

Trauma Informed Care:
The Impact of Trauma

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A little neuroscience helps everyone

- ACE Study and Trauma prevalence
 - Stress Response Patterns
 - The Super Highway of Reactivity
- Engagement & Supportive Interactions

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The Brain Matters

cerebral cortex

Forebrain

- When a person is calm or in a mild state of arousal, the cerebral cortex is in control.
- Learning takes place in the cerebral cortex.
- Trauma disrupts development and limits access to the cerebral cortex.

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The Adverse Childhood Experience Study

- The largest scientific research study of its kind, analyzing the relationship between multiple categories of childhood trauma (ACEs), and health and behavioral outcomes later in life.
- 18,000 participants!
- The majority of participants were 50+ (62%),
- were white (77%),
- and had attended college (72%).

Three Types of ACEs

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION
Physical	Physical	Mental Illness
Sexual	Emotional	Substance Abuse
Emotional		Mother treated severely
Spousal		Divorce

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Traumas & Triggers

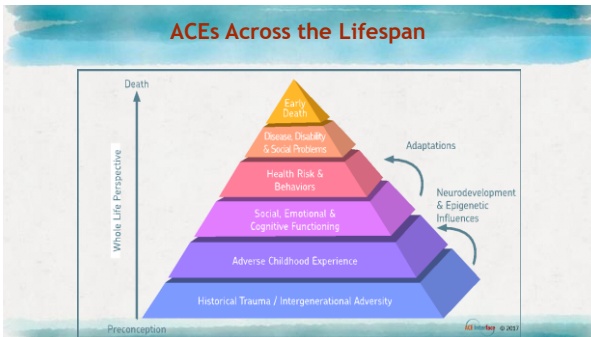
What's missing?

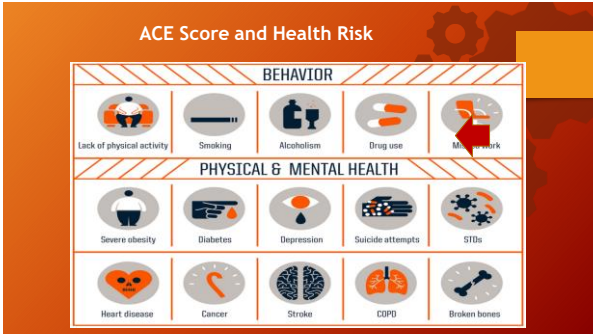
- School & community violence
- Disasters & accidents
- Invasive or prolonged medical procedures
- Discrimination & oppression
- POVERTY

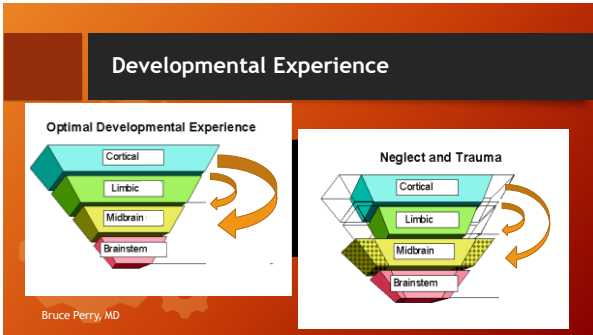
Other things...

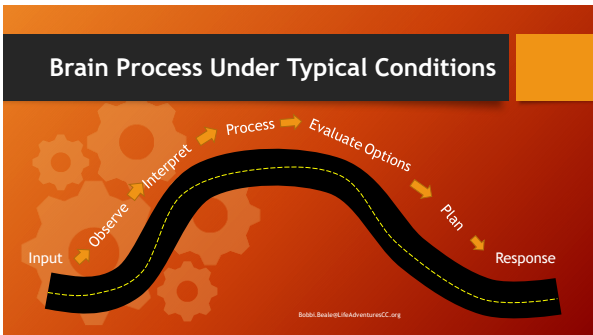
- Big T vs. Little t
- What fires together, wires together
- Overinterpretations
- Punishment & Shame
- 4 or more

