

# *The Journey from Trauma to*

**Normal Life**

**Growth**

**Return**

**Light**

**Trauma**

**Darkness**

**Growth**

**Suffering**

**Transformation**

**Challenges**

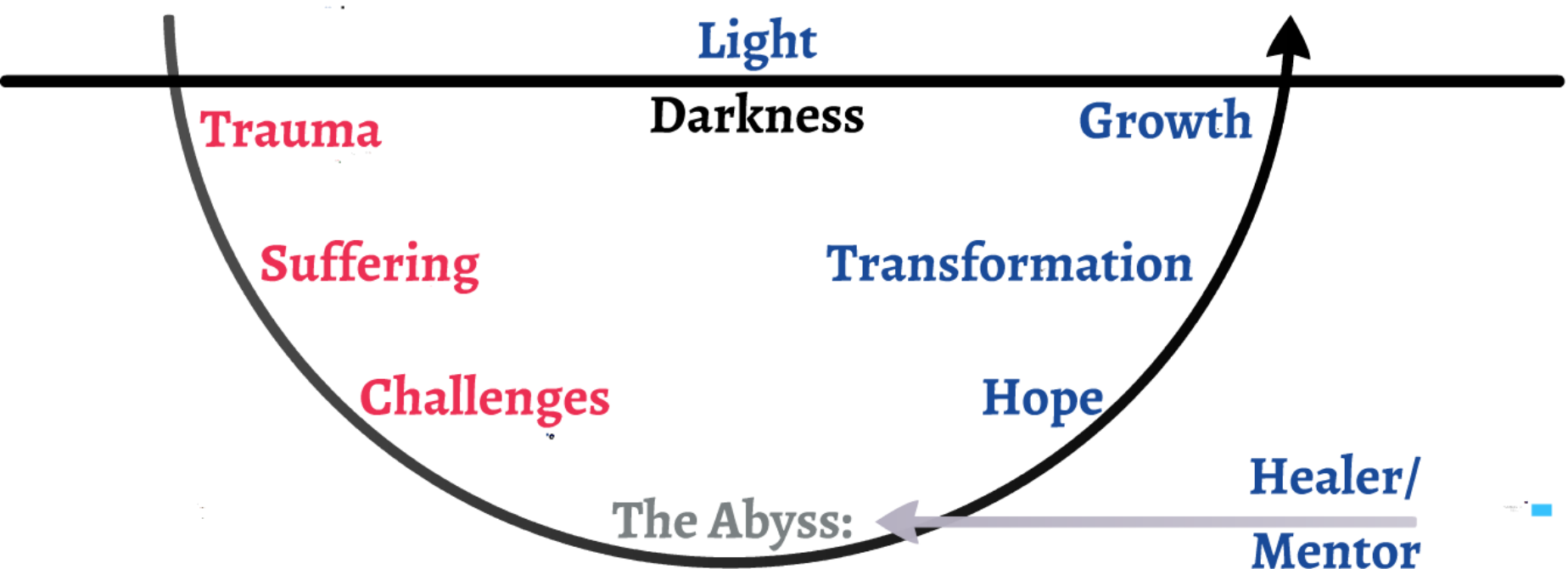
**Hope**

**The Abyss:**

**Healer/  
Mentor**

**Spiritual & Emotional Death**

Campbell, 1949



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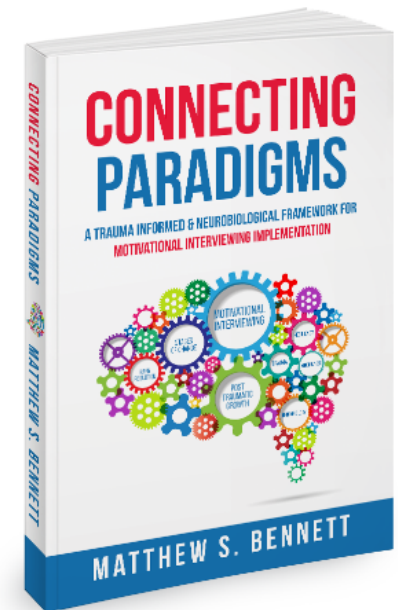
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connectingparadigms.org

- Matt's Mumblings Blog
- Trauma-Informed Lens Podcast

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# The Stories we Tell...

