

Trauma and Its Impact on Us

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Today's Presenter



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DEEPAK CHOPRA'S 3-MINUTE MEDITATION



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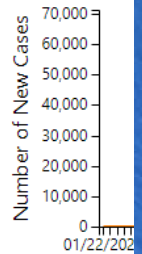


ANNUAL COST OF TRAUMA



New Case

The following outbreak. Ho



Overview

- Overview of trauma
 - Prevalence and impact
 - Trauma and the human stress response



What is Trauma?

Definition (SAMHSA Experts 2012) includes three key elements

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*





What is your personal identity?

1. Write 1-5 on a piece of paper
2. Write 5 personal identities you have
3. Cross off 3 & 5
4. Write in _____ on 3



Intergenerational (Historical) Trauma

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”



Microaggressions are everyday experiences of discrimination, racism, and daily hassles that are targeted at individuals from diverse racial and ethnic groups (Evans-Campbell, 2008). Health disparities, substance abuse, and mental illness are all commonly linked to experiences of historical trauma (Michaels, Rousseau, and Yang, 2010).

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Intergenerational/ Historical Trauma Events



Genocides



Slavery



Pandemics



Massacres



Prohibition/destruction
of cultural practices



Discrimination/Systemic
prejudice



Forced relocation



Epigenetics

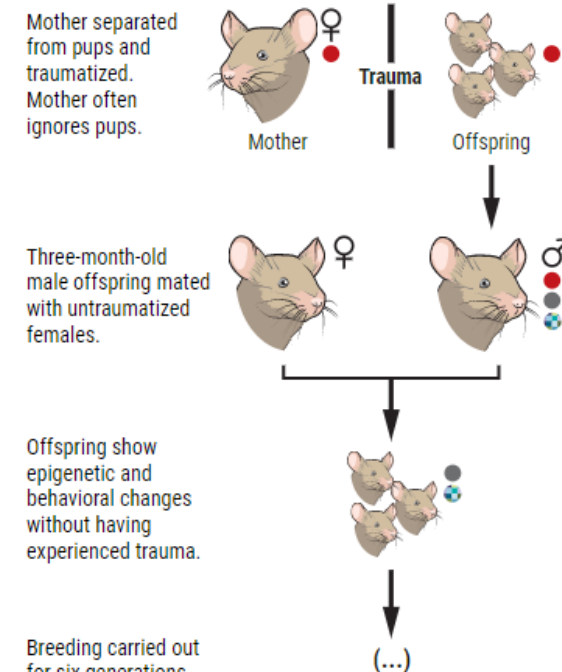


<https://www.sciencemag.org/news/2019/07/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how>

Troubled offspring

To explore how trauma affects generations of mice, researchers stressed mother mice. Their pups then exhibited both molecular and behavioral changes, such as taking more risks on an elevated maze. These changes persisted for up to five generations.

- Trauma experienced
- Behavioral changes
- Epigenetic changes, such as methylation of DNA and alteration of RNA

