

Creating Trauma Sensitive Learning Environments

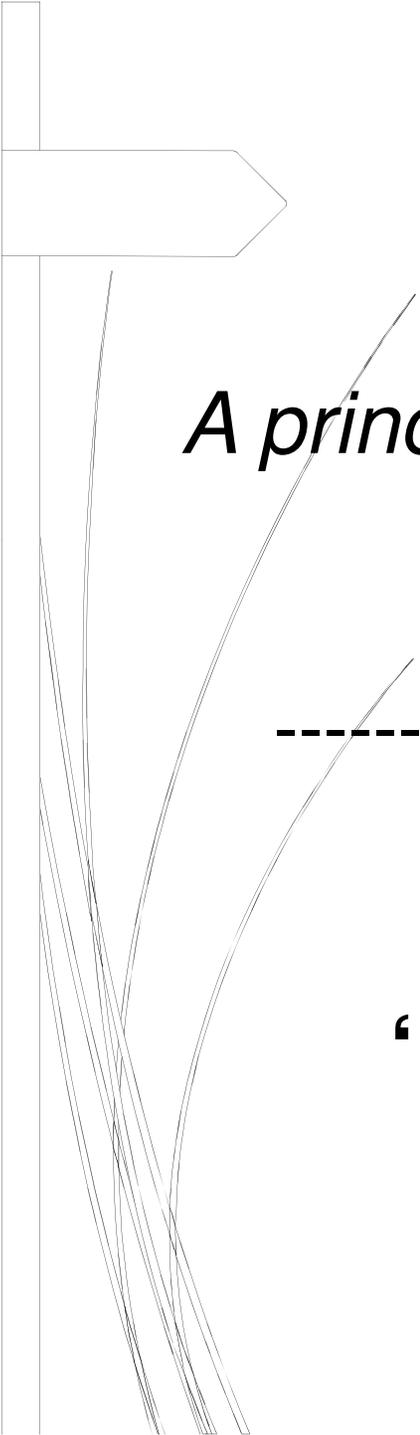
Healing through
Trauma Informed Care Approaches



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Trauma-Informed Care

What it is

A principle-based culture change process

What it is not

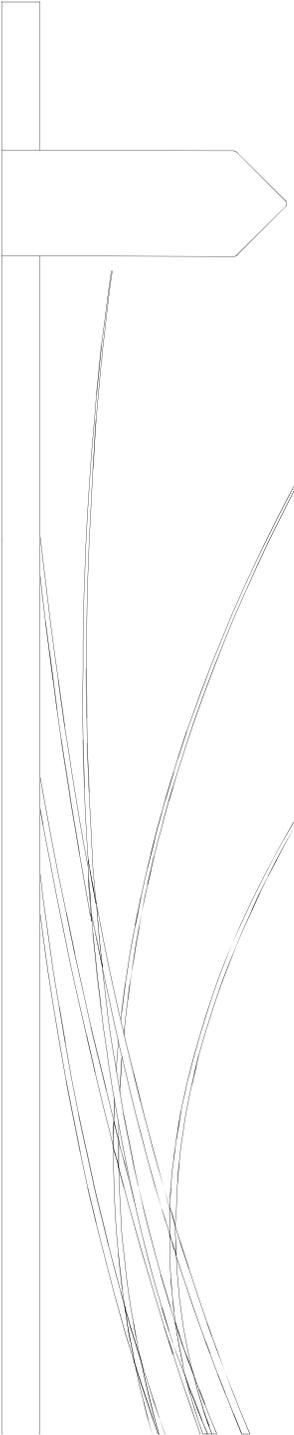
An intervention to address PTSD

Move from *'What's wrong with you?'*

to

'What happened to you?'

