

sweet honey in the rock



sacred ground

# Understanding Trauma and Resilience 101

A Wisdom Sharing Workshop Developed by The Courage to Love in Action Collaborative



# Workshop Goals

**Participants will leave the program with increased awareness and ability to:**

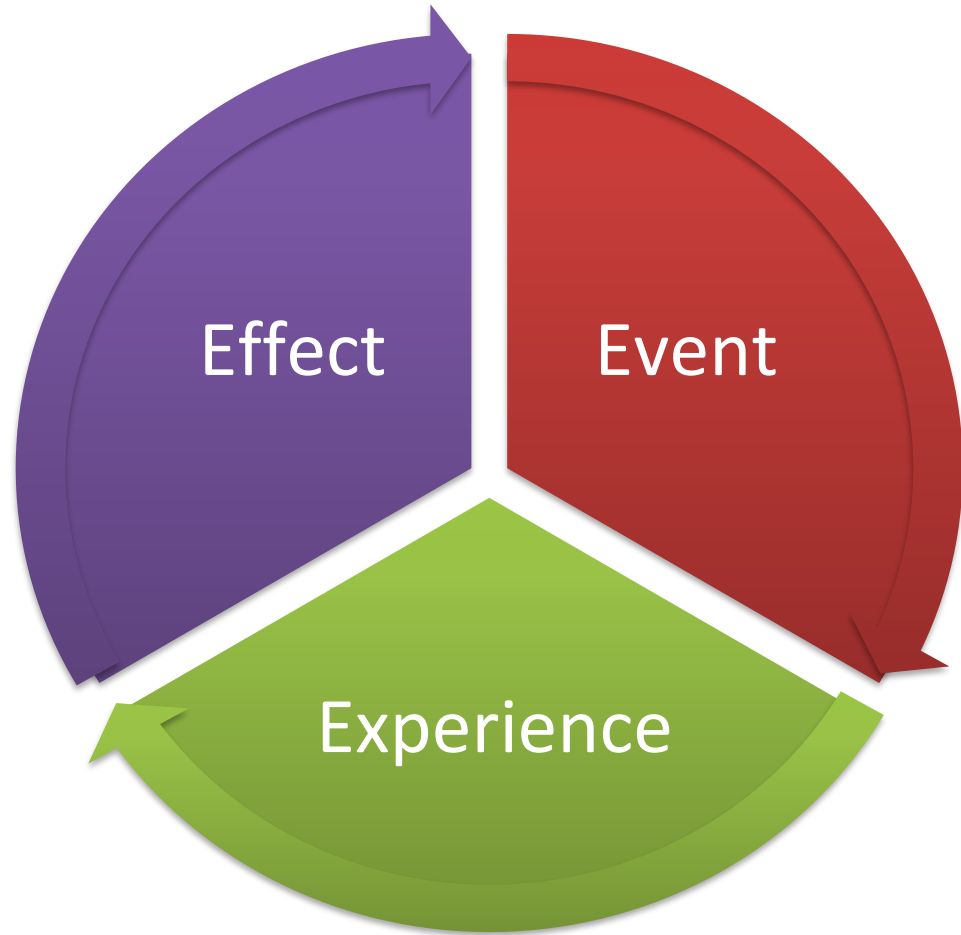
- Discuss the crucial role healthy relationships (personal, interpersonal, systemic and structural) play in organizational well-being. (Hospitality)
- Define trauma and toxic stress
- Understand the impact of trauma and toxic stress on our behavior, our bodies, families, and communities
- Apply practices that support the power of positive social connection to protect and heal trauma and toxic stress
- Apply practical skills for practicing trauma-informed care

“The nature of living and loving is the act of reciprocity....What if it is the guest who gives to the host and it is the host who receives from the guest each time she sets her table to welcome and feed those she loves? To be the guest and the host simultaneously is to imagine a mutual exchange of gifts predicated on respect and joy.”

– Terry Tempest Williams, *When Women Were Birds*

# **Defining Trauma and Toxic Stress**

# What is Trauma/Toxic Stress? (The 3 Es)



Trauma results from an **event**, series of events, or set of circumstances.

Trauma is **experienced** by an individual as physically or emotionally harmful or life threatening for themselves or others

and Trauma has the

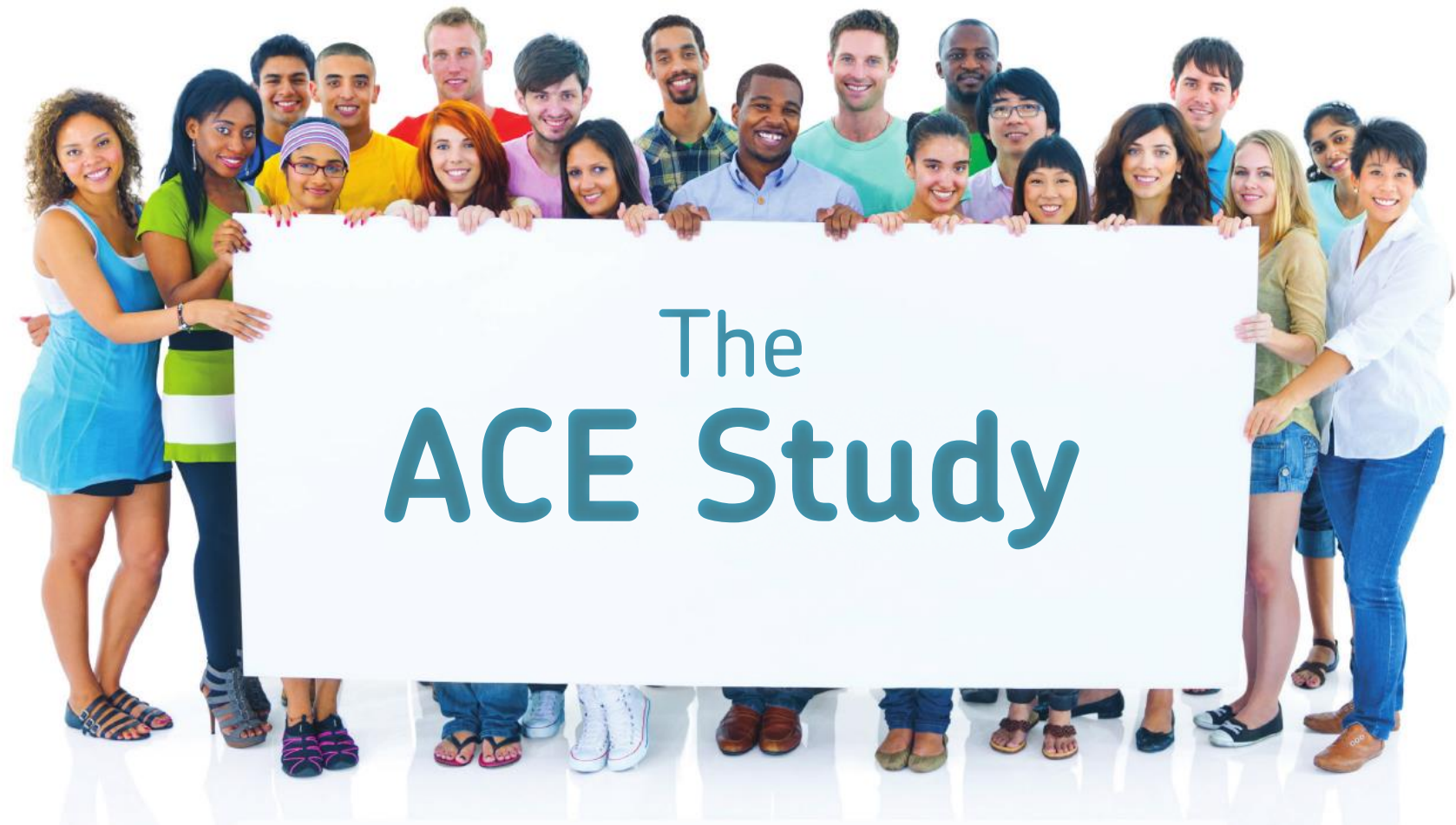
**effect of overwhelming our coping mechanism** and affects the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being.

