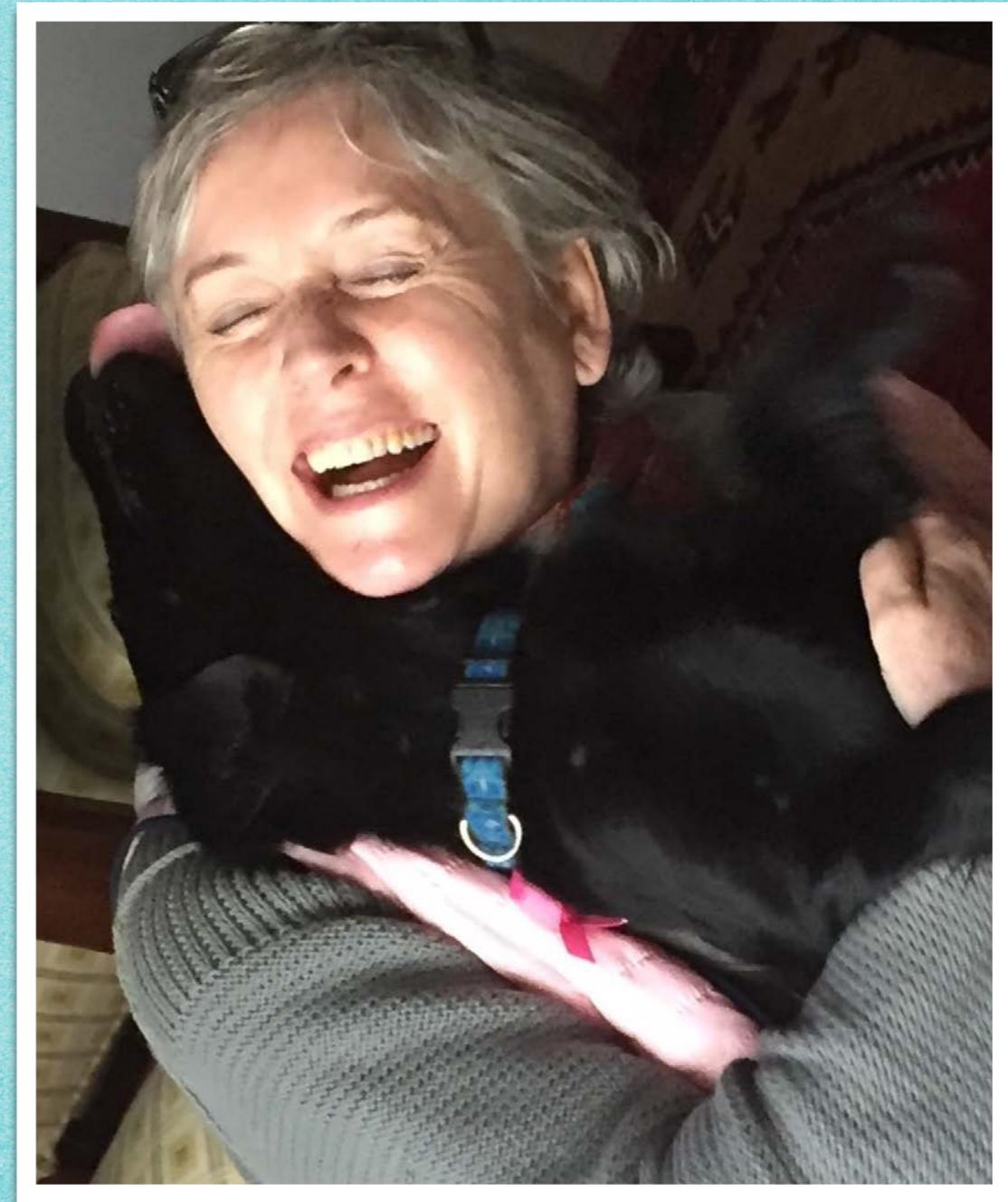


*Health and Well-Being Conference,
2018*

Trauma Informed Services

*An understanding of
trauma in service
delivery*

*Kim Burton MA RCC
Counsellor Consultant*



To Do List

1. Trauma & PTSD
2. Adaptive Information Processing
3. Trauma informed support



Learning Objectives for Trauma Informed Care

1. Recognize symptoms of trauma in patients, residents, family, staff
2. Realize the impact of trauma, understand potential paths for healing
3. Integrate knowledge about trauma into policies, procedures, practices and settings



