

Tending To The Parts



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Trauma Informed and Healing Centered Practices

Dr. Treya T. Allen

December 17, 2020

Land Acknowledgment

This presentation is taking place on the original homelands of the Tohono O'odham People who have stewarded this land since time immemorial.

The practice of acknowledging the land of this sovereign Nation brings to the forefront their enduring connection to this land regardless of historical and current colonization practices. We also acknowledge that this university and all its inhabitants benefit from this land.

Contributions of the African Diaspora

We recognize and acknowledge that the very foundation of the United States of America was built on the free and forced labor of Black people of the African diaspora and Black people indigenous to this land.

This foundation has generational and exponential effects that continue to negatively impact Black communities today and remain uncompensated. The historical and contemporary contributions of the Black diaspora continue to shape American culture and benefit all inhabitants of this land.



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Learning Outcomes

- Understand the difference between stress and trauma
- Defining Trauma-Informed/ Healing Centered Care
- Exploring the components of trauma informed and healing centered practices
- Apply healing centered practices in your role/work



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Access and Interactive Activities

For the accessibility of all participants in this webinar.

- A presentation workbook is available and linked in the chat.
- Screen and camera shots are welcomed.
- We will use the chat function for interactive activities.
- All questions should be submitted to the Q & A function and can be submitted at anytime.



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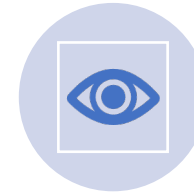
Learning Community Guidelines



Own intent and impact.



Respect confidentiality.



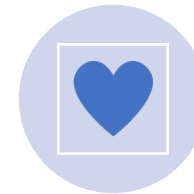
Examine and sit with your reactions.



Be present and remain engaged.



Take care of yourself.



Name your truth and honor the experiences of others.

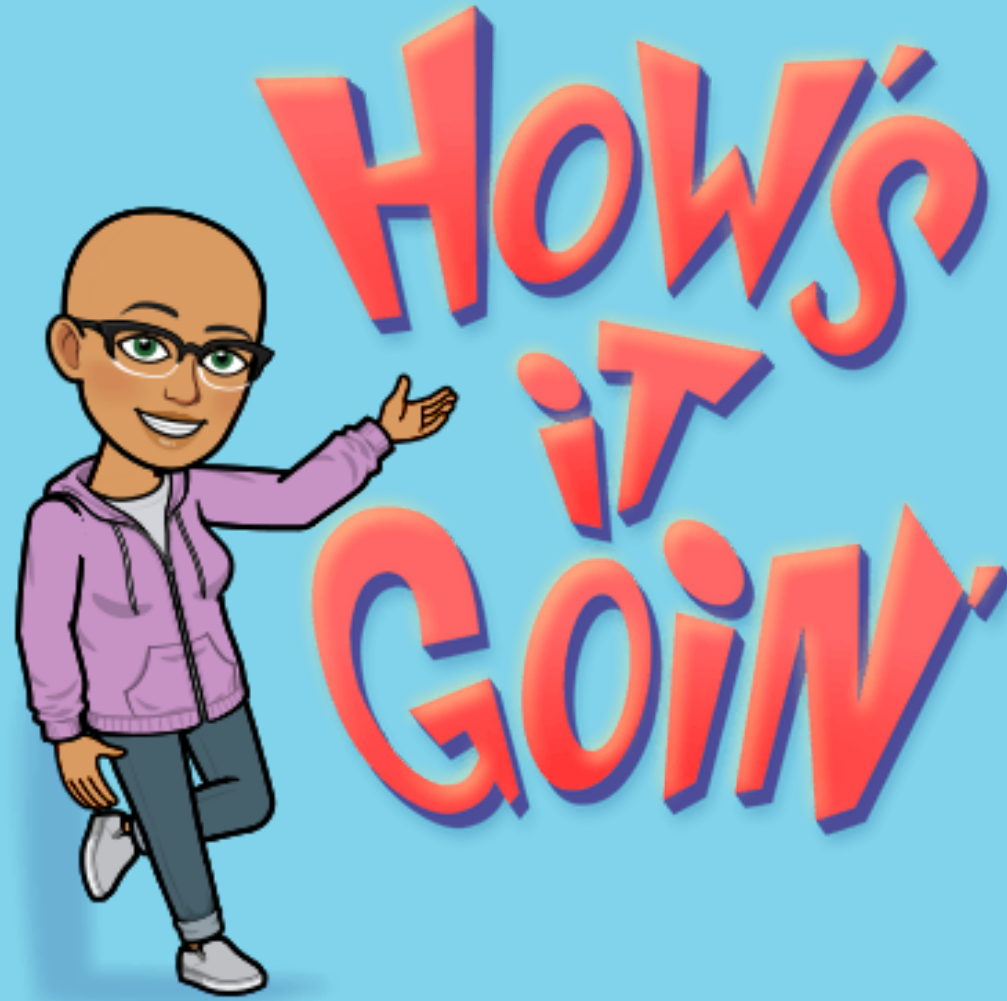
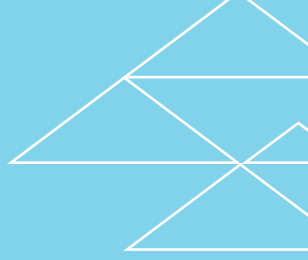


Its okay for us to be in different spaces and places.