Modified SAMHSA's Concept of trauma- The Three "E's" of Trauma



# **Categories of Trauma Exercise**





The  
**ACE Study**

# Adverse Childhood Experiences (ACE) Study

- **1997—Kaiser Permanente and CDC**  
Robert Anda and Vincent Felitti
- **17,337 participants**
- **Solidly middle class, insured**
- **Average age = 57**
- **10 Questions about Adverse Childhood Experiences (ACEs)**



# ACE Scale: Improved by Adding Additional Adversities

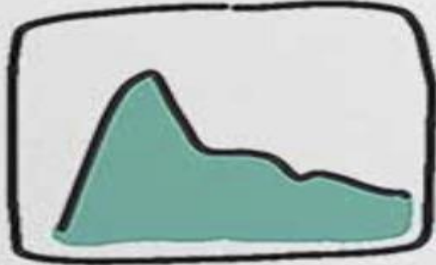


Putting Children on a Healthy Path | Children's  
Hospital of Philadelphia

by Wade

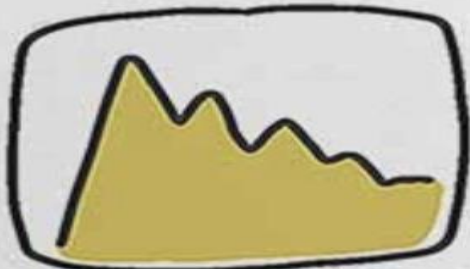
- Property Victimization
- Peer Victimization
- Community Violence
- Socioeconomic Status
- Someone close with a serious illness
- Below average grades
- Parents always arguing
- Lack of good friends
- Historical trauma (racism, etc.)

# TYPES OF STRESS:



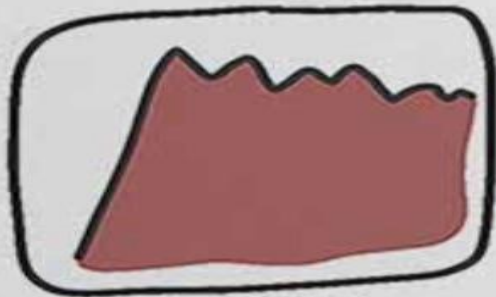
POSITIVE

NORMAL STRESS  
& ANXIETY  
MAY BE INTENSE  
BUT RESOLVES  
QUICKLY.



TOLERABLE

LONGER LASTING  
STRESS (GRIEF,  
JOB LOSS, ETC) CAN  
BE MITIGATED  
THROUGH HEALTHY  
RELATIONSHIPS.



TOXIC

INTENSE  
PROLONGED  
ADVERSITY WITHOUT  
SUPPORT.

@LINDSAYBRAMAN

- We all experience stress
- It can be good and/or bad

## Physical Indications of Fight or Flight Response



dilated pupils



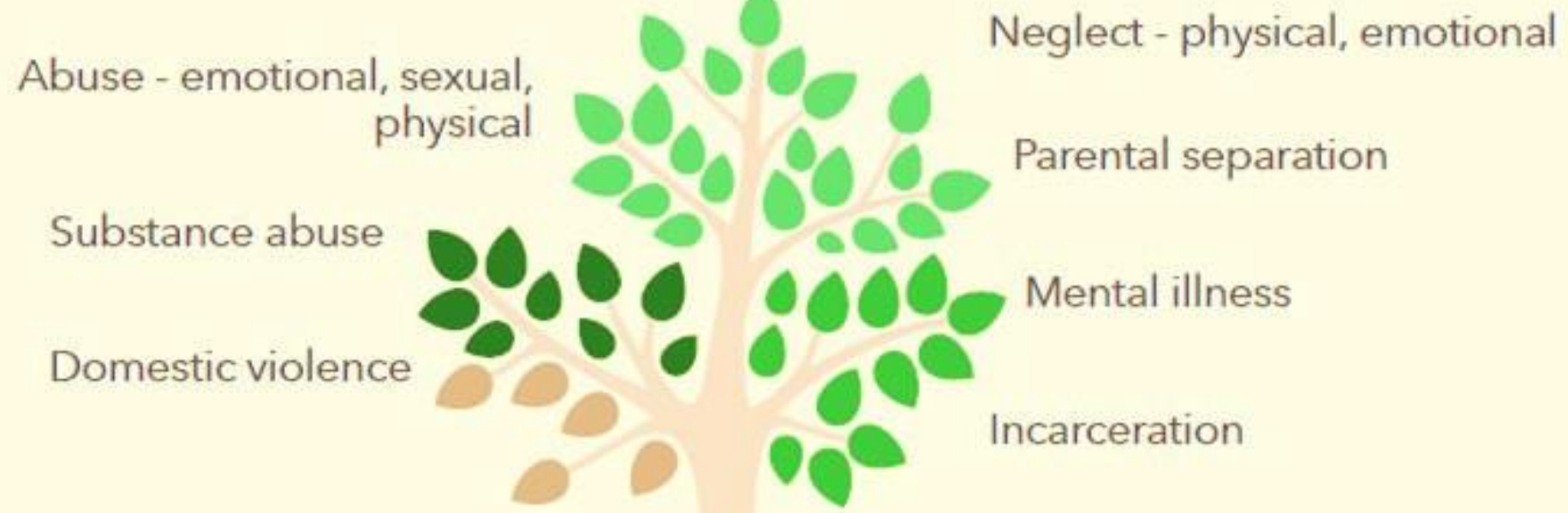
pale or flushed skin

trembling

rapid heart beat  
and breathing

# Adverse **childhood** experiences

(Leaves and branches)



# Adverse **community** environments

(Roots)



# Adverse **collective historical** experiences (Soil)

Adapted from Ellis W, Dietz W, BCR Framework, Academic Peds (2017).

There is hope beyond hurt.