Post-Traumatic Stress Disorder

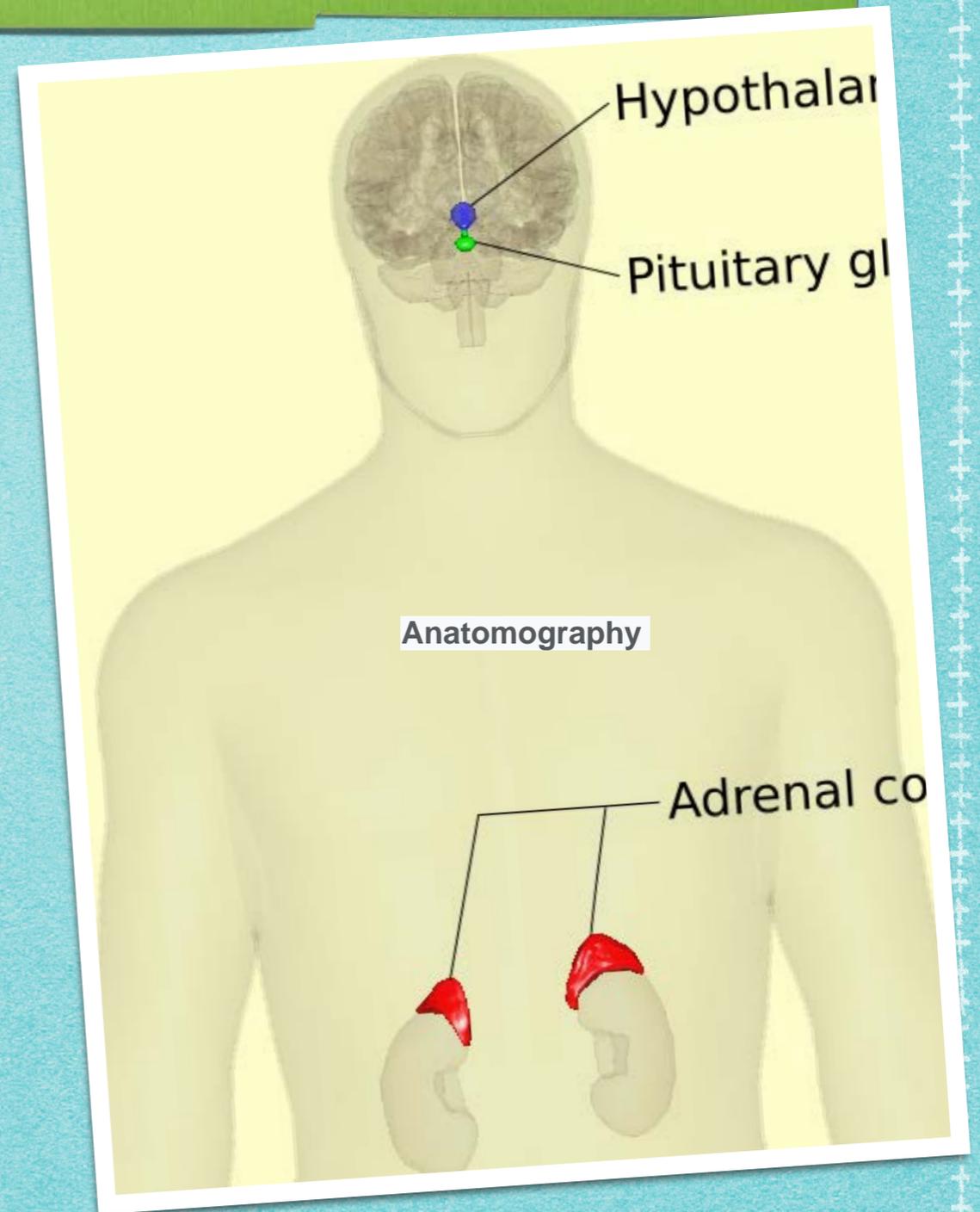
A person's coping resources are overwhelmed

