

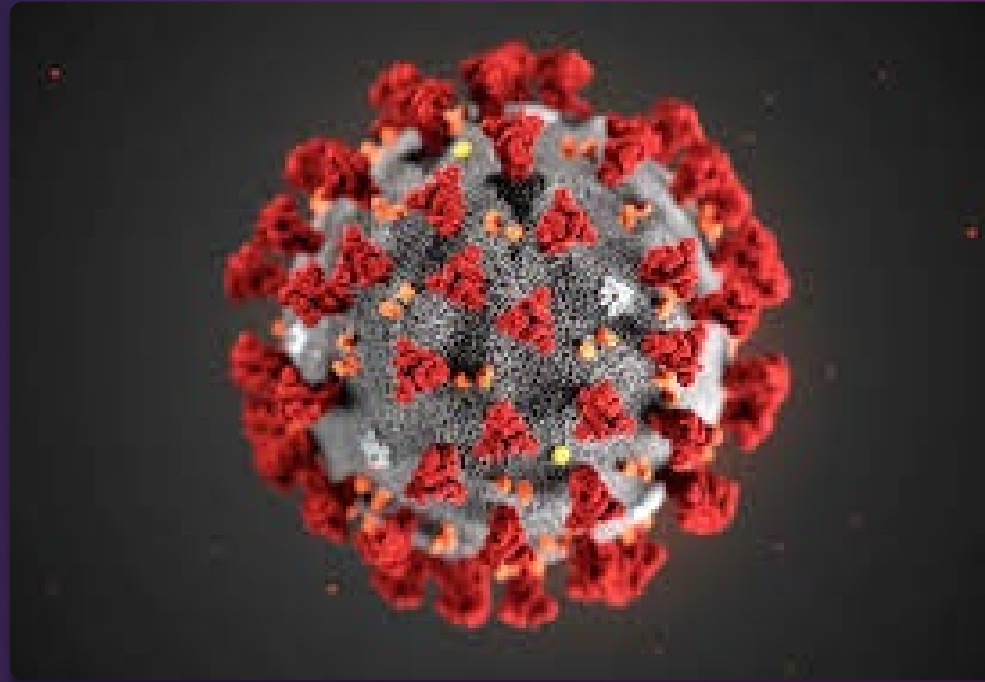


Trauma Informed Support and the Path to Healing

KARYN HARVEY, PH.D.



THANK
YOU!!!



Trauma of Covid

3 Phases of Mental Health Challenges During the Pandemic

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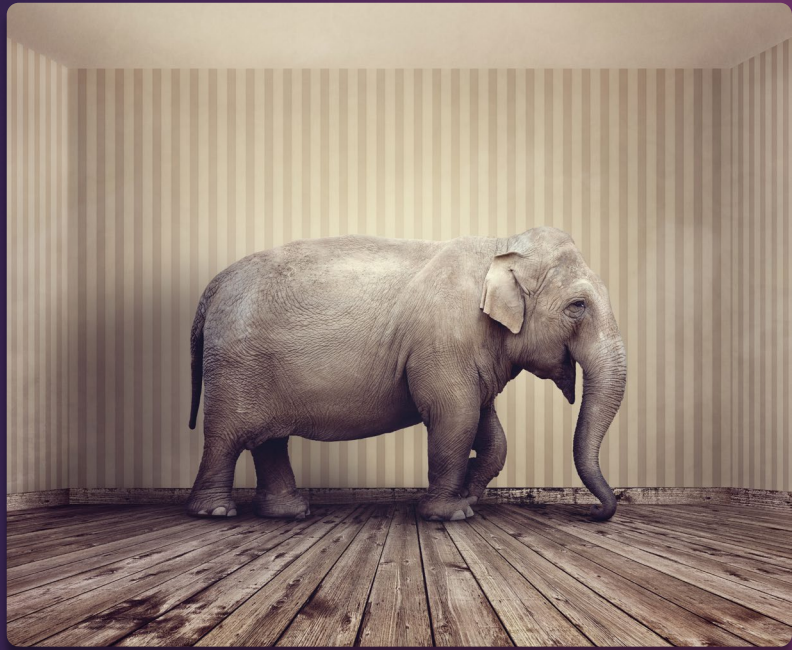
**Phase 1 -
FEAR**

