

Shining the Light on Trauma: It's Types & Impact

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Overview

- ← What is trauma
- ← Types of trauma
- ← What happens during trauma
- ← Impacts of trauma
- ← Post-traumatic growth
- ← What helps
- ← Boundaries



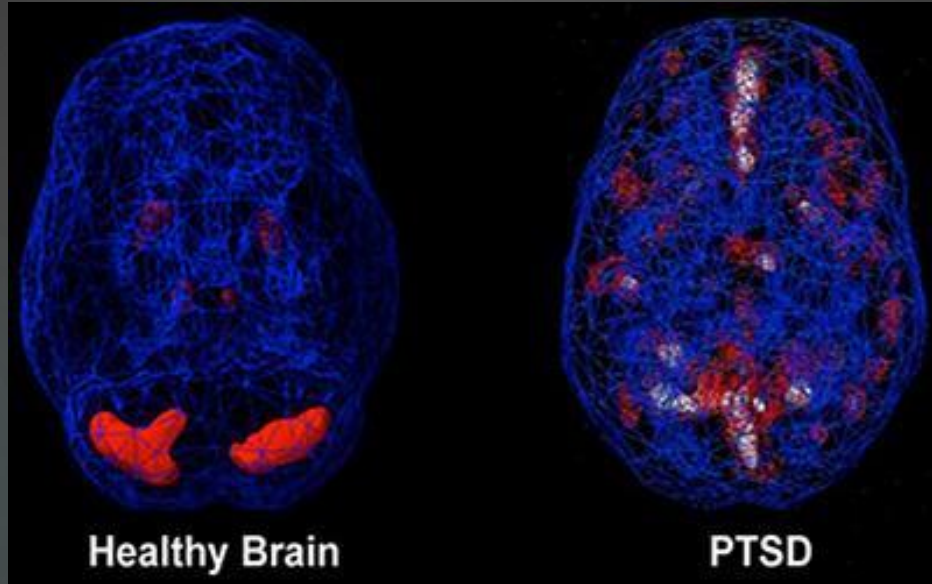
What comes to
mind when you
hear the word
“trauma”?



What is trauma?



- ← The Greek word “trauma” was derived from means “**wound**”
- ← Psychologically trauma means “a violent shock, a **wound** to the person’s self-concept and stability, a sudden loss of control over external and internal reality, with consequences that affect the whole organism.”



Humanizing Trauma



- ← Trauma happens to a whole person's being – mind, body, soul
- ← Characteristics of a person prior to and during trauma makes a big difference on the impact of the trauma
- ← Our biases, generalizations, and assumptions work against our understanding a person's experience of trauma



What might you
assume about this
person by looking
at her?



They are people first



Not good - Sex trafficking victim

Better - Victim of sex trafficking

Better still - Survivor of sex trafficking

BEST - Woman who has experienced sex trafficking

Types of Trauma

Type 1



Type 2



Types of Trauma

Early Trauma



Late Trauma



“The early experiences children have with their caregivers shape the **long-term development** of a number of mental processes. The ability to balance one’s emotions, to reduce fear, to be attuned to others, to have insight and self understanding, to have empathic understanding of others, and to have well developed moral reasoning have all been found to be associated with what is called **secure attachment.**”
(Siegel, 2012, p. 143)