They are unable to resolve the impact of traumatic experiences

HPA controls reactions to stress
and regulates many body
processes

digestion
immune
system mood
and emotions

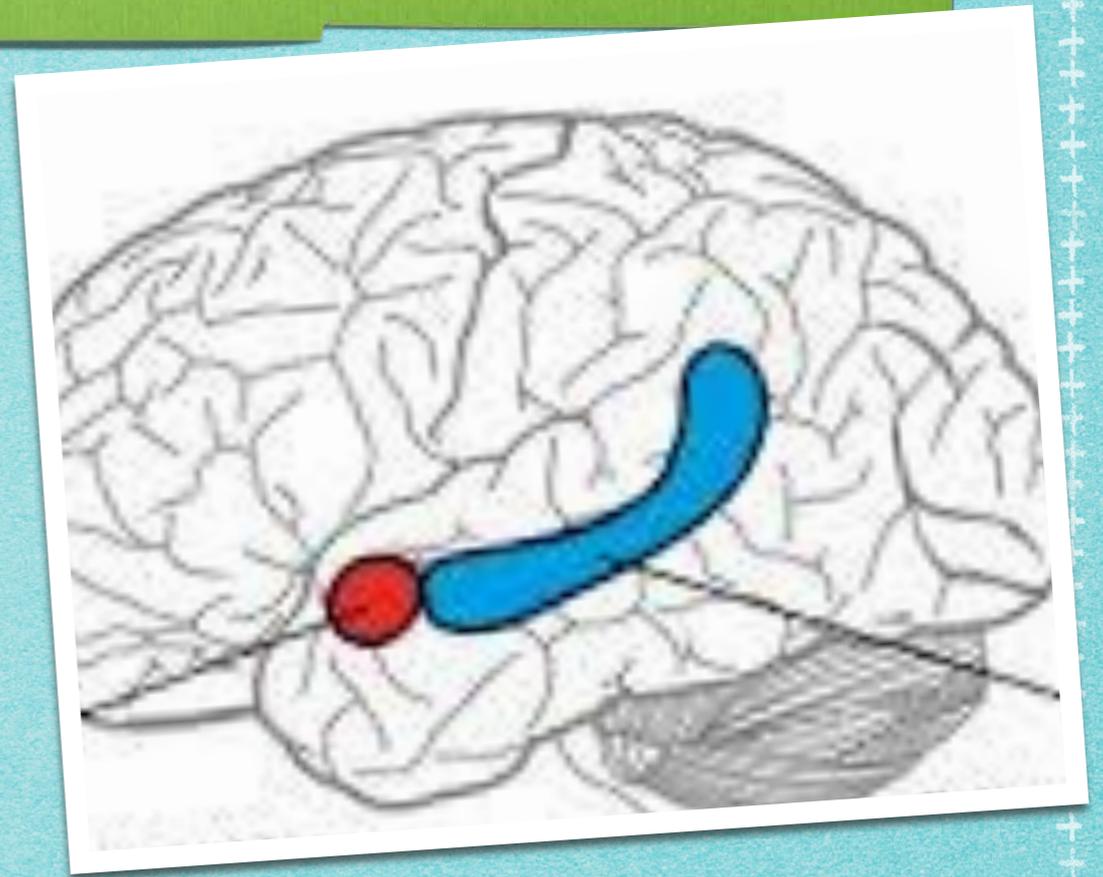
and many
more...



Amygdala & Hippocampus

Amygdala:
involved in
emotional and
fear response
(alarm)

Hippocampus:
consolidation of
memory
(librarian)



PTSD Symptoms

Intrusion/ re-experiencing
Hyper-arousal and reactivity
Persistent avoidance

Negative alterations in cognitions and mood

<https://www.nature.com/articles/nrdp201557/tables/1#t1>

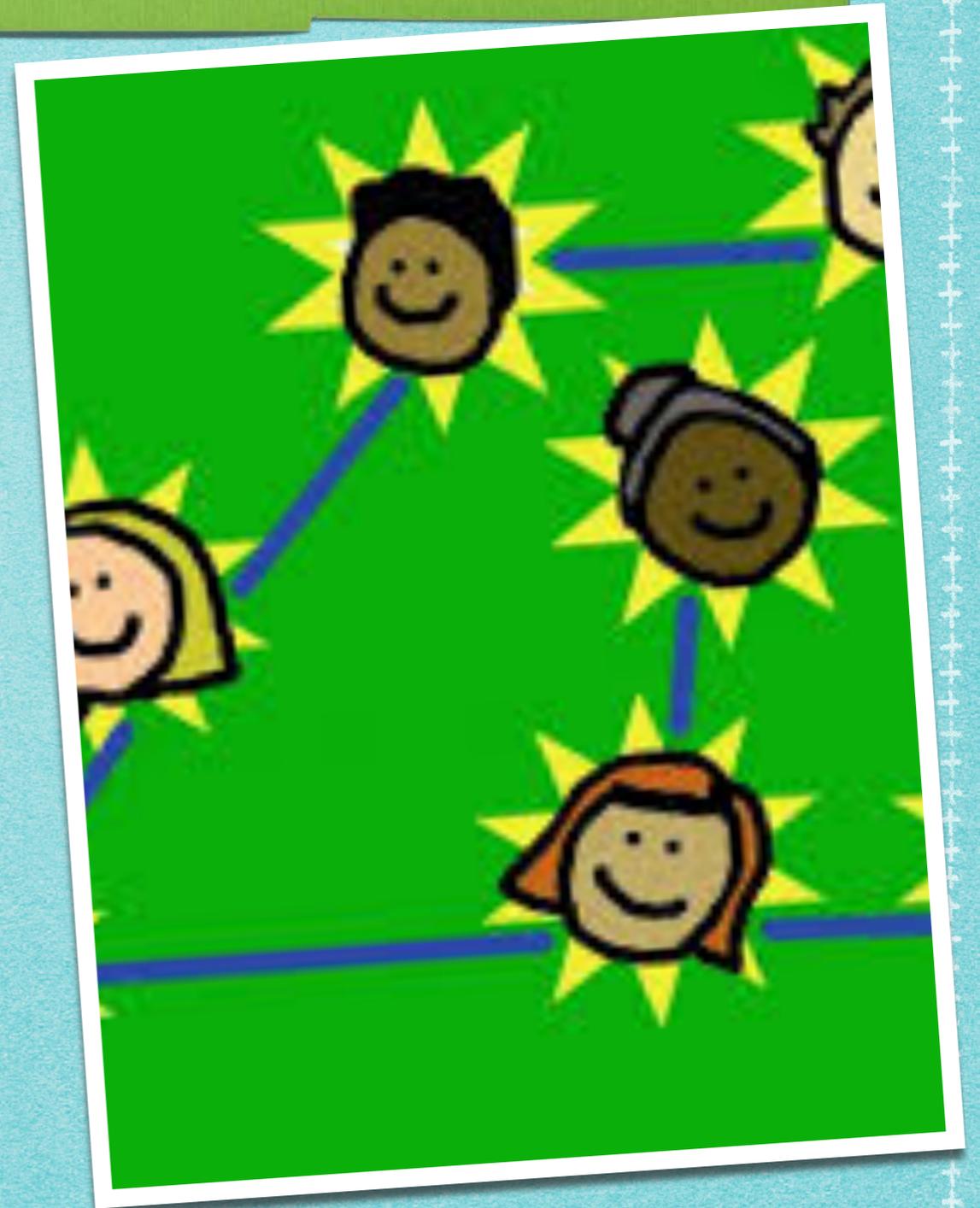
**Francine Shapiro
developed
Adaptive
Information
Processing model
AIP:**

**“With the right
conditions, body
and mind seek to
reset & rebalance
to a healthy state”**



New Connections :)

Normal Learning happens when *new associations* are connected with material already stored in memory



Trauma can
interrupt
healthy
information
processing
This prevents the
forging of
connections with
more adaptive
information



Trapped in a memory bubble!

The traumatic memory is dysfunctionally stored without access to any adaptive associative connections





AIP forges associations between traumatic memories and adaptive information

*Adaptive
Resources:
support ability
to self-regulate*

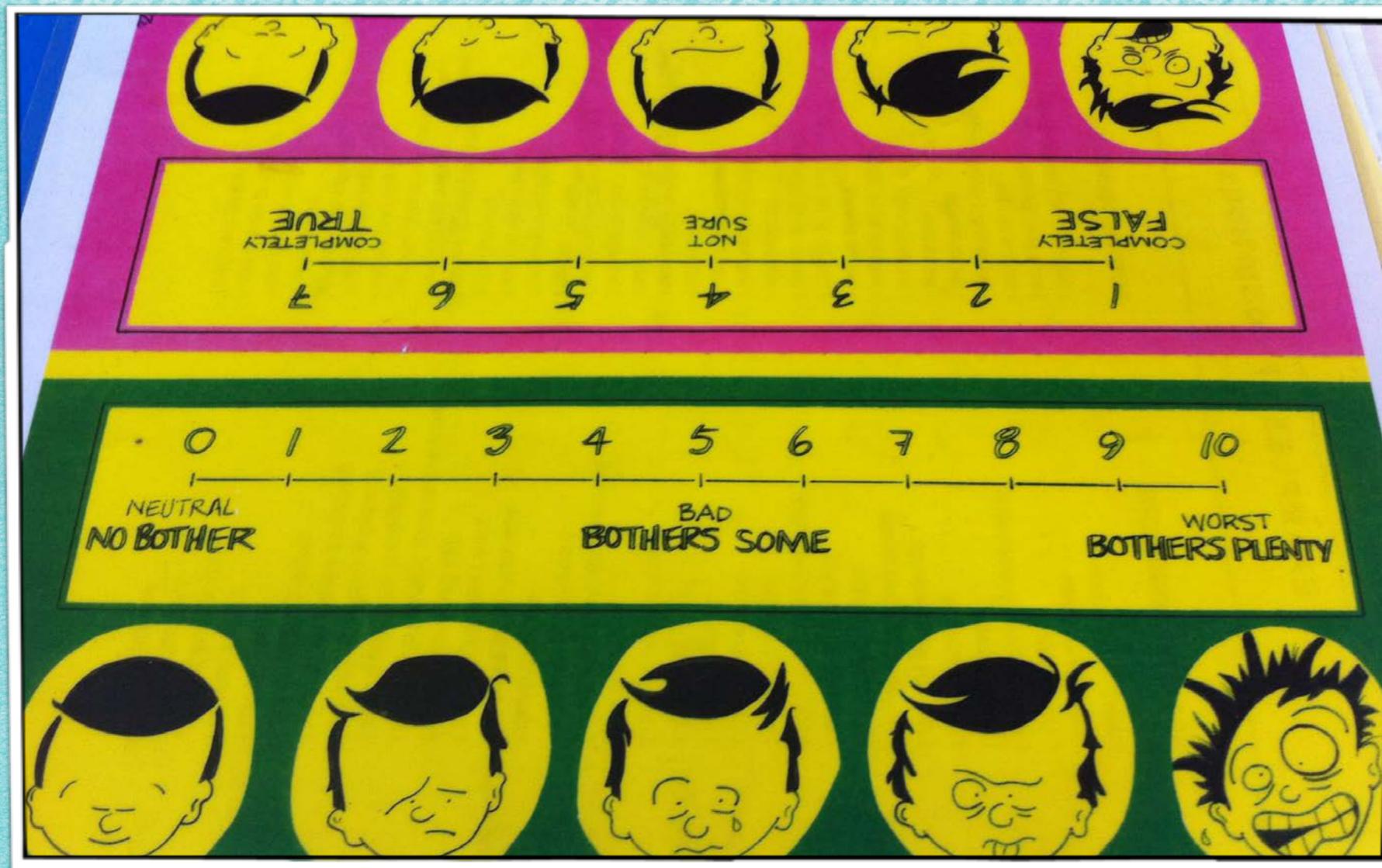
*Reduce PTSD with
adaptive thoughts and
feelings*



