

## **Trauma 101**

### An Overview of Trauma-Informed Care

#### **Presenters:**

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#### **Ground Rules**

- Because we will be interactive, please be mindful about maintaining a safe environment

#### **Welcome**

#### **Goals & Impact**

- Gain some basic information about trauma
  - What it is
  - How it impacts children and adults
  - Basics of brain structure and development
  - Impact of trauma on the brain
  - Components of trauma-informed care

#### **Predictions, Acknowledgements & Disclaimers**

- Most of the information and research on trauma-informed care is fairly recent
- For some people this information may be a review and for others it may be a new experience
- Learning about trauma may be painful both personally and professionally
- There is more to know about trauma than we can present in 2 hours

#### **Safety Plan**

- List of simple external and internal activities

#### **Dr. Nadine Burke-Harris – Ted Talk**

#### **Discussion**

#### **ACES in Philadelphia**

- Versus Original Kaiser Sample
- Value of Knowing about ACEs

#### **What is Trauma?**

- An overriding emotional event involving deep distress, alarm, fear or terror
- “Neuro-electrical Jolt”
- The event is perceived as inescapable
- Neurological landscape changes – Fight, Flight, Freeze, Submit, Capitulation Responses

#### **Principles of Trauma**

- Everyone has different responses
- Some trauma resolves on its own
- Some trauma remains dormant
- PTS and PTSD

#### **Brain Development**

- Early brain development
- Key brain basics
- Stress and the brain

#### **Amygdala**

#### **Discussion**

## **Kinds of Trauma**

- Situational OR Relational
- Acute/Single Event
- Chronic Trauma/Chronic Stress
- Trans-generational
- Complex Trauma
- Developmental Trauma
- Toxic Stress
- Allostatic Load
- Attachment-related trauma
- Cultural/Political Trauma
- Medical Trauma
- War Trauma
- Vicarious Trauma
- Unprocessed Memories
- Adverse Childhood Experiences (ACEs)

## **Brain Breaks**

## **Powerful Image**

## **PART**

1. Prevention
2. Avoid Triggers
3. Respond Appropriately
4. Therapeutic Processes

## **How can you do your PART?**

## **Theory of Everything**

## **Hope**

## **Post-Traumatic Growth**

## **The Single Most Significant Component of Healing**

## **Reframe**

- Instead of “*What’s wrong with you?*” trauma-informed people ask “*What happened to you?*”

## **Reflections**

## **Continuum of Sophistication**

## **Resources**

- Lakeside Global Institute
- United Way of Greater Philadelphia and Southern New Jersey
- ACEs Connection
- ChildTrauma Academy - Dr. Bruce Perry
- Dr. Sandra Bloom
- Campaign for Trauma Informed Policy and Practice