

Objectives

Participants will:

- 1. Understand what trauma is and what it does.
- 2. Understand basic skills needed with survivors of trauma.
- 3. Identify their own adverse experiences.
- 4. Identify compassion fatigue discuss its influence in serving in ministry.
- 5. Identify trauma-informed principles relevant to working with traumatized individuals & groups.



Ground Rules

Let's begin with this commitment to each other-

We will be sensitive and thoughtful while exploring this topic.

We will remember to keep personal experiences brief, and sharing that occurs in this room, stays in this room.

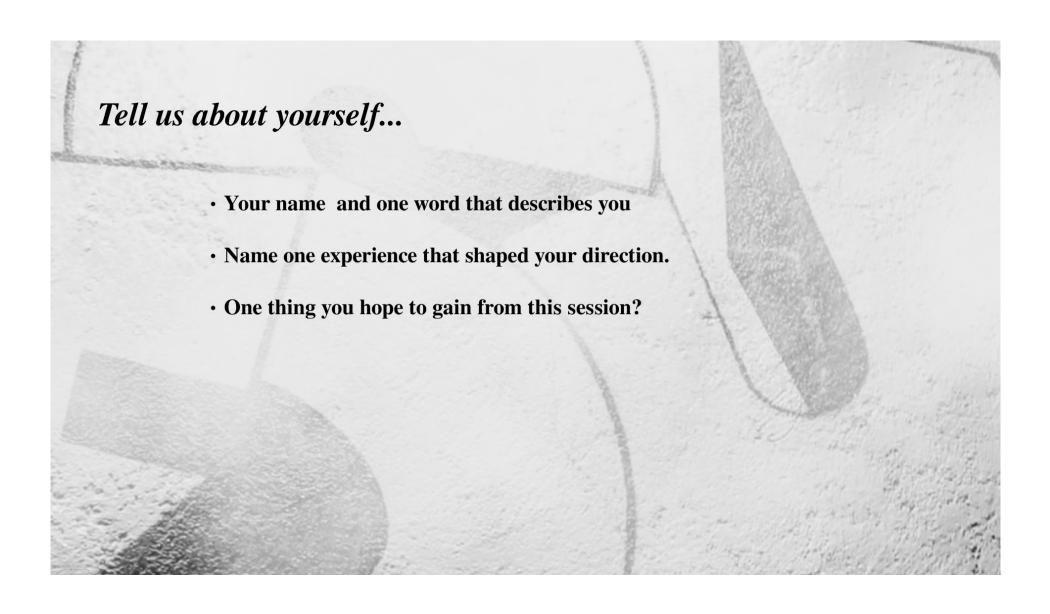
We agree to be open, and to speak the truth with love and kindness.

We will not interrupt or give advice.

We can encourage and share what has worked or not worked for us personally, but we will refrain from telling others how they should do something.

We will strive to be fully present.

We will encourage all to participate equally.





Scriptural grounding:

John 8:31-32

So Jesus said to the Jews who had believed in him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

2 Corinthians 1:3-4.

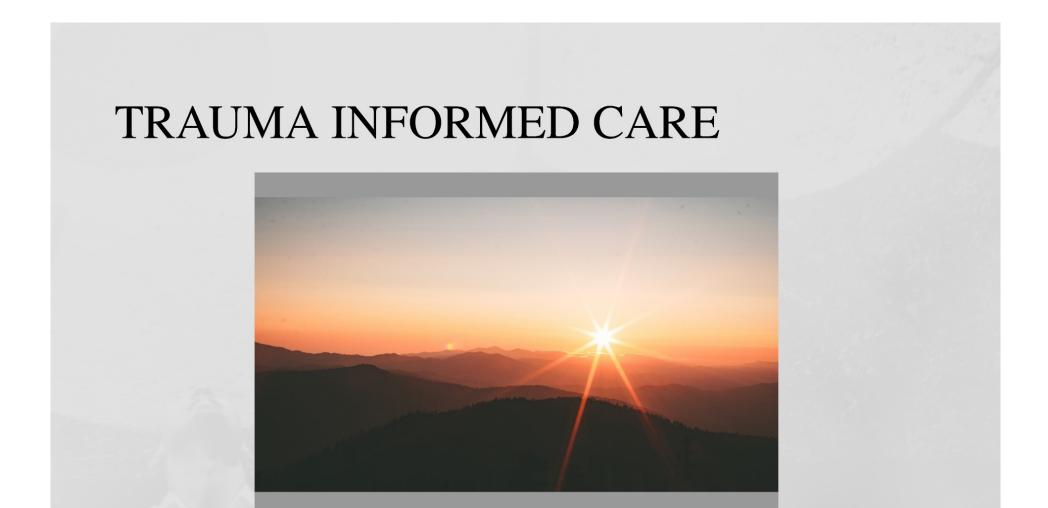
"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Genesis 50:20

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."







What is trauma?

Traumatic events are *intense and overwhelming experiences* that involve serious loss, threat, or harm to a person's physical and/or emotional well being.

These experiences may occur at any time in a person's life. Experiences may involve a single traumatic event or may be repeated over many years.

These experiences often *overwhelm the person's coping resources*. This often leads the person to find a way of coping that may work in the short run but may cause serious harm in the long run.

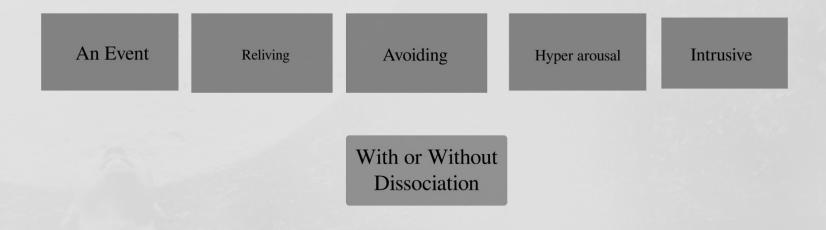
The National Council for Behavioral Health

Child Trauma Defined

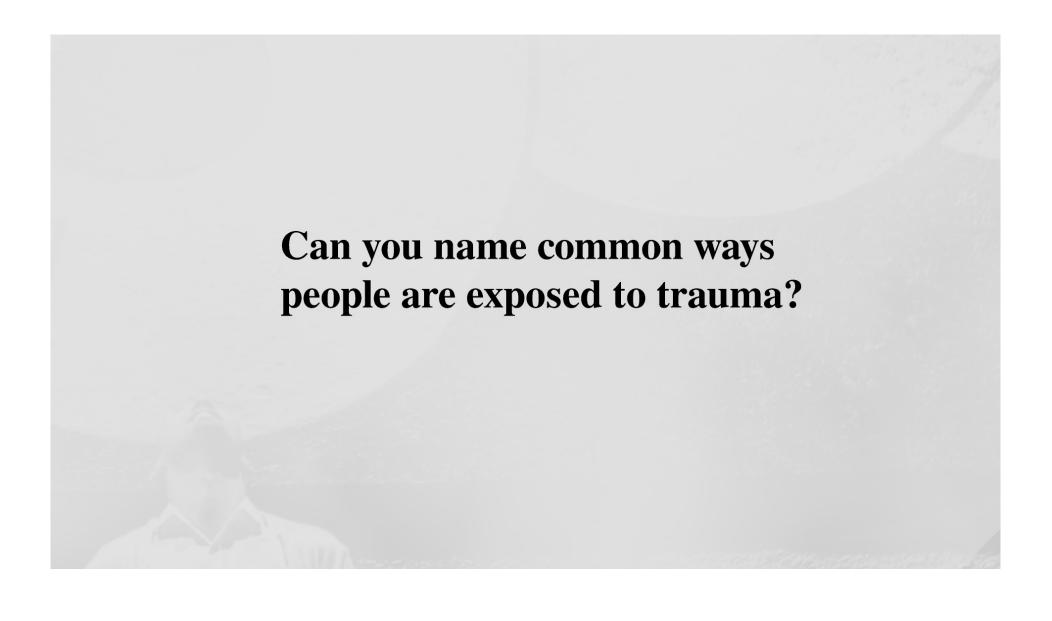
A traumatic event is a frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity. Witnessing a traumatic event that threatens life of physical security of a loved one can also be traumatic. This is particularly important for young children as their sense of safety depends on the perceived safety of their attachment figures.

National Child Traumatic Stress Network. (n.d.). Trauma types. Retrieved August 3, 2021, from www.nctsn.org/what-is-child-trauma/trauma-types.

The medical diagnosis of trauma is more defined with certain criteria that have to be met.



American Psychiatric Association



We now understand that trauma is a wide range of experiences:

Bullying



Bullying is a deliberate and unsolicited action that occurs with the intent of inflicting social, emotional, physical, and/or psychological harm to someone who often is perceived as being less powerful.

Community Violence



Community violence is exposure to intentional acts of interpersonal violence committed in public areas by individuals who are not intimately related to the victim.

Complex Trauma



Complex trauma describes both children's exposure to multiple traumatic events—often of an invasive, interpersonal nature—and the wideranging, long-term effects of this exposure.

Disasters



Natural disasters include hurricanes, earthquakes, tornadoes, wildfires, tsunamis, and floods, as well as extreme weather events such as blizzards, droughts, extreme heat, and wind storms.

Intimate Partner Violence



Intimate Partner Violence (IPV), also referred to as domestic violence, occurs when an individual purposely causes harm or threatens the risk of harm to any past or current partner or spouse.

Early Childhood Trauma



Early childhood trauma generally refers to the traumatic experiences that occur to children aged 0-6.

Sex Trafficking



Child sex trafficking involves the giving or receiving of anything of value (money, shelter, food, clothing, drugs, etc.) to any person in exchange for a sex act with someone under the age of 18.

Sexual Abuse



Child sexual abuse is any interaction between a child and an adult (or another child) in which the child is used for the sexual stimulation of the perpetrator or an observer.

Terrorism and Violence



Families and children may be profoundly affected by mass violence, acts of terrorism, or community trauma in the form of shootings, bombings, or other types of attacks.

Refugee Trauma



Many refugees, especially children, have experienced trauma related to war or persecution that may affect their mental and physical health long after the events have occurred.

Physical Abuse



Physical abuse occurs when a parent or caregiver commits an act that results in physical injury to a child or adolescent.

Medical Trauma



Pediatric medical traumatic stress refers to a set of psychological and physiological responses of children and their families to single or multiple medical events.

Traumatic Grief



While many children adjust well after a death, other children have ongoing difficulties that interfere with everyday life and make it difficult to recall positive memories of their loved ones.

POPULATIONS AT RISK

Trauma and Substance Abuse

Economic Stress

Military and Veteran Families

Intellectual and Developmental Disabilities

Homeless Youth

LGBTQ Youth

Our sense of ourselves, others, and the world becomes distorted in several areas of functioning:



Traumatic ordeals impact beliefs about our ability to keep ourselves **safe** and feel safe with other people.

Traumatic ordeals impact our level of **trust** in ourselves and others around us.

Traumatic ordeals impact our beliefs how much **power or control** we have in our lives.

Traumatic ordeals change how we think about **our** self-worth.

Traumatic ordeals impact our ability to be physically and emotionally close to others (**intimacy**).

The effect of trauma on our view of ourselves, others, and the world (even of God) is like shattered glass, and can get locked into our brain and body that way.



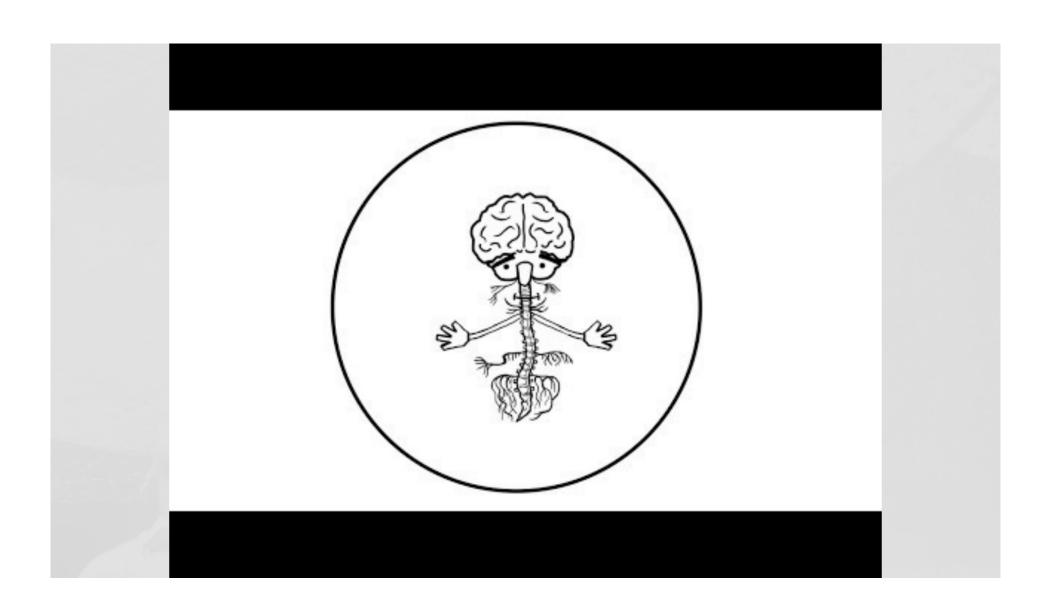
Changes due to trauma:

