

Trauma-Informed Care Webcast Series, Webcast I: Key Aspects of Trauma	Shawn's response	Marianne's response
Q & A		
<b>From:</b> Robert Strausberg		
<b>Question:</b> Thoughts on the current state of the world and working with clients?		
<b>Answer:</b>		<p>Robert, Thank you for your question.</p> <p>Certainly these are stressful and uncertain times and unlike anything we have experienced before.</p> <p>Many people are facing unemployment, loss of insurance, of security, of basic needs such as home or food.</p> <p>It may be helpful to have a list of resources available to help with meeting basic needs: where can people find food, support or shelter.</p> <p>Many people are grieving in addition to experiencing an increase in depression/anxiety and feelings of isolation. Grief, like trauma, shows up in many ways: anger, helplessness, loss of control, etc. It will be important understand that the behaviors or attitudes that show up as you do your work may be informed by these emotional factors.</p>
		<p>With that being said, I can offer two things: to guide people into a sense of what they can control vs what they can't, what they can do vs what they</p>

		<p>can't, and reiterate what a great job they have done by coming to you for assistance. The second thing, and this is important, is that you, as a service provider, practice self-care. It will be important for you to come to work as mentally healthy as possible because these times will take their toll. You will know it is taking its toll when you, too, feel helpless, frustrated and perhaps like things are personal vs global. How you care for yourself will guide you in how you assist others.</p>
<p><b>From:</b> Roshelle Sather</p>		
<p><b>Question:</b> I am trying to get a kid a job that tends to get violent when he has a trigger and may not even remember it. How do I get him a job knowing that he may have a trigger and may get violent? When asked what the triggers are, they say they are not sure. So I don't know what could trigger him/her.</p>	<p>Hey Roshelle, you're on it in regard to identifying the trigger if possible. Of course, triggers can sometimes be implicit (not directly related to the stimulus). Triggers are typically the wound/trauma being pricked. New experience of Powerlessness, unwantedness, abandonment are some examples. What's important is to get at the root of the Trauma – which can be done through an intervention such as the Instinctual Trauma Response (<a href="http://helpfortrauma.org">helpfortrauma.org</a>), brain spotting, EMDR, and other trauma specific interventions. Once the unhealed wound of trauma is healed up – it is</p>	

	not as trigger-able. Hope that helps!	
<b>Answer:</b>		
<b>From:</b> Eileen Murphy		
<b>Question:</b> Any good information on building resilience or links to research that you can share? I have appreciated the information and tips today!		<p>Resiliency includes self-efficacy (taking care of yourself) and self-empowerment (owning choices and finding a sense of healthy control over a situation) and self-compassion (finding strengths and gratitude). Finding community and engaging in altruism are also factors and I see these as a build-upon process: first one has to take care of the self i.e i take my meds because I have too. Through this they can move into self-empowerment i.e.I take my meds because I want to feel better...and then into self-compassion i.e.I am taking my meds which is allowing me to to other things and I am grateful for that. and so on....</p> <p>There are many resources for helping to build resiliency such as <a href="https://www.apa.org/topics/resilience">https://www.apa.org/topics/resilience</a> .</p>
<b>Answer:</b>		
<b>From:</b> Mark Ficocelli		
<b>Question:</b> You mentioned briefly the concept of faith. How much benefit is there for this process in religious faith?	The word Trauma means wound. A connection with a higher power individually and in community can be a big part of the healing process. For more on that I refer you to this	For those with a faith practice, I will ask them to tell me a parable with which they connect and then to describe to me which person they most relate to in the story. Often times, the story can

	<p>book:</p> <p><a href="https://www.amazon.com/dp/B07RD9LC23/ref=cm_sw_em_r_mt_dp_U_04EFEbK09GVH8">https://www.amazon.com/dp/B07RD9LC23/ref=cm_sw_em_r_mt_dp_U_04EFEbK09GVH8</a></p>	<p>give us an indication of where the person is as well as a bit of direction as to where that person may be going. In this way, faith can help to shift perspective and provide a sense of hope.</p> <p>As Shawn mentioned, wounds can begin to heal through connection, whether through a higher power, a community or both.</p>
<b>Answer:</b>		
<b>From:</b> Anonymous		
<p><b>Question:</b> What are some phrases or suggestions on how to comfort or console individuals who are experiencing hardship or struggling - for example, many consumers are now unemployed or will be unemployed, or are just struggling with the mandatory isolation which may exacerbate the existing traumas.</p>		
<b>Answer:</b>	<p>Giving a person a safe space to share out their feelings, fears, and all that may be going on with them is underrated and underutilized. We will be touching on how to create a safe space for people to share in Webinar 2. A preview: Responding with reflection to express deep understanding (empathy) of what the person shares, avoiding advice giving unless requested or permission is given to do so, and normalizing their feelings by saying, "That makes sense you would feel that way."</p>	