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We are having a **TYPICAL** reaction to a complex and **ABNORMAL** situation.

Defining Trauma

An event, series of events, or set of circumstances that is *experienced* by an *individual* as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing.

-SAMHSA, 2019



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Is it a stressor or trauma?

“A pattern of specific and nonspecific responses an organism makes to stimulus events that disturb its equilibrium and tax or exceed its ability to cope.”

“Stress is anything that life brings our way that has the potential to upset our balance. Thus traumatic experiences are always stressful, but stressors are not always traumatic.”

-Dr. Jamie Marich
Gulf Bend Center



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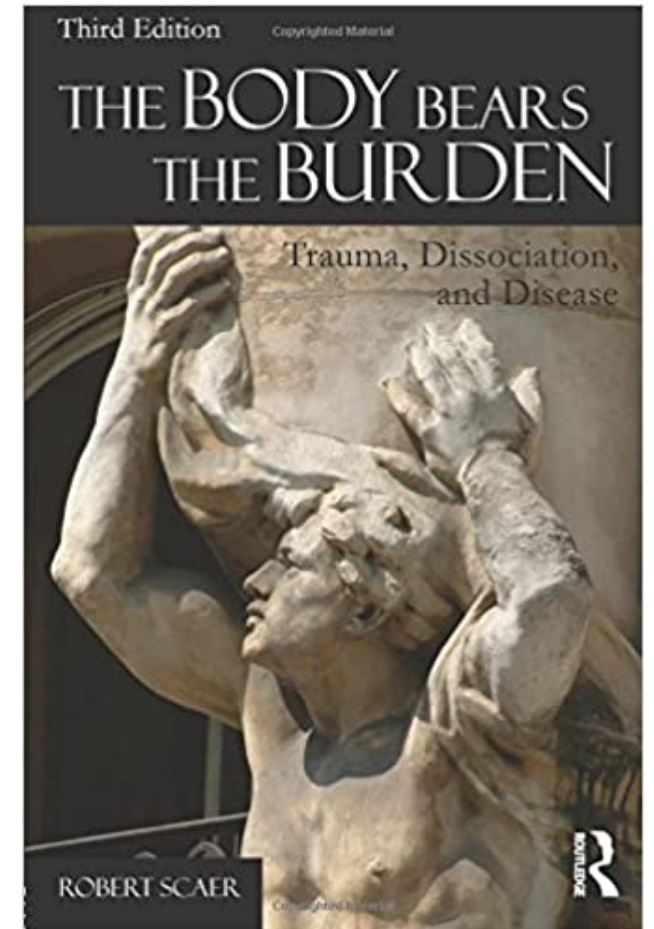
Expanding the Definition of Trauma

“Any negative life event that occurs in a position of relative helplessness”

-Robert Scaer, 2001

“Those kinds of threats [negative life events], if they occur in a state of helplessness, the inability to deal with, to mitigate, or to prevent that life-threatening experience from occurring, that will result in the event being a traumatic event. In other words, a life threat in the state of helplessness.”

-Robert Scaer Interviewed, 2010



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Starting Points

- Trauma is centered in the individual experience
- Trauma can have conscious or unconscious manifestations
- The origin of trauma does not have to be violent or abusive
- Trauma is pervasive



