TRAUMA

WHAT TO CONSIDER IN YOUR GRANT WORK
WHEN WORKING WITH SURVIVORS
(PART ONE)

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GRANTS FOR OUTREACH
AND SERVICES TO
UNDERSERVED POPULATIONS

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- Objectives
- Overview of Trauma
- Overview of Organizations and Trauma
- Healing/Coping Strategies
- Reflections

Objectives

- Describe trauma.
- Identify and describe various forms of trauma.
- Delineate trauma experiences when working with underserved populations.
- Briefly explore ideas related to trauma-informed responses.
- Learn basic concepts related to trauma and its potential impacts on individuals and organizations.
- \bullet Identify and describe self-care/healing practices.

WHAT IS TRAUMA?	
Substance Abuse and Mental Health Services Administration (SAMHSA) • "Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being."	
American Psychological Association (APA) • "Trauma is an emotional response to a terrible event like an accident, rape or natural disaster."	

Trauma is	
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Emotional response	
Physical response Imports a significant and a support of the state of the	
 Impacts an individual's or a community's functioning (i.e., social, emotional, mental, spiritual, and physical) 	
•Intersectional	
•Intersectional	
Historical	
• Historical	
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SYMPTOMS OF TRAUMA	
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Symptoms of trauma can be	
● Anger	
Persistent feelings of sadness and despair	
Nightmares and flashbacks (i.e., re-experiencing the trauma) Unpredictable emotions	
Onpredictable emotions Physical symptoms, such as nausea and headaches	
• Intense feelings of guilt, as if they are somehow responsible for the event	
• An altered sense of shame	
● Feelings of isolation and hopelessness	

Symptoms of trauma can be... • Headaches, backaches, stomachaches, etc. • Fear, depression, anxiety • Sudden sweating and/or heart palpitations • Outbursts of anger or rage • Changes in sleep patterns, appetite, interest in sex Emotional swings • Tendency to isolate oneself or feelings of detachment Constipation or diarrhea Difficulty trusting and/or feelings of betrayal Easily startled by noises or unexpected touch • More susceptible to colds and illnesses • Self-blame, survivor guilt, or shame • Increased use of alcohol or drugs and/or overeating • Diminished interest in everyday activities Racing heartbeat TYPES OF TRAUMA Types of Trauma

Sexual assault

• War related trauma

Medical trauma

• Traumatic loss

Hate violence

• DV

• Rape

• Child maltreatment (i.e., abuse or neglect)

Accidents and natural disasters

Witnessing acts of violence

 \bullet Grief and loss

Historical trauma

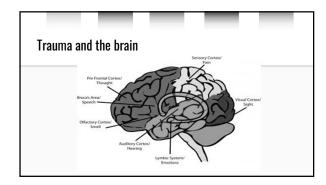
Vicarious trauma

• Physical, emotional, or sexual abuse

• Cultural and intergenerational trauma

Trauma and the brain

- Difficult to treat because the trauma stored throughout the brain
- A traumatic experience becomes a long-lived deeply embedded memory



Trauma and the brain	
●Trauma and the Brain	
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INOTODIOAL TRAUMA	
HISTORICAL TRAUMA	
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Historical Trauma	
Historical trauma is a form of trauma that impacts entire communities. It	
refers to the cumulative emotional and psychological wounding, as a result of group traumatic experiences, that is transmitted across generations within a	
refers to the cumulative emotional and psychological wounding, as a result of group traumatic experiences, that is transmitted across generations within a community. Unresolved grief and anger often accompany this trauma and contribute to physical and behavioral health disorders. This type of trauma is	
often associated with racial and ethnic population groups in the United States who have suffered major intergenerational losses and assaults on their culture	
and well-being.	

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Historical Trauma	
What is Historical Trauma?	
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VICARIOUS TRAUMA	-
VIONING OF THINGING	
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Vicarious Trauma	
Vicatious Itauiiia	
 A state of tension and preoccupation of the stories/trauma experiences described by clients 	
described by clients	



Vicarious Trauma

- Can affect
 - $\circ \textbf{Behavioral}$
 - $\circ Interpersonal \\$
 - o Personal
 - oPersonal values/beliefs
 - oJob performance

Vicarious Trauma

Signs and Symptoms

- difficulty talking about their feelings
- \bullet free floating anger and/or irritation
- startle effect/being jumpy
- over-eating or under-eating
- difficulty falling asleep and/or staying asleep
- losing sleep over clients
- dreaming about their clients/their clients' trauma experiences
- diminished joy toward things they once enjoyed
- feeling trapped by their work
- diminished feelings of satisfaction and personal accomplishment
- dealing with intrusive thoughts of clients with especially severe trauma histories
- worried that they are not doing enough for their clients
 * feelings of hopessness associated with their work/clients
 - blaming others

Organizations and Trauma	
Must address trauma in a safe and sensitive way	
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"Tone at the Top"	
Organizational Intentions Organizational Mechanisms	
Mission Policies Vision People	
Values Staff Theoretical orientations	
Philosophies Principles Principles Principles Principles Principles	
• Framing of issues • Community	
● Funders	
Trauma-Informed SA Advocacy	
5 CORE COMPONENTS:	
Provide survivors with information about the traumatic effects of abuse	
Adapt programs and services to meet survivors' trauma and mental health related needs	
Create opportunities for survivors to discuss their responses to trauma Offer resources and referrals to survivors	
Reflect on our own and our programs' practice	

Trauma-Informed Practice Tips Welcoming Environments Strategies to Increase Survivor Access	
Understand computers as adoptations How might this make someone feel? What	
Adapt the physical space Adapt the physical space Adapt the physical space are some ways that I can support survivors to manage feelings? Is information provided in ways that a	
 Is information provided in ways that a person can understand easily? Are choices offered thoughtfully? 	
How are they experiencing my interactions with them?	
WHAT CAN WE DO?	
WHAT DO WE ALREADY DO?	
WHAT DO WE KEREADT DO:	
Sild	
Coning Strategies and Salf Core	
Coping Strategies and Self-Care	
◆Staff	
olndividual oHealing	

Coping and Self-Care Strategies

- Acknowledge that you have been through traumatic events
- Connect with others, especially those who may have shared the stressful event or experienced other trauma
- Exercise
- Relaxation techniques (i.e., yoga, stretching, massage, meditation, deep muscle relaxation, etc.)
- Music, art, other diversions
- Avoid over-using stimulants like caffeine, sugar or nicotine
- Commit to something personally meaningful and important every day
- Write about your experience for yourself or to share with others



References

1:ontact	Information

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