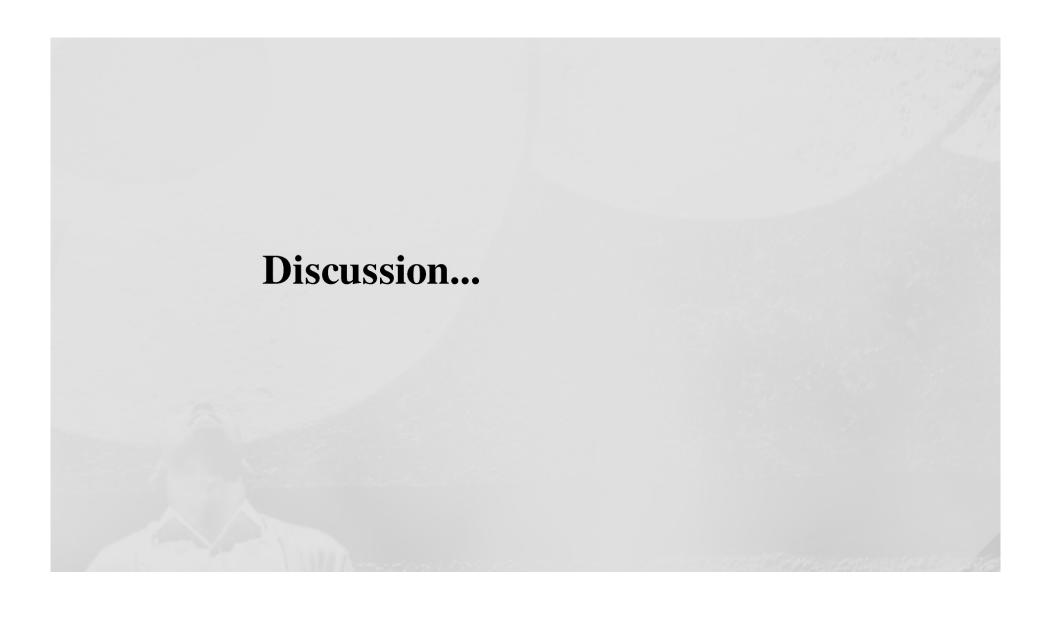
are neurological, biological, psychological and social in nature. They include:

- Changes in brain neurobiology;
- Social, emotional & cognitive impairment;
- · Adoption of health risk behaviors as coping mechanisms (eating
- · disorders, smoking, substance abuse, self harm, sexual
- promiscuity, violence); and
- · Severe and persistent behavioral health, health and social
- problems, early death.

(Felitti et al, 1998)









ACES...what's your score?

Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you? or

Act in a way that made you afraid that you might be physically hurt?

Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? or

Ever hit you so hard that you had marks or were injured?

Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way?

or

Try to or actually have oral, anal, or vaginal sex with you?

Did you often feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

Did you often feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

or

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?



