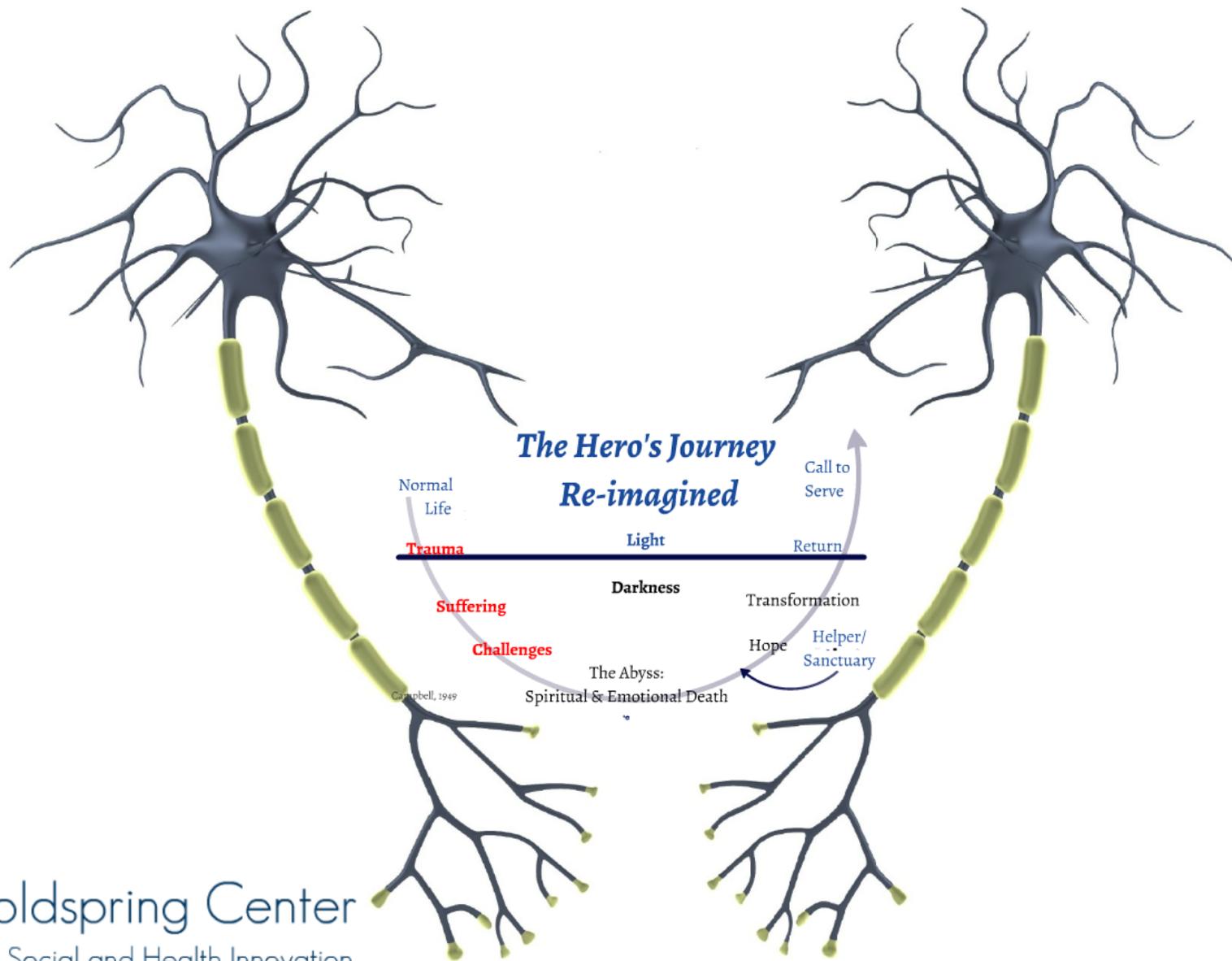
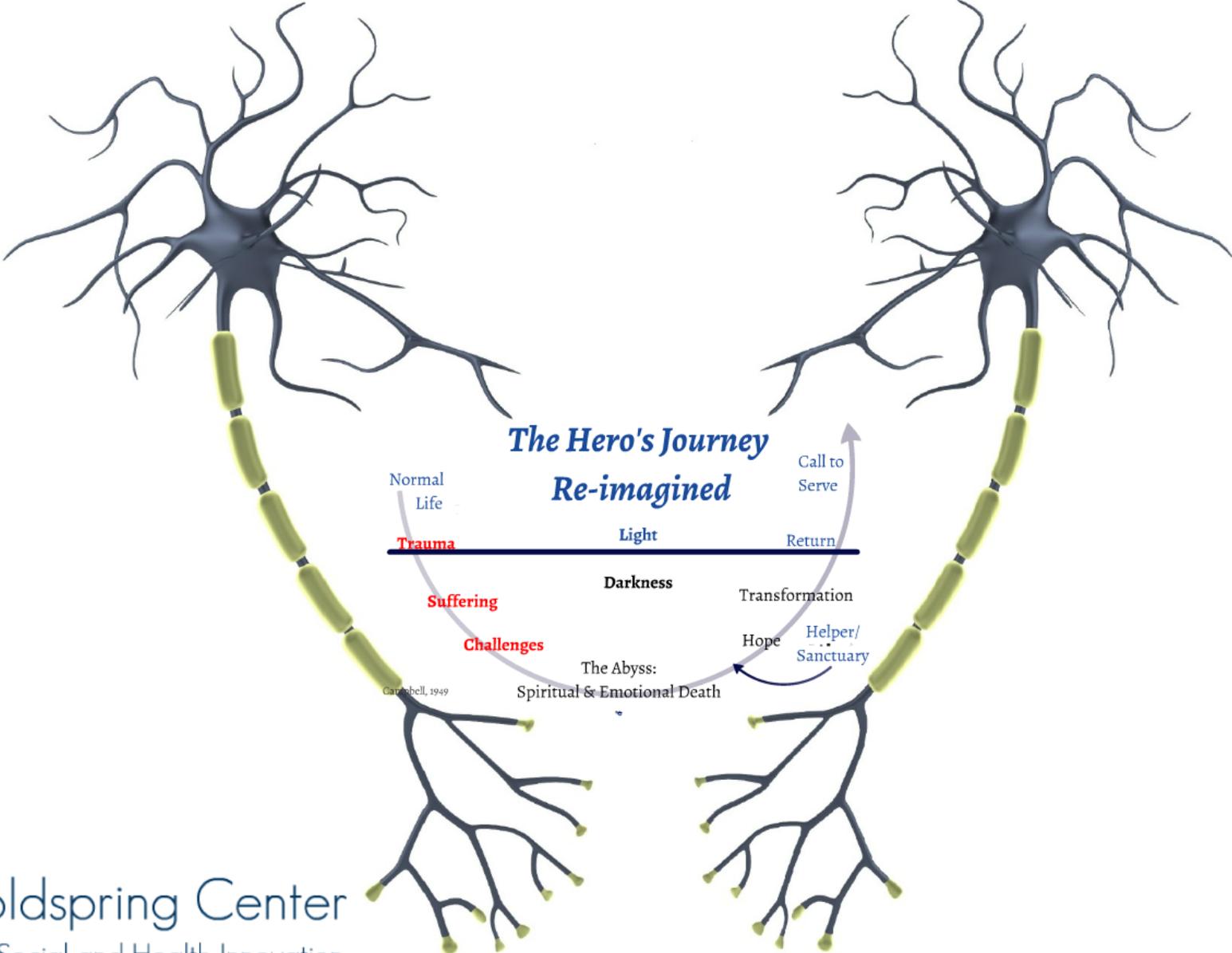