Everyone has a story



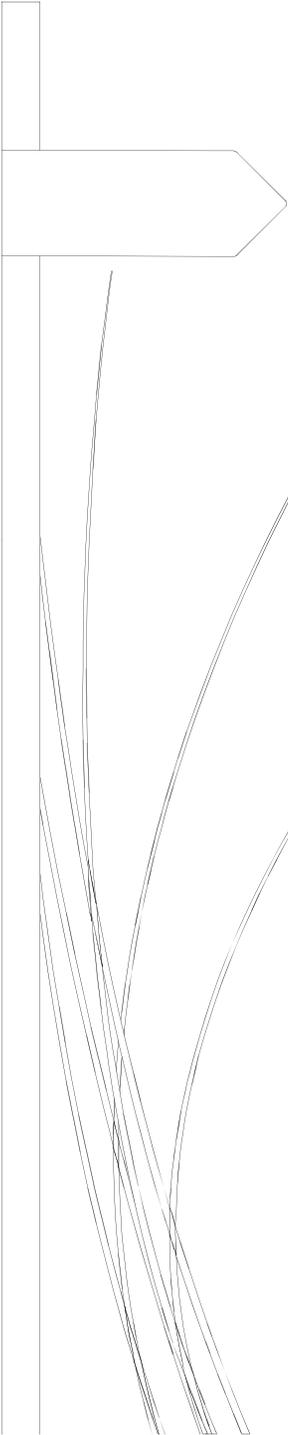
All of Us.....

There is no “THEY”

You and Me

Us and We

Parallel Process

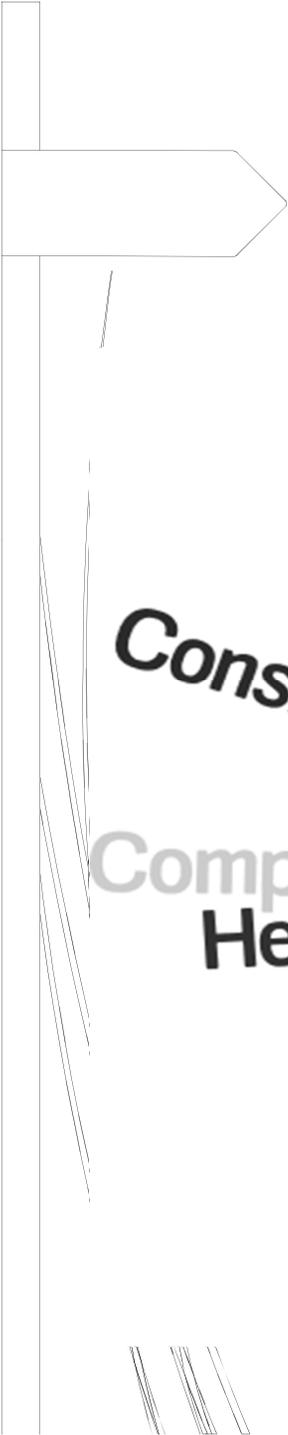


Self Care and Compassion

What does it mean to feel safe?

Stress-relieving strategies:

- Breathe
- Feel feet on the floor
- Count to 10
- Use fidgets
- Walk/stretch
- Chew gum
- Doodle
- Put lotion on hands
- Think of a favorite place or person