Was your mother or stepmother:

Often pushed, grabbed, slapped, or had something thrown at her?

or

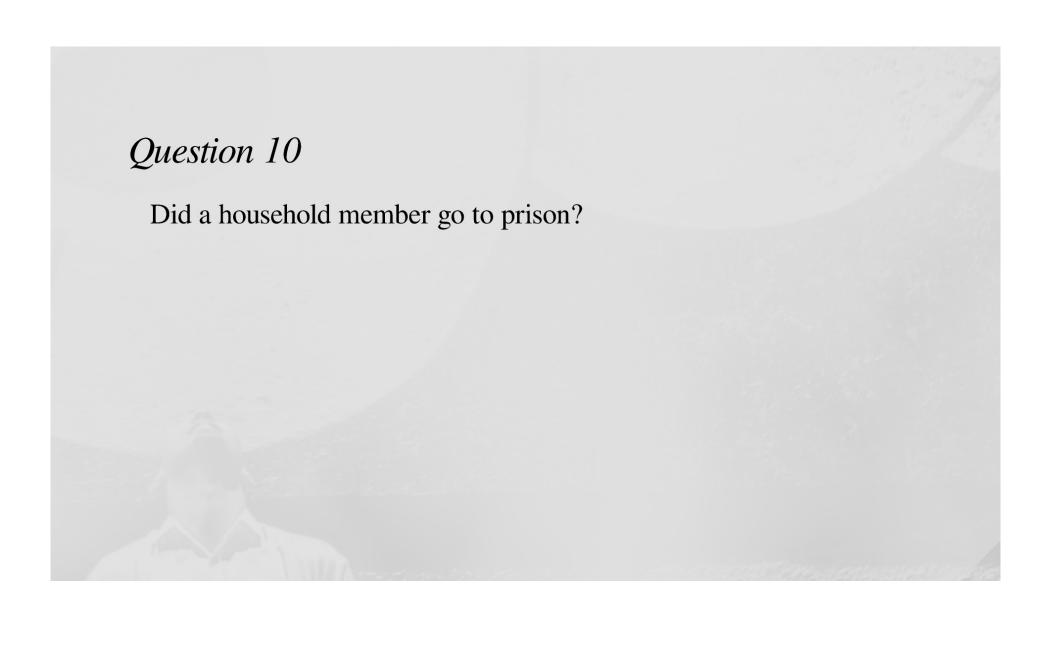
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?

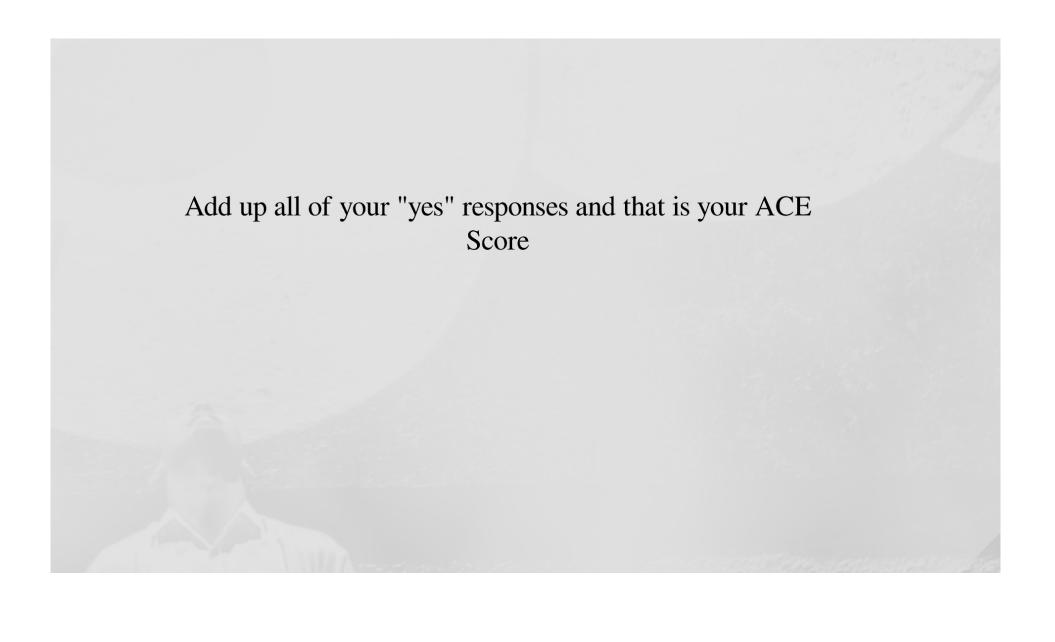
or

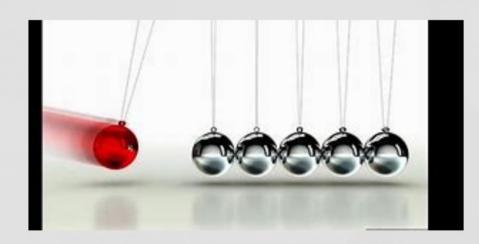
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