Pain  
Nightmares  
Poor sleep  
Headaches  
Racing heart  
Depression  
Flashbacks  
Intrusive thoughts  
Stress  
Diabetes  
Chest pains

Sadness  
Fear  
Anxiety  
Anger  
Substance use

Health  
Wellness  
Recovery  
Healing

Compassion  
Self-esteem  
Growth  
Fulfillment  
Hope  
Peace  
Resilience  
Empowerment

Trauma and toxic stress involve feeling overwhelmed by difficult life experiences that can lead to physical, emotional and substance use problems.

Family history  
Homelessness  
Rape  
Discrimination  
Racism  
Disasters  
Fleeing home country  
Neglect

Abuse  
Poverty  
Violence  
Serious accidents and illness

Loss  
Terrorism  
War

Support groups  
Primary care  
Healthy lifestyle  
Therapy  
Social connections  
Knowledge

We can help. Healing is possible.



**What do we know about  
how trauma (and love)  
impact our bodies and  
our behaviors?**





The child may not remember, but the body does!

## Behavioral Health Concerns Associated with ACEs



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## Physical & Mental Health Concerns Associated with ACEs



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



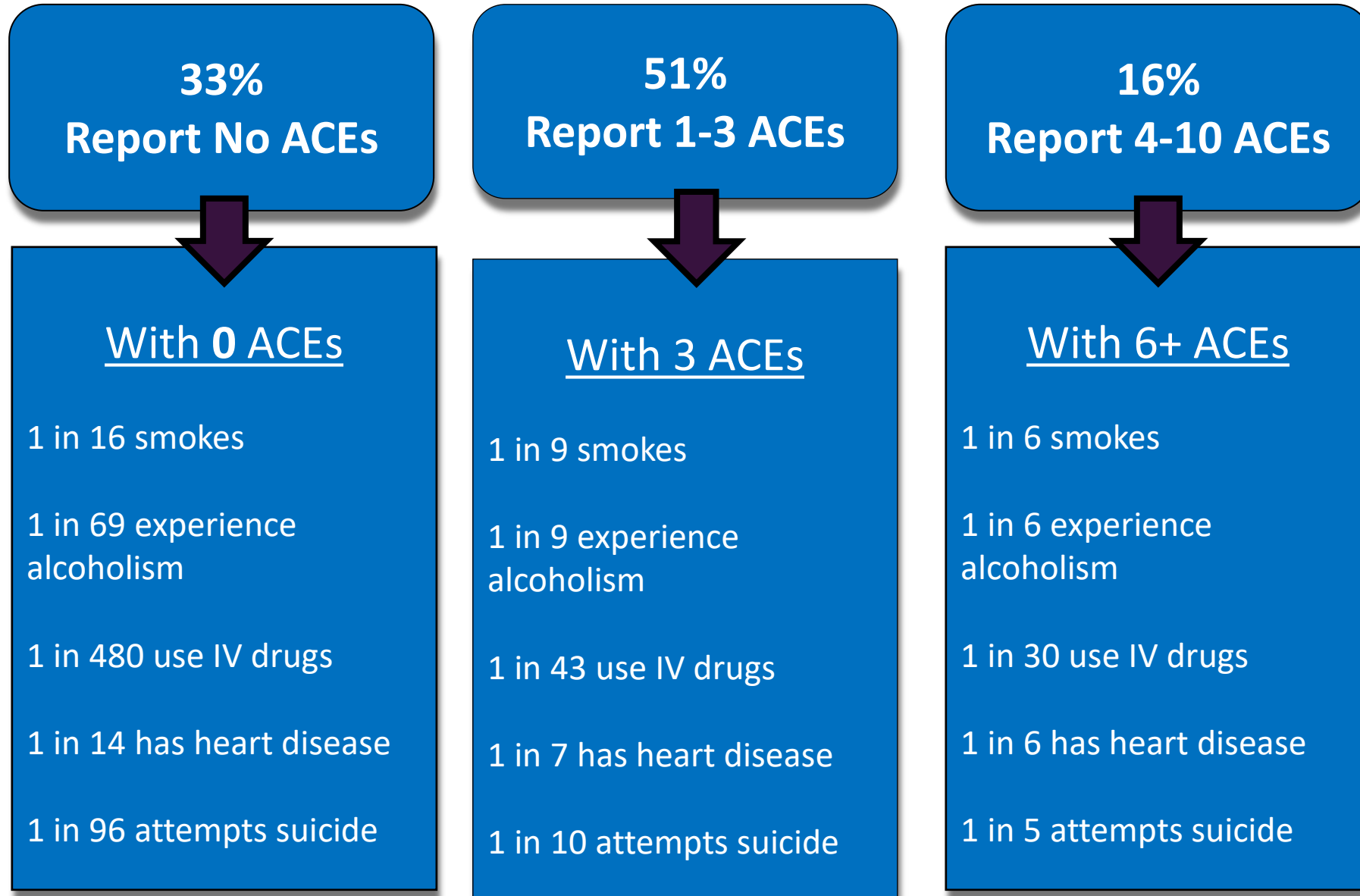
Broken bones

# WHAT IMPACT DO ACEs HAVE?

*As the number of ACEs increases, so does the risk for negative health outcomes*



# Out of 100 people...



On average, people with 6 or more ACEs are at risk of dying 20 years earlier than their peers who have not experienced these adversities.

**Trauma has a significant impact in many parts of our lives.**



**Mind**



**Body**



**Relationships**



**Spirit**



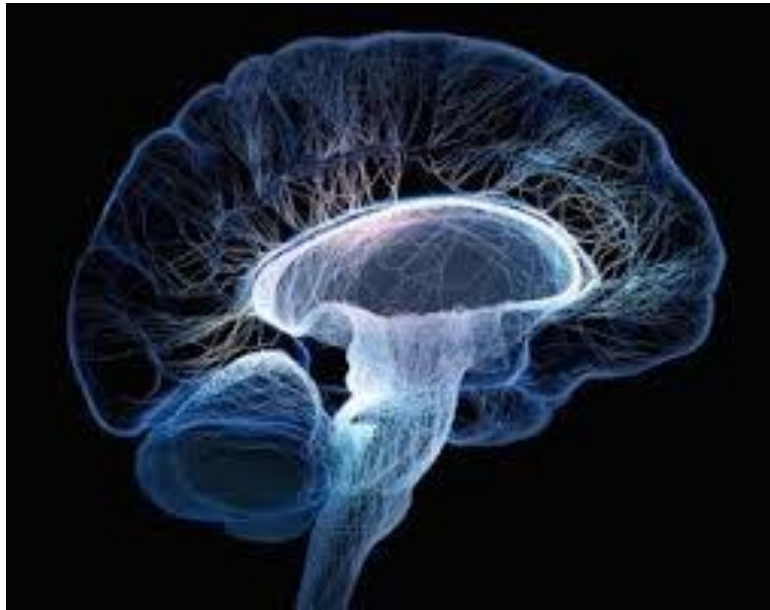
**Family**



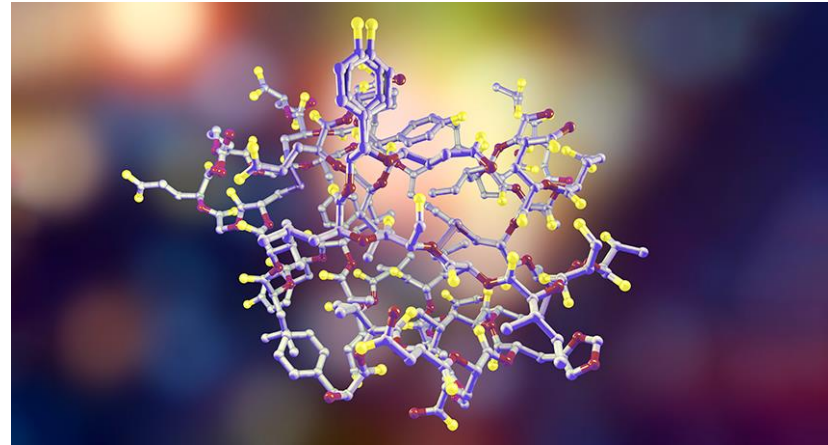
**Community**

# How does it work?

**Brain**



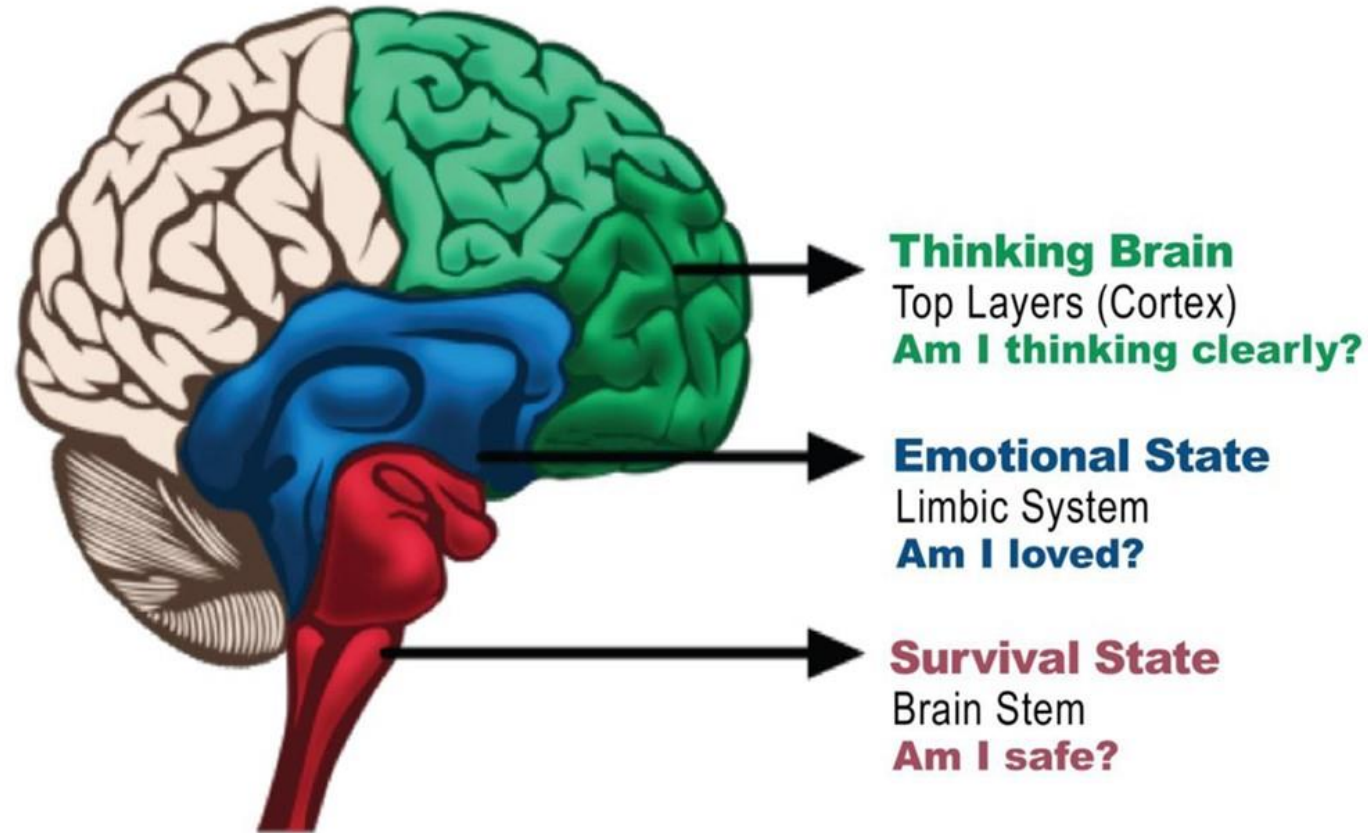
**Hormones**



**Genes**



# Neurobiology—*How Our Brains are Set Up*





# The Hand Model of the Brain

We can use our hand to show what happens to our brain. Our fingers are our upstairs brain and our thumb and our palm is our downstairs brain.



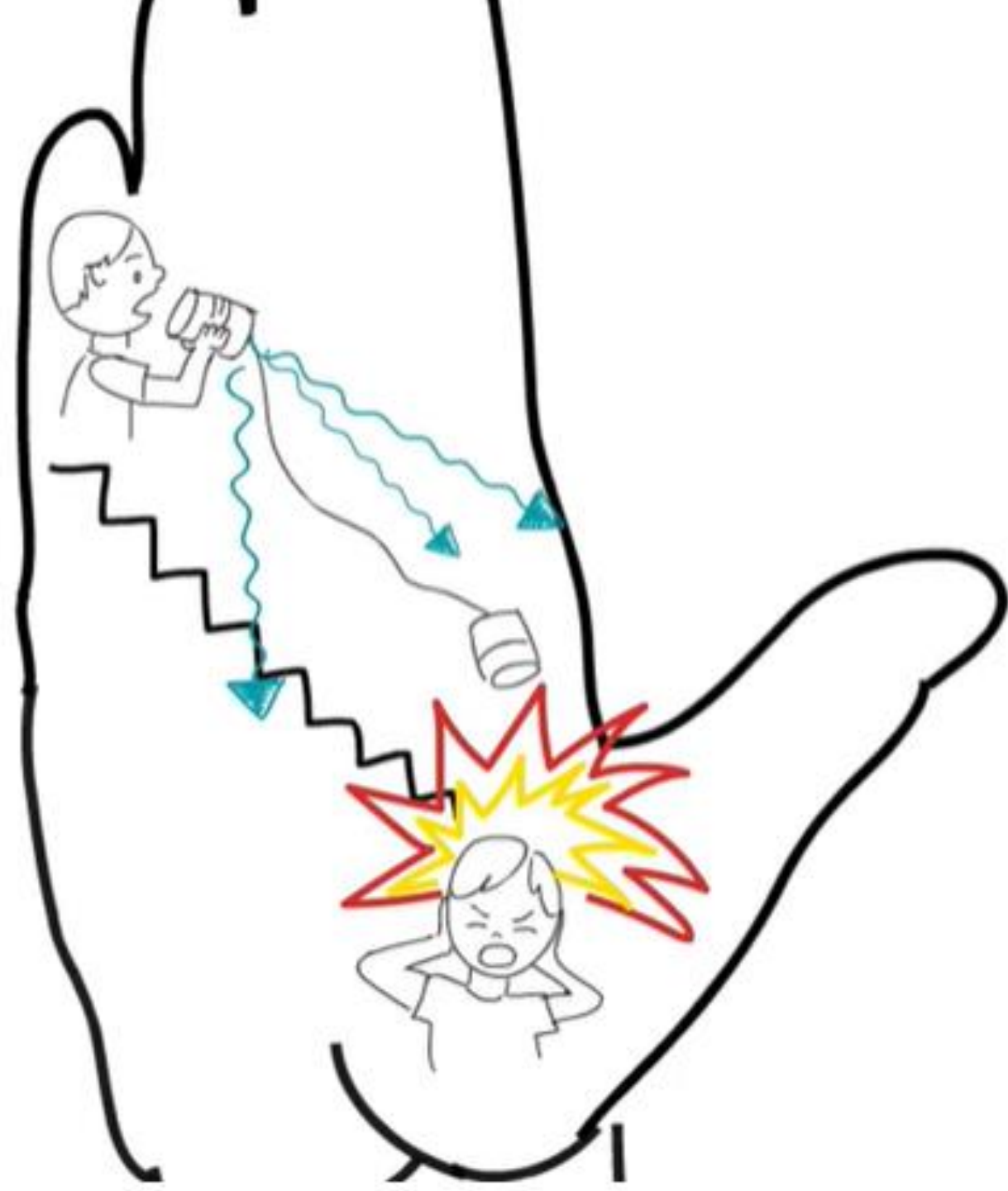
Our brain works best when the upstairs (thinking) and downstairs (emotion) brain work together by sending messages to each other.