2

**Phase 2 -
ISOLATION**

3

**Phase 3 -
ANXIETY**



Trauma – The Elephant in the Room

Sources of Trauma for People with Intellectual Disabilities

Sexual Abuse

Physical Abuse

Bullying

Exclusion

Institutionalization

Major Events

Little “t” Trauma

Sexual Abuse

Discrimination

Physical Abuse

Neighborhood
Violence

Neglect

Social Exclusion

Negative Events

Exclusion from Family

Grief and Loss

Frequent foster care or
group home
placements and lack of
stability

Big T and Little “t” Traumas

Bullying

[HTTPS://YOUTU.BE/IOWPQAVJHWQ](https://youtu.be/iowpqavjhwq)



ASSUME TRAUMA

Post Traumatic Stress Disorder on a Continuum





BETRAYAL TRAUMA

Bucharest Early Intervention Orphan Study

- ▶ 138 children between 6 and 31 months who were in an orphanage in Bucharest were studied
- ▶ 68 kept in institution
- ▶ 68 placed in a new foster care system – full time paid parenting
- ▶ Results: After 54 months (4 1/2 years):
- ▶ Compared to 138 children raised in birth families
- ▶ <http://www.unicef.bg/public/images/tinybrowser/upload/PPT%20BEIP%20Group%20for%20website.pdf>

RESULTS:

Issues:	Institution	Foster Care	Biological
Axis 1 Disorders	55%	35%	13%
Emotional Disorders	49%	29%	8%
Behavioral Disorders	32%	25%	6.8%
Intellectual Disability Average IQ Score	73	85	110

GRAY MATTER IN BRAIN
ACTUALLY SHRUNK

LOWER BRAIN ACTIVITY
MEASURED BY EEG

IMPAIRMENTS IN EXECUTIVE
FUNCTIONING

INCREASED ADRENALINE
LEVELS AFTER 1 YEAR –
AFFECTS HEART, BEHAVIOR,
ABILITY TO FOCUS (LOOKS
LIKE ADHD)