The Trauma-Informed Care: The Paradigm Shift



Coldspring Center
for Social and Health Innovation

The Trauma-Informed Care: The Paradigm Shift



Matt Bennett, MBA, MA

Coldspring Center for Social & Health Innovation

coldspringcenter.org

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twitter.com/Matts_mumblings



Language & Approach

Client (them) **and** Helper (us)

Informal and Interactive

Have fun!!

Stay Positive



The Hero's Journey *Re-imagined*

Normal
Life

Call to
Serve

Return

Trauma

Light

Darkness

Suffering

Transformation

Challenges

Hope

Helper/
Sanctuary

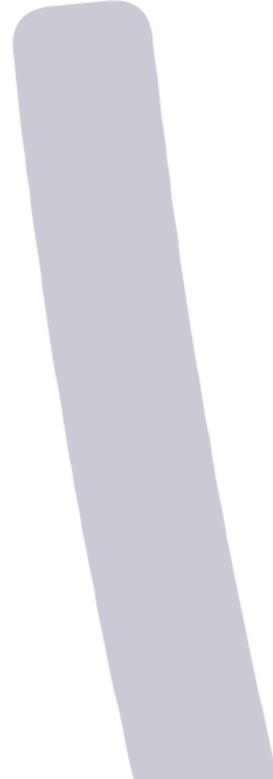
The Abyss:

Spiritual & Emotional Death

Campbell, 1949



Normal



Life

Choice vs. Force



You Tube

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Campbell, 1949



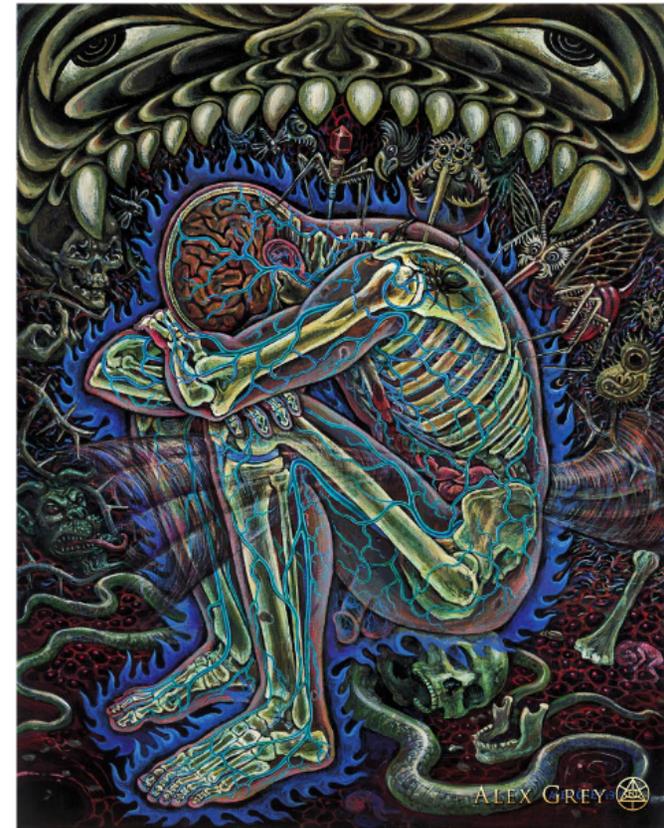
Trauma

Traumatic Event

Trauma – Intense stress that overwhelms our biological, psychological, and social capacity, resulting in an existence dominated by the trauma

Passive Trauma – Being continuously overwhelmed by the trauma due to a lack of support needed to regain control

Complex Trauma – Repeated systematic trauma that occurs over time



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The Abyss:

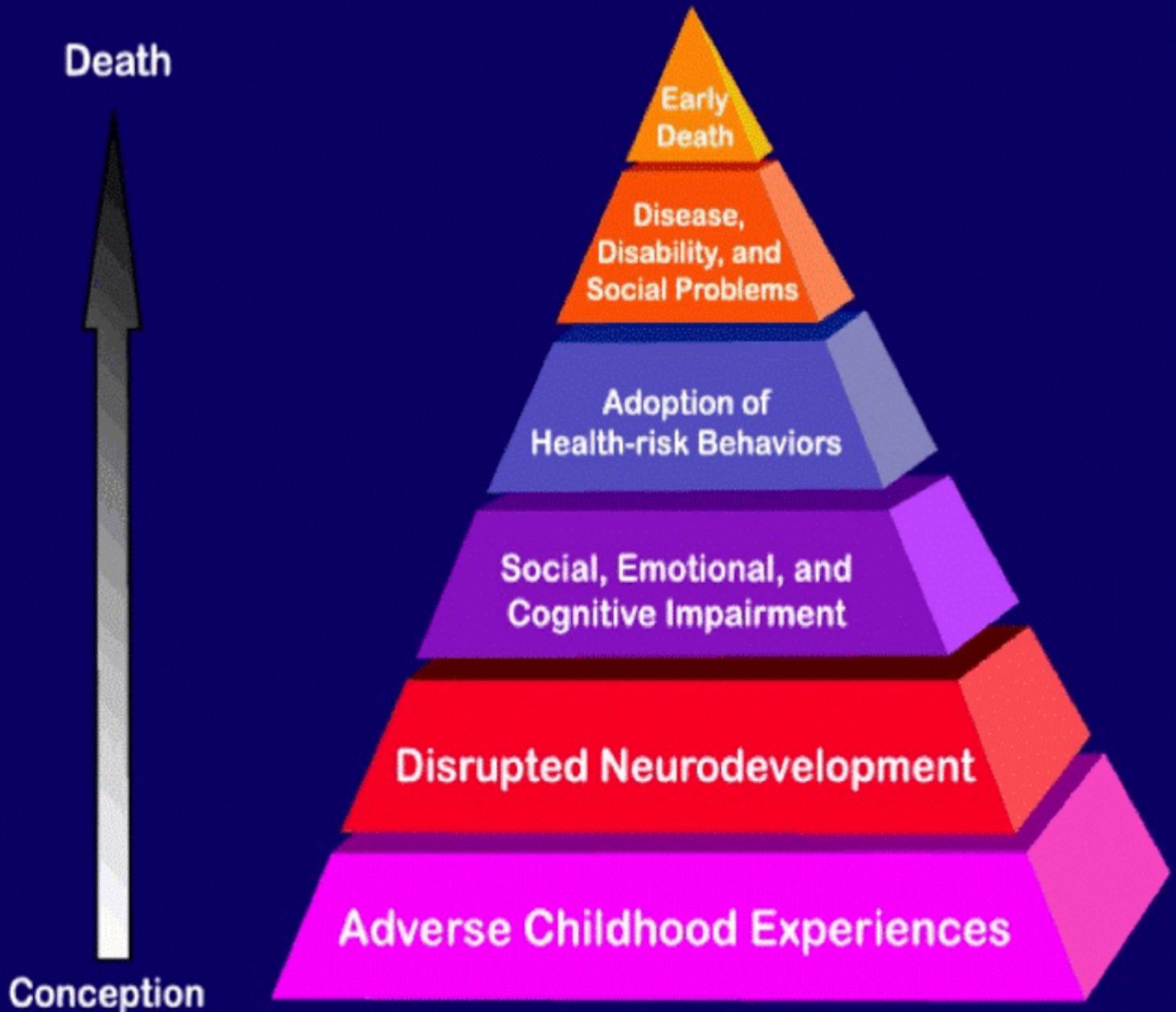
Spiritual & Emotional Death

Campbell, 1949

A yellow pencil with a black eraser and a grey diagonal line striking through the text.