Benevolence

Considerate Humane

Philanthropic

Kindhearted

Compassionate Heart

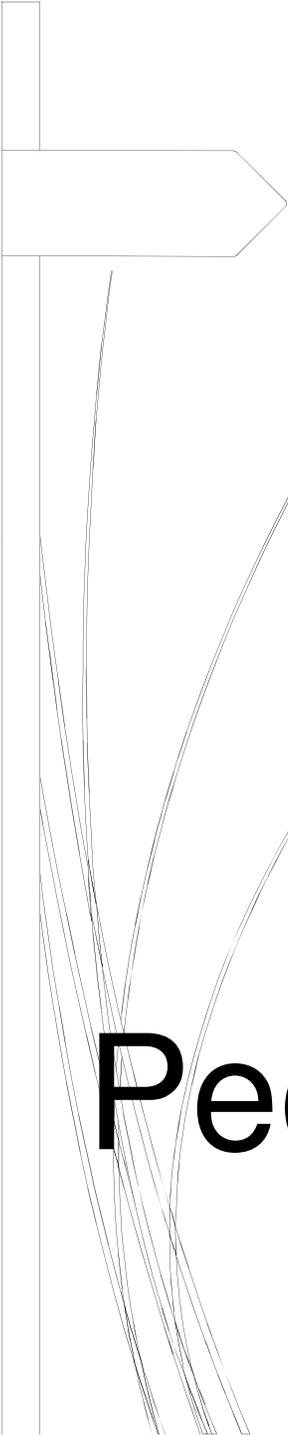
Big-hearted

Caring

Altruistic

Tenderhearted

Generous Warmhearted Helpful

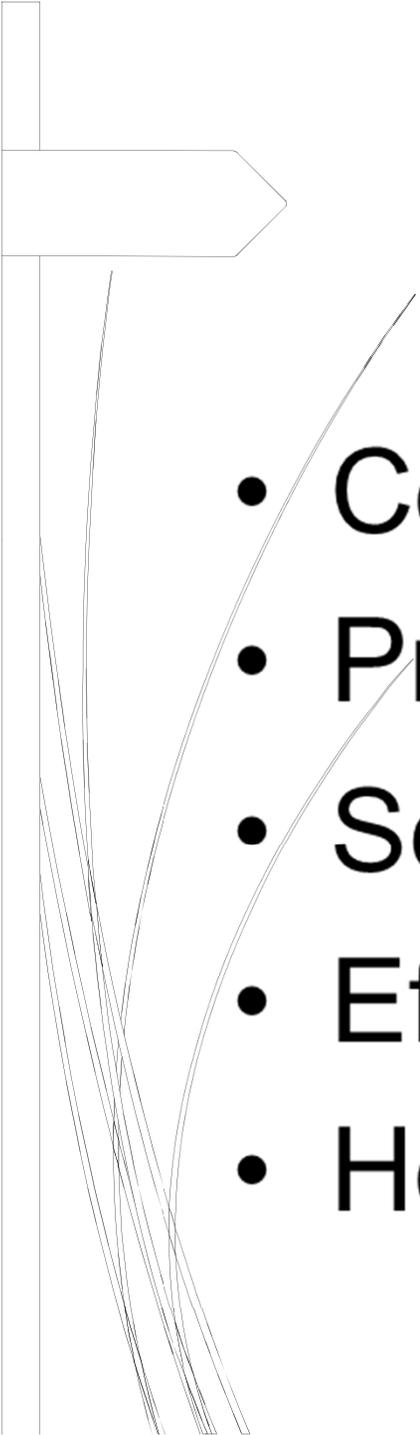


Trauma-Informed
Care shifts
our perspective to

People do well if they can

Dr. Ross Greene



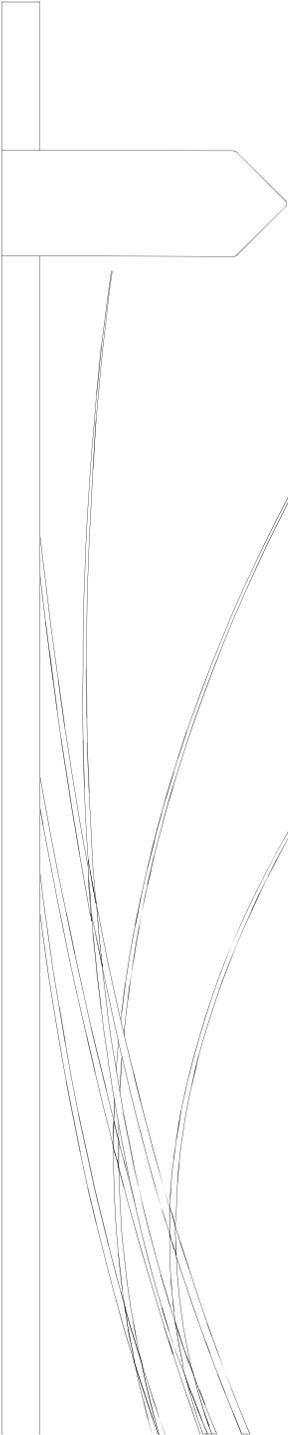


Why Trauma? Why Now?