OFTEN ABNORMALLY
SMALL PHYSICALLY


AT HIGHER RISK FOR
PREMATURE DEATHS

NEGLECT IS MORE
DEVASTATING THAN ANY
OTHER TYPE OF ABUSE

Children Who Stayed in Institutions –Nathan Fox



MIRROR
NEURONS:
Interaction
during
infancy is
needed for
brain wiring



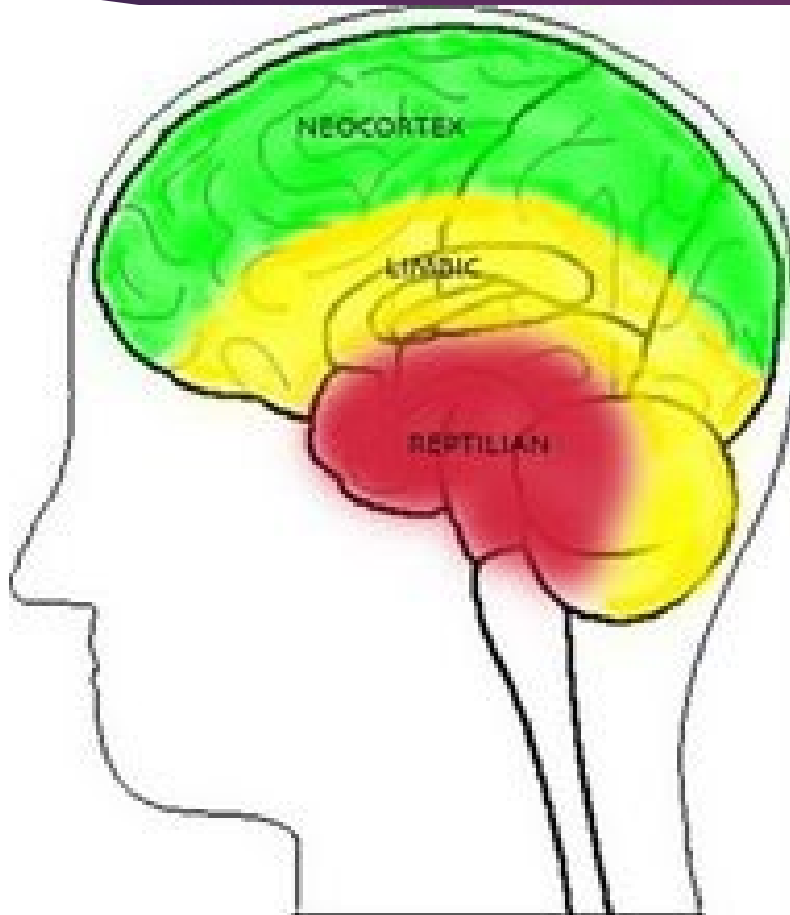
TRAUMATIC EXPOSURES

IN-UTERO DRUG EXPOSURE

IN-UTERO DRUG/ALCOHOL EXPOSURE

Psychological Trauma – past is present