*How you are
feeling?*

*Where is the
feeling in
your Body?*





Subjective Units of Distress

How strong is the feeling?

AIP repairs damaged schemas

I am now in control

I now have choices

I am strong

I can (learn) to take care of myself

I have intelligence

I am significant (important)

I am okay just the way I am

I deserve to live

I deserve to be happy

I can get what I want

I can succeed

I can be myself (make mistakes)

I am (can be) healthy

I am fine (attractive/lovable)

I did the best I could

I learned (can learn) from it

It's over, I am safe now

I can handle it

I can choose who to trust

I can choose to let it out

*If conditions
for AIP are
available*

*Innate,
healing
process begins*



Trauma Informed Practice Guide, -favorable conditions for AIP

Trauma awareness

Safety

Trustworthiness

**Choice &
collaboration**

**Building strengths &
skills**

- ▶ http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf



People with PTSD live with chronic physical and emotional stress

(e.g. Adrenaline surge heart pounding)
Increasing the likelihood that they'll overreact to day-to-day stressors

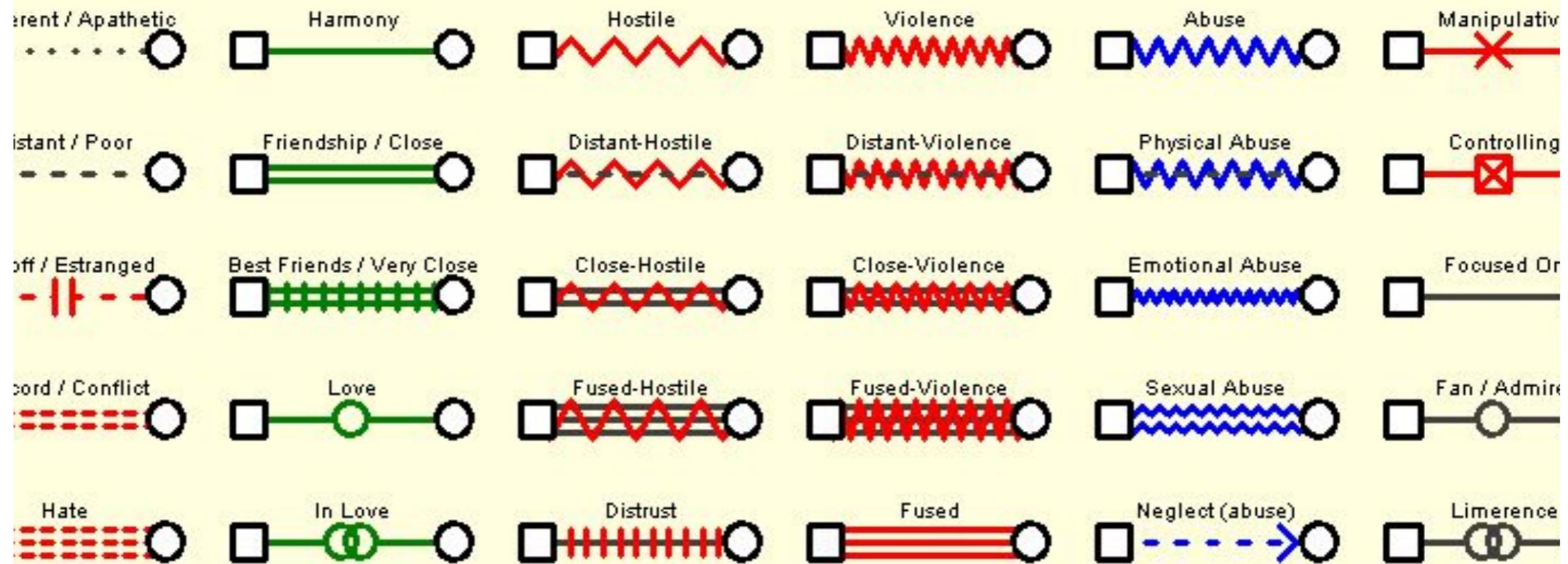


*Trauma
informed
support plan*

***Supports
coping with
PTSD
symptoms***



Emotional Relationships Legend



