

TRAUMA TRAINING 2.0



What Is Trauma?



DEFINITION

“Any type of distressing event or experience that can have an impact on a person’s ability to cope or function. It results in emotional, physical, and psychological harm.” - APA



“Any event that results in real or perceived threat to life or livelihood.”



LOSS OF CHOICE

TYPES OF TRAUMA

All Trauma Work is Grief Work

Acute Traumatic Stress

- An intense, unpleasant, and dysfunctional reaction beginning shortly after an overwhelming traumatic event

PTSD: post-traumatic stress disorder

- A psychiatric disorder that may occur in people who have experienced a traumatic event such as a natural disaster, a terrorist attack, war/combat, or rape who have been threatened with death, sexual violence or serious injury

Complex PTSD

- Diagnosed in children or adults who have repeatedly experienced traumatic events such as violence, neglect, or abuse.



Signs & Symptoms of PTSD in Adults

"Avoidance" Symptoms

- You avoid people, places, and activities that recall the event.
- You avoid thoughts, feelings, or mention of the event.
- You have much less interest in doing necessary activities.
- You feel detached or estranged from others.
- You forget an important aspect of the event.

"Increased Arousal" Symptoms

- You are very easily startled.
- You have a hard time concentrating.
- You have a hard time falling or staying asleep.
- You are very cranky.

"Re-experiencing the Event" Symptoms

- You have recurring, intrusive thoughts of the event that cause distress.
- You have nightmares.
- You have flashbacks of the event.

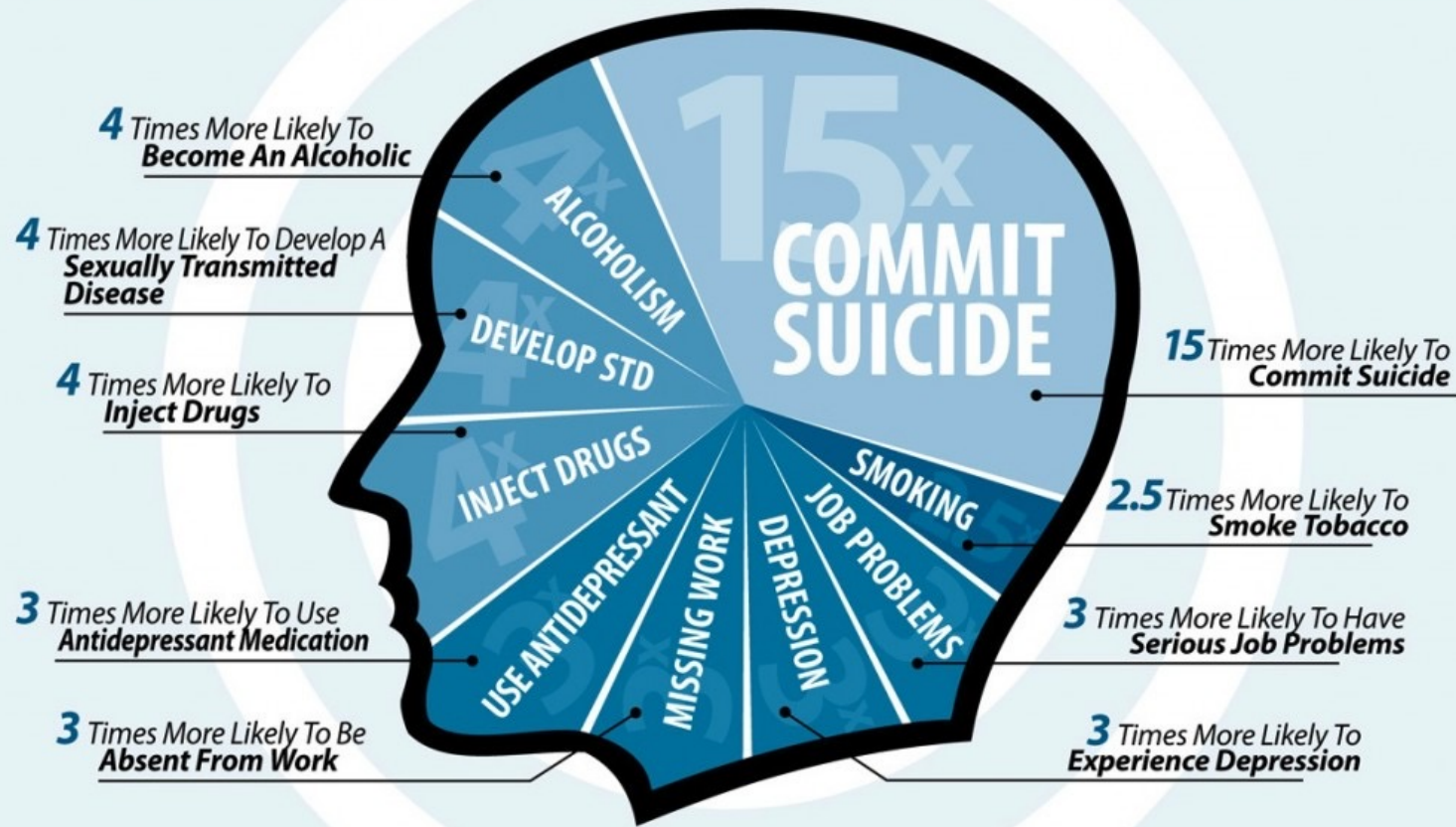
GOOD TO KNOW...