## and how they are told

### The Main Characters

- Them
- Us

### The Plot...a story about

- Pain, suffering, and the abyss
- Hope, transformation, change, and growth



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*The*

# Normal Life

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***Choice vs. Force***



You **Tube**



# Trauma

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# Trauma Defined

Big (T)rauma – Events involving intense stress that overwhelms the nervous systems capacity for regulation, resulting in an existence dominated by the trauma

alexgrey.com

Small (t)rauma - Living in high stress environment and in the shadow of the threat of traumatic events occurring at any time

Compound Trauma – Combination of big T and small t trauma occurring over an extended period of time

According to 2011 eHIVQUAL data: 80% of PLWH in Part C & D have PTSD!

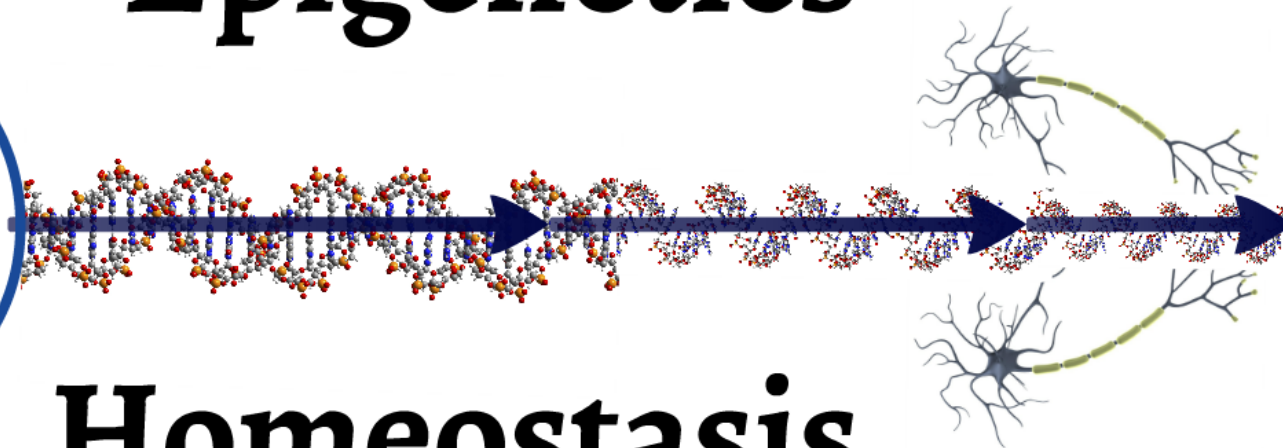


# Symptoms of Trauma

|                             |                                  |                               |
|-----------------------------|----------------------------------|-------------------------------|
| Misdiagnosed                | More likely to be in special     | Trouble concentrating         |
| Depression                  | education                        | Memory problems               |
| ADHD                        | 2.5X more likely to fail a grade | Delayed language              |
| Oppositional Defiant        | Perfectionism                    | development                   |
| Disorder                    | Depression                       | Trouble with impulse control  |
| Conduct Disorder            | Anxiety                          | Trouble interpreting          |
| Anxiety Disorder            | Self-harm                        | emotional signals             |
| Phobic Disorder             | Suicide                          | Difficulty trusting others    |
| Personality Disorders       | Violent behavior towards peers   | Shame                         |
| Self-blame                  | Involvement in criminal justice  | Guilt                         |
| Incoherent sense of self    | system                           | Headaches                     |
| Inability for creative play | Hopelessness                     | Gastrointestinal issues       |
| Easily overstimulated       | Inability to cooperate with      | General health problems       |
| Difficulty delaying         | others                           | Limited ability to plan or    |
| gratification               | Dissociation                     | anticipate                    |
| Inability to goal set       | Premature sexual maturity &      | Inability to follow direction |
| Lack of object constancy    | activity                         | Poor boundaries               |
| Lack of empathy             | Sexually transmitted disease     | Cancer                        |
| Low social intelligence     | Unintended pregnancies           | Autoimmune issues             |