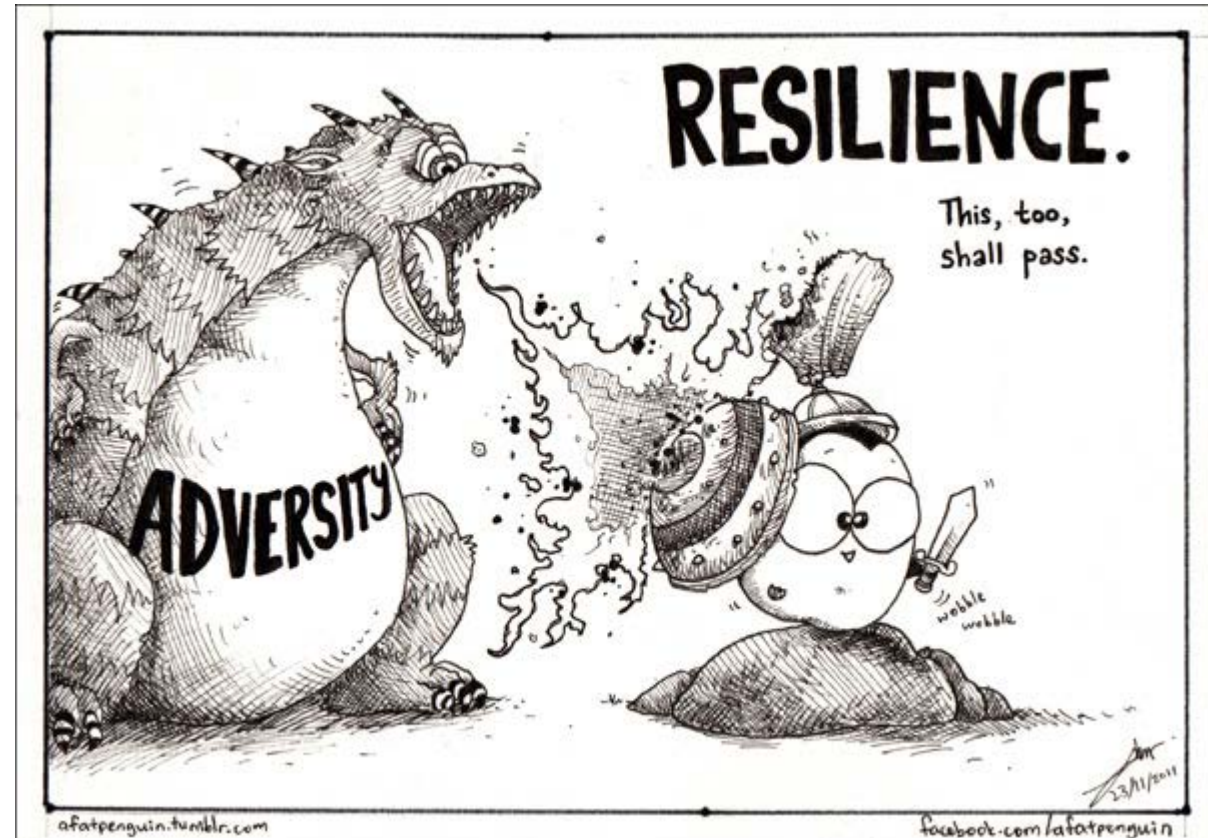
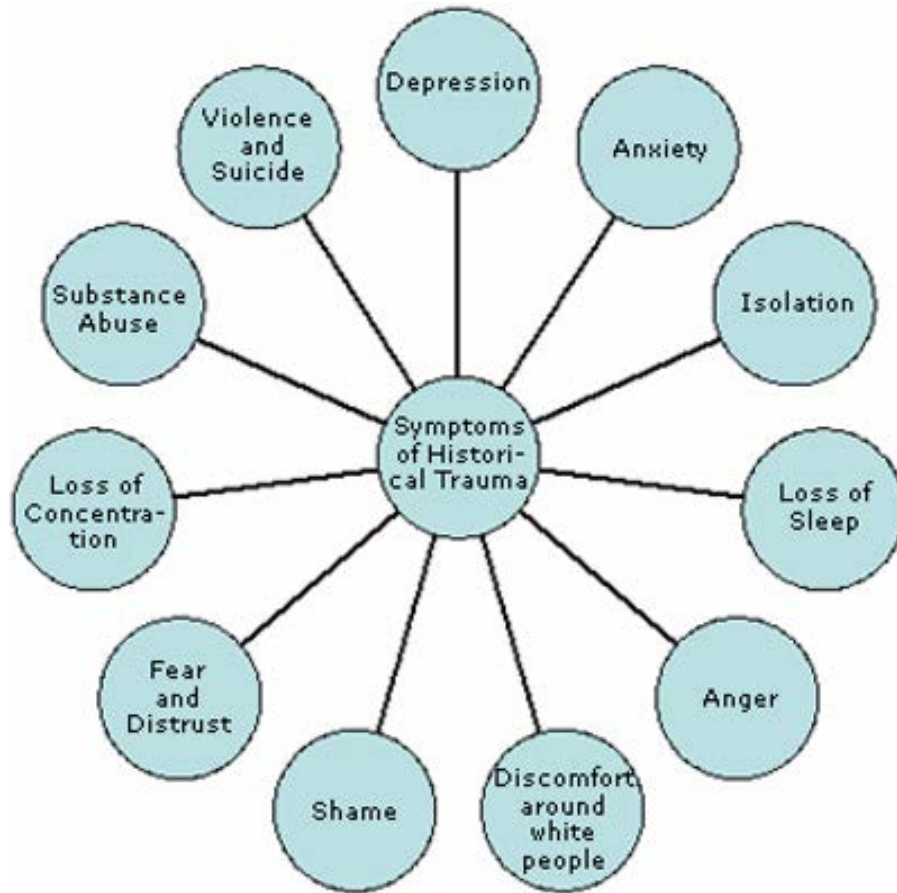


V. ALTOUNIAN/SCIENCE

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Intergenerational (Historical) Trauma Effects



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Cultural Humility

A life-long process of self-reflection & self-critique to understand personal biases & to develop & maintain mutually respectful partnership based on mutual trust.

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Cultural Humility

Practicing Cultural Humility

*A*sk questions in a humble, safe manner

*S*eek Self-Awareness

*S*uspend Judgment

*E*xpress kindness and compassion

*S*upport a safe and welcoming environment

*S*tart where the patient is at

- Lisa Boesen

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Trauma Shapes Our Beliefs



- Worldview
- Spirituality
- Identity

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Resiliency

“Resiliency is the capability of individuals to cope successfully in the face of significant change, adversity, or risk. The capacity changes over time and is enhanced by protective factors in the individual and environment.”

(Stewart et al., 1997)



Protective Factors

Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event

- Environment
- A reliable support system (friends, family)
- Access to safe and stable housing
- Timely and appropriate care from first responders
- Behaviors
- Good self care, such as sleeping at least 8 hours a night
- Eating nutritious foods
- Exercise
- Practicing good boundaries
- Using positive coping mechanisms vs. negative coping mechanisms



Survival Mode Response



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Normal Response to Traumatic Events

- Feelings become intense and sometimes are unpredictable
- Thoughts and behavior patterns are affected by the trauma
- