



Trauma Informed Support and the Path to Healing

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Materials at:

Karynharvey.org

Books at Amazon.com



THANK
YOU!!!



UNSEEN VIRTUE BRINGS VISIBLE REWARD

NICHREN DAISHONIN – BUDDHIST TEACHER OF THE 13TH
CENTURY

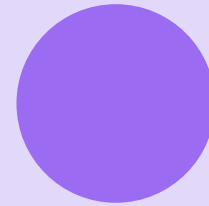
3 Phases of Mental Health Challenges for the People We Support



**Phase 1 -
FEAR**

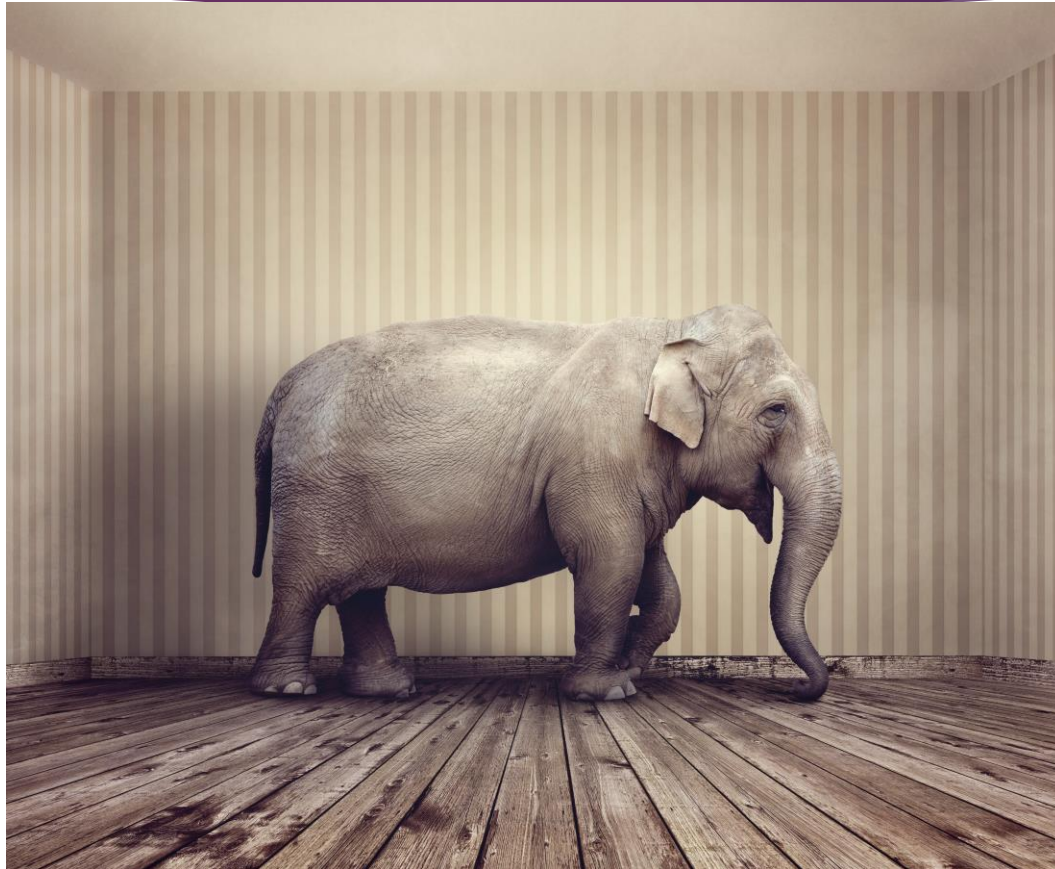


**Phase 2 -
ISOLATION**



**Phase 3 -
ANXIETY**

Trauma –The Elephant in the Room



Sources of Trauma for People with Intellectual Disabilities

Sexual Abuse

Physical Abuse

Bullying

Exclusion

Institutionalization



INSTITUTIONALIZATION: ADOLESCENTS AND TRANSITIONING YOUTH

JUDGE ROTENBERG CENTER

[HTTPS://YOUTU.BE/QEYAF6WYTWS](https://youtu.be/QEYAF6WYTWS)

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



ASSUME TRAUMA



BETRAYAL TRAUMA

The background features a grid of small, glowing dots in shades of yellow, orange, and red. A central, three-dimensional structure resembling a tunnel or a complex, curved surface is formed by these dots, creating a sense of depth and movement. The overall color palette is warm and vibrant, with a gradient from light yellow to deep red.