# Epigenetics

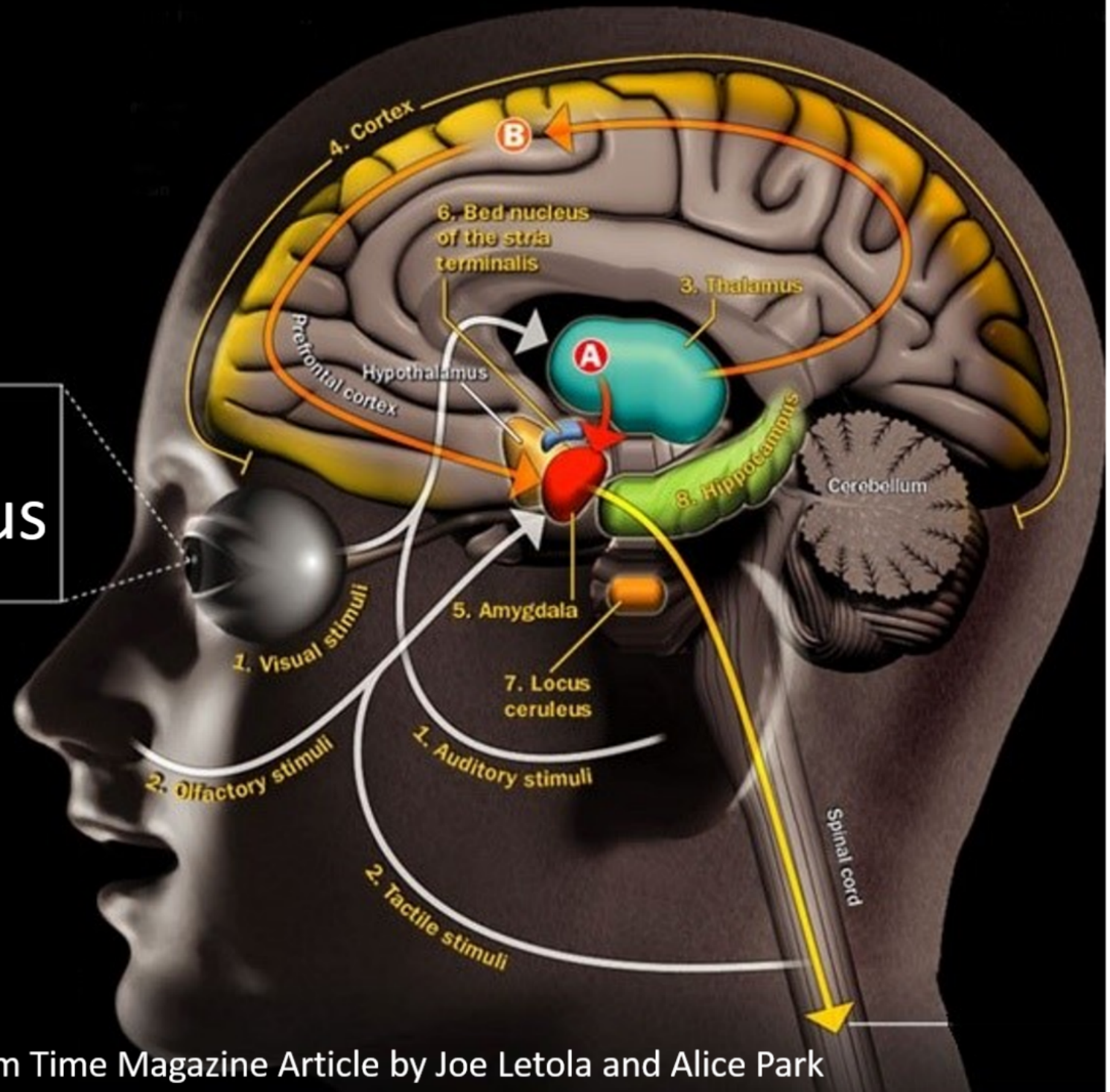
Environment  
&  
Relationships



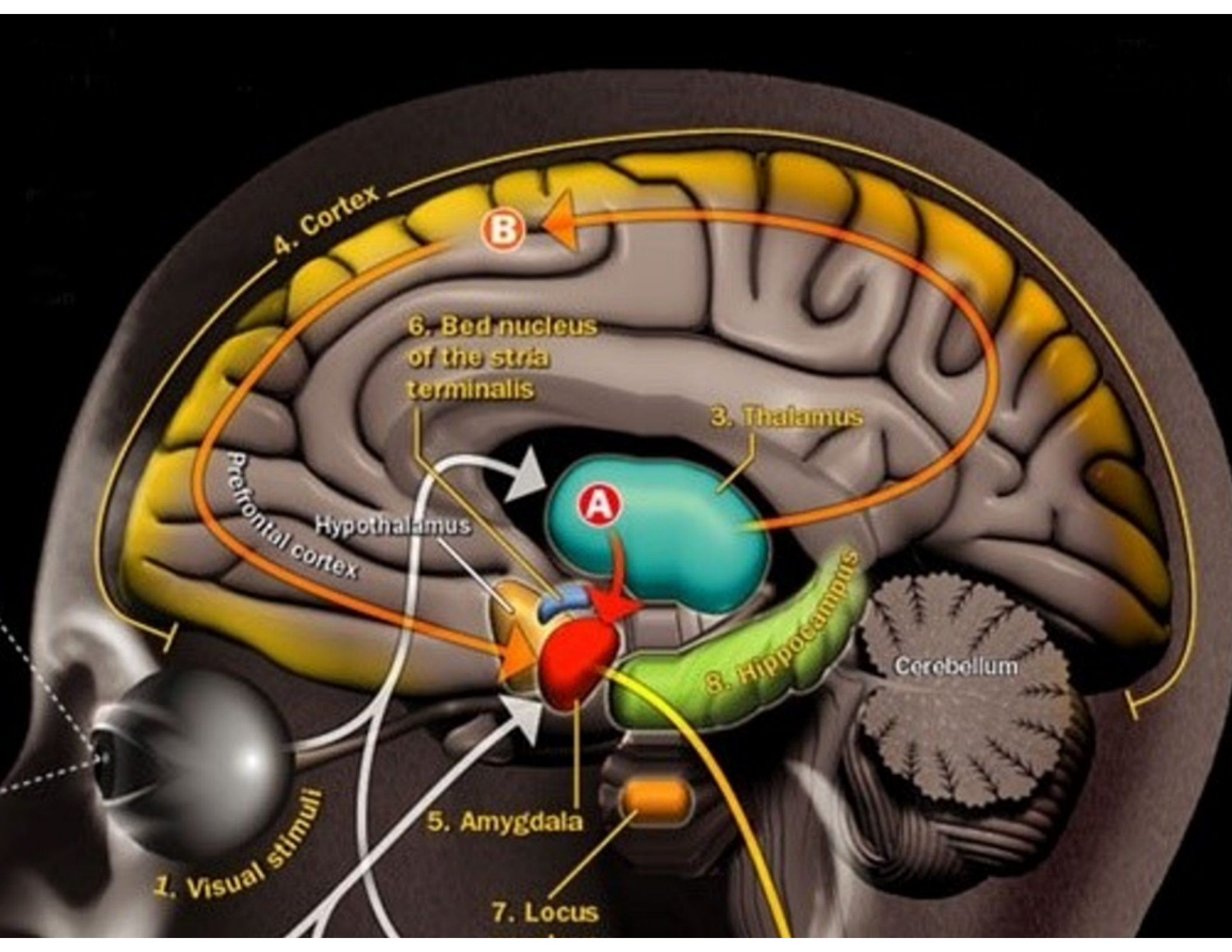
# Homeostasis

“The tendency towards a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes.” - Google Dictionary