Did you live with anyone who was a problem drinker or alcoholic or who used street drugs

Was a household member depressed or mentally ill or did a household member attempt suicide?







IMPACT

As your ACE score increases, so does the risk of disease, social and emotional problems. With and ACE score of 5 or more, things start getting serious. The likelihood of chronic pulmonary lung disease increases 390%; hepatitis, 240%, depression,460%; attempted suicide, 1220%



Can you think of a time when you experienced a traumatic, or an extremely stressful event?

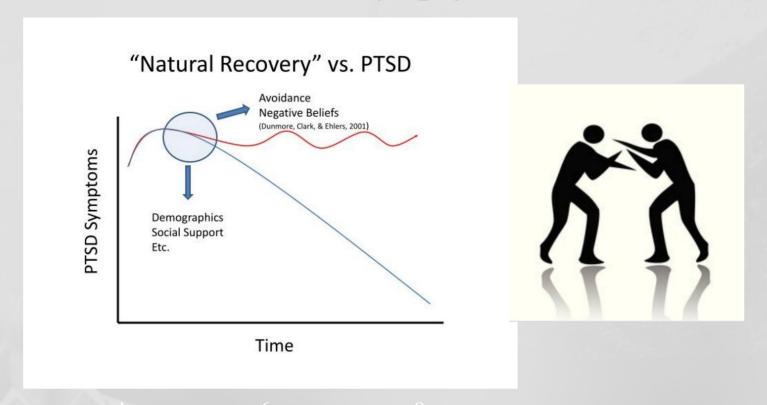
Think to yourself, what made it worse; what made it more manageable?

How long were you affected by the stress or trauma?

How did your experience change how you think or feel about yourself, others, the world?

Have you wondered how other people who have been through the same or similar experiences fared well, or more poorly than you?

The course of trauma recovery (physical assault)



Resilience

Comes from

Protective factors

We heal through relationships

- 1. I believe that my mother loved me when I was little.
- 2. I believe that my father loved me when I was little.
- 3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
- 4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
- 5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
- 6. When I was a child, neighbors or my friends' parents seemed to like me.
- 7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.



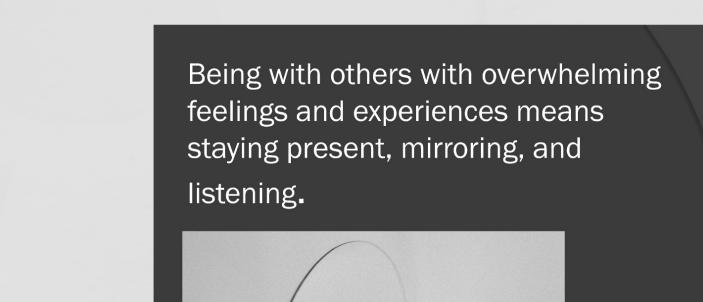






We thrive in relationships

- 8. Someone in my family cared about how I was doing in school.
- 9. My family, neighbors and friends talked often about making our lives better.
- 10. We had rules in our house and were expected to keep them.
- 11. When I felt really bad, I could almost always find someone I trusted to talk to.
- 12. As a youth, people noticed that I was capable and could get things done.
- 13. I was independent and a go-getter.
- 14. I believed that life is what you make it.





Staying present, mirroring, & listening;

What does this mean?