Suffering

Challenges

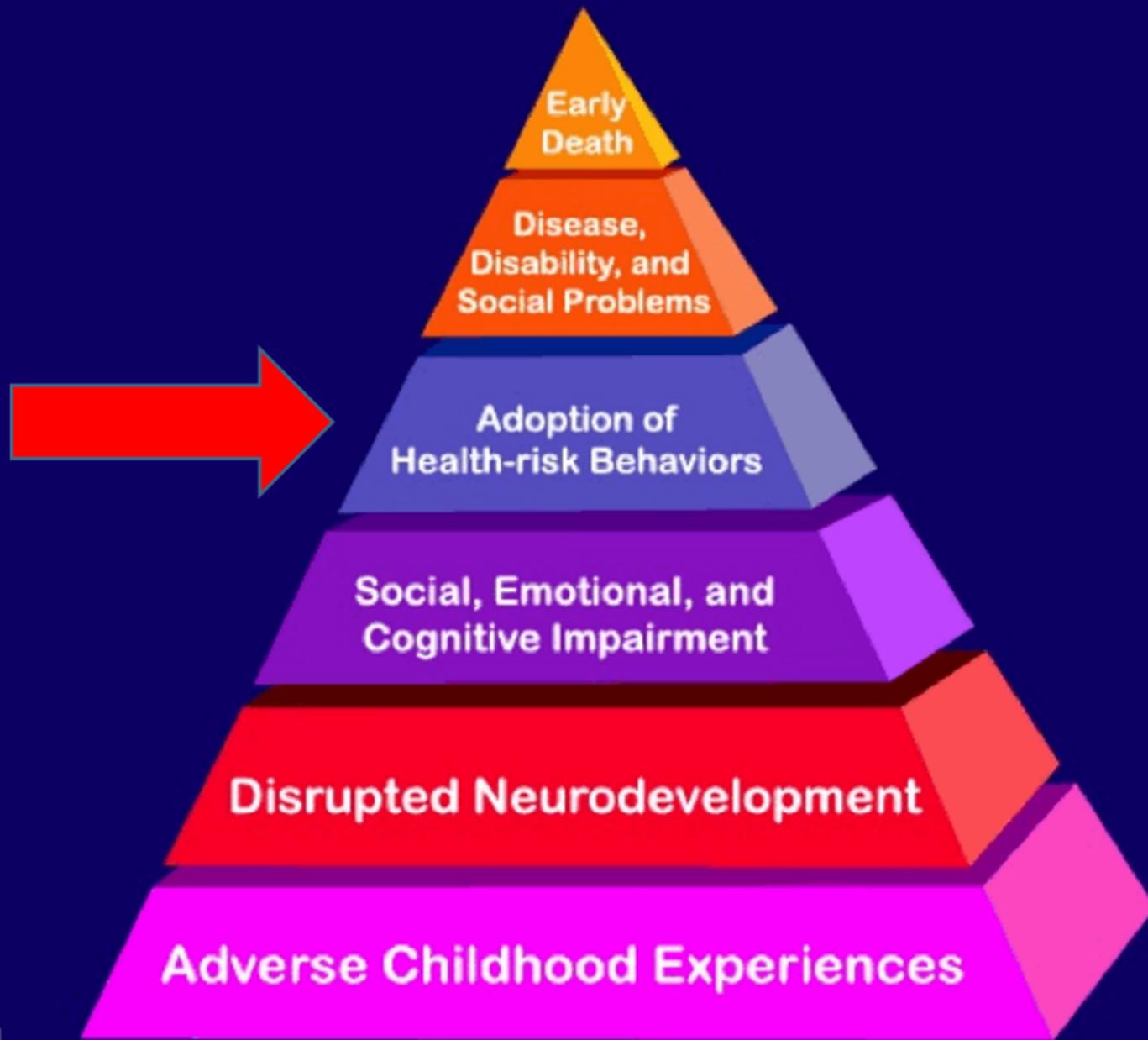


Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Death



Conception



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Trauma Symptoms

Psychological

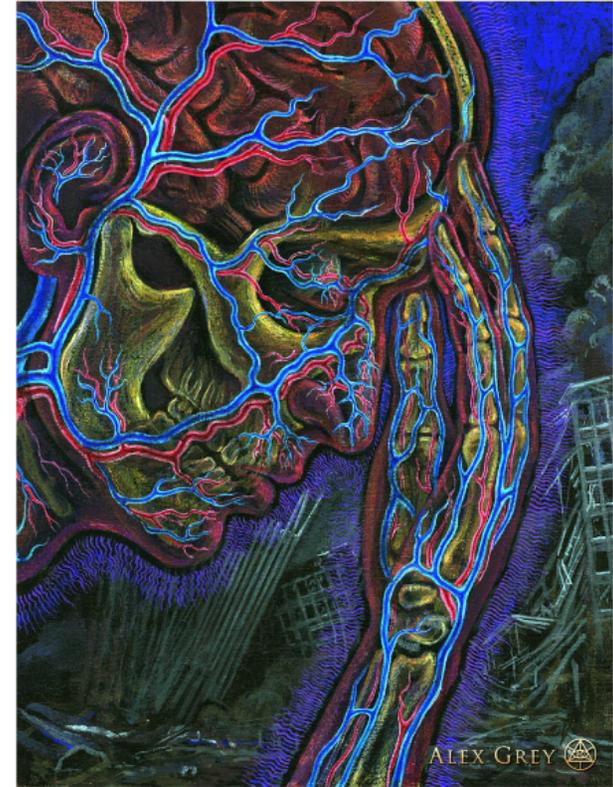
- Inability to focus
- Learning disrupted
 - Short-term memory
 - Verbal memory
 - Narrative memory
- Limited volition
- Emotional instability
- Nightmares
- Diminished interest in everyday activities
- Loss of positive point of view (self & world)
- Depression
- Suicide attempts
- Deregulated emotional states
- Disrupted personality development

Biological

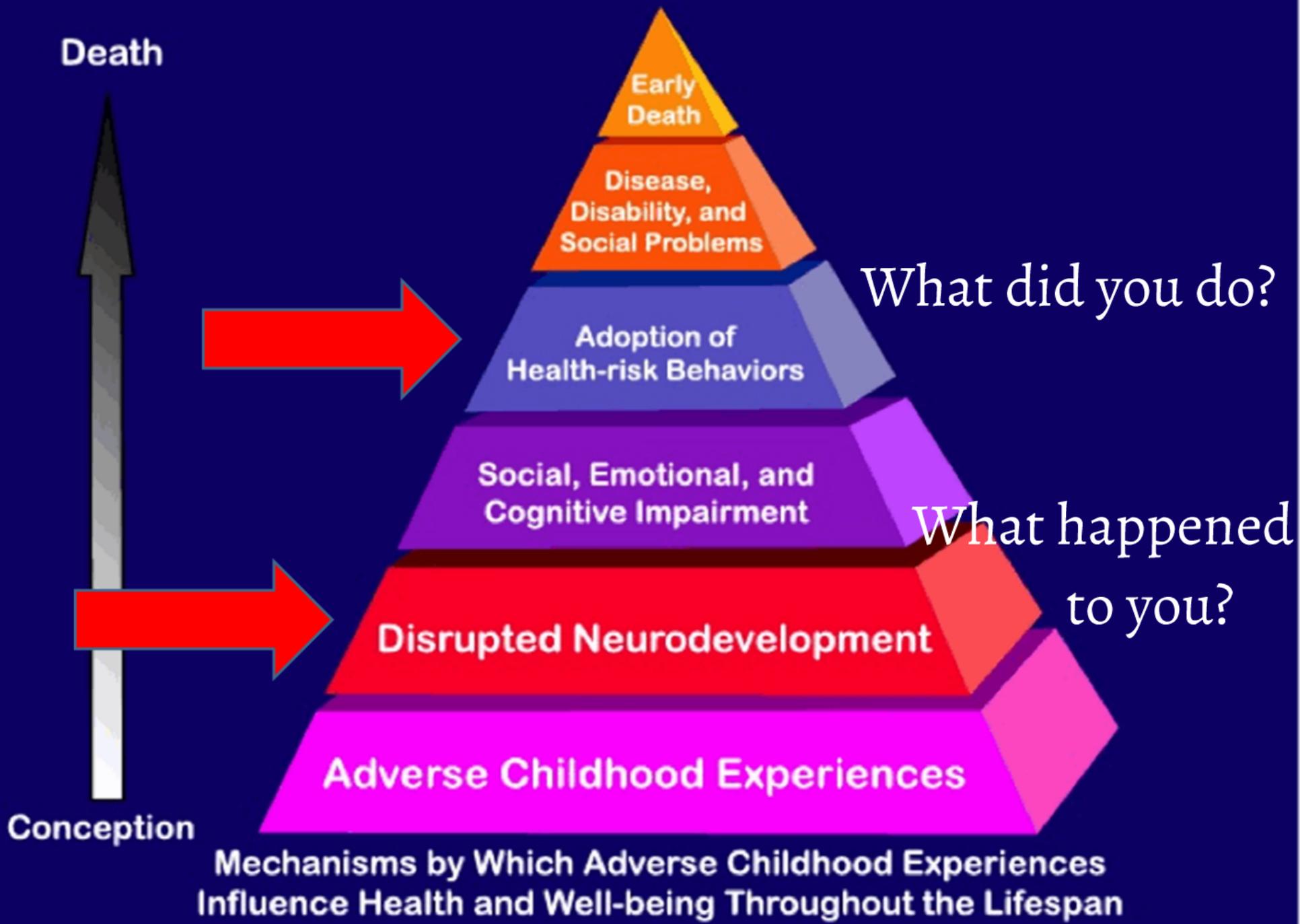
- Constipation or diarrhea
- Somatic pain
- Disrupted sleep patterns
- Alcohol abuse & dependence
- Illicit drug use
- Smoking
- Ischemic heart disease (IHD)
- Fetal death
- Chronic obstructive pulmonary disease (COPD)
- Liver disease
- Decreased immune function
- Decreased health-related quality of life
- Fear & anxiety
- Anger & rage

Social

- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted infections (STIs)
- Unintended pregnancies
- Difficulty trusting others
- Concern about burdening others with problems
- Feelings of detachment
- Attachment issues
- Social withdrawal
- Isolation
- Lack of awareness of social cues



Acestudy.org, 2014, Levin, 2004, Herman, 1997



Death

Early Death

Disease, Disability, and Social Problems

Adoption of Health-risk Behaviors

Social, Emotional, and Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experiences

What did you do?