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Feeling vs Thinking Brain

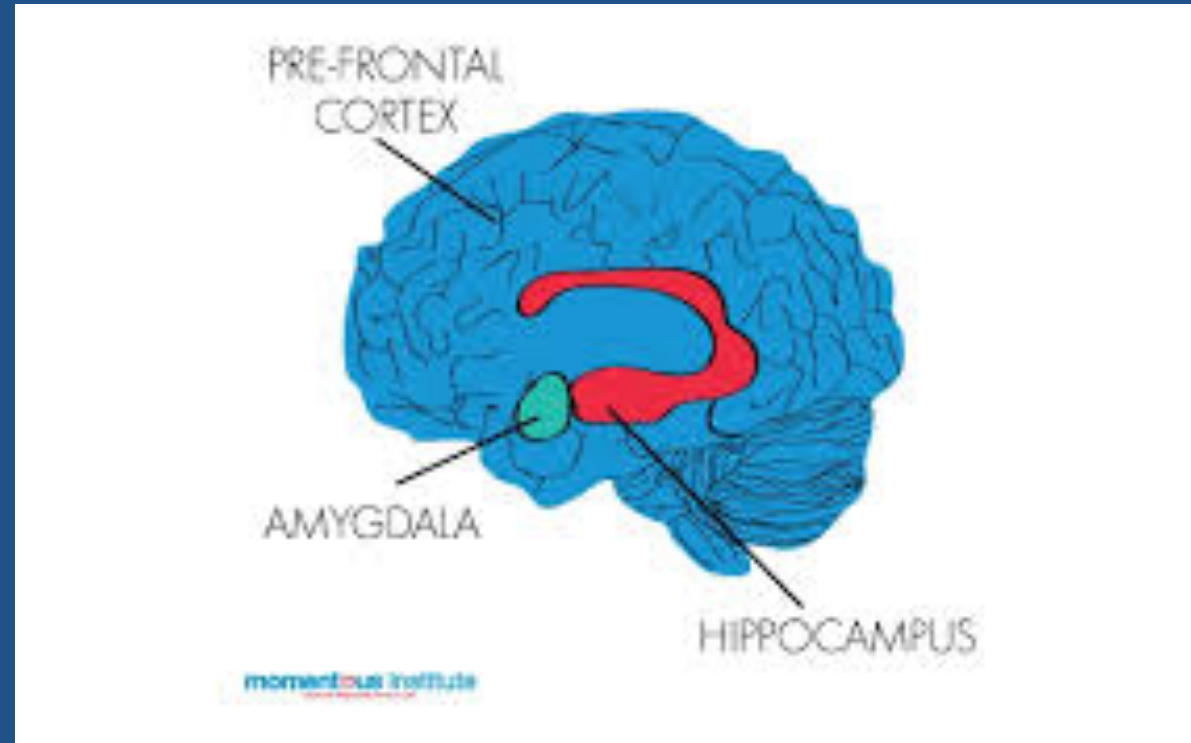
Thinking Brain

Pre-frontal Cortex- key in making well thought out and good decisions

Feeling Brain (Limbic System)

Amygdala- Helps to process fear

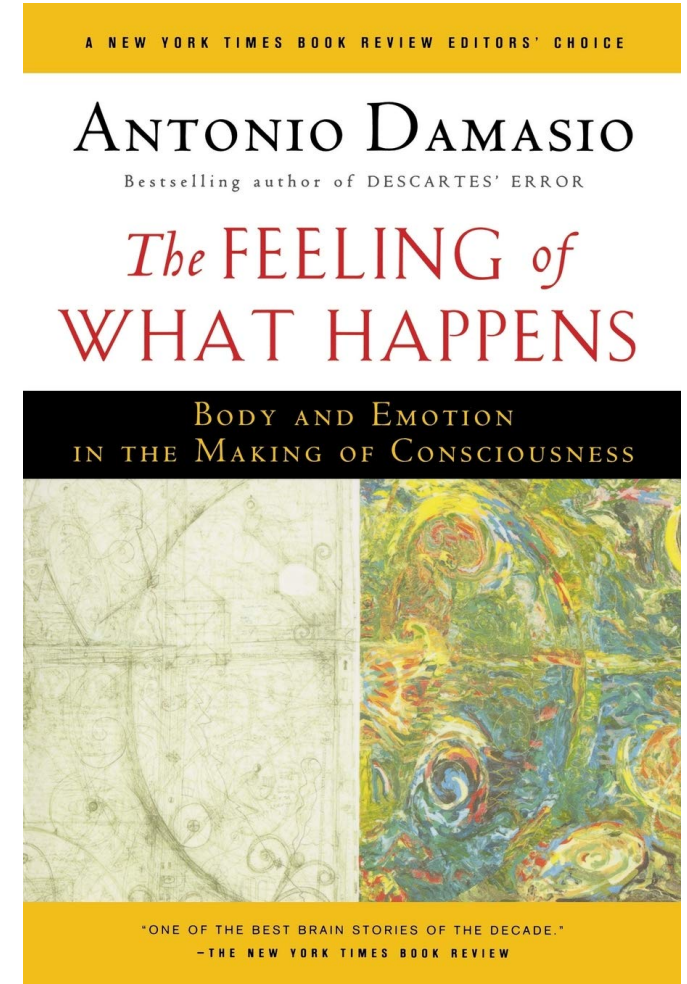
Hippocampus- Helps with learning processes and storage of memory



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“ We are not thinking machines that feel; rather, we are feeling machines that think.”

-A. Damasio, 2000

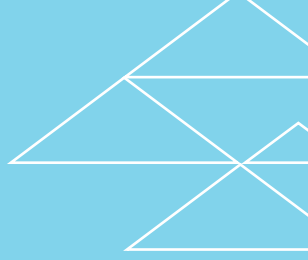


Imad, M. (2020); @Irningsanctuary



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Balance is Key



Thinking Brain
(Rational Brain)



Feeling Brain
(Limbic System)

When we lack information and are uncertain, our brains shift to the limbic system.



Thinking Through Loci of Stress and Trauma

What are some current events that might be the locus of stress or trauma for students? Staff? Faculty?

What are some current experiences that might be the locus of stress or trauma for students? Staff? Faculty?

What are some situations that might be the locus of stress or trauma or students? Staff? Faculty?