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The Triune Brain

Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

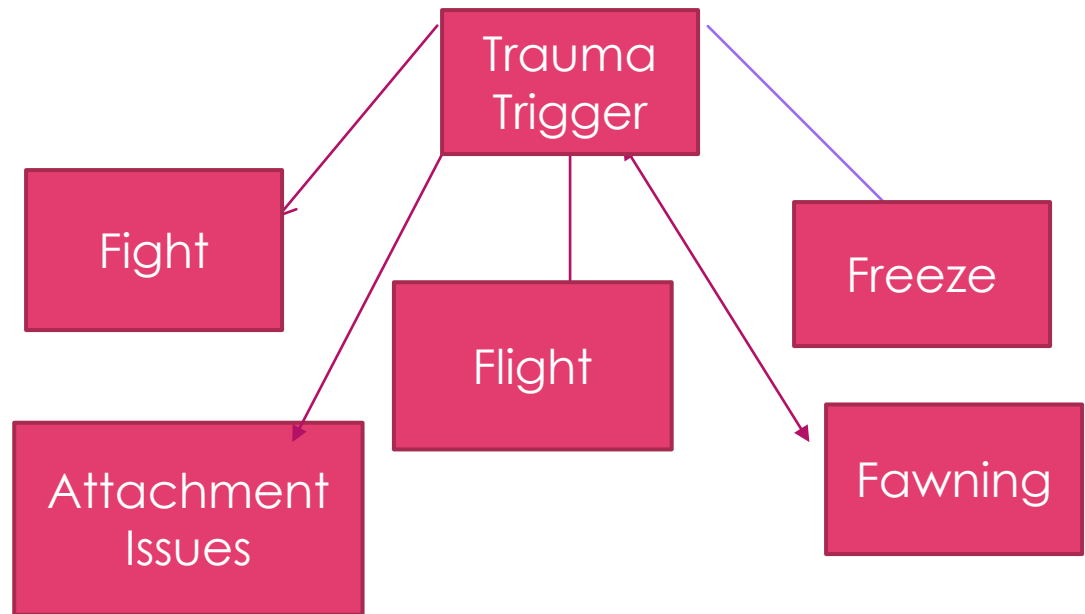
Brain Stem

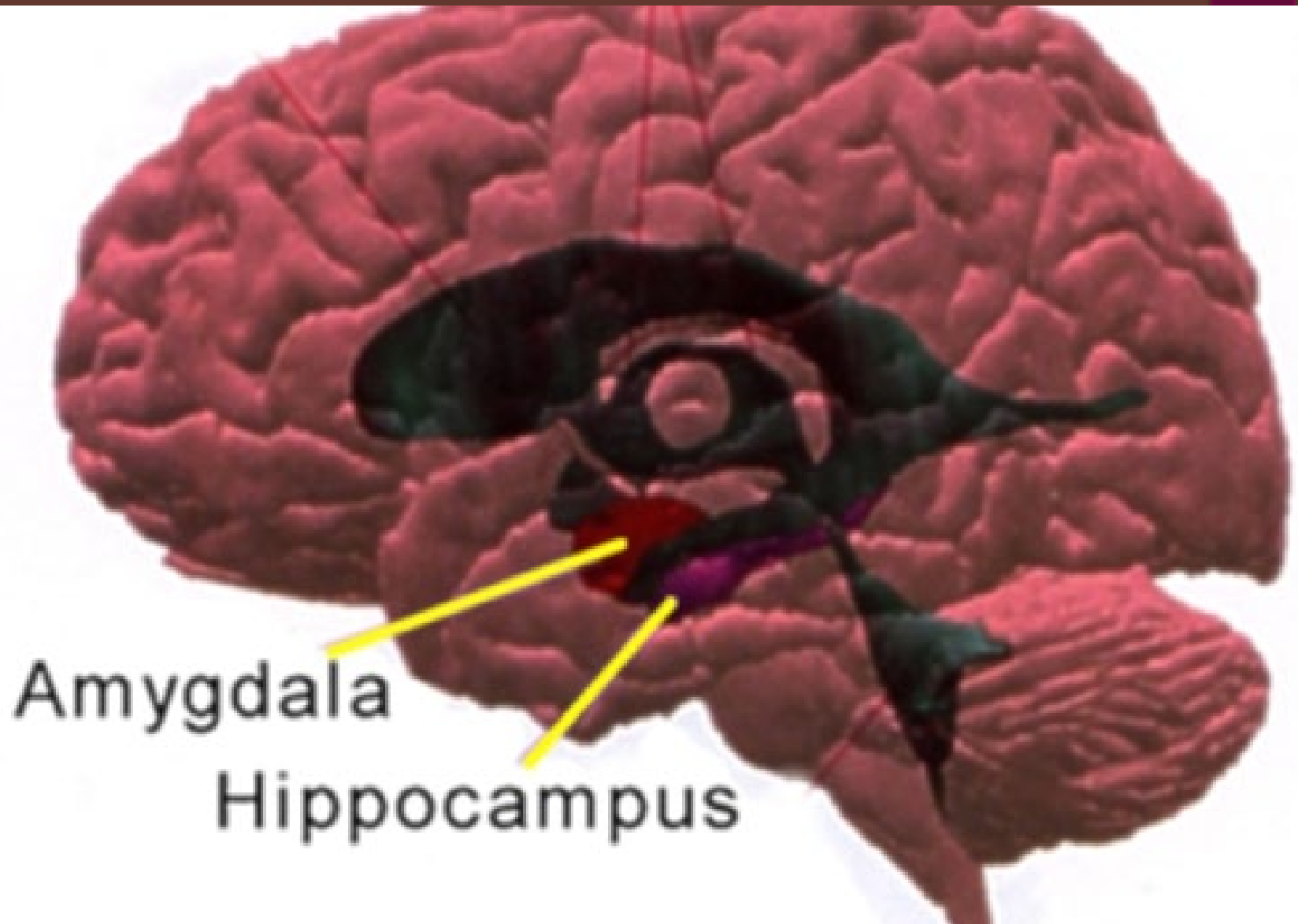
The primitive brain: Self preservation, aggression

Trauma Responses

- ▶ Trigger Response – Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:

▶ Thinking he or she is in Danger!