Not every person who experiences a traumatic event develops PTSD

Key Factor: these symptoms interrupt your ability to do daily activities for an extended period of time (at least one month)



PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



TRAUMA STATISTICS

89.7% of people report at least one traumatic event in a lifetime

Despite being highly prevalent, PTSD is surprisingly undiagnosed (de Silva et al., 2018)

Majority of mental health clinicians are underprepared to deal with trauma



SEXUAL ABUSE INCLUDES



Touching

- Vaginal, oral, anal rape as well as genital stimulation, intrusive medical procedures, fondling genitals under the guise of bathing, inappropriate kiss or any unwanted touch on any part of the body.

No-contact

- Forced nudity, posing for seductive photographs, hearing comments about one's developing body, being stared at in a provocative way, being a victim of exhibitionism (displaying genitals), or being told that all one is good for is sex.



I. Definition of Child Sexual Abuse

The deliberate engagement of a child by a person in a position of authority and trust (parent, family member, older sibling, other caregiver) in sexual activities for which the child is developmentally unprepared and cannot give informed consent.

Leads to...

- Impaired self-concept
- Somatic dysregulation
- Disorganized attachment patterns
- Spiritual alienation
- Dissociation





COMPLEX TRAUMA

Causes

Child abuse, neglect, disrupted attachment, domestic violence, ongoing social stress, community and political violence/refugee situations, prolonged captivity

Developmental trauma

Lack of integrity in the mind/body relationship (denying feelings or needs), interference in the formation of coherent identity, disruptions in attachment imprint the development of healthy and reciprocal relationships

Characterized by...

Learned helplessness and loss of self-efficacy

Negative Self Concept

- Persistent beliefs about self as diminished, defeated or worthless
- Feelings of shame or guilt



Emotional dysregulation

- Heightened emotional reactivity
- Violent outbursts
- Reckless or self – destructive behaviour
- Dissociative states under stress



Interpersonal difficulties

- Persistent difficulties in sustaining relationships due to tendency to avoid, deride or have little interest in relationships
- Intense relationships but difficulty maintaining emotional engagement



COMPLEX PTSD SYMPTOMS

- Similar symptoms of PTSD with the unique elements of negative self concept, emotional dysregulation, and interpersonal difficulties
- Self-Harm
- Suicidal Thoughts, Plans or Attempts
- Addictions



OTHER SIGNS/SYMPTOMS

- Emotional eating
- Eating disorders
- Social anxiety
- Difficulty concentrating
- Impulsive tendencies
- Excessive risk-taking
- CPTSD Health Problems: seizures, migraines, gastrointestinal problems, autoimmune disorders, unexplained medical issues



ACE STUDY

- Adverse Childhood Experiences
- 10 Categories
- 4 or more ACE Factors are significantly increased risk for...
- 50% people with autoimmune disorders have had childhood abuse
 - Commonality: a sense of learned helplessness or the inability to say no



3 Types of Betrayal Trauma

- Parent is the abuser
- Parent has an alliance with the abuser
- Parent blames the child for the abuse

Greater intensity than trauma not related to betrayal

- Typically leads to greater likelihood of dissociative symptoms

BETRAYAL TRAUMA



HIDDEN FACTORS OF CPTSD

Pre-verbal Trauma

Epigenetics and
Transgenerational Trauma

Poor modeling of health
promoting behaviors

Presence of a Learning
Disability

Social and Cultural Factors

Lack of Resilience and
Protective Factors



Being unwanted at birth

Extended separation after birth or maternal PPD

Physical, verbal, sexual abuse

Medical needs unattended to

Feeling chronically rejected, misunderstood, discounted, or shamed

Parents abusing substances

Witnessing or experiencing domestic violence

Chronic homelessness

Transgenerational Trauma

RISK FACTORS IN DEVELOPING CPTSD





TRANSGENERATIONAL TRAUMA

- Unresolved trauma of one generation can become a legacy passed down
- Typically shows up in areas of attachment and maintained in implicit memory
- Themes
 - Identify and reflect on patterns, sensations, and emotions
 - Change the story
- Helpful questions to ask...





WHERE ARE THEY?

- What does the client know about their history?
- What does the client experience on a daily/weekly?
 - Re-experiencing Symptoms
 - Avoidance Symptoms
 - Persistent Perceptions of Current Threat
 - Affect Dysregulation
 - Negative Self-Concept
 - Interpersonal Disturbances
 - Dissociative Symptoms
- What are their Resilience and Protective Factors?
 - Challenge, control, commitment



OUR JOB

Recognize the
strength people carry
within them

Christ defeated death
– brokenness is not
without hope

Counseling is a
combination of head and
heart – Holy Spirit
leading and evidence-
based approaches

Identify your own
unaddressed wounds
and transgenerational
trauma

Understand whether you
have what you need to do
this job and be willing to do
the work to establish the
resilience and protective
factors you need.





QUESTIONS?