Types of Trauma

Interpersonal Trauma

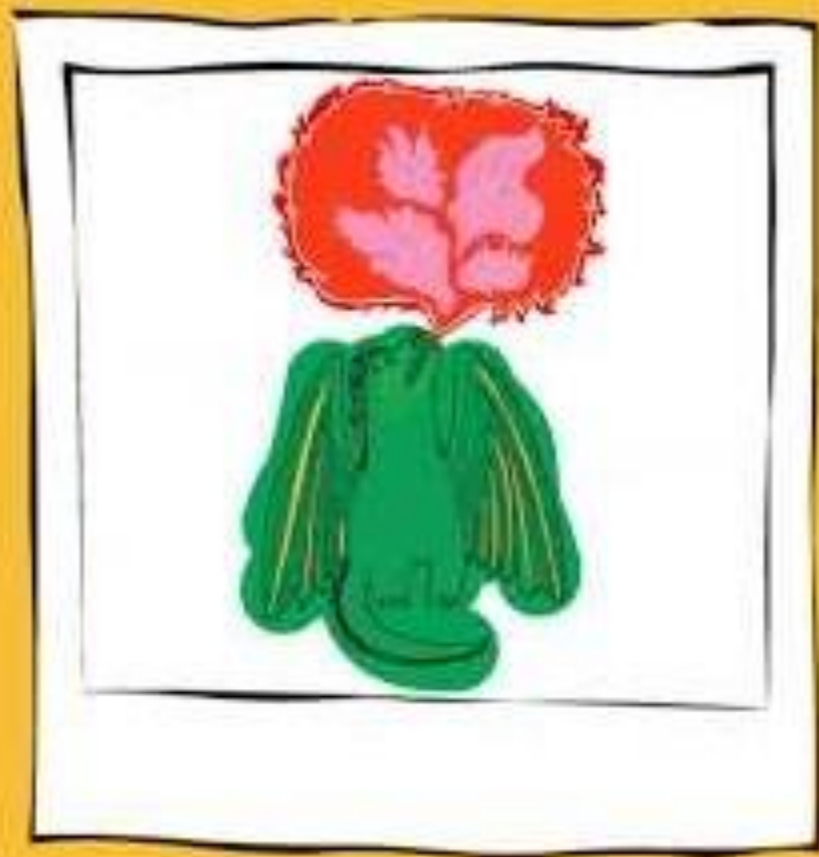


Natural Trauma



Types of Trauma - Transgenerational Trauma





Physical reactions to trauma

Frontal Lobe

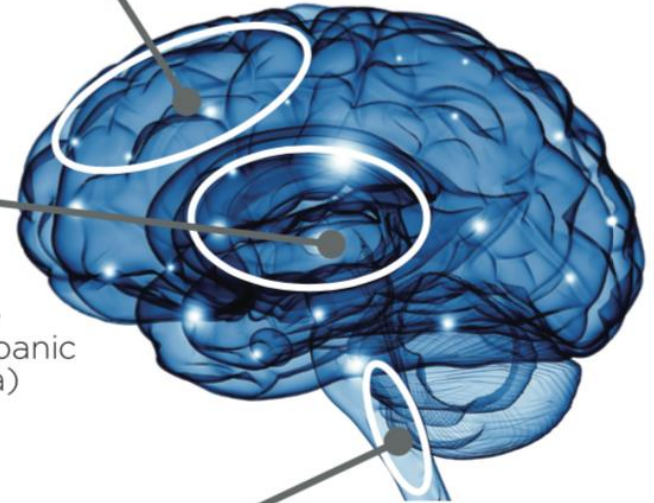
- Problem-solving
- Learning
- Focusing
- Speech and spoken word

Limbic System

- Long-term memory (hippocampus)
- Emotions that generate action such as rage, panic and terror (amygdala)
- Survival

Brain Stem

- Bodily function (heart rate, temperature, respiration)
- Motor control
- Sleep



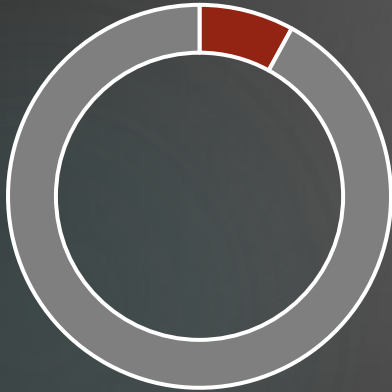
Posttraumatic Stress Disorder

- ← Characteristics of PTSD
 - ← Hyperarousal of nervous system
 - ← Disturbing memories and re-experiencing of the traumatic event(s)
 - ← Avoidance of internal and external reminders/triggers of the trauma
 - ← Negative cognitions of mood (included numbing



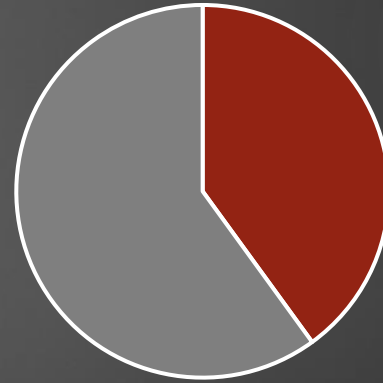
PTSD

Prevalence of PTSD



The prevalence of PTSD in US adults is estimated at 8.7% (APA, 2013, p. 276)

PTSD as a result of trauma



Between one third and half of individuals exposed to traumas experience PTSD (Levers, 2012).