What this is

Staying present

Mirroring

Listening

What this is

mindfully attending

matching, non-verbally being together

hearing, reflecting, being curious

What this is not

multi-tasking/multi-thinking

mimicking

waiting to respond, not having an agenda



Principles of Trauma-Informed Care



It's Really About Respect

Safety

Ensuring physical and emotional safety

Meeting people where they are

The person's culture is respected and incorporated into all stages of intervention

Identification and on-going assessment of triggers and plans to address these

Establish and maintain predictable routines to increase the sense of safety

Maintain a calm environment to decrease hyperarousal Support and promote positive and stable relationships in the person's life

Ensure opportunities for success

Trustworthiness

Maximizing trust through transparency, task clarity, consistency, and interpersonal boundaries

Provide clear information about when, where, and by whom services will be provided

Be on time

Do what you say you will do, and if you can't do it, take responsibility

Talk about the good, the bad, and the ugly Avoid "tricking" or "catching" people

Choice

Maximizing client experiences of choice and control

When and where will you meet?

How does the person prefer to communicate?

How does the person prefer to be addressed?

Who will be on the team?

What services does the person want?

Person decides which goals to work on first

When does the person want to terminate services?

Collaboration

Sharing of power

Ask about a client's goals or priorities

Service plans should be developed by the client, with the support of the case manager

Ongoing assessment of which services have been effective

Do goals and service plans need to be adjusted?

Shared expectations for the helping relationship

During emotional times ask, "How can I support you right now?"

Empowerment

Prioritizing empowerment and skill-building
Focus on empowerment instead of management and control
Build upon strengths and promote resilience

Cultural, Historical and Gender Issues

The organization moves past cultural stereotypes and biases Incorporates policies, protocols and processes that are responsive to the racial, ethnic and cultural needs of individuals served; and recognizes and addresses historical trauma

2 Corinthians 1:3-4.

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."



How well will we comfort others if we don't care well enough for ourselves?

Rest from work...

..It is also a very good plan every now and then to go away and have a little relaxation, for when you come back to the work, your judgement will be surer, since to remain constantly at work will cause you to lose the power of judgement.

Leonardo da Vinci, Italian engineer and painter

Self Care

John 15:5

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Compassion Fatigue or Secondary Traumatic Stress

STS is a trauma related stress reaction and a set of symptoms resulting from exposure to another individual's traumatic experiences rather than from exposure directly to a traumatic event

Signs of Secondary Traumatic Stress

- Feeling helpless and hopeless
- A sense that one can never do enough
- Hypervigilance
- Diminished creativity
- Inability to embrace complexity
- Minimizing
- Chronic exhaustion/physical ailments
- Inability to listen/deliberate avoidance

Signs of Secondary Traumatic Stress (cont.)

- Dissociative moments
- Sense of persecution
- Guilt
- Fear
- Anger and cynicism
- Inability to empathize/numbing
- Addictions
- Grandiosity/An inflated sense
- importance related to one's work

Strategies To Prevent Secondary Traumatization

Peer support: Maintaining adequate social support, both personally and professionally, helps prevent isolation and helps workers share the emotional distress of working with traumatized individuals.

Supervision and consultation: Professional consultation will help workers understand secondary trauma, their own personal risks, the protective factors that can help them prevent or lessen its impact, and their counter-transference reactions to specific clients.

Training: Ongoing professional training can improve workers' understanding of trauma and enhance a sense of mastery and self-efficacy in their work.

Strategies To Prevent Secondary Traumatization (cont.)

Personal psychotherapy or counseling: Being in counseling can help individuals become more self-aware and assist them in managing the psychological and emotional distress that often accompanies working with clients who have trauma histories in a number of behavioral health settings.

Maintaining balance in one's life: Balancing work and personal life, developing positive coping styles, and maintaining a healthy lifestyle can enhance resilience and the ability to manage stress.

Engaging in spiritual activities that provide meaning and perspective: Connection to a spiritual community and spiritual practices (such as meditation) can help workers.

Question:

What is maintaining a healthy lifestyle?

The answer...

The SPICES of life



Keeping Life in Balance

Social
Physical
Intellectual
Career
Emotional
Spiritual



Getting Grounded & Practicing Being Present



MINDFULNESS
BREATHING
BODY AND MUSCLE AWARENESS
YOGA





Psalm 61:2-3

2 From the ends of the earth,

I cry to you for help

when my heart is overwhelmed.

Lead me to the towering rock of safety,

3 for you are my safe refuge,

a fortress where my enemies cannot reach me.

New Living Translation (NLT)