<b>From:</b> Shanti Ezrine		
<b>Question:</b> can you talk more about trauma as it relates to individuals with disabilities engaging in the vocational rehabilitation process?		
<b>Answer:</b>		<p>Thank you for your question, Shanti. My experience with folks with differing abilities is that not only may there have been a trauma, but there is often a sense of on-going judgement (by others) which can contribute to a deeper sense of shame and worthlessness. People want to be seen as capable, valued, and included (overall) so it is key to work on how those factors can be fostered. When adaptive behaviors surface due to past trauma, listening with curiosity and empathy are always beneficial and then finding out how a person with a different ability would like to handle or address the trauma. I worked with adults with varying developmental and cognitive abilities for a few years. Many had experienced physical abuse, psychological abuse and some sexual abuse. For one person, she had all three and this left her needing to “be the mayor” of everything. She exerted her control over every person and activity she could. It became problematic when her control provided folks</p>

		<p>with inaccurate information or was counter to what was being facilitated. In these times, she was redirected to tasks that provided her with a sense of control around her activity versus other people. It is important to know that she could not express her traumas verbally but that they manifested in this behavior. Her comprehension of what had happened to her remained largely un-verbalized as she would regress significantly. My job was to help her to redirect her to her strengths. She often made “rule boards” and schedules. The rules always started off with “no touching other people”</p>
<b>From:</b> Isabel Dryden		
<b>Question:</b> How would you work differently with kids vs adults, when it comes to identifying scripts? Grounding techniques?		
<b>Answer:</b>	<p>Be playful! The best conversations I have had with kids is while tossing the ball around or doing something active – even just walking around the block. Kids learn and process through play and imagination. The ITR (Instinctual Trauma Response) I mentioned has a deliberate design for kids. As far as grounding techniques, the simple list I sent out should have a few. There is an organization in</p>	

	<p>Milwaukee that teaches kids mindfulness: Growing Minds. They have helpful resources on their website.</p> <p><a href="http://www.growingmindstoday.com/">http://www.growingmindstoday.com/</a> One grounding technique is to have the kid blow up like a balloon and float around and release like a balloon would. Deep breaths can help reset the parasympathetic nervous system.</p>	
<b>From:</b> Edwin Castillo		
<b>Question:</b> When experiencing trauma, is having a sense of closure beneficial to the healing process? Is it realistic to think that having a sense of closure can be achieved with any type of trauma?		
<b>Answer:</b>		<p>As Shawn and I mentioned in the webinar, trauma impacts parts of the brain in very specific ways. It shuts down sequencing (logic and time) and ignites the emotional sides. Because of this, trauma and triggers often feel like they are unresolved and happening NOW. Emotionally they are. The sequential part of the brain didn't register a beginning, middle or end because it was "off line" so to speak. There are ways to help to restore a sense of sequence to the trauma and provide a sense of closure. Different therapists will provide different ways, but one that Shawn has referenced and with which I am familiar is the</p>

		<p>ITR (instinctual trauma recover) method and information can be found at <a href="http://www.helpfortrauma.com">www.helpfortrauma.com</a></p> <p>Closure means that it puts the trauma in the past, making the person who experienced it a survivor instead of an on-going victim. It is important to convey that what has happened in the past may inform or influence a person, but it does not define that person. What has happened in the past defines what a person has been through. Viewing past trauma in this way can begin to foster a sense of strength for the individual.</p>
<b>From:</b> Howida Abdalla		
<p><b>Question:</b> What is the most effective theoretical orientation for clients with trauma ?</p>	<p>Everyone's experience of trauma is different and relative and so to the method to heal trauma is individualized. There is no one magic approach that works for all. I prefer the ITR (Instinctual Trauma Response) and any form of creative approach to healing trauma because I don't believe it can be "talked" out based on what I've learned from the thought leaders in Trauma and my own experience. There is a book: Trauma Sensitive Mindfulness that is helpful in framing how healing is individualized.</p>	



<b>Answer:</b>		
<b>From Chat:</b> Requesting a list of grounding techniques	Those were provided to the coordinators of the Webinar and I'm sure will be sent out shortly!	
<b>Answer:</b>		