Complex PTSD

- ← Includes the symptoms of PTSD
- ← Six areas of Disturbance
 - ← Behavioral and Emotional Dysregulation: Affect Regulation, Modulation of Anger, Self-Destructive, Suicidal Preoccupation, Difficulty Modulating Sexual Involvement, Excessive Risk Taking
 - ← Attention and Consciousness Alterations: Amnesia, Transient Dissociative Episodes and Depersonalization
 - ← Self-Perception Impairments: Ineffectiveness, Permanent Damage, Guilt and Responsibility, Shame, Nobody Can Understand, Minimizing
 - ← Interpersonal Alterations: Inability to Trust, Revictimization, Victimizing Others
 - ← Somatization: Digestive system, Chronic Pain, Cardiopulmonary Symptoms, Conversion Symptoms, Sexual Symptoms
 - ← Systems of Meaning Impairments: Despair and Hopelessness, Loss of Previously Sustaining Beliefs

Coping Strategies - Externalizing

- ← Cutting
- ← Violence
- ← Sex
- ← Over/under eating
- ← Not sleeping
- ← Avoiding friends or family
- ← Manipulating others
- ← Driving recklessly
- ← Denial
- ← Self-sabotage
- ← Blaming others



A young child with brown hair, wearing a grey hoodie and a yellow shirt, is holding a light brown teddy bear. The child is looking off to the side with a serious expression. The background is a blurred reflection of the same child, suggesting they are looking out a window. The overall mood is somber and contemplative.

**How could
someone
choose drugs
over their
children?**



Nervous system response to trauma

- ← Serotonin
- ← Dopamine
- ← Corticosteroids
- ← Oxytocin
- ← Endogenous opioids
- ← Glucocorticoids
- ← Norepinephrine

and
breathe



Post Traumatic Growth

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The potential for growth experienced in the aftermath of traumatic events far outnumber reports of psychological disorders.

(Quarantelli, 1985; Tedeschi, 1999)

What helps

Tangible Needs

- ← Shelter/home
- ← Money/job
- ← Food
- ← Toiletries
- ← Clothes
- ← Vital records
- ← Medical
- ← Psychological

Intangible Needs

- ← Connection
- ← Love
- ← Belonging
- ← Support
- ← Empowerment
- ← Trust
- ← Comfort
- ← Hope

SERVE

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← S-SHARE

- ← The Body and Mind adapt to survive
- ← There is nothing wrong with them, what happened to them is wrong

← E-EDUCATE

- ← Normalize feelings/experiences in body
- ← Perceived stress activates the fear response in the brain

← R-REGULATE

- ← Body regulation/grounding: deep breathing, sour candy, muscle relaxation, alternating bilateral stimulation, sips of water, exposure to xtreme temperatures

← V-VALIDATE

- ← Allow them to think, feel, and speak no matter how unpleasant the thoughts/feelings
- ← Validate injustice, hurt, anger, and loss

← E-EMPOWER

- ← Integrate the past into the present to empower the whole self
- ← Create identity beyond the trauma
- ← Find Meaning in Suffering (2 Cor 1:3-7)



What do
you need?

Post Traumatic Growth

- ← We only receive what we believe we deserve
- ← Everyone needs reminders of the strengths they have –
 - ← I am worth good relationships with healthy, positive people. I have the external support I need of people I trust enough to lean on when I can't trust my version of reality.
 - ← I deserve to have good and stable things in my life that I can depend on. I am capable of choosing good for myself.
 - ← My voice matters and I can use it to cultivate the life that I desire. I can solve problems, communicate my boundaries, and I don't have to engage with the world in the ways I have in the past.





What comes to mind when you hear the word “**resilience**”?



Post Traumatic Growth – Resilience

- ← The good news is that resilience is learned.
- ← At the heart of resilience is a belief in oneself— yet also a belief in something larger than oneself.
- ← Resilience is the capacity for a person to maintain self-esteem despite the powerful influence of the others.
- ← What the resilient do is refrain from blaming themselves, they externalize blame and they internalize success. They take responsibility for what goes right in their lives.



Boundaries

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1. Sowing & reaping
2. Responsibility
3. Power
4. Respect
5. Motivation
6. Evaluation
7. Proactivity
8. Envy
9. Activity
10. Exposure



Sharing personal experiences with trauma:

- ← Ask yourself why do you want to share?
- ← What will this accomplish?
- ← Will it enhance or diminish the interaction?
- ← Can you share your breakthrough/healing without being specific?



For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

– Nelson Mandela



THANK YOU

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Hope
a virtual event

November 14
7pm on Facebook Live

A night to shine light on the dark industry of sex trafficking and bring hope to our city, state, and nation

Register to watch for FREE:
www.streetransom.com/night-of-hope

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Questions?

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