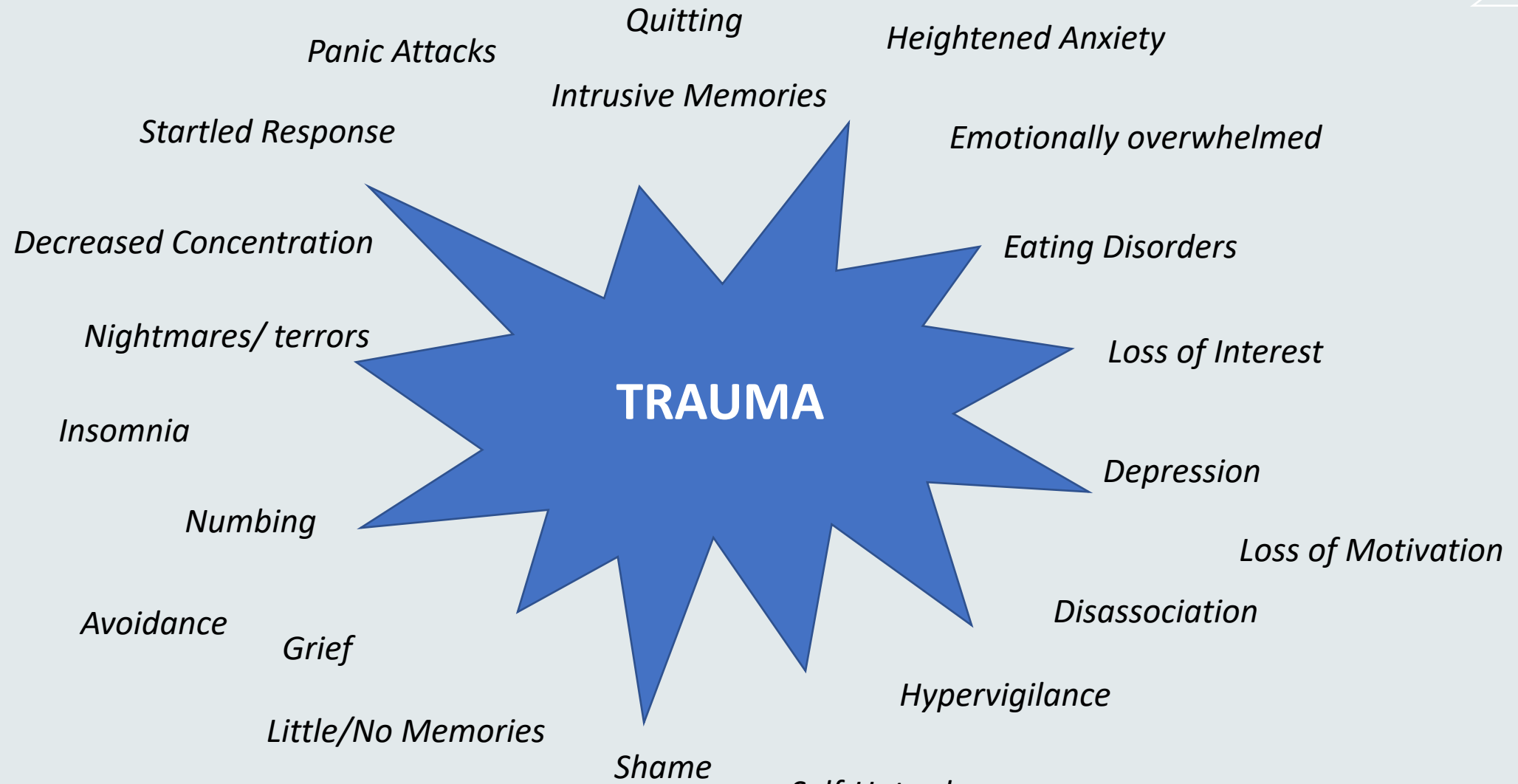


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Are the kids alright?

- COVID and school
- Physical Isolation
- Loss of support networks
- Mental health challenges
- Fighting for our lives/ Justice
- Stopping Out and Dropping Out
- Insecurity/ Uncertainty