- **Consumer Activism**
- **Prevalence**
- **Science**
- **Effective Services**
- **Hope**

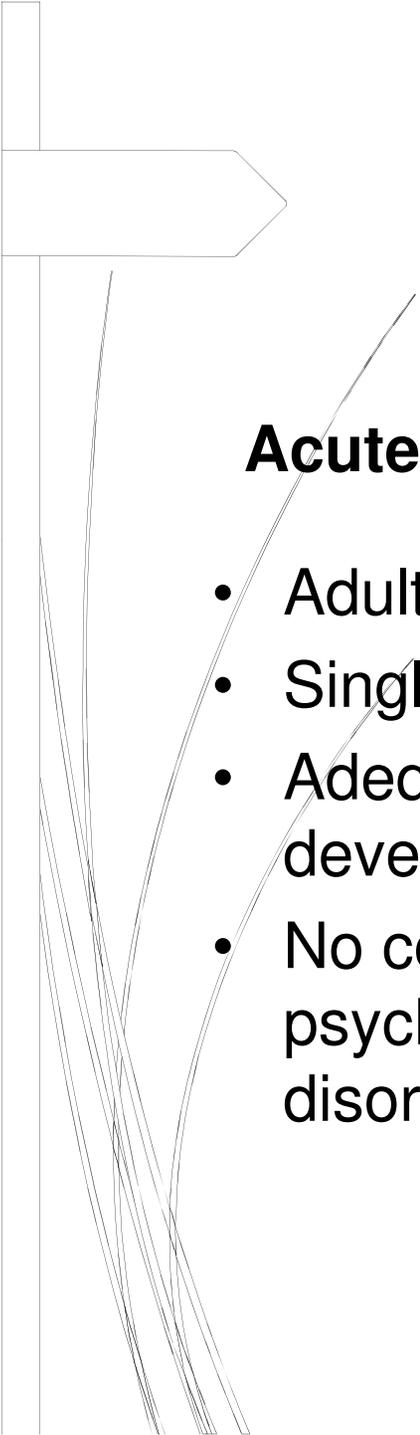
Prevalence

- 56% of the **general population** reported at least one traumatic event. (Kessler,1996)
- 90% of **mental health clients** have been exposed to a traumatic event and most have multiple exposures. (Muesar,1998)
- 83% of females and 32% of males with **developmental disabilities** have experienced sexual assault. Of those who were assaulted, 50% had been assaulted 10 or more times. (Hand,1986)
- 97% of **homeless women** with mental illness experienced severe physical and/or sexual abuse. (Goodman et al.,1997)
- Women in community samples report a lifetime history of physical & sexual abuse ranging from 36-51%, while women with substance abuse problems report a lifetime history ranging from 55-99%. (Najavits et. al., 1997)
- **75-93% of youth entering the juvenile justice system are estimated to have experienced some degree of traumatic victimization.** (Healing Invisible Wounds, Justice Policy Institute)
- **92% of incarcerated girls reported sexual, physical or severe emotional abuse in childhood.** (Healing Invisible Wounds, Justice Policy Institute)



Trauma

- Refers to extreme stress (e.g. threat to life, bodily integrity or sanity) that overwhelms a person's ability to cope
- Is subjective
- Often results in feeling vulnerable, helpless and afraid
- Often interferes with relationships and fundamental beliefs about oneself, others and one's place in the world
- Disrupts the nervous system