What happened to you?

Conception

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

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The Abyss:

Spiritual & Emotional Death

Campbell, 1949

o

Challenges



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Sanctuary

The Abyss:

Spiritual & Emotional Death

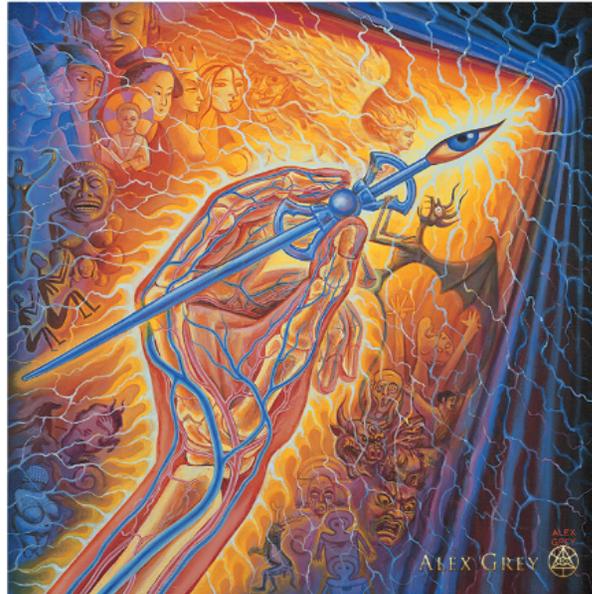
Campbell, 1949

Challenges