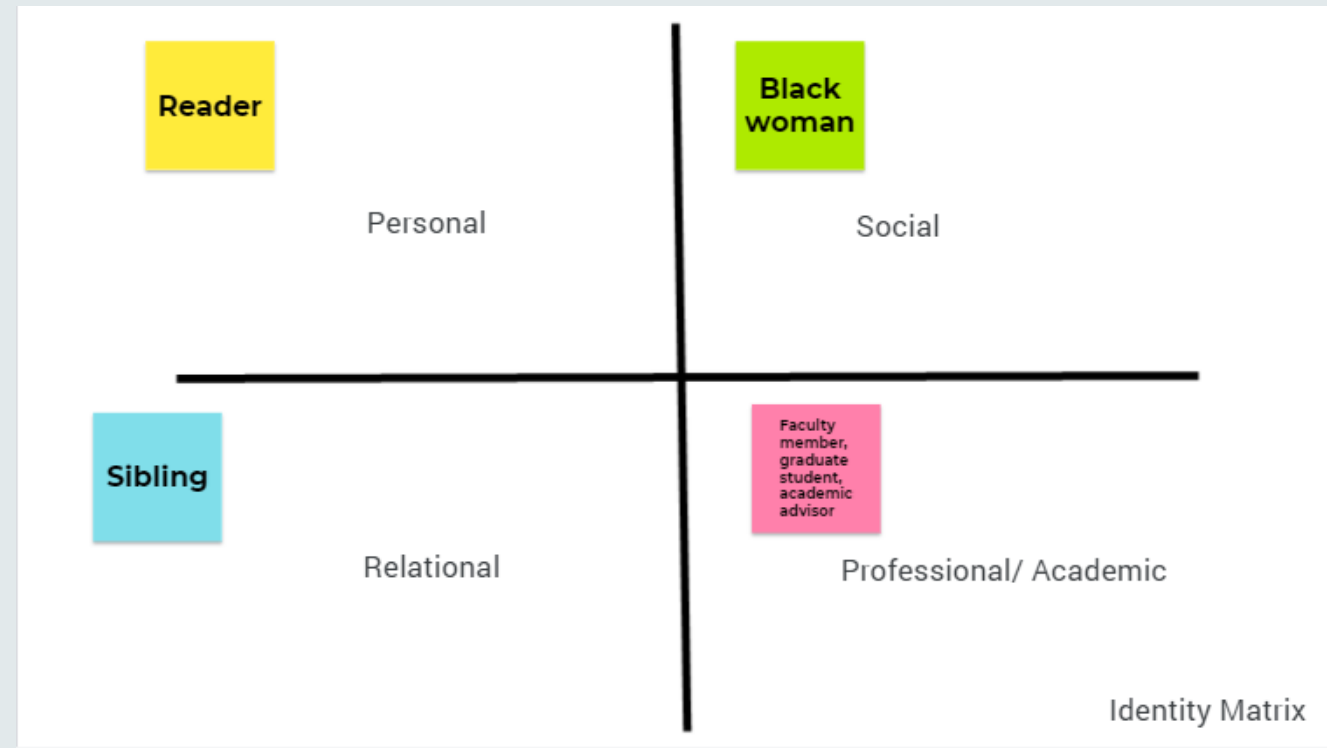
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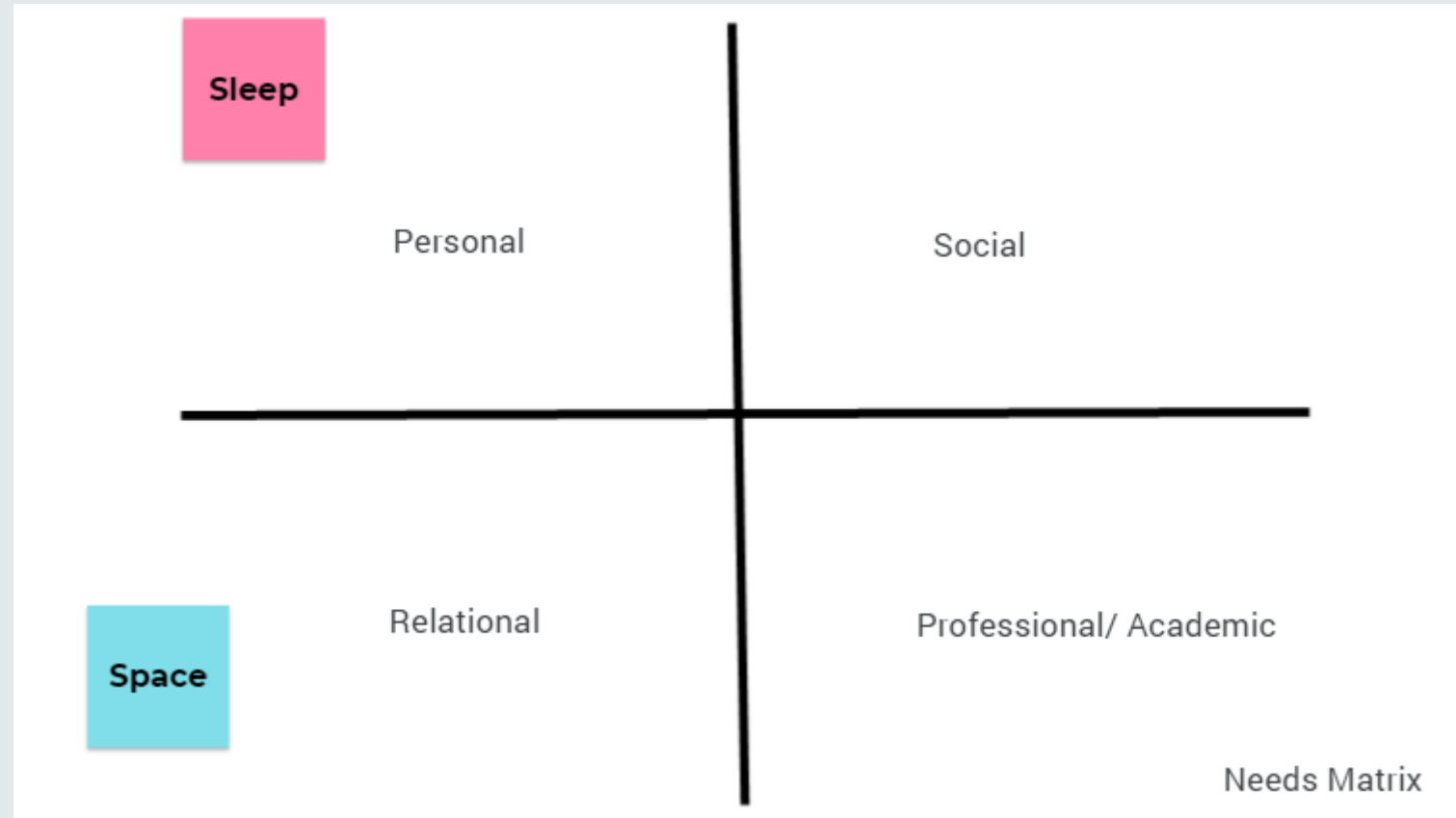
Identity Matrix

- Think through the different spaces (spheres) that you exist.
- Think through the different identities that you hold in each of these spaces (spheres).
- How might your identity shift based on the space (sphere)?