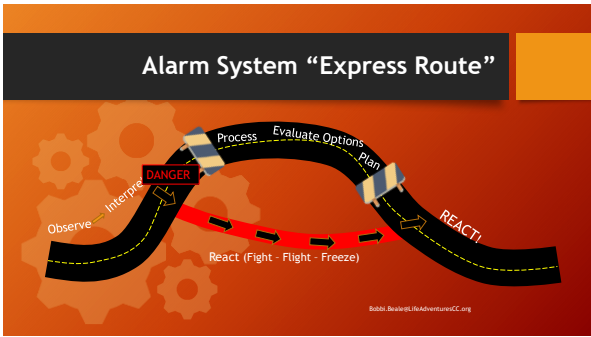
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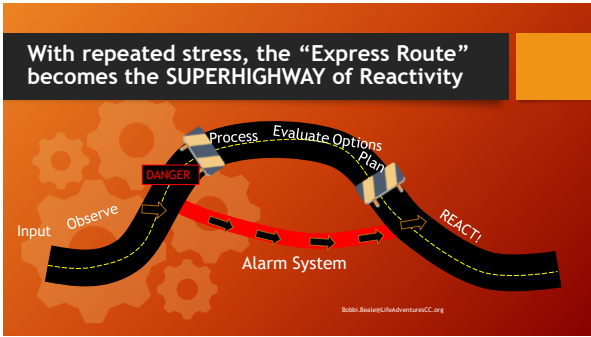












Superhighway of Reactivity

Survival skills usually help us to...

- escape or deter perceived threats
- alleviate pain or distress caused by a perceived inescapable threat

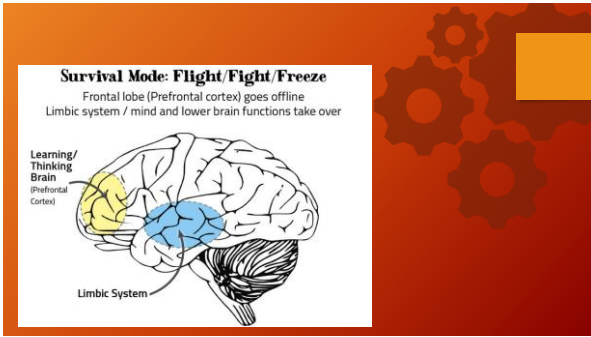
Survival skills typically look like...

- Impulsivity
- Aggression
- Self-centered

Activated Stress Response System = Trauma Responses = Survival Skills

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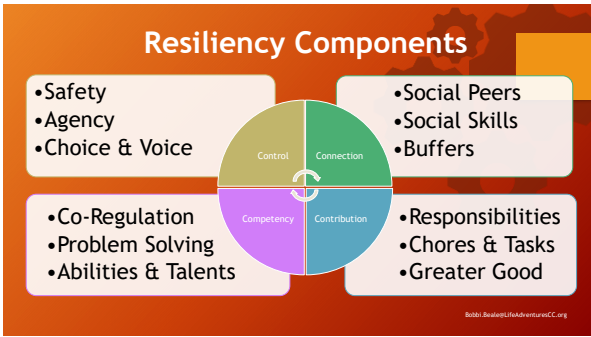


What can we do about it?

Facilitate resilience!

- Control and safety
- Connections and social opps
- Competencies and skills
- Contributions and service

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Maintain Resilient Mindsets

- My mistakes are experiences from which to learn.
- I have a sense of humor, including being able to laugh at, but not ridicule, myself.
- I appreciate and am comfortable with others who can help and support me.
- I can solve problems & make decisions.
- I can make a positive difference in the world.
- I know my strengths, but don't avoid my problems.

• Robert Brooks

Problem Solving Skills

A
B
C
D
E

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The Deepest Well
Nadine Burke Harris, MD

The six core pieces that are key to addressing the biology of toxic stress are:

- sleep,
- exercise,
- nutrition,
- mindfulness,
- mental health and
- healthy relationships.




New York Times, January 30, 2018

The End, Thank You!

Please direct questions or concerns to:
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