The Abyss: Spiritual & Emotional Death

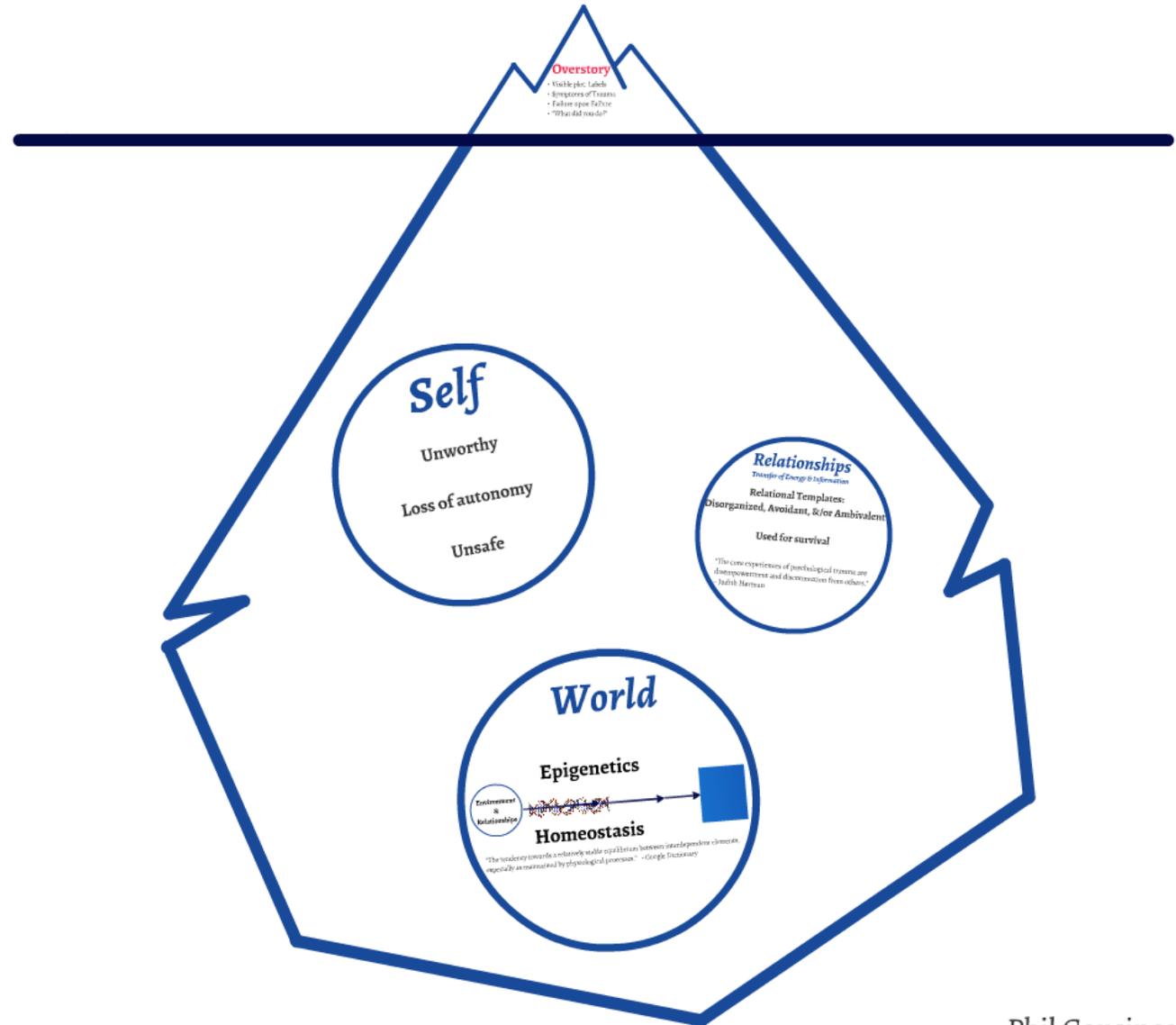


Trauma: Narrative Demon



Understory

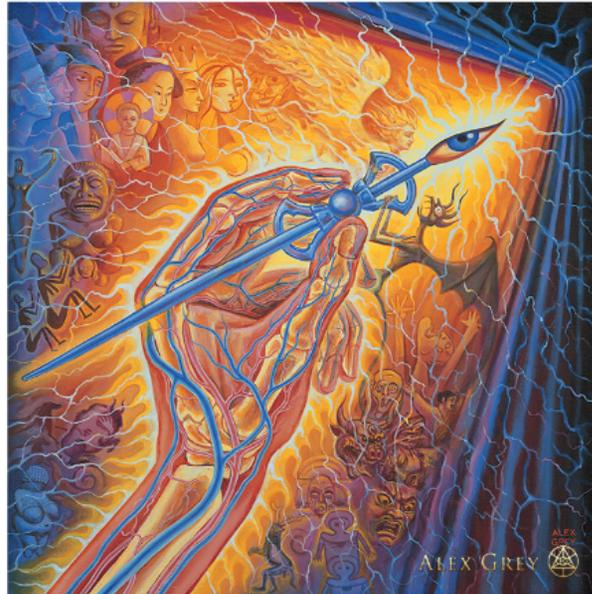
- “Invisible movement of the soul”
- Attachment to Pain & Suffering
- Disconnection from self, others, & spirit



Overstory

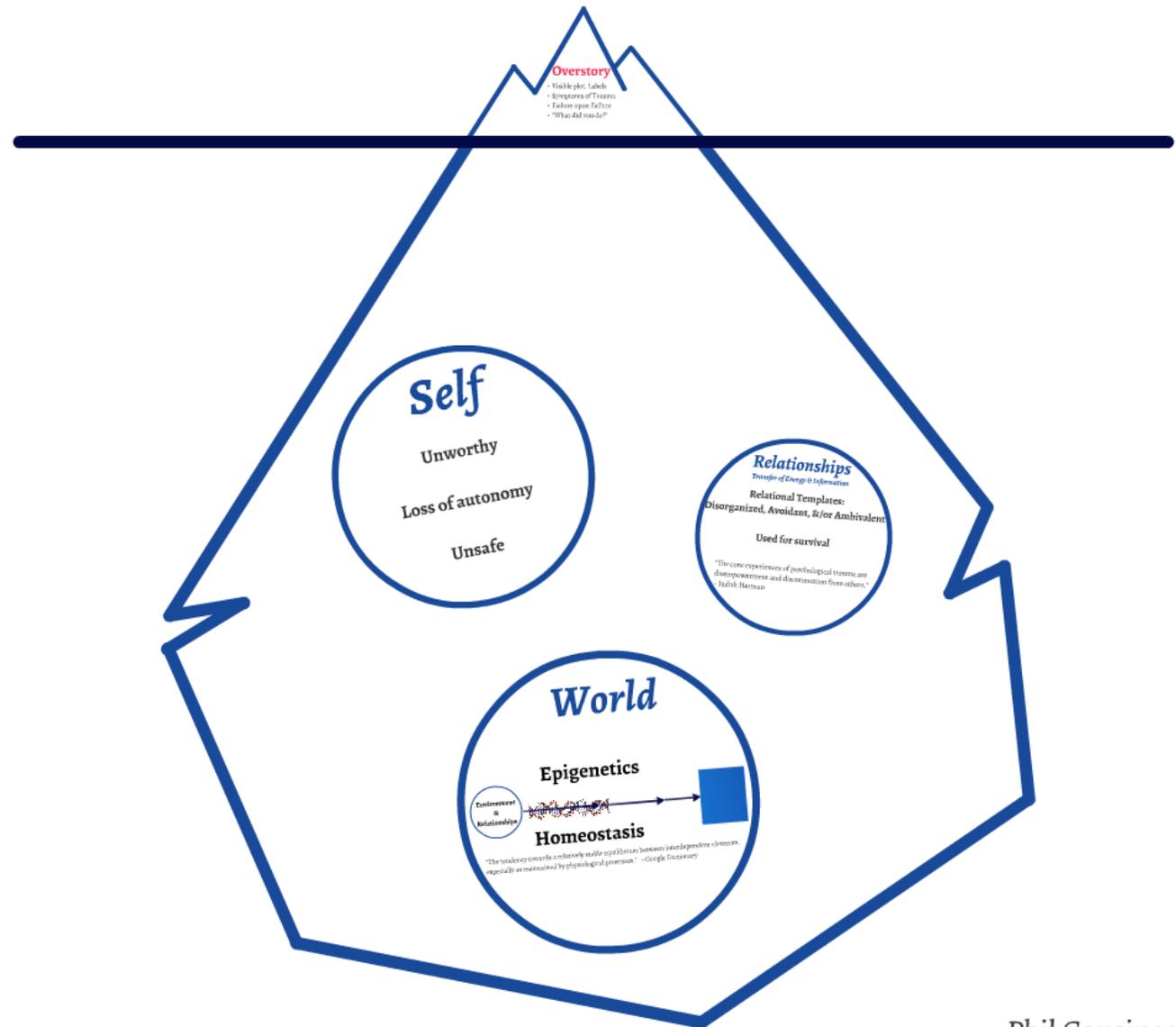
- Visible plot: Labels
- Symptoms of Trauma
- Failure upon Failure
- "What did you do?"