When we experience big emotions, our upstairs thinking brain flips up and our downstairs brain is in charge! This means that it is hard for our upstairs brain to help our downstairs brain to stay calm.



When we flip our lid, we need to get our upstairs and downstairs brain talking to each other again so that our upstairs brain can calm our downstairs brain down. We need our upstairs brain to hug our downstairs brain!









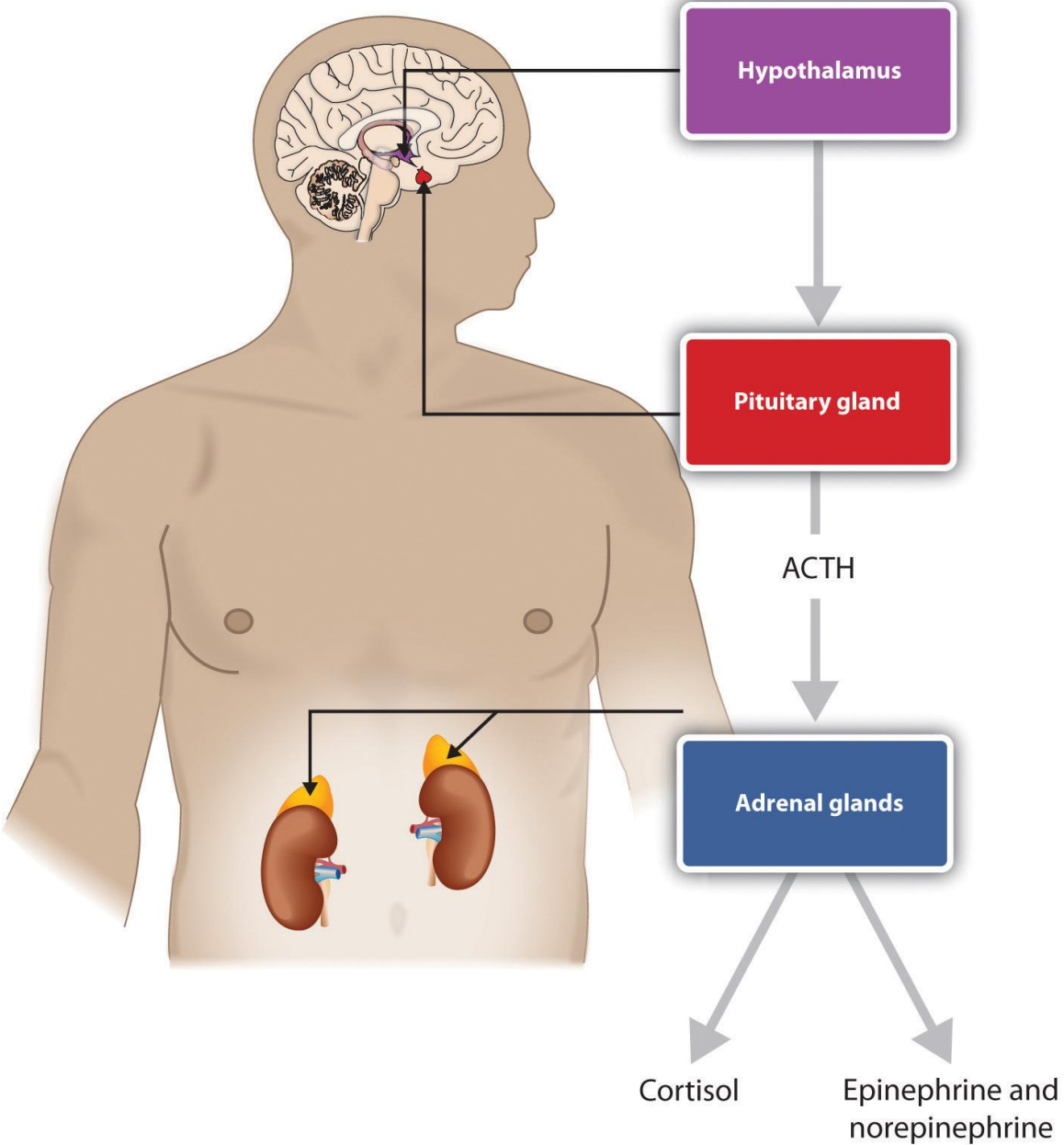
# Pair and Share

1. Think about what makes you flip your lid.
2. Share a couple of examples of things that make you flip your lid.
3. Can you tell when you are ready to flip your lid? What do you feel? How do you know?



# **The Impact of Stress on Our Hormones and Physiology**

The “HPA” system regulates our hormones. It’s how our bodies process our experiences.





# Symptoms of HPA Axis Dysregulation (adrenal issues)

drbrighten.com

MEMORY  
ISSUES

ANXIETY

LOW  
LIBIDO

WEIGHT  
GAIN

LIGHT  
SENSITIVITY

SLEEP  
PROBLEMS

CRAVINGS



# Intergenerational Impacts

Experiences that we have can turn our genes on or off, affecting how our bodies function.

We pass those modified genes on to our children.

The study of this phenomena is called ***epigenetics***.



# ACEs and the Next Generation

## THE THEORY

What our parents and grandparents ate, how much exercise they did, and what chemicals they were exposed to, are all factors that could affect how our bodies look and work.