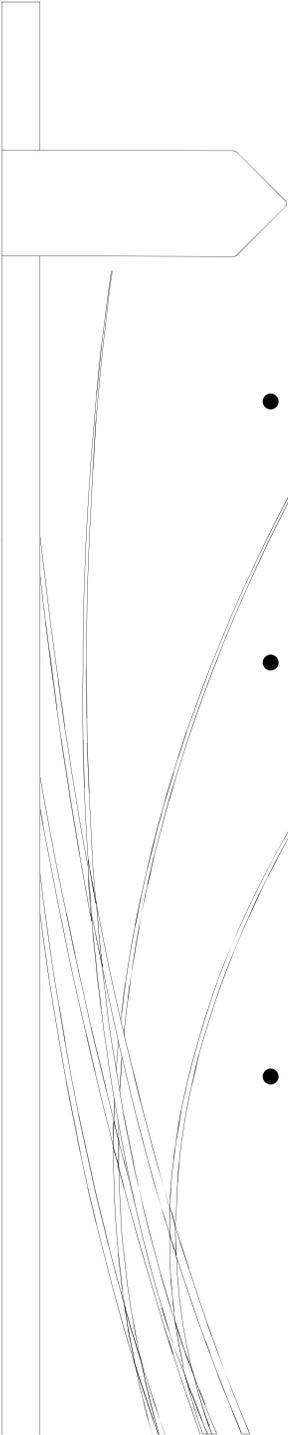
Trauma Continuum

Acute Trauma

- Adult onset
- Single incident
- Adequate child development
- No co-morbid psychological disorders

Complex Trauma

- **Early onset**
- **Multiple incidents**
- **Extended over time**
- **Highly invasive**
- **Interpersonal**
- **Significant amount of stigma**
- **Vulnerability**



Complex Trauma

- **Re-experiencing:** disturbing memories and thoughts, dreams, flashbacks
- **Hyper-arousal:** high alert, difficulty going to sleep or staying asleep, difficulty paying attention, exaggerated startle response, hyper-vigilant, usually constant, stressed, angry
- **Avoidance:** disconnected, detached, numb, disengaged from the real world (daydreaming, fantasy, spacey), may appear to be uncaring or unmotivated, trouble remembering event