Identify systemic stressors & missing resources

*Internal, External, Intergenerational,
-current stressors? -recent losses?*

Identify Triggers

Changes can be big triggers
Especially with a history of insecure attachment

Plan for support during major transitions and losses



Structured planned, predictable activities and schedules

Restore a sense of stability and security to people with PTSD

A quiet calm environment heals



**Slow everything down when
under extreme stress**

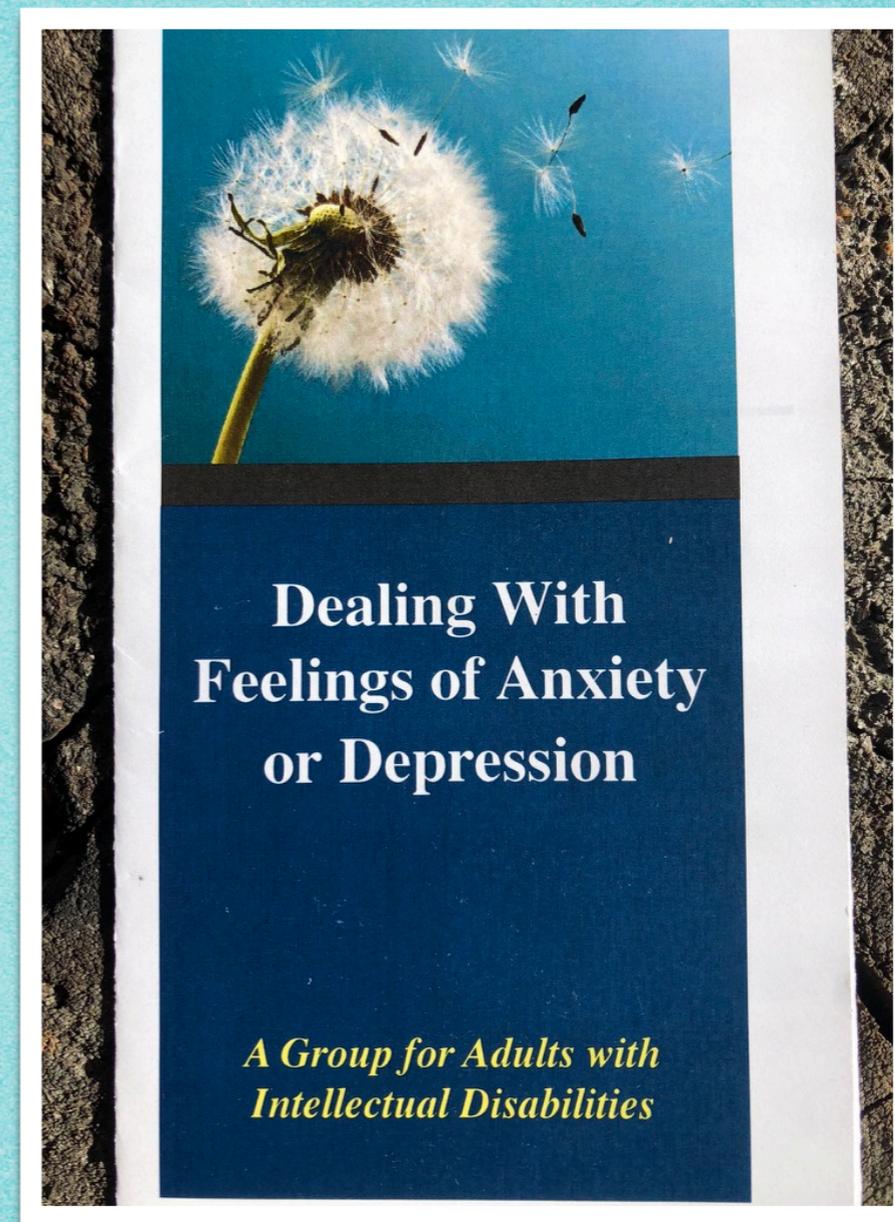
**Give time to process
(30 seconds)**

**Slow down the pace of
interactions (maximum
90%of usual)**



Dealing With Feelings

Resources to help repair dysregulation and negative schemas



**Create a tool kit
with personally
selected
resources**

**Choice heals
feeling hopeless
& helpless**



*Butterfly
Hug*

Practice
Affect tolerance
& Regulation
skills



**Make resources easily available
during stressful situations**

**Do it with
them to help
them
remember**





Breath in- Breath Out

Breath is key to turning down the alarm response

The *relaxation response*

When the relaxation response is activated, your
heart rate slows down
breathing becomes slower and deeper
blood pressure drops or stabilizes
muscles relax
blood flow to the brain increases