**? Did you know**

Your **grandmother**  
carried **parts of you**  
inside her **womb?**

**3 Generations**

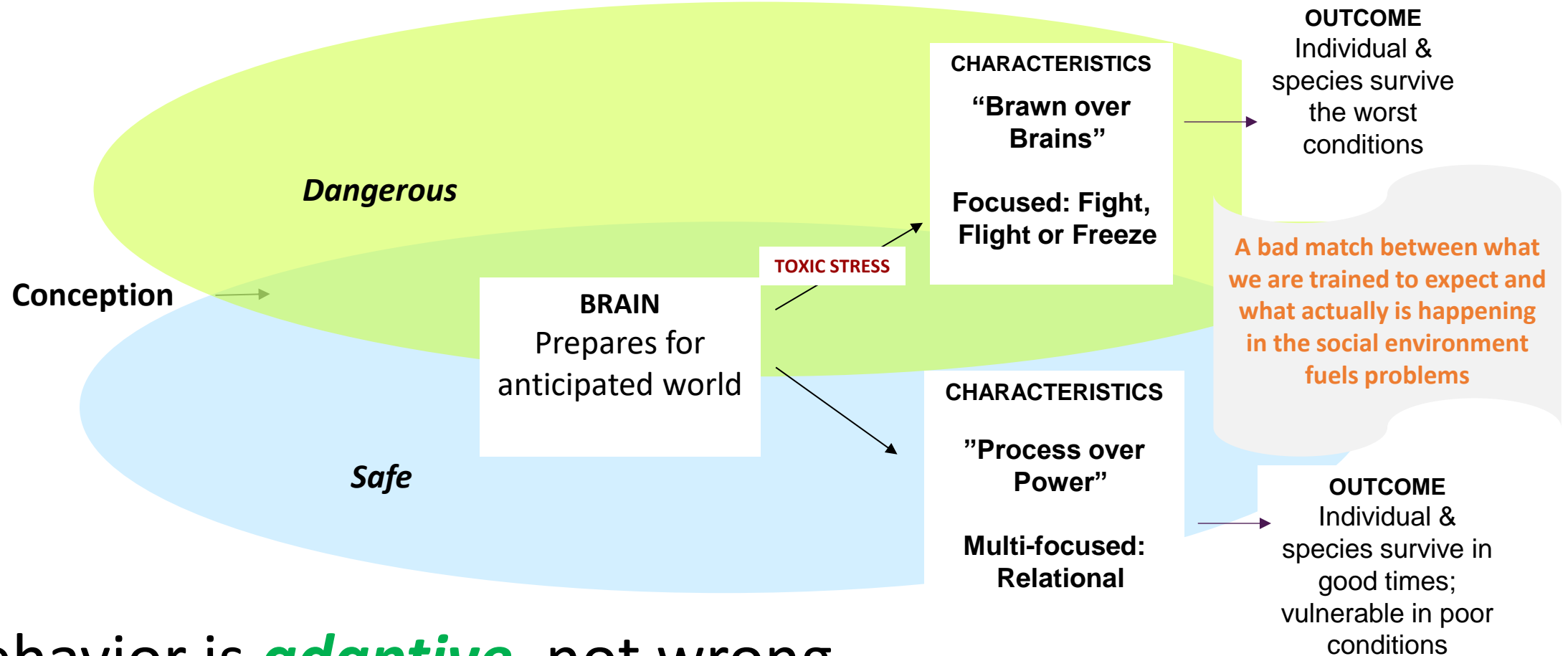
**GRANDMA** \_\_\_\_\_

**MOM** \_\_\_\_\_

**YOU** \_\_\_\_\_



# Our Experiences Impact Our Behaviors



Behavior is *adaptive*, not wrong



**Good News!**  
**Trauma never has**  
**the last word!**

# **The Impact of Love**

## Promoting Resilience



# Defining Key Terms

- Hospitality
- Resilience
- Healing-Centered



# Hospitality

Hospitality consists of little acts that make space for the growth and nurture of healthy relationships and alleviate the effects of trauma and toxic stress. At its best, hospitality is reciprocal rather than hierarchical. It is circular in its give and take.

*At the service organization level hospitality can result in policies, practices, systems and structures that promote positive staff attitudes, staff retention/loyalty, improvement in staff performance, customer loyalty.....*

# Resilience

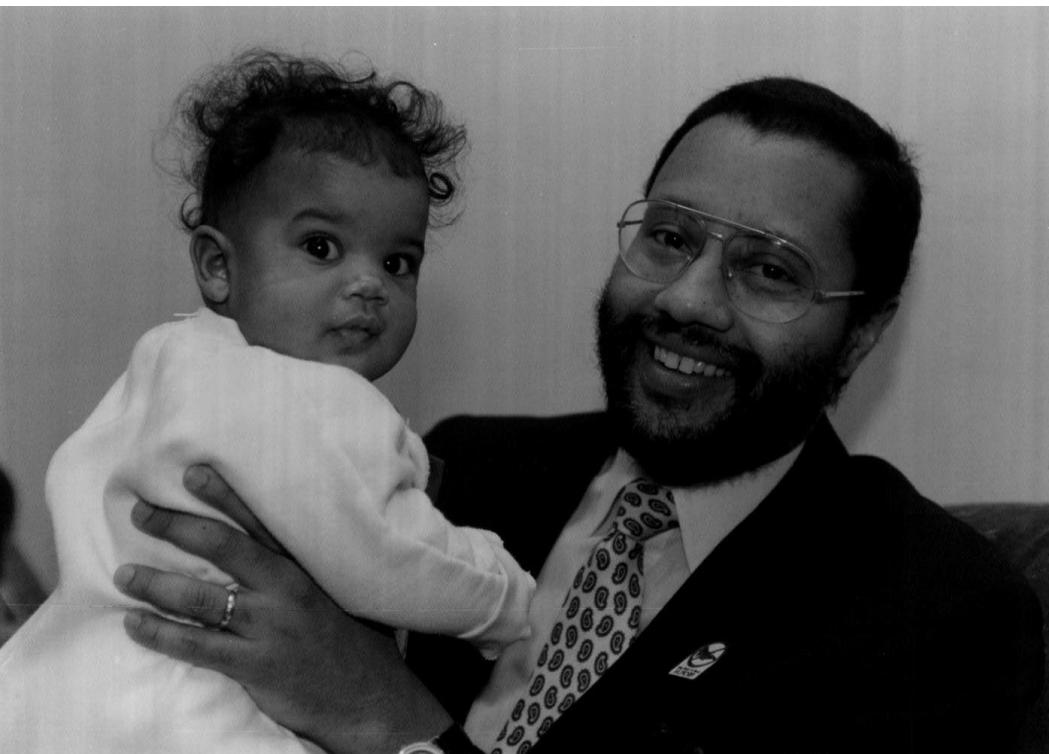
Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, spiritual and behavioral flexibility and adjustment to external and internal demands.

(Adaptation of the American Psychology Association's Definition)

# Healing-Centered Approach

*“Healing-Centered” approach* is holistic involving culture, spirituality, civic action and collective healing. It views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively.”  
(Shawn Ginwright)

The focus is on wellness and transforming the policies, systems and structure that cause harm.