Identified Need Matrix

- Thinking through the different spaces (spheres) that you occupy.
- What are the needs that exist around your different identities?

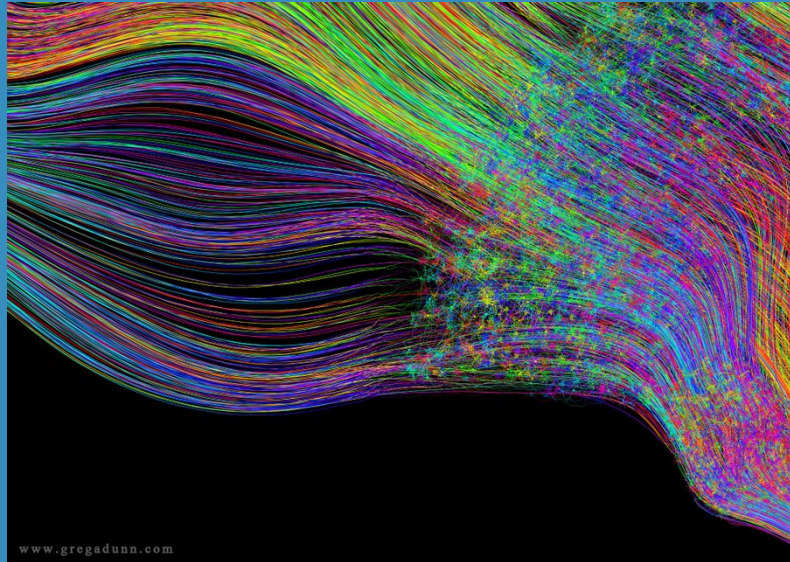
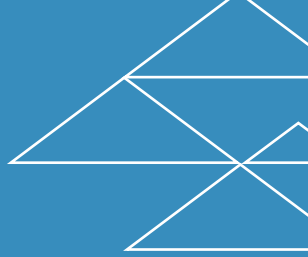


People will forget what you said,
People will forget what you did,
But people will never forget how
you made them feel.

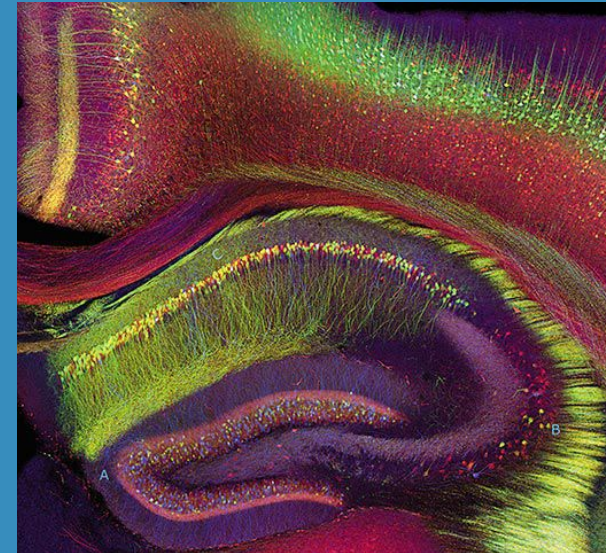
-Maya Angelou



Brainbow and Everyday Interactions



Prefrontal Cortex
Dunn (2019)



Hippocampus
Weissman, Lichtman & Sanes (2005)