*Connect with care and understanding to
the hurt parts*

Listen & Observe

*Recognize, reflect,
honour*

*Accept with
unconditional
positive regard*





*Fight or flight response interrupts rest,
digest, repair*

Good nutrition is key for healing

**Fast foods
maintain hyper-
arousal and
inflammation**

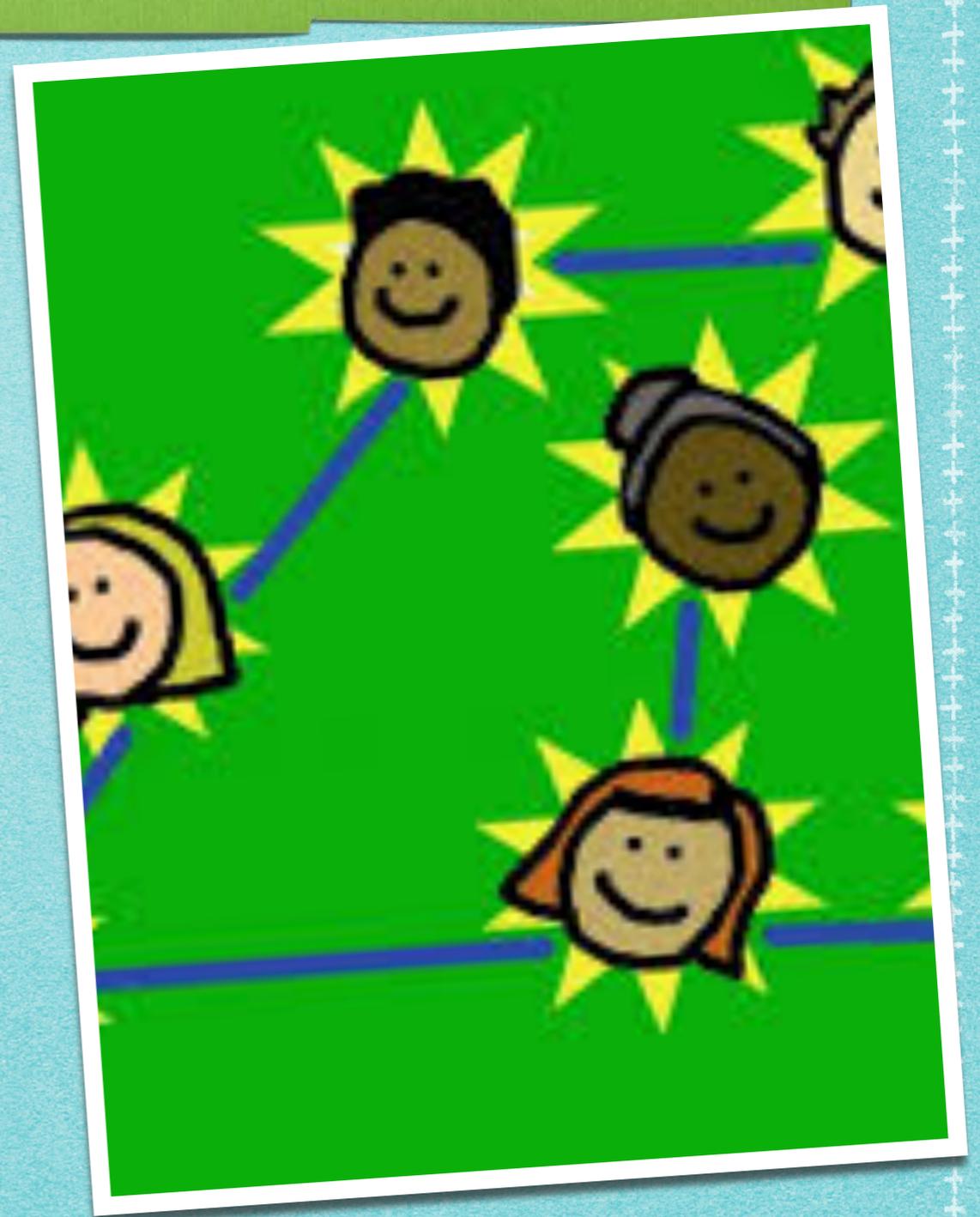


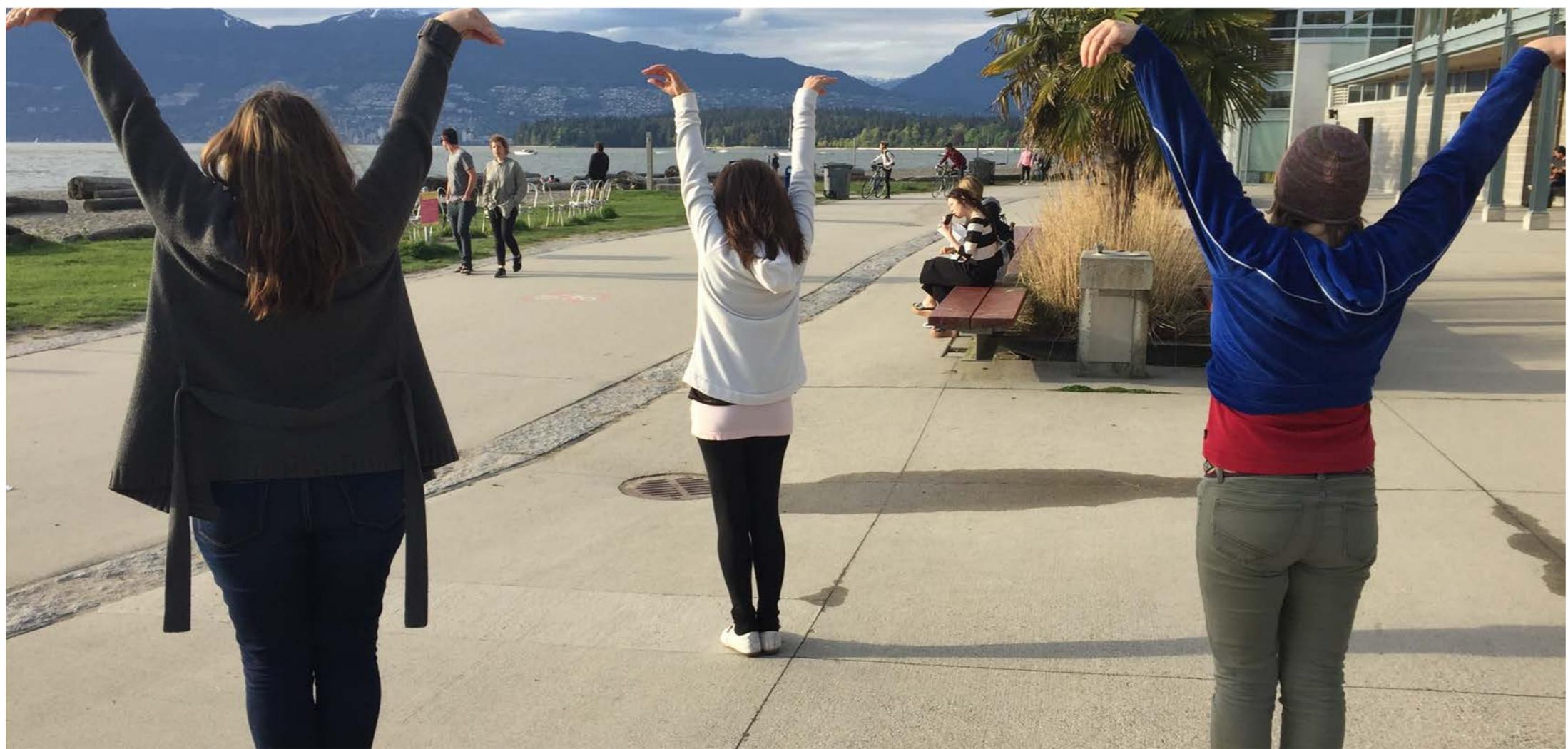


*Promote health
however you can*

AIP is all about New Connections !

**Support
healthy
community
connection
and
activities**





▶ **Achievement, purpose, pleasure**



▶ **These activities can help train the brain's neurones to overcome negativity bias**

Attending to your own stress response allows others to heal too

- ▶ “I realize now that my own PTSD was stopping my granddaughter from healing. I was just frozen. Sometimes I couldn't even cross the street in traffic, I was just frozen there”





Recognize how stressful the care-giver role is and take good care of yourself ...

Learning Objectives for Trauma Informed Care

- 1. Recognize symptoms of trauma in patients, residents, family, staff**
- 2. Realize the impact of trauma and potential paths for healing**
- 3. Integrate knowledge about trauma into policies, procedures, practices and settings**



Trauma Informed practice and the Opioid Crisis

