

THIS IS TRAUMA

A Body-centered Approach to Healing Trauma

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Domestic Abuse
Prevention Program



INTRODUCTION

- CULTURAL &
- RACIAL IDENITTY



PROFESSIONAL EXPERIENCE



GOALS

- Review and expand on the definition of trauma from a Somatic Experiencing perspective
- Recognize some socioeconomic, cultural, and racial barriers to seeking mental health services



OBJECTIVES

- Review our understanding of various types of traumas
- Understand the impact of trauma on the body
- Recognize when to seek professional support



GENERAL
DEFINITION
OF TRAUMA

”Any adverse life event or situation that has a lasting impact on us, our self-identity, our sense of how we are in the world, our relationship with ourselves, our relationship with others, our sense of control, and our sense of belonging”

Deany Laliotis



BIG "T"
TRAUMAS

- Acute Trauma
- Chronic Trauma
- Complex Trauma
- Developmental Trauma
- Secondary Trauma



LITTLE "T"
TRAUMAS

Distressing events that affect an individual on a personal level and cause emotional harm



CULTURAL ADAPTATION

- Loss of country and community
- Separation from family and friends
- Loss of language
- Loss of cultural identity
- Loss of cultural traditions
- Loss of traditional foods
- Loss of social status

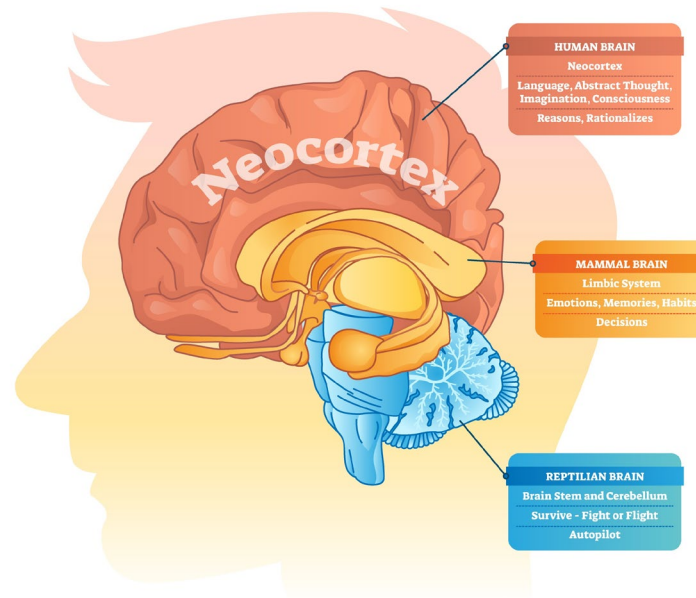
TRAUMA REACTIONS

- Flash backs
- Nightmares & insomnia
- Heart palpitation/sweating/freezing
- Avoidance
- Mistrust of others
- Social isolation
- Generalized fears & hypervigilance
- Disinterest in previously enjoyable activities
- Decreased concentration
- Irritability
- Quick startle response/jumpy
- Depression & suicidal ideation

A BODY
CENTERED
APPROACH TO
TREATING
TRAUMA

- “We become traumatized when our ability to respond to a perceived threat is in some way overwhelmed” Peter Levine
- Somatic Experiencing (SE) focuses on processing the shock that is registered in the body after a traumatic event

NEOCORTEX, LIMBIC & REPTILIAN



SYSTEM OVERWHELM

- When confronted with novelty— something new, unusual, unexpected — we tend to respond in one of three ways: Fight, Flight or a Freeze
- SE interventions help individuals to process the discomfort registered in the body

THE WINDOW OF TOLERANCE

- Window of tolerance is the zone in which an individual is able to function effectively and respond to the demands of everyday life
- An individual can become easily triggered by a reminder of the trauma and unable to remain in the zone of tolerance
- SE interventions help individuals to build their capacity to process trauma and stay in their window of tolerance

THE IMPORTANCE OF NOTICING

- Noticing is a way of reconnecting with the body and to the present
- Body scan Exercise

REBUILD
CONFIDENCE & SENSE
ADDRESS SAFETY

- Five Sense Exercise

BARRIERS TO GETTING HELP

- Stigma associated with mental illness
- Sense of Shame
- Cultural beliefs
- Family taboos
- Distrust
- Financial resources

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