**RISK FACTORS ARE NOT  
PREDICTIVE FACTORS  
BECAUSE OF PROTECTIVE  
FACTORS**

**Dr. Carl Bell**

# Healing Factors

- **Protective Factors** - processes and relationships that prevent trauma and lessen the effects of trauma.  
(Examples: Existence of a sense of safety provided by healthy family relationships, organizational programming, practices and policies which recognize individual contribution)
- **Resilience Factors** – processes and relationships that address trauma when it occurs by promoting resilience.  
(Examples: The infusion of practices such as mindfulness, asset identification, affirmations, resources for employee assistance)



## Healing Happens in Relationships

“Social support is the most powerful protection against becoming overwhelmed by stress and trauma. The critical issue is reciprocity: being truly heard and seen by the people around us, feeling that we are held in someone else’s mind and heart.”

Van der Kolk, 2014, *The Body Keeps the Score*

What Can You Do Today?

Rather than...  
***What's wrong with you?***

What happened to you?

What have you been through?

What's right with you?

What is right with your community?

How is this behavior helping you?

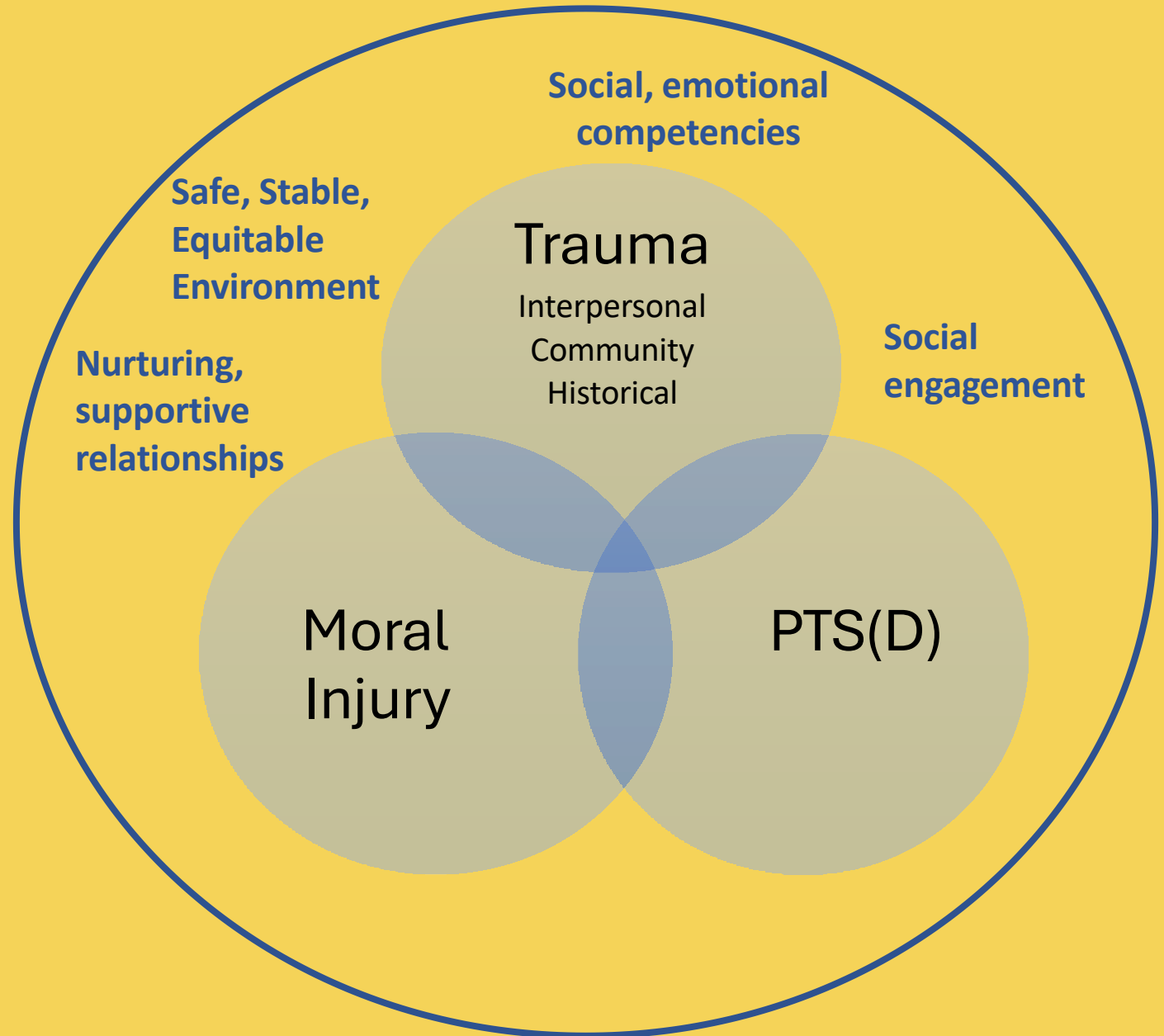
Who are you?



# The Science of Thriving H.O.P.E.

Healthy Outcomes from  
Positive Experiences

Facilitating *healthy relationships*  
is the common denominator  
**Being Seen and Valued**



# Trauma Responsive Communities

## 6 R's

Realize

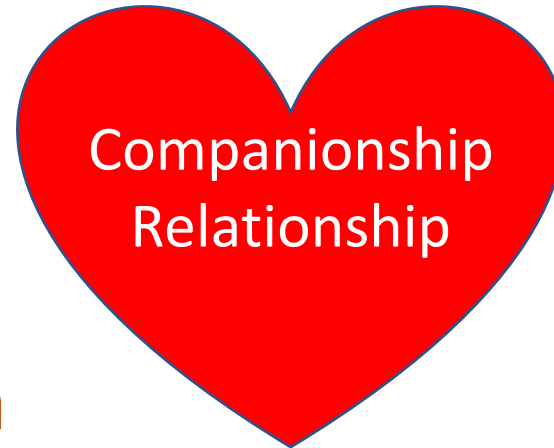
Recognize

Respond

Resist Re-  
Traumatization

Repair

Resilience



## Trauma Informed Principles

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment
- Cultural, Historical, & Issues

(SAMHSA and CDC. With adaptation by Chicagoland Trauma Informed Congregations Network)

# A Framework for a Trauma Conscious and Healing Engaged Culture--The 6 Rs

**Realize.** People at all levels of congregation have a basic realization about trauma and understand how trauma can affect individuals, families, groups, organizations, and communities.

**Recognize.** People in the organization recognize the signs of trauma and the practices of resilience and HOPE.

**Respond.** Actively practice what we know brings healing and resilience in all areas of the congregation.

**Resist Re-Traumatization.** Be gentle with each other, apply relational healing modes, especially in situations of conflict or disruption.

\*\*\*\*\*

**Repair.** Acknowledge ways in which our faith communities have been sources of trauma through abuse, judgement, rejection and abasement and actively work to repair relationships.

**Resilience.** Trust the power and wisdom of our scriptures and spiritual practices to cultivate resilience and well-being across all ages.