Amygdala

Hippocampus

Trauma Response vs. Behavioral Response

Trauma

- ▶ Triggered in an irrational manner
- ▶ Overreaction to small event
- ▶ Very emotion based
- ▶ Does not serve the person well
- ▶ Does not move them forward

Behavioral

- ▶ Has a purpose and intent
- ▶ Deliberate- acting on environment to get response
- ▶ Intent is important in identifying the response
- ▶ Goal is to get something they want, can move them forward
- ▶ You can typically identify the antecedent

Sometimes the “Behaviors”
we see are really
symptoms of
Post-traumatic Stress
Disorder

4 Areas of symptoms of PTSD

1. Re-experiencing (interfering with present to different degrees) –

- ▶ Intrusive Memories
- ▶ Nightmares
- ▶ Flashbacks- Person can disconnect from reality and be convinced he or she is being attacked, hurt or threatened due to a memory that becomes present

2. Avoidance –

- ▶ Blunted emotions/
- ▶ Shut down responses
- ▶ Person can become obsessive about details concerning self and safety
- ▶ Disconnection and withdrawal

Symptoms of PTSD Continued

3. Negative Alterations in Cognition and Mood

- ▶ Persistent negative-trauma related emotions
ie. fear, horror, anger, guilt and shame
- ▶ Constricted emotion – inability to express positive emotion
- ▶ Alienation and withdrawal from others
- ▶ SHAME

4. Arousal –

- ▶ Easy to startle
- ▶ Agitated – can lead to property destruction
- ▶ Periodically Combative
- ▶ Impulsive
- ▶ Also associated with reckless or self-destructive behavior