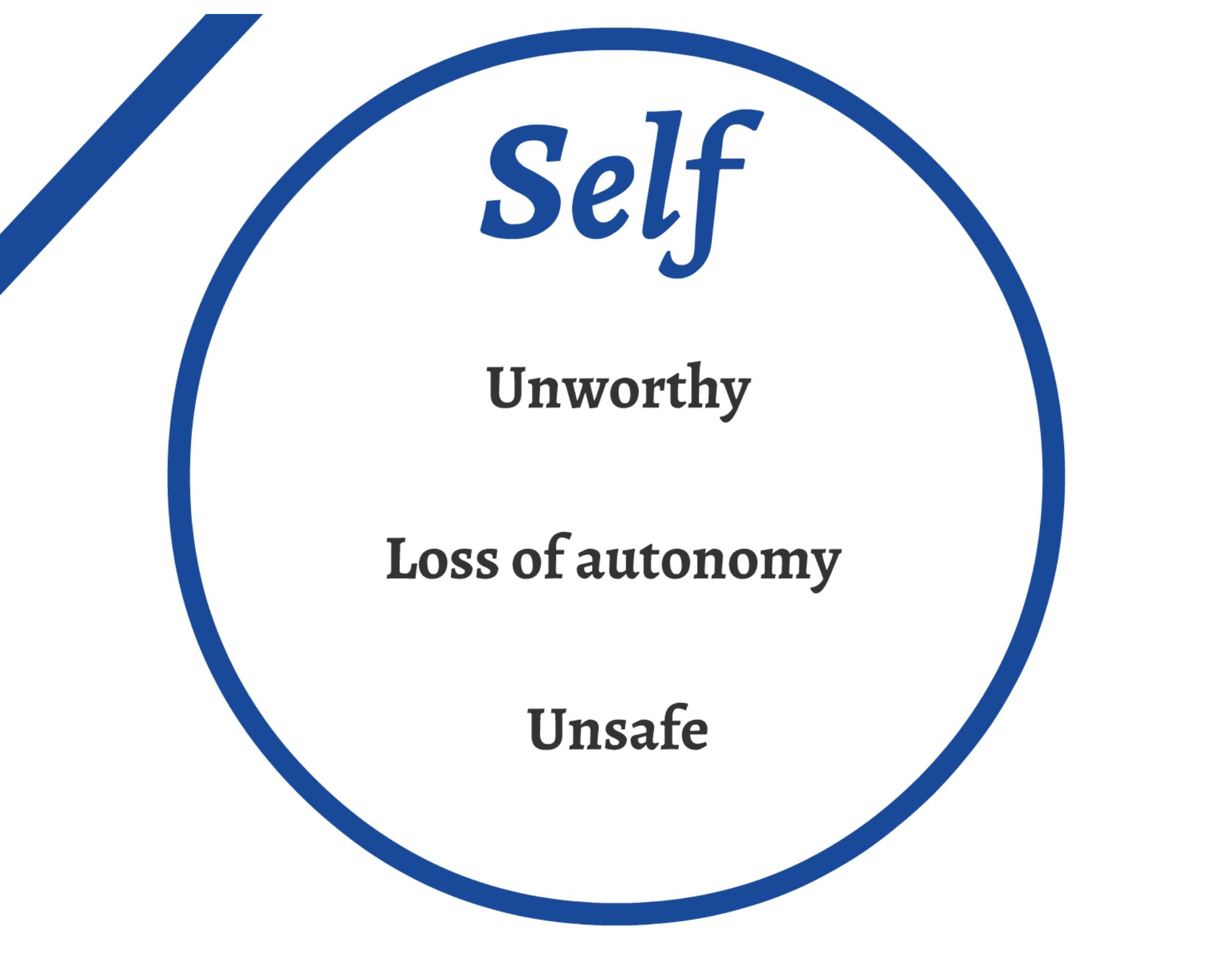
Trauma: Narrative Demon



Understory

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





Self

Unworthy

Loss of autonomy

Unsafe

Relationships

Transfer of Energy & Information

Relational Templates:

Disorganized, Avoidant, &/or Ambivalent

Used for survival

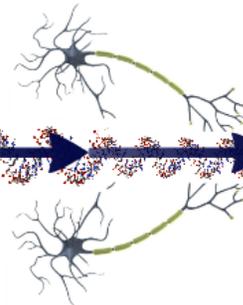
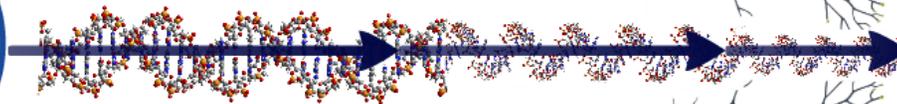
“The core experiences of psychological trauma are
disempowerment and disconnection from others.”