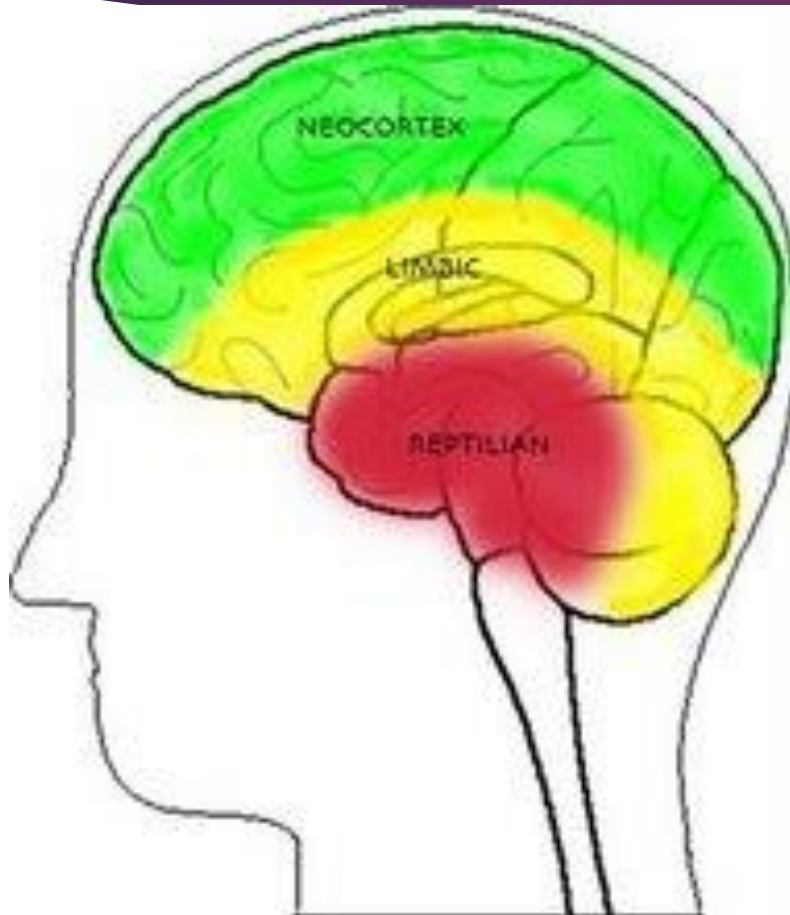
TRAUMATIC EXPOSURES

IN-UTERO DRUG EXPOSURE

IN-UTERO DRUG/ALCOHOL EXPOSURE

Psychological Trauma – Past is Present

13



The Triune Brain

Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

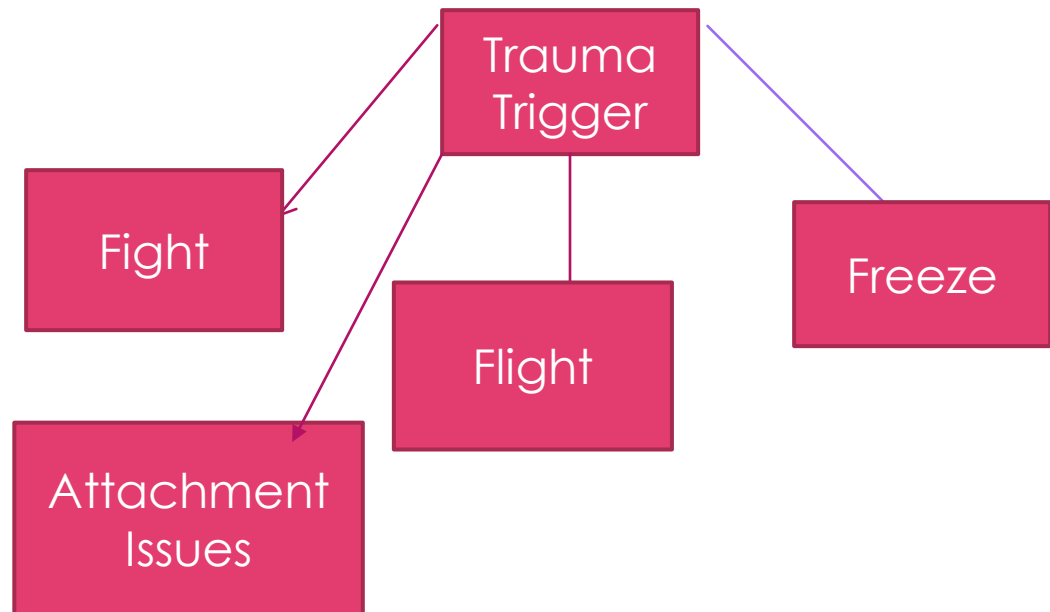
Brain Stem

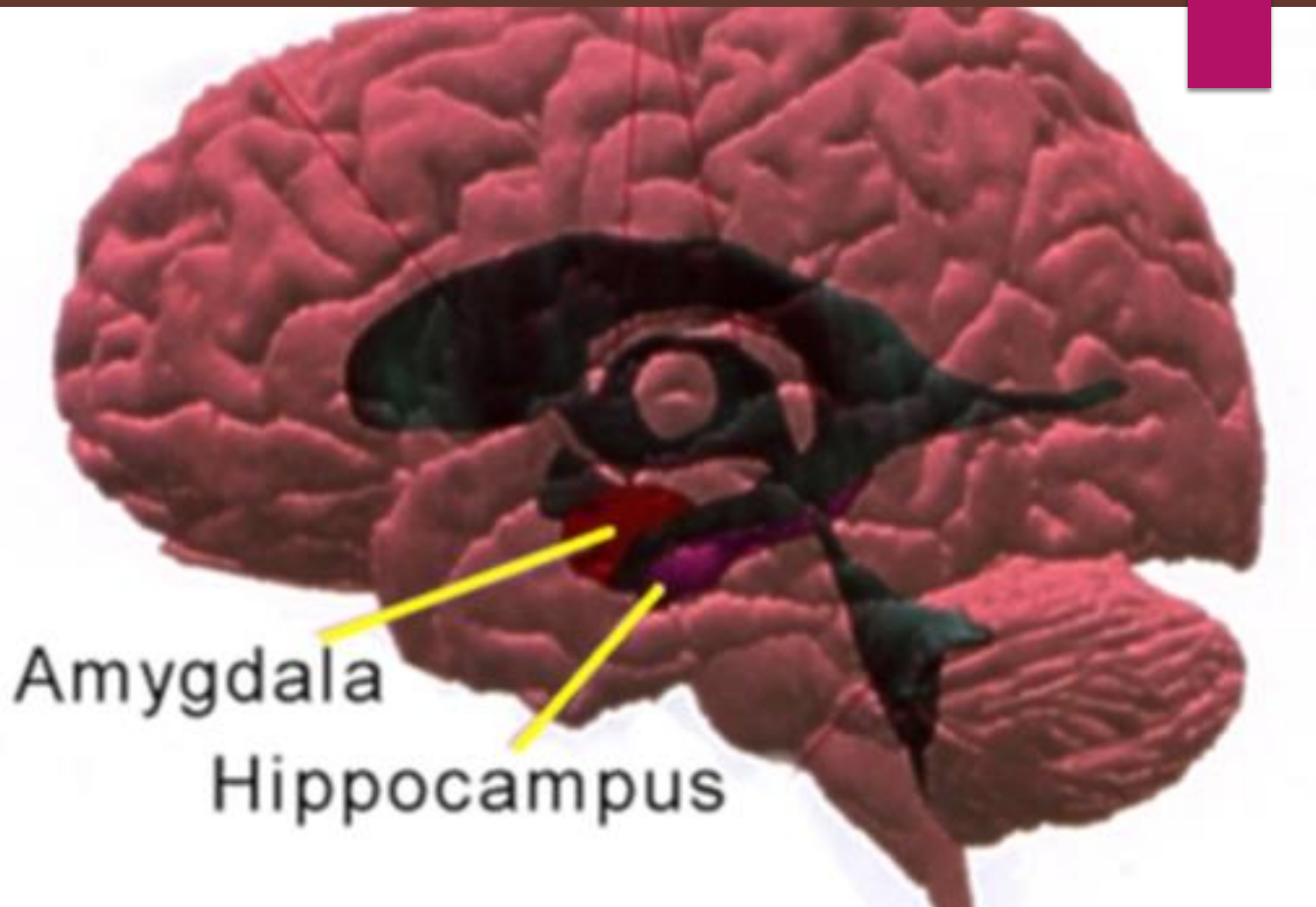
The primitive brain: Self preservation, aggression

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

A photograph of Stephen Hawking sitting in a motorized wheelchair on a cobblestone path. He is wearing a grey jacket and glasses. The background shows a building with windows and a flower bed.

