

TYPES OF TRAUMA

1. **Sexual:**
 - penetration, fondling
 - sexualized talk about you or others
 - observing others: including parents, sibs being abused, videos, movies, magazines etc.
2. **Physical:**
 - being beaten, slapped, hit
 - to self or others (parents, sibs, animals)
3. **Mental/emotional:**
 - Being called names
 - put downs,
 - controlling (many rules or no rules)
 - being accused of things didn't do
4. **Neglect:**
 - not enough food
 - no supervision
 - locked in rooms or closets
 - hygiene not attended to
 - parents not interested in school
 - no protections
 - not validated - existence minimized
 - poverty
5. **Other types of trauma:**
 - being in an accident
 - witnessing an accident
 - death of parent or loved one
 - medical problems either self or someone you care about
 - legal system trauma
 - cultural

Fears that can be current for a person surviving

- Fear of repetition
- Fear of merger with other victims
- Shame and rage over vulnerability
- Rage at those exempted
- Rage at source
- Fear of loss of control of aggressive impulses
- Guilt or shame over surviving
- Sadness over losses
- Self-blame
- Humiliation, embarrassment

COPING

Post-traumatic stress is a normal and healthy reaction process

Post-traumatic stress disorder is a maladaptive and dysfunctional extension of post-traumatic stress and happens when there is no perceived place to disclose - not even with one's self.

The basics

- Minimizing
- Rationalizing - keep focus on the abuser and his/her problems
- Denying the abuse or it's effect
- Forgetting

Splitting

- Good/bad (good dad/bad dad , good parent/bad kid) black-white
- Dissociating (spacing out to multiple personality)

Gaining control

- Routines, neatness
- Chaos (things get too smooth, create chaos)
- Being hyper vigilant
- Humor
- Busyness - sometimes missed diagnosed as hyperactive in kids

Escape

- Escape through reading, TV, fantasies, music
- Running away
- Changing the subject
- Workaholic - keeps busy
- Getting sick - focus on something else
- Computer games

Addictions and Parasuicidal behaviors

Doing things in excess when experiencing internal tension, often related to triggers.

- Shopping
- Cutting
- Alcohol and drugs
- Gambling
- Shoplifting
- Sex
- Eating problems

Supportive responses to Trauma

Give the following messages in your own words

- I respect you
- I Believe you
- You got hurt
- I don't want to see you hurt again
- I'm sorry this has happened to you
- I'm glad you made it through and that you survived

Don't

- become angry with the client or the abuser
- tell your own story
- spend time trying to understand the abuser - a client asking why this happened is usually asking "What's wrong with me?"
- say or imply that anyone's sexual preference is the consequence of sexual abuse
- say or imply that the client should forgive the abuser
- say or imply that the client is responsible for the trauma
- minimize the abuse/trauma

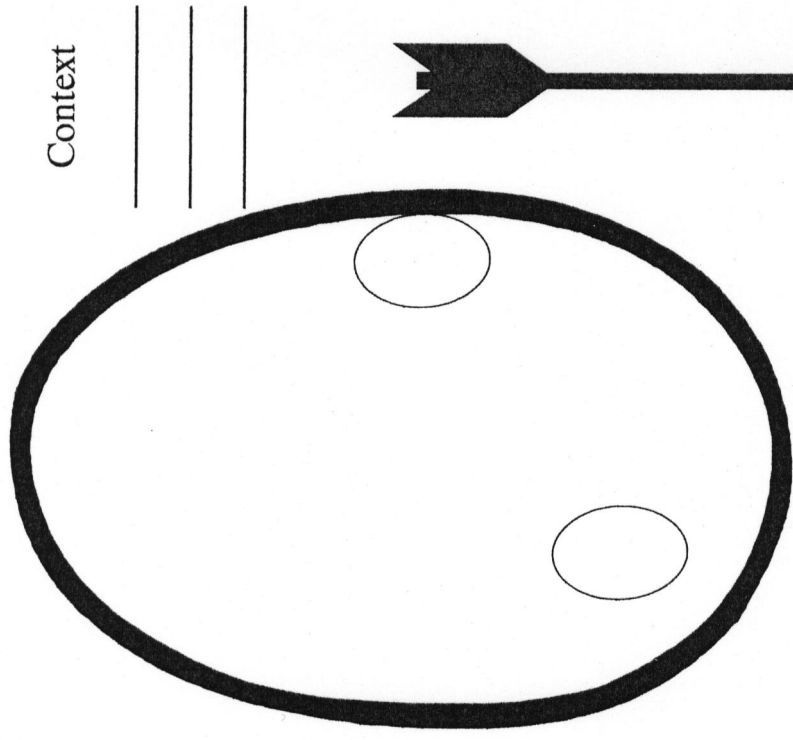
It's important to

- believe healing is possible
- be willing to witness great pain
- examine our own attitudes
- explore our history and fears regarding abuse
- believe the survivor
- support the survivor in seeking appropriate help
- validate the client's needs
- believe incest is a criminal act with a victim
- validate your client's coping reaction
- validate anger as a sane, healthy response to abuse, not something to be rushed through
- normalize their behavior - they're not crazy
- realize you are not responsible for the trauma
- you can not fix the problem
- you need to take care of yourself

Adapted from materials presented by James Leavitt MS, Eugene Oregon 1989

Trauma and the Brain

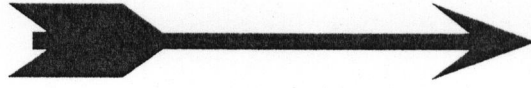
Triggers:



Context

Senses

Risky Behaviors/Tension Reducers



How Do You Feel Today?