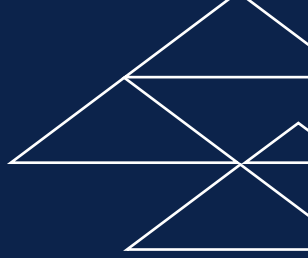


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Chat Check-in



Trauma Informed Care Defined



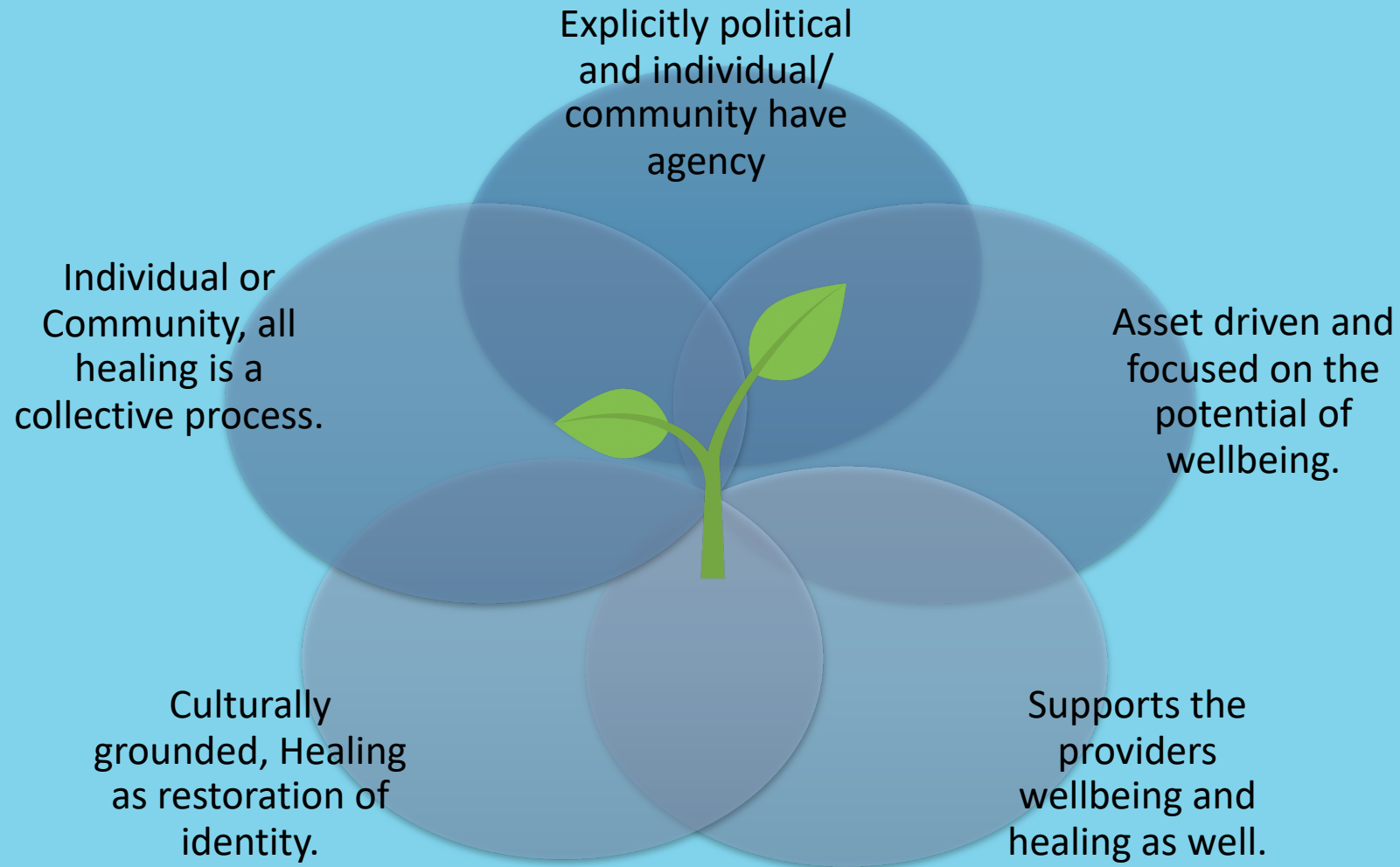
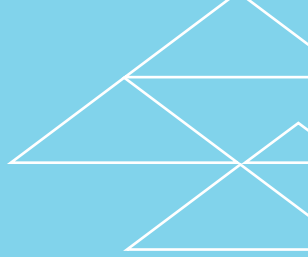
“Considers the pervasive nature of trauma and promotes environments of healing and recovery rather than practices and services that may inadvertently re-traumatize.”

Institute on Trauma and Trauma Informed Care (ITTIC), (2015). What is trauma-informed care? Retrieved 3/13/2020 from <http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html>.



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Healing Centered Care or Engagement



Trauma Informed and Healing Centered Practices

What might Trauma Informed Practices look like in your individual role?

How are we currently implementing Healing Centered Care in our collective practices across our departments?

What are the barriers (if any) to full implementation of Healing Centered Care?



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Trauma Informed Care Guidelines

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment & Choice
6. Cultural, Historical & Gender Issues

-SAMHSA, 2018




Safety Practices

Safety- ensuring physical, psychological, and emotional safety

- Confidentiality*
- Privacy of the individual is centered
- Common spaces are welcoming
- Interactive spaces are welcoming
- **ALL OF THE INDIVIDUAL IS WELCOMED IN THE SPACE**
- Initial response: First do no harm!

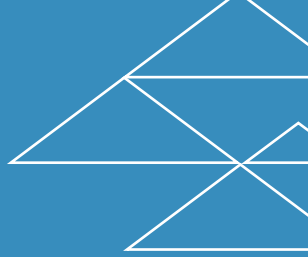


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Supports the providers
wellbeing and healing
as well

Trustworthiness and Transparency Practices



Trustworthiness and Transparency- Task clarity and consistency and interpersonal boundaries. Operations and decisions are conducted with transparency with the goal of building trust w/ stakeholders.

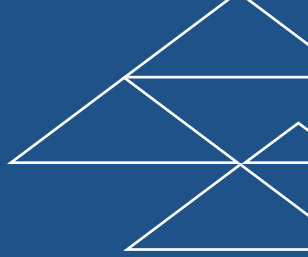
- Leading with respect
- Representation of all people that are being affected by decisions/policies have a seat at the table
- Keystone documents
- Our systems and practices are accessible, clear, and open



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Peer Support Practices

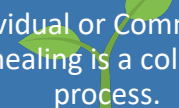


Peer Support- Peer support and mutual self help are key vehicles for establishing safety and hope, building trust, enhancing collaboration, and the use of storytelling to facilitate progress.