Listen

▶ <https://youtu.be/H7dca7U7GI8>

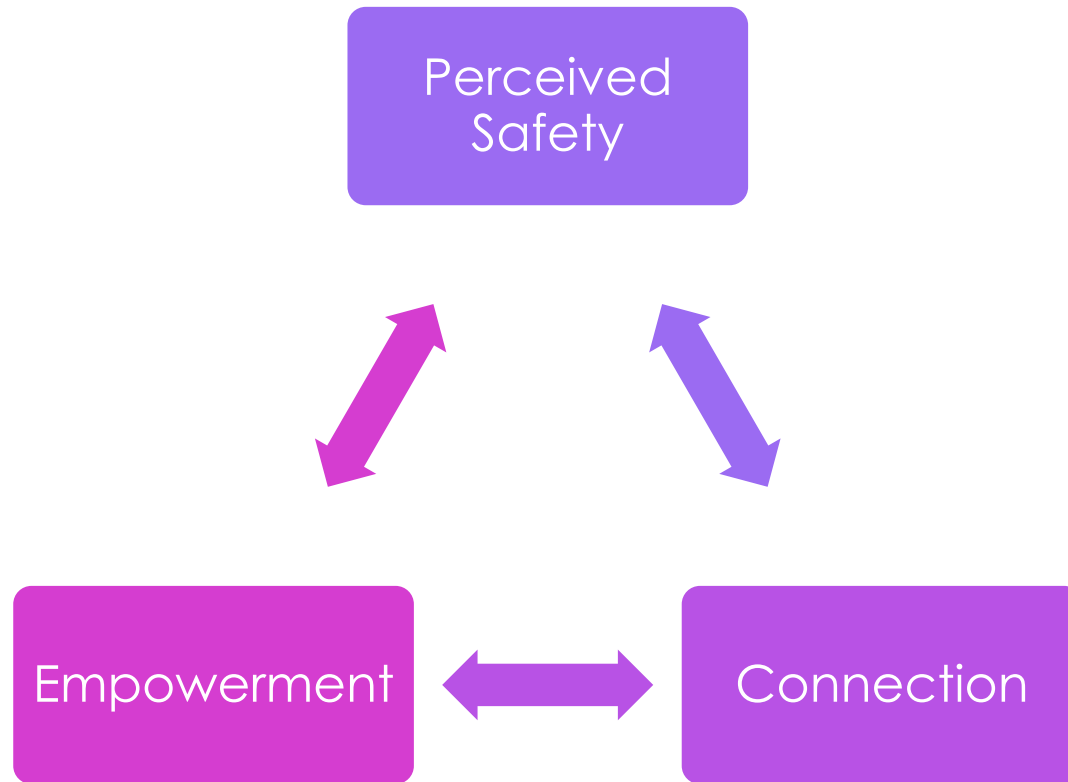


Secondary Trauma :
Staff can absorb pain or trauma of people they are supporting without realizing it-



Family Trauma

Ingredients Necessary for Post traumatic Recovery



Harvard's Men's Study

ROBERT
WALDINGER –
PRINCIPLE
INVESTIGATOR

Surgeon General Vivek Murthy

“Loneliness poses health risks as deadly as smoking 15 cigarettes a day....”

Millions of people in America are struggling in the shadows and that's not right. That's why I issued this advisory to pull back the curtain on a struggle that too many people are having.”

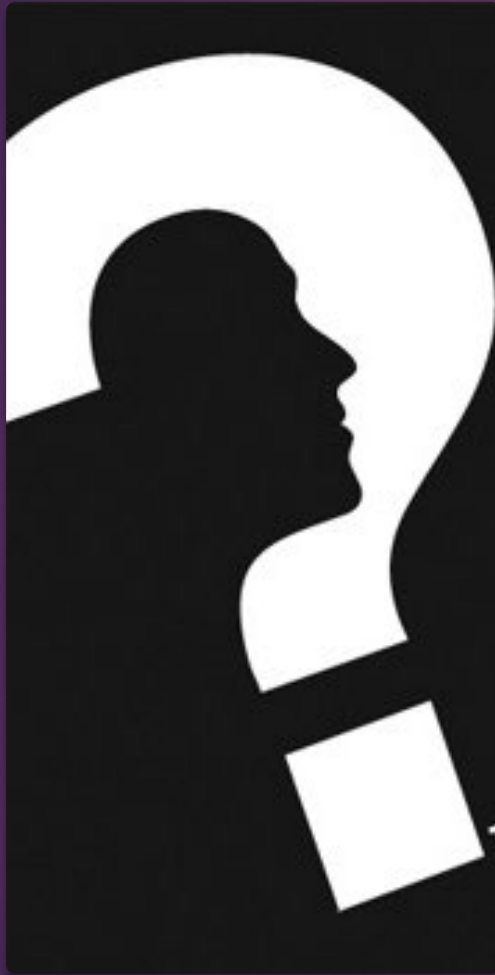
Murthy - Health Risks of Loneliness

- ▶ **Increased Risk of heart disease – 29%**
- ▶ **Increased Risk of Dementia – 50%**
- ▶ **Increased Risk of Stroke – 32%**

THE HEALING POWER OF RELATIONSHIPS

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Who
Am I ?

Positive Identity Development

▶ Negative Identity

- NOT the person who gets married
- NOT the person who drives
- NOT the person who plays on a high school sport team
- NOT the person who is popular or liked
- Not the cool one

▶ Positive Identity

- ▶ Who I am
- ▶ What I do well
- ▶ Who my friends are
- ▶ What my preferences are
- ▶ Where I make a difference
- ▶ What I am proud of



“Ultimately happiness rests on how you establish a solid sense of self or being.”