Stimulus



Adapted from Time Magazine Article by Joe Letola and Alice Park



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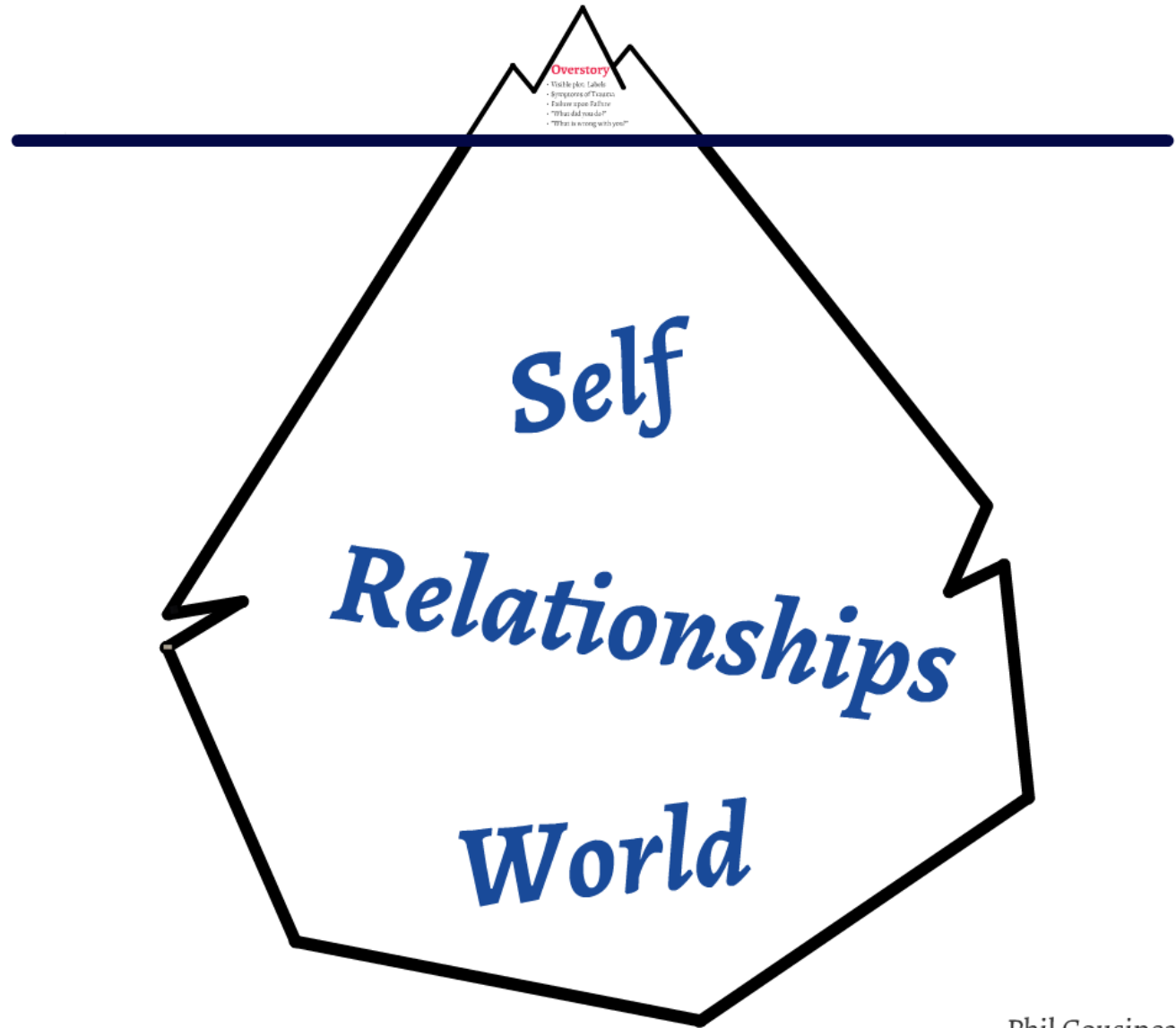
Healer/  
Mentor

# Trauma: Narrative Demon



## Understory

- “Invisible movement of the soul”
- Attachment to Pain & Suffering
- Disconnection from self, others, & spirit





