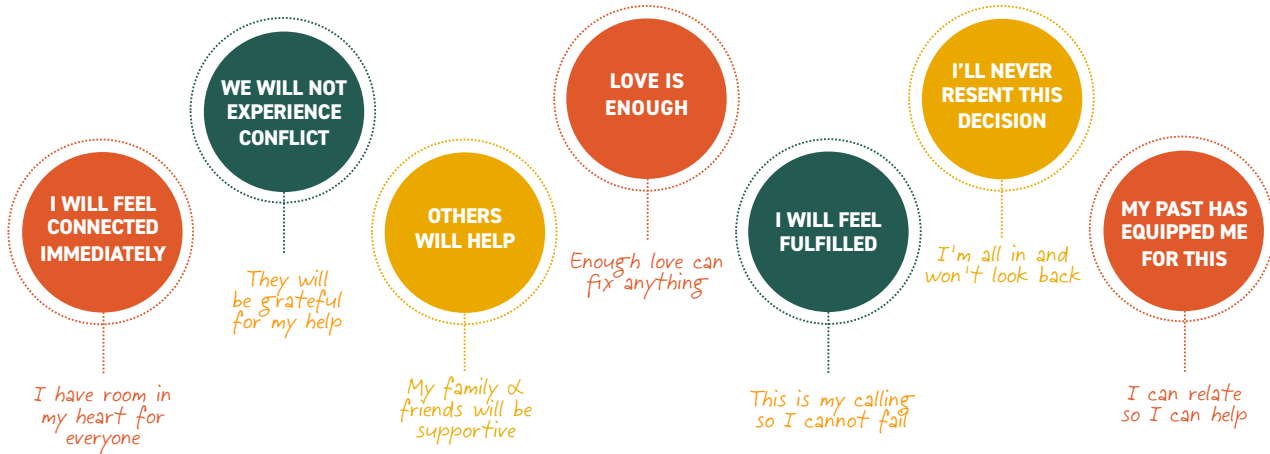
## SELFCARE INSIGHTS

1  
Make sense of your own story



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## COMMON EXPECTATIONS



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## EXPECTATIONS

I can do for a child  
that which wasn't  
done to me

=

**I have a history  
of neglect**

I will not do to a  
child that which  
was done to me

=

**I have a history  
of abuse**



## HEALING FROM OUR PAST

**MAKE SENSE OF YOUR OWN CHILDHOOD**





## HEALING FROM OUR PAST

### MAKE SENSE OF YOUR OWN CHILDHOOD

- Work on creating a life-narrative and reframing the toxic stories of your past
- Find safe relationships to help you process & grieve
- Consider outside help
  - Take an Attachment Style Survey
  - Take a course
  - See a counselor



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## HEALING FROM OUR PAST

### MAKE SENSE OF YOUR OWN CHILDHOOD

### WORK THROUGH FORGIVENESS



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### **FORGIVENESS IS...**

**A PROCESS**

**DECIDING YOU ARE NOT A VICTIM**

**A CHOICE TO ACKNOWLEDGE THE PAST  
WAS HARD AND CAN'T BE CHANGED**

**OFTEN ONE-SIDED**

**LETTING GO OF RESENTMENT &  
THOUGHTS OF REVENGE**

**A GIFT TO YOURSELF**



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### **FORGIVENESS ISN'T...**

**A DECISION SOMEONE ELSE  
CAN MAKE FOR YOU**

**TRUSTING OR EXCUSING BEHAVIOR**

**FORGETTING**

**A FEELING**

**RECONCILING**

**A ONE-TIME EVENT**



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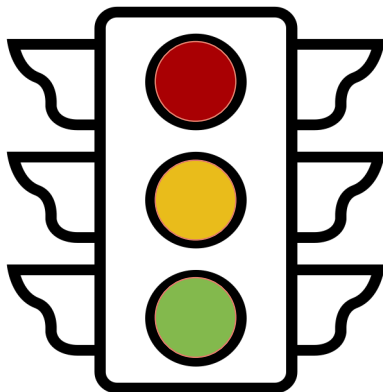




## SELFCARE INSIGHTS



## THE COMPASSION CONTINUUM



**Secondary Trauma**

**Compassion Fatigue**

**Compassion Satisfaction**







## THE COMPASSION CONTINUUM

### Compassion Satisfaction

The positive aspects of helping others

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## SIGNS OF COMPASSION SATISFACTION

- Finding fulfillment in your work
- Feeling happy and willing to help
- Feeling competent in your work
- Being pleasant and kind toward others
- Realistically recognizing your own hunger, tiredness, confusion, fear, or irritability
- Realistically caring for yourself

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## THE COMPASSION CONTINUUM

### Compassion Fatigue

Compassion fatigue is a state of emotional, mental, spiritual, and physical exhaustion

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## SIGNS OF COMPASSION FATIGUE

- Feeling inadequate or unable to help
- Loss of hope or joy
- Exhaustion
- Frustration with how the “system” works (or doesn’t work)
- Difficulty keeping boundaries - no time or energy for self
- Struggles working with the team or leadership
- Unclear thoughts
- Nightmares

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## THE COMPASSION CONTINUUM

### Secondary Traumatic Stress

A negative feeling driven by fear and work related to engaging in the traumatic stories of others.