Complex Trauma

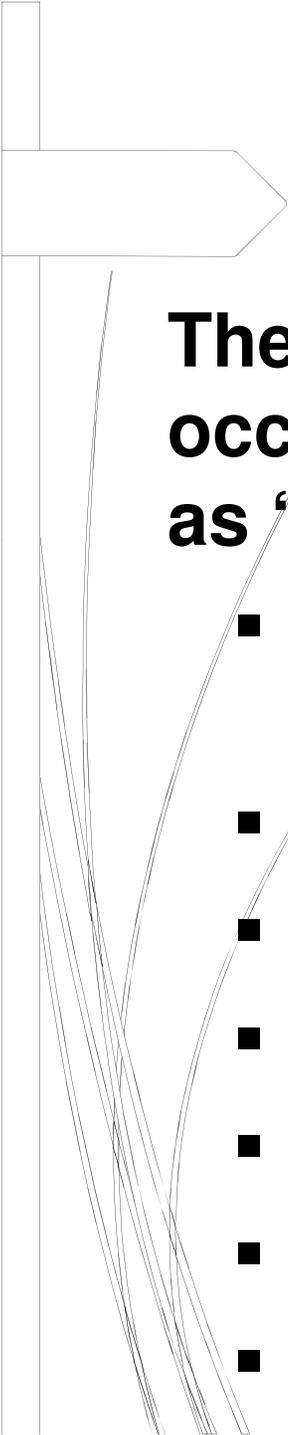
Re-experiencing

Avoidance

Hyper-arousal

PLUS Dysregulation

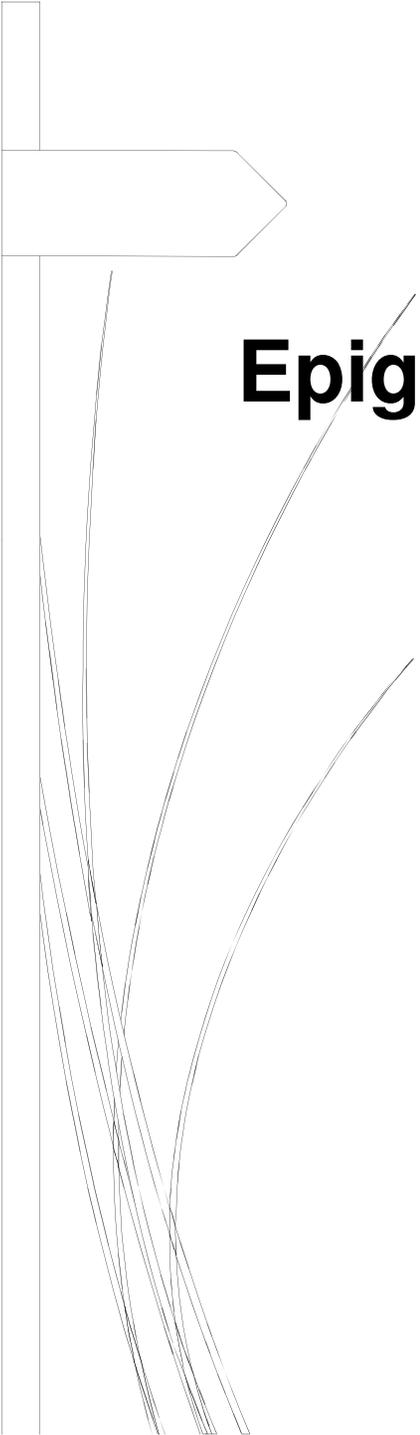
- **Emotional:** difficulty managing feelings; low frustration tolerance; problems using words to express needs, thoughts, concerns; few self soothing strategies; chronic emptiness; shame.
- **Cognitive:** catastrophizing; concrete thinking (black & white); difficulty maintaining focus; memory impairments.
- **Interpersonal:** difficulty assessing social cues; difficulty seeking attention in appropriate ways; challenges in seeing another's point of view; difficulty maintaining relationships; challenges in managing transition, unpredictability and change; unstable self image.
- **Behavioral:** impulsive; suicidal; self-injurious; chemical use/dependency; trauma re-enactment.



Sanctuary Trauma

The overt and covert traumatic events that occur in settings that are socially sanctioned as 'safe':

- Medical, mental health & substance use disorder services
- **Corrections**
- Foster care
- **School** and child care
- **Law Enforcement Interactions**
- Places of worship
- Boarding schools (Residential Care Centers)

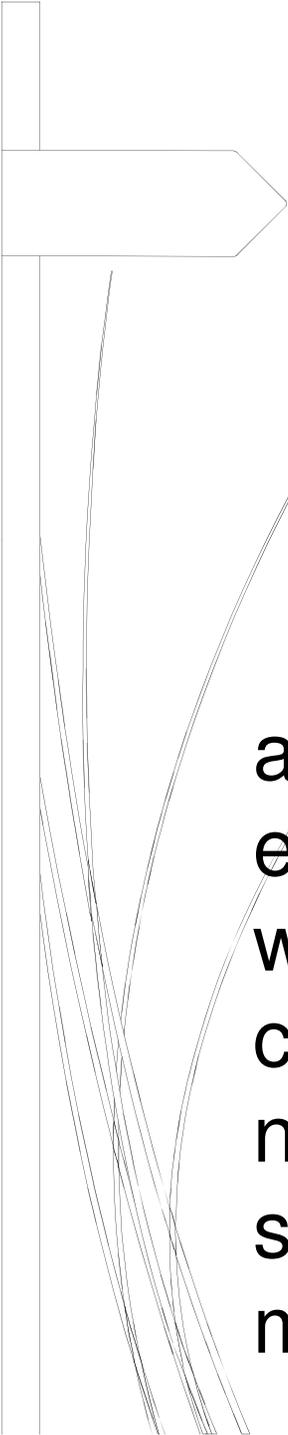


Generational Trauma

Epigenetics- passed down through DNA

Who we are and who we become
is both
Nature and Nurture

We bring both our ancestral past
and
our present experiences
to the table



Historical trauma

“a constellation of characteristics associated with massive cumulative group trauma across generations”

Microaggressions

are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.