Stephen Hawking Quotes

▶ “The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge.”

▶

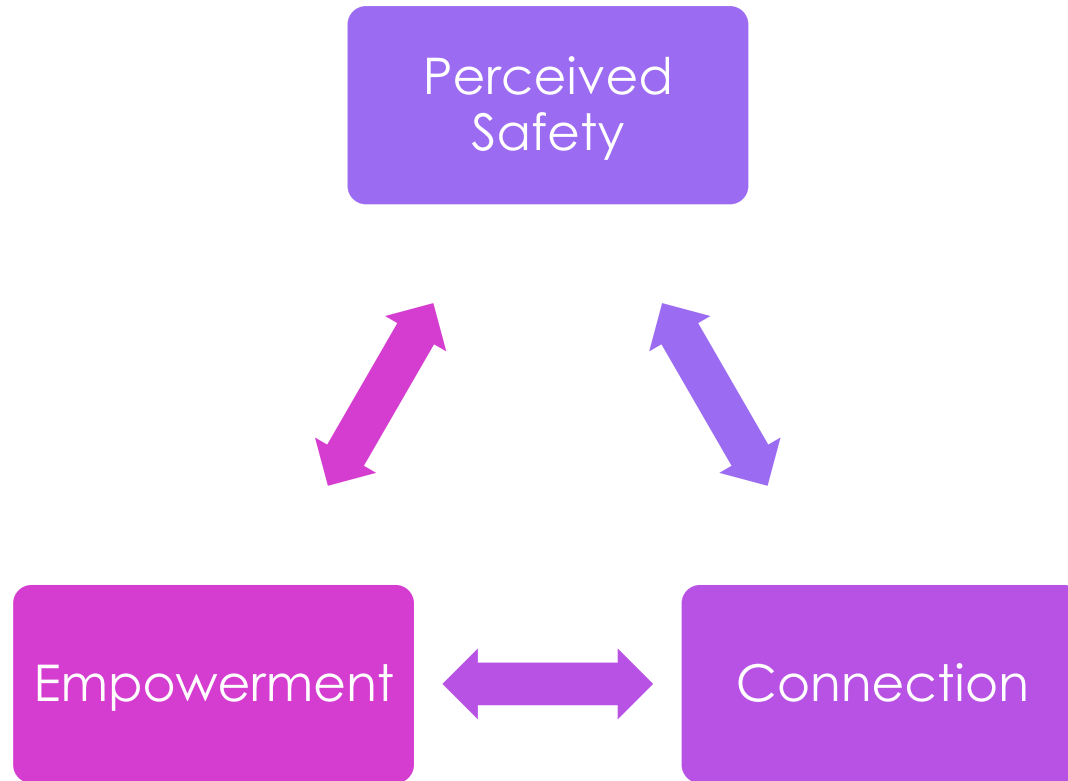
Misdiagnosis

- ▶ **Multiple Diagnoses**
- ▶ **Symptoms of PTSD mis-interpreted**
- ▶ **Labels of “Attention Seeking”**
- ▶ **Misunderstanding of histories of sexual abuse**



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

Ingredients Necessary for Post traumatic Recovery



The Healing Power of Relationships



Harvard's Men's Study

ROBERT
WALDINGER –
PRINCIPLE
INVESTIGATOR



The IRAQ PTSD STUDY



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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 for staff – karynharvey.org**

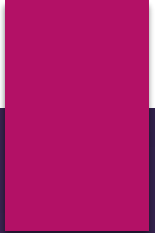


“HAPPINESS CANNOT BE SECURED ON APPEARANCES OR AFFECTATION. HAPPINESS COMES DOWN TO THE INNER STATE OF OUR LIFE AT ANY GIVEN MOMENT”

DAISAKU IKEDA



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



Healing
Happens

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