- Utilizes the power of peer experiences to facilitate progress
- Encouragement and empowerment to utilize self-help
- Collaboration between peers (clubs, groups, etc.)
- Storytelling, healing spaces, and testimonio to help students progress socially and academically



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Individual or Community,
all healing is a collective
process.



Asset driven and focused
on the potential of
wellbeing.

Locating My Own Practice



What are some additional Trauma Informed and Healing Centered practices that you can/have/will implement in the following domains?

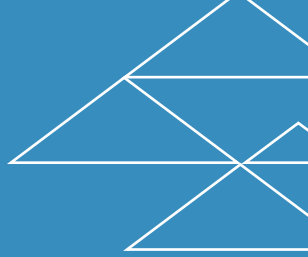
- Safety
- Trustworthiness & Transparency
- Peer Support



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Collaboration and Mutuality



Collaboration and Mutuality- importance placed on partnering and the leveling of power differences. Meaningful sharing of power and decision-making.

- Partnering with individuals to help them achieve their goals
- Coaching toward progress
- Mentorship and Advising
- Providing consistent information for individuals to make well informed decisions

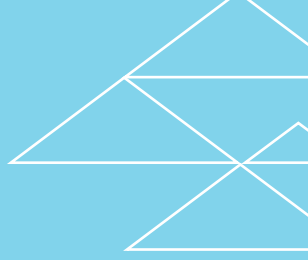


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Individual or Community,
all healing is a collective
process.

Empowerment and Choice



Empowerment and Choice- Individual's strengths and experiences are recognized and built upon. Organization recognizes the power differential that can exist between individuals and the organization and how historically the voice and choice of specific populations have been pushed aside.

- Identify and Build on individual/community strengths
- Center the individual/community in the interaction
- Validate and normalize individual/community's concerns
- Recognize and understand the type of power being used and dynamics that exist



Cultural, Historical, and Gender Issues Practices

Cultural, Historical, and Gender Issues- Recognition that the intersection of race, class and gender has created biases and stereotypes (historically and contemporarily) that consciously and unconsciously lead to gaps in service that can be detrimental to the progress of specific individual/community (paraphrased).

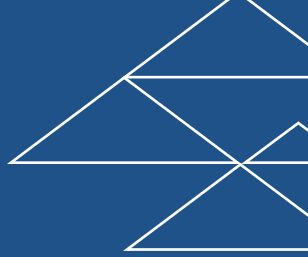
- Know the history of your department/institution/field
- Understand the ways that a lack of intersectional analysis can be damaging to the humans that we interact with and serve.
- Inclusion of cultural-based practices and frameworks in everything that we do at the outset.
- Consider the excluded information and practices that have been disregarded historically



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Locating My Own Practice



What are some additional Trauma Informed/ Healing Centered Practices that you can/have/will implement in the following domains?

- Collaboration & Mutuality
- Empowerment & Choice
- Cultural, Historical, and Gender Issues



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Final Contentions and Recommendations

Final Contentions

- It is not our job to be trauma detectives
- We have the power to interrupt, disrupt, and create
- You are not and do not have to be the expert, but you do need to try
- Healing is a collective event
- TIC does not happen over night and is not simply one training

Recommendations

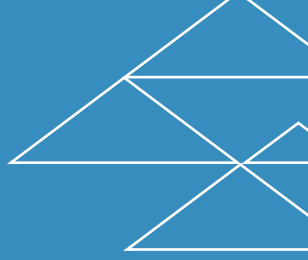
- Evaluate where you are
- Be gentle with yourself
- Continue to learn
- First respond to self, then others



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Final Reflections



Take 30-45 seconds to identify one trauma informed/healing centered practice that you will put into action in the next 48 hours.

Write down the practice that you are committing to implement.

Share this practice with someone as an accountability measure.



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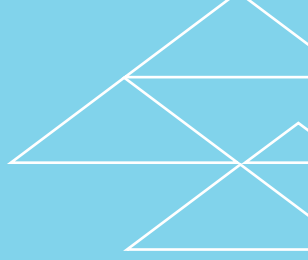
A Starting Point

“Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

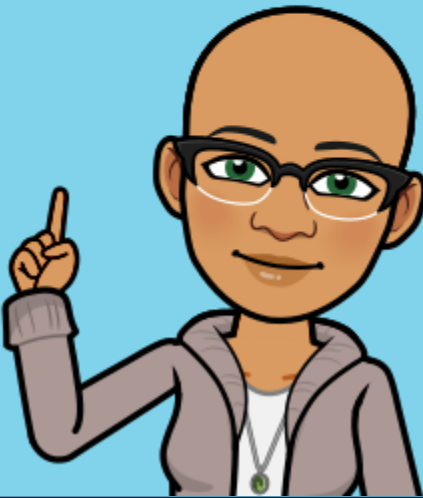
We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. **Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.**”

-Arundhati Roy

The Pandemic is A Portal



Questions



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Advise, Affirm, Attain

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