# Relational Healing Model

- **Survivor as an expert on themselves**
  - Focus on collaboration and decreased dependence on an all-powerful expert
- **Symptoms as adaptations rather than pathologies**
  - How does this behavior help this person?
- **Boost Self-Capacities**
  - Feeling worthy of Life
  - Managing feelings
  - Carrying sense of positive connection with another
- **The relationship itself is the healing intervention**
- **The “person” of the helper matters**
  - Do your own work. Build self-awareness.
  - Attend to vicarious trauma

**Positive experiences of social connectedness nurture our self-capacities**



### **Self-Capacities**

- Feeling worthy of life
- Managing and modulating feelings
- Carrying sense of positive connection with another, even in their absence

**When we**  **Self-Capacities,** **we**  **Crisis**

# GESTURES THAT CAN HEAL

As a supportive, caring adult in a child's life, you could be an important factor in helping them overcome the effects of childhood trauma. With these five gestures, you can make a difference in their everyday lives.

**CELEBRATE**  
Use "put-ups," not "put-downs."  
READ MORE [+]

**COMFORT**  
Stay calm and patient.  
READ MORE [+]

**COLLABORATE**  
Ask for their opinions.  
READ MORE [+]

**LISTEN**  
Show an interest in their passions.  
READ MORE [+]

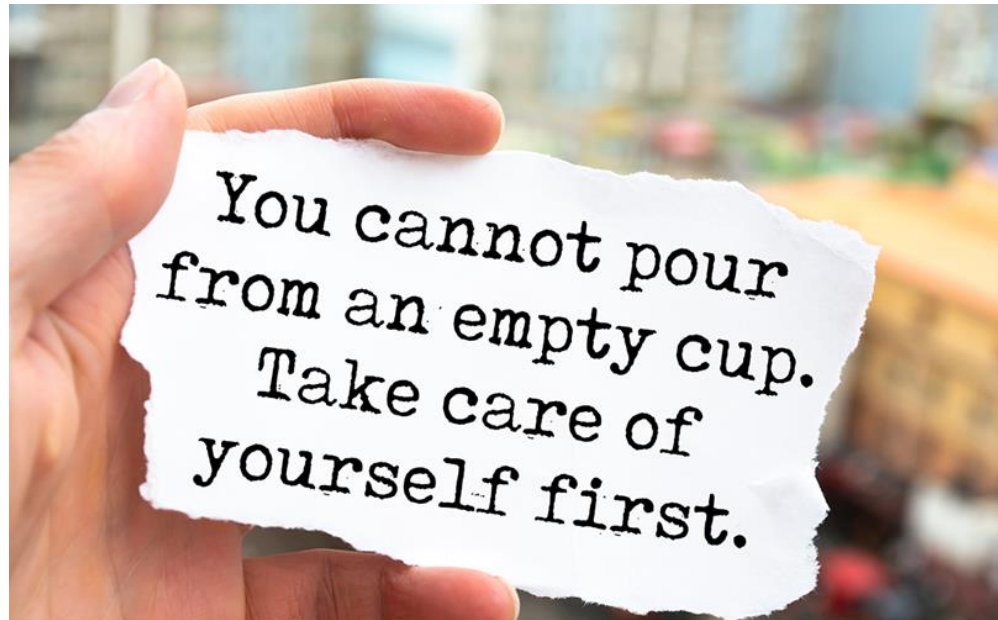
**INSPIRE**  
Expose them to new ideas.  
READ MORE [+]



5 Healing Gestures:  
<https://changingmindsnow.org/gestures>

# Self Care

**A necessary essential for your effectiveness and sustainability**

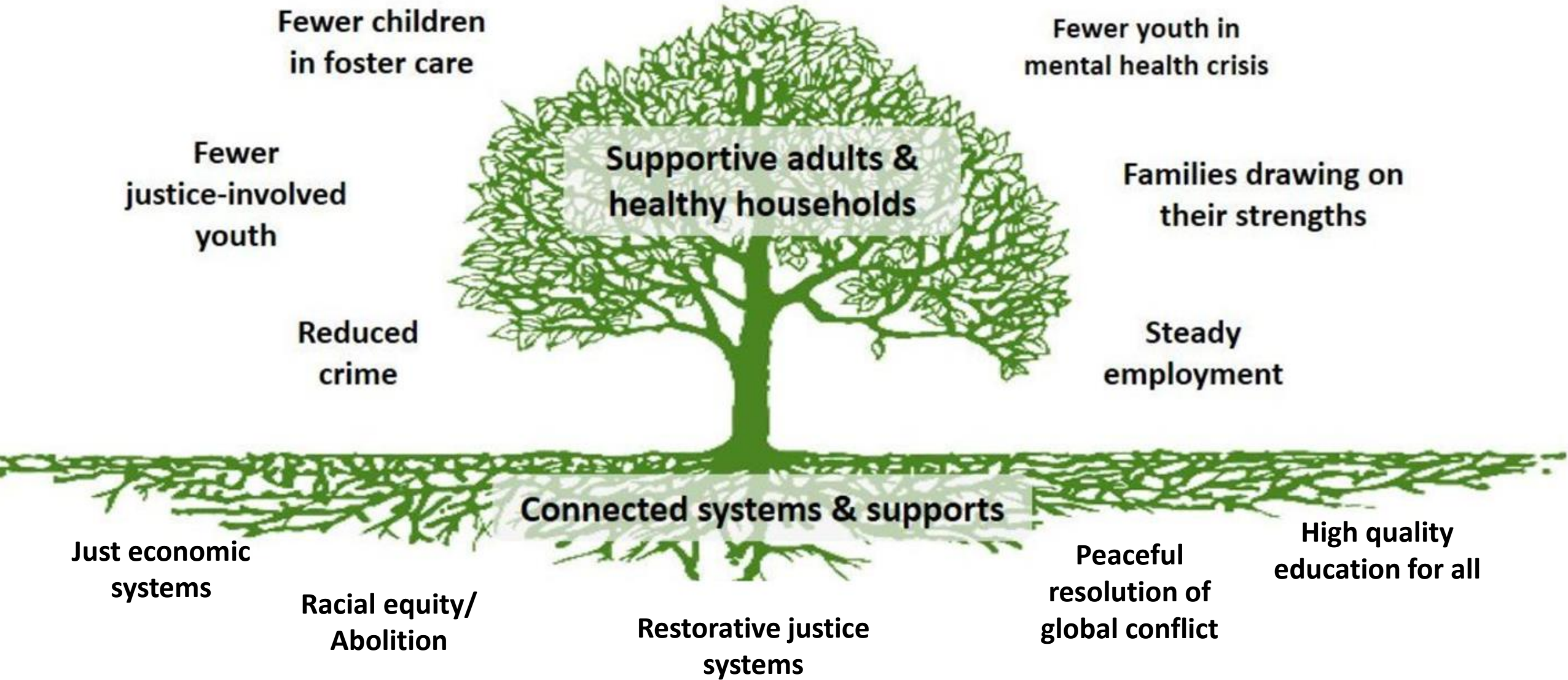




*Designed by*  
**VisualPosting.com**



# Resilience Tree adapted from Building Community Resilience



**Thank You!**