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## SELFCARE INSIGHTS

1  
Make sense of your own story

2  
Watch for Compassion Fatigue

3  
Debrief your experiences regularly

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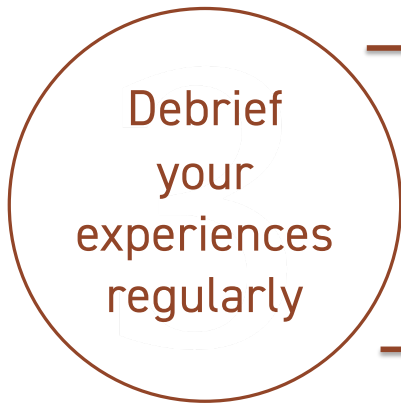


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### THREE TYPES OF DEBRIEFING PRACTICE



**CRISIS DEBRIEFING**

As soon as possible but for sure within 24-48 hours

**WEEKLY DEBRIEFING**

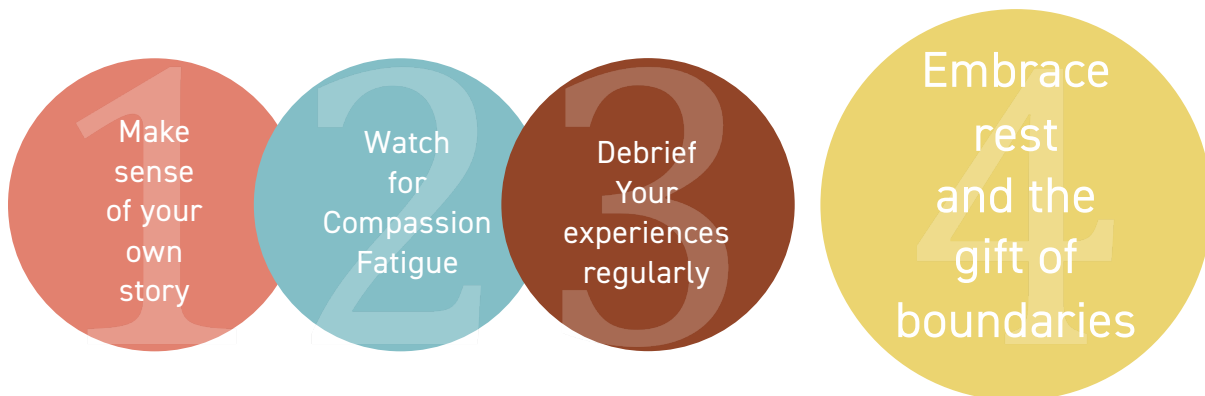
As a regular, end of the week event

**MONTHLY DEBRIEFING**

Check-in to see if changes need made



### SELFCARE INSIGHTS







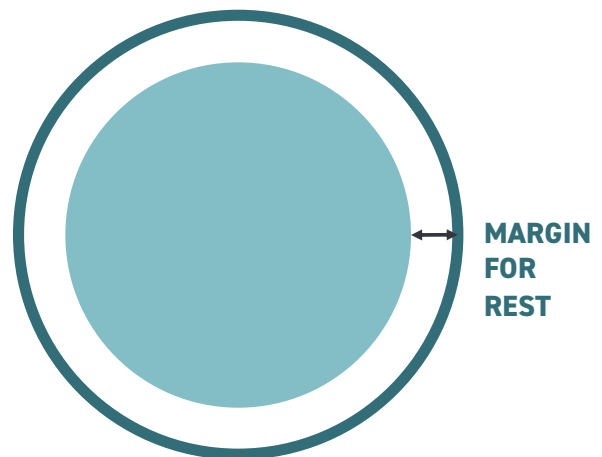
# MANAGING STRESSORS – WHAT DO YOU DO?



# START HERE!

Margin is the difference between vitality and exhaustion.

Dr. Richard Swenson





# SEVEN AREAS OF REST



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



SOCIAL



SENSORY



CREATIVE

Adapted from the book Sacred Rest by Sandra Dalton-Smith



PHYSICAL





# REST

## ACTIVE

Walk  
Yoga  
Stretch

## PASSIVE

Lay down  
Rock  
Sleep



# MENTAL





EMOTIONAL



SPIRITUAL







SOCIAL



SENSORY





# CREATIVE



## REST GIVES US THE GIFT OF BOUNDARIES



Physical boundaries protect your health.

Mental boundaries protect your priorities.

Emotional boundaries protect you from others' taking advantage of you.

Spiritual boundaries provide room for unhurried intimacy with God.