- ▶ <http://bccewh.bc.ca/2018/05/trauma-informed-practice-and-the-opioid-crisis-a-discussion-guide-for-health-care-and-social-service-providers/>
- ▶ A discussion guide for health care and social service providers

Trauma Informed Care Resources

http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf

http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

<https://www.youtube.com/watch?v=4-tcKYx24aA>

<https://www.youtube.com/watch?v=yb1yBva3Xas>

<https://www.youtube.com/watch?v=ts1TrRQOfXo>

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

Resources

- ▶ http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

Tips for how to respond to anger escalation:

https://www.youtube.com/watch?v=e7NgvDH_w28

Planning and practicing will help to ensure success and bring a feeling of calm to everyone: “we have a plan to deal with this, and we are following it.”

Makes the person feel safe and secure



Trauma Informed Practice Guide, Free Download!

- ▶ 1. Trauma awareness
 - ▶ 2. Safety
 - ▶ 3. Trustworthiness
 - ▶ 4. Choice & collaboration
 - ▶ 5. Building strengths & skills
-
- ▶ http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf



Trauma and the Brain

youtube videos

[https://www.youtube.com/
watch?v=4-tcKYx24aA](https://www.youtube.com/watch?v=4-tcKYx24aA)

[https://www.youtube.com/
watch?v=yb1yBva3Xas](https://www.youtube.com/watch?v=yb1yBva3Xas)