# Overstory

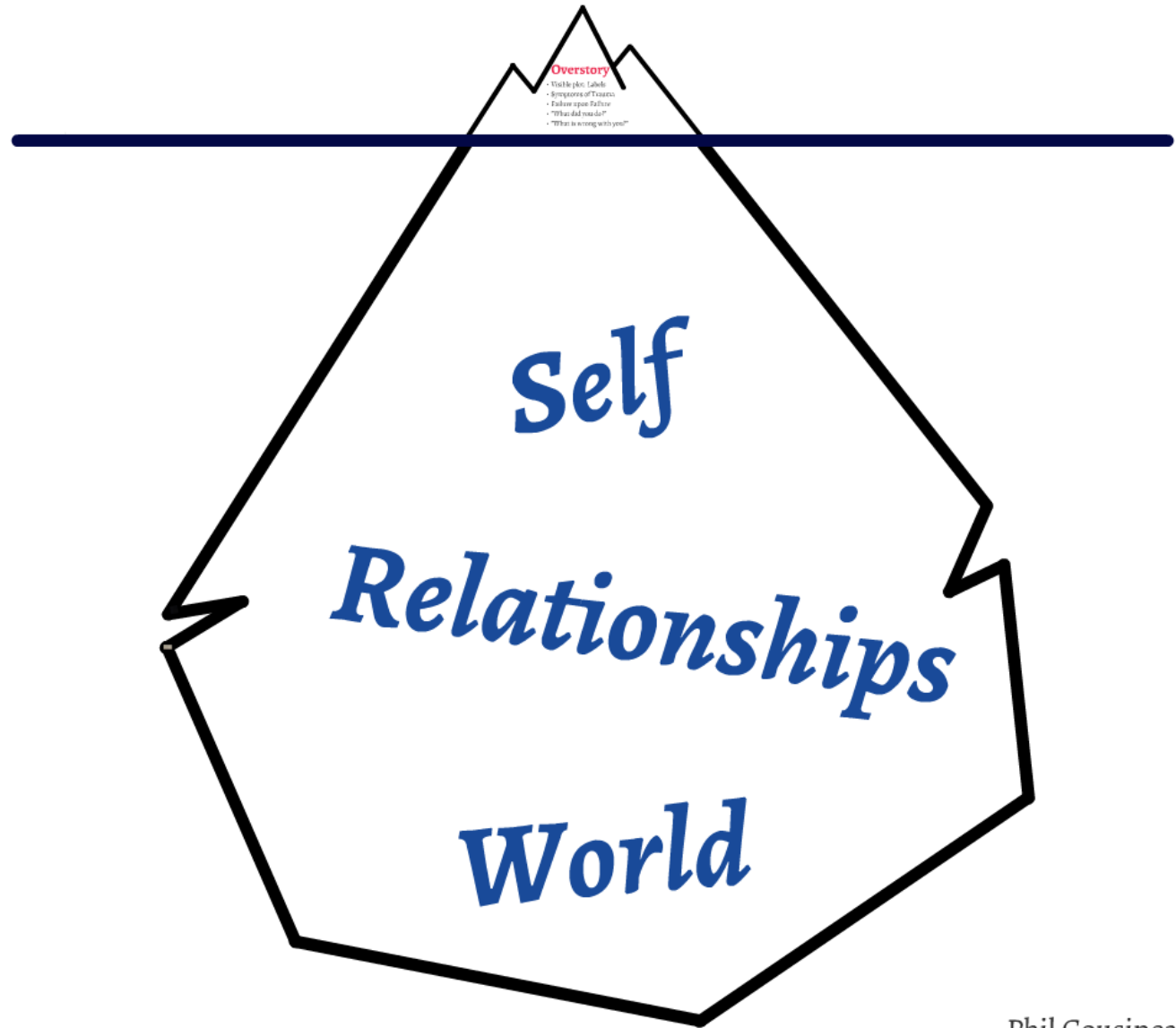
- Visible plot: Labels
- Symptoms of Trauma
- Failure upon Failure
- "What did you do?"
- "What is wrong with you?"