DAISAKU IKEDA



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Access to treatment- a human right



Importance of treatment Grief Work

**From
Recovery to
Happiness
Seligman –
“Flourish!”**

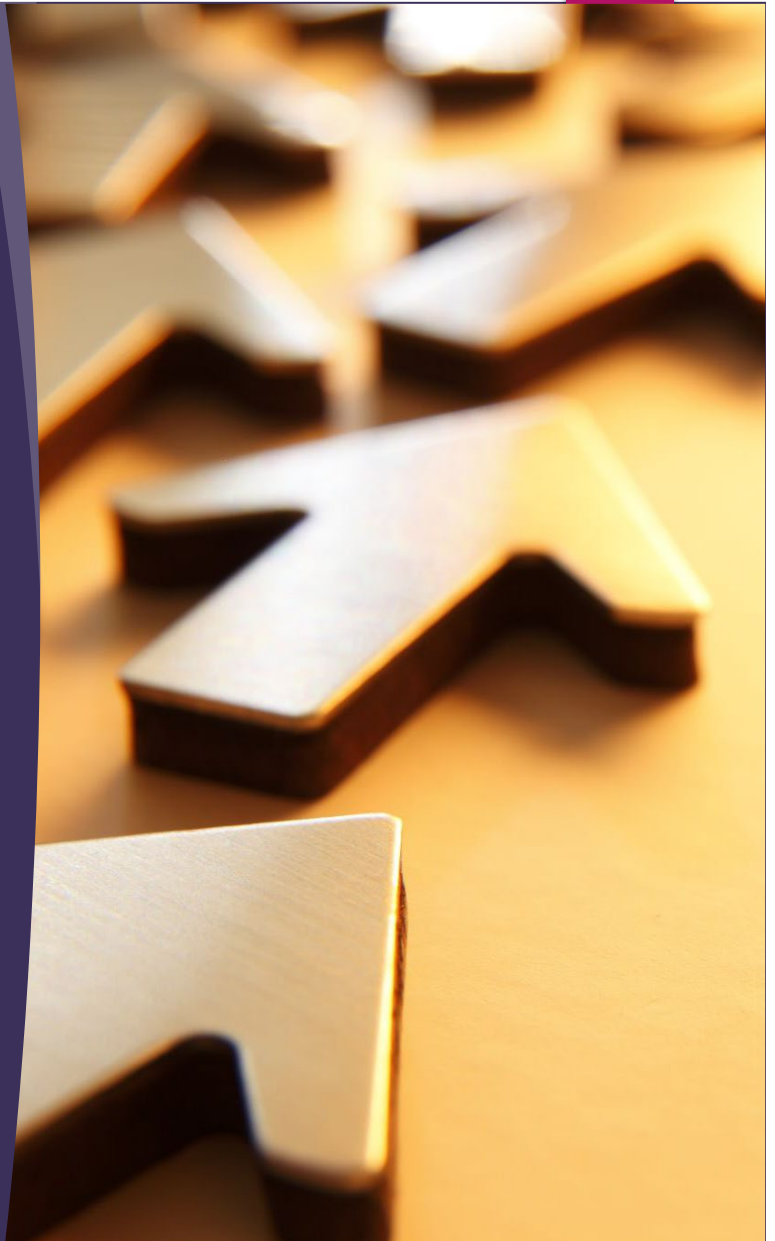
Five levels of Happiness:

- 1. Pleasure**
- 2. Engagement**
- 3. Positive Relationships**
- 4. Achievement**
- 5. Meaning**

***Happiness Assessment**

Positive Practices: Tools

- ▶ **Safety, Connection and Empowerment**
- ▶ **Build Positive Identity**
- ▶ **Give Positive Regard**
- ▶ **Foster and Coach Relationships**
- ▶ **Happiness Assessment**
- ▶ **Daily Happiness worksheet**
- ▶ **Always having something to look forward to!**





“There is always light- if only we are brave enough to see it. If only we are brave enough to be it. “



HOPE
CHANGES
EVERYTHING.





**Healing Happens!
Treatment Works!**

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Resources

- ▶ Karyn Harvey's website: <https://karynharvey.org/>
- ▶ Happiness Assessment:
https://karynharvey.org/uploads/1/2/2/1/122160508/happiness_assessment.revised_2.pdf
- ▶ Hello, It's Me dating website/app: <https://hello-itsme.com/>