– Judith Herman

World

Epigenetics

Environment
&
Relationships



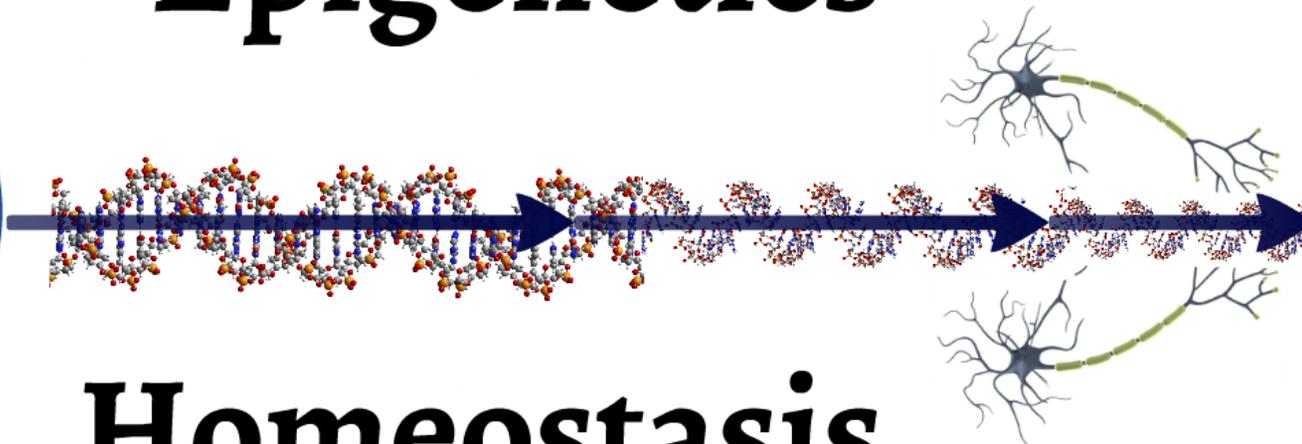
Homeostasis

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

VV U I LL

Epigenetics

Environment
&
Relationships



Homeostasis

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Campbell, 1949

Hope

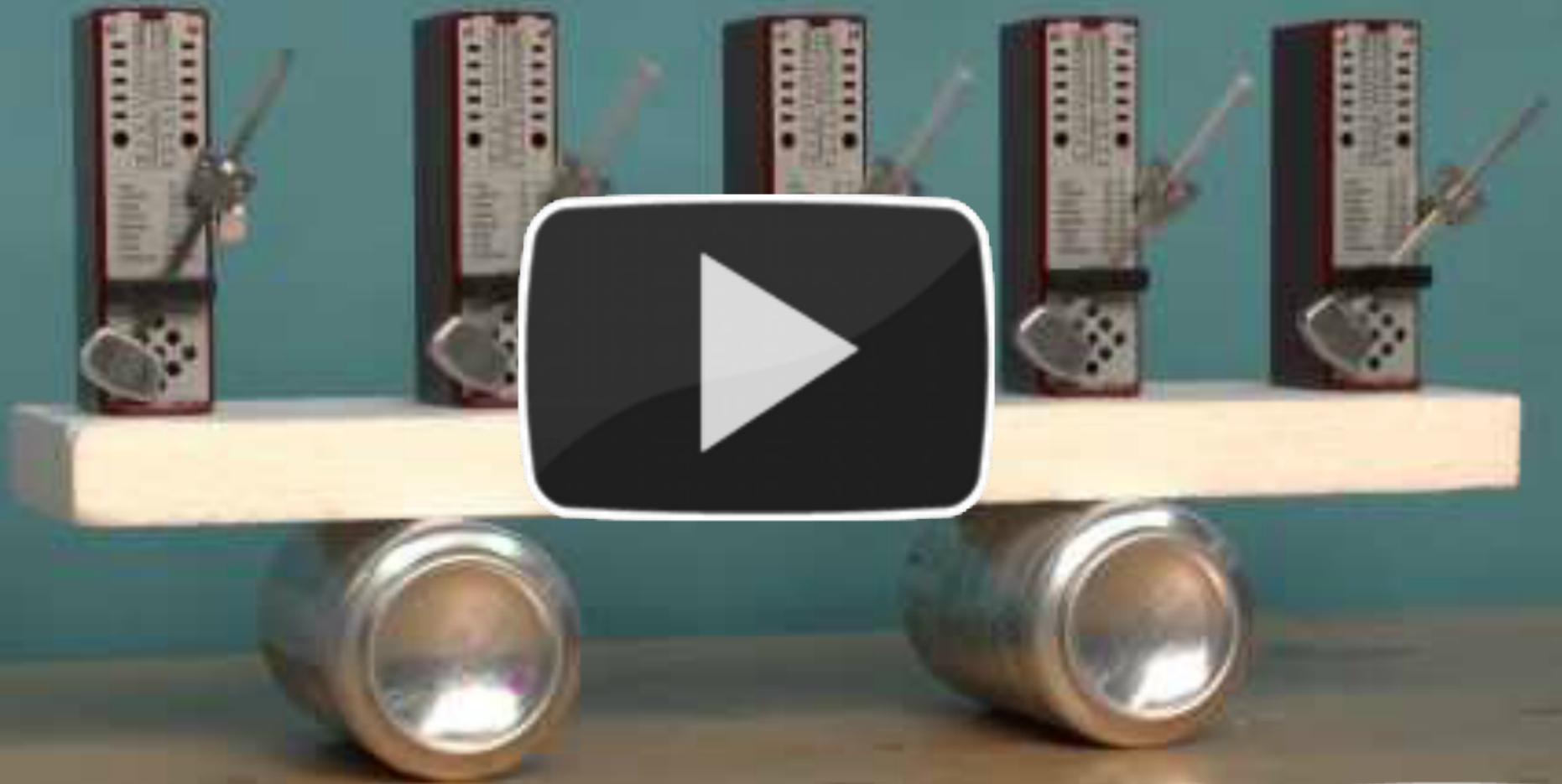
Helper/
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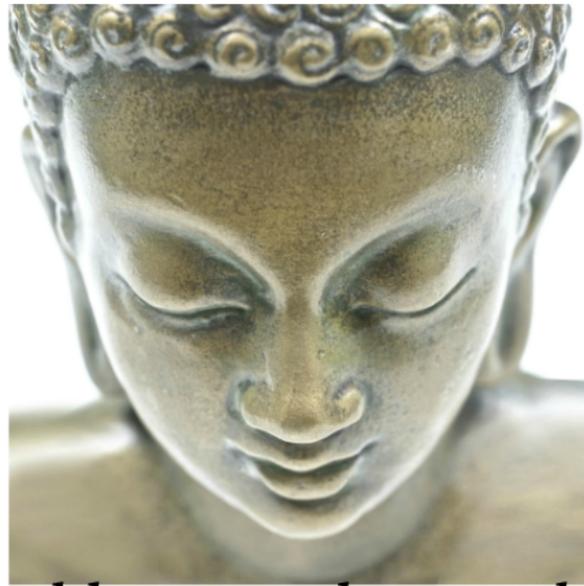
“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.” – Judith Herman

Syncing up: Attunement





YouTube



"When I was a novice, I could not understand why, if the world is filled with suffering, the Buddha has such a beautiful smile. Why isn't he disturbed by all the suffering? Later I discovered that the Buddha has enough understanding, calm, and strength; that is why the suffering does not overwhelm him. He is able to smile to suffering because he knows how to take care of it and to help transform it. We need to be aware of the suffering, but retain our clarity, calmness, and strength so we can help transform the situation. The ocean of tears cannot drown us if karuna (compassion) is there. That is why the Buddha's smile is possible." - Thich Nhat Hanh

Hope

Helper/
Sanctuary

© 2010 The American Psychiatric Association



The Science of Hope: Spark of Healing

- Anticipation of a better future and ceasing of current pain and suffering activates the reward centers of the brain:
 - Nucleus accumbens: Dopamine and Serotonin
 - Feeling of well-being
 - Sense of happiness
 - Pituitary gland: Endorphin
 - Reduces conscious experience of pain (physical/emotional)
 - Relaxes muscles, creating a general good feeling
- Role of helper: If trust is established, oxytocin (key to bonding) is also released, increasing sensitivity of the brain's natural opioid system to endorphins

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Transformation to Post-Traumatic Growth



- Safety
 - Self:
 - Awareness
 - Mindfulness/Emotional Regulation
 - Relationships
 - Environment
- Releasing traumatic energy
- Integration of traumatic experiences
- Reclaiming the hero
- Moving from suffering to strength and wisdom
- Everyone needs to tell and retell their story!!!

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