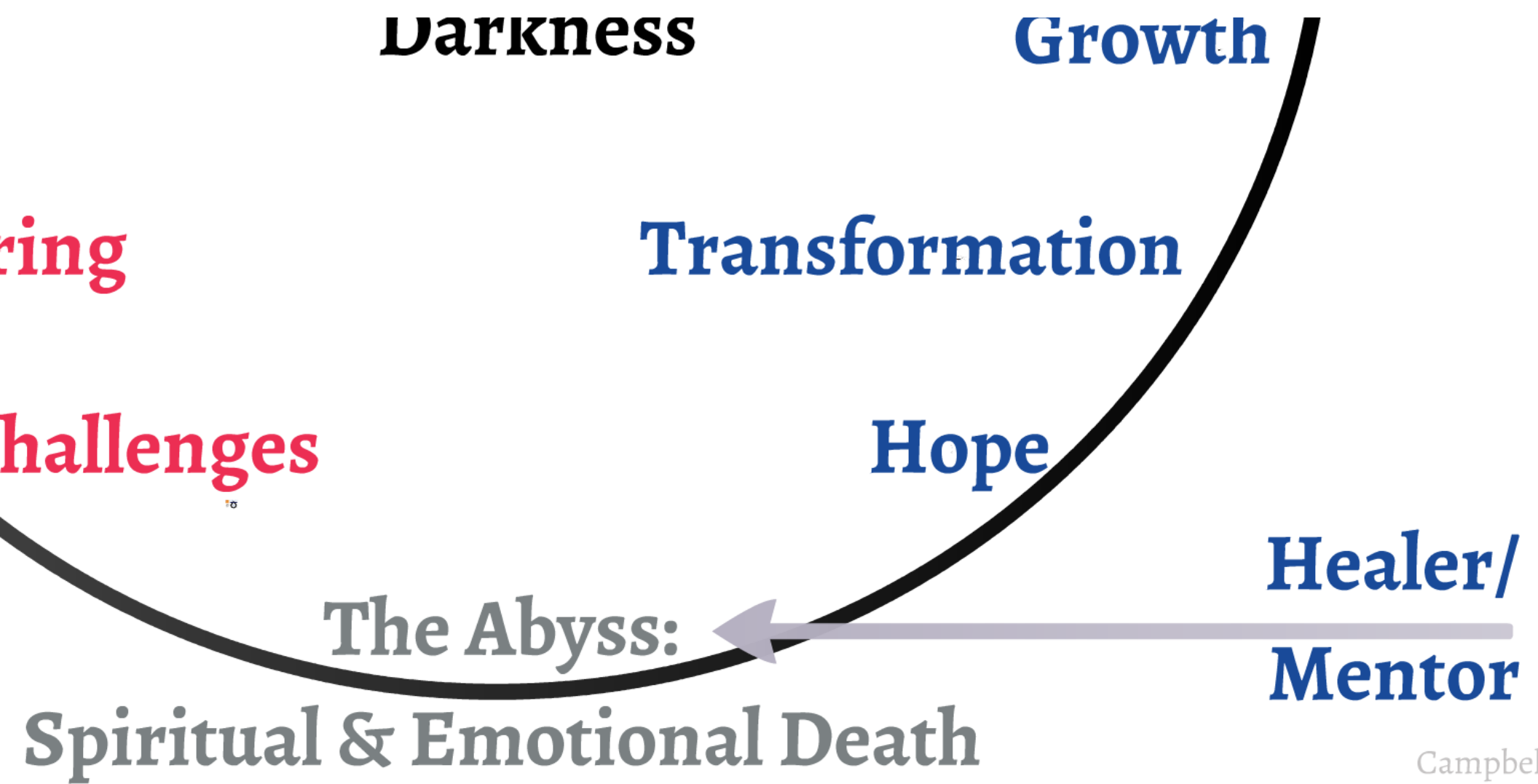
# Trauma: Narrative Demon

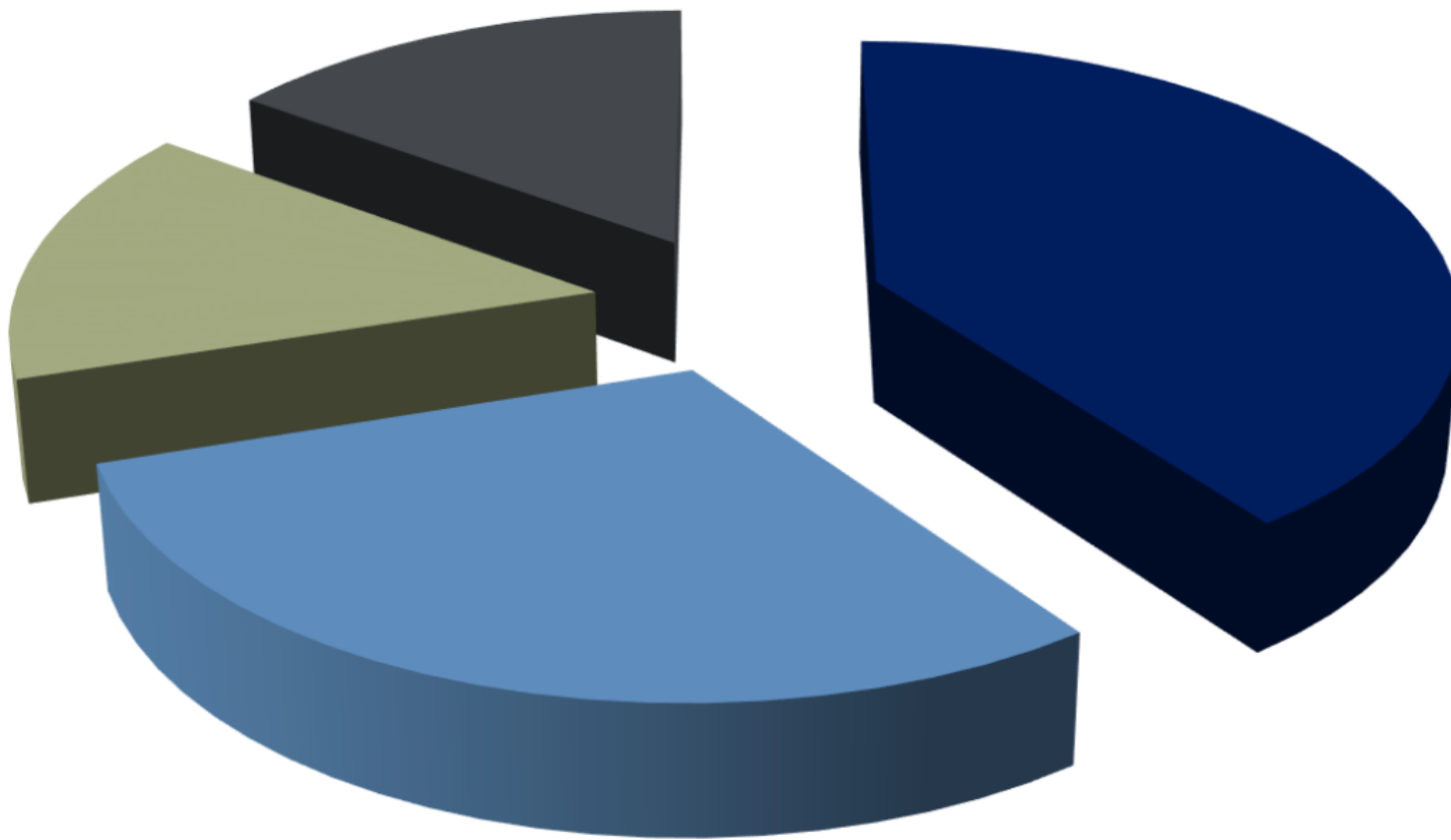


## Understory

- “Invisible movement of the soul”
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- Client Characteristics
- Relationship
- Hope
- Techniques

Achor, 2010; Murphy, 2008



“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.” – Judith Herman

# Trust

Assured reliance on the character, ability, and strength of the helper in whom confidence is placed

Trustful helping relationships trigger the release of oxytocin

- Opens Window of Tolerance: FACES
- Brings on feelings of contentment, calm, and safety
- Increases opportunity for reflection on thinking, behavior, and emotions

Lack of trust triggers release of dihydrotestosterone (DHT)

- Increases the likelihood of traumatic triggers
- More likely to become hyper/hypoaroused

Wagner & Harter, 2006



You **Tube**

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Wagner & Harter, 2006



# Safety in Trauma Informed Care

- Without safety, person will exist in survival mode (biological) trying to ensure their safety
- Safety should be consistently assessed and built:
  - Physical safety
  - Psychological safety

# Trauma Informed Approaches

- See the environment through the their eyes
- Ensure policies and procedures are Trauma Informed
- Help set expectations and boundaries of what their experience will be like in your program
- Build safety
  - Harm Reduction
  - Safety planning
- Slow down

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# Transformation to Post-Traumatic Growth

- Holding Hope
- Mix of resources & support
- Releasing traumatic energy
- Wellness & health
- Integration of traumatic experiences
  - Reclaiming the hero
  - Everyone needs to tell and retell their story!!!
  - Moving from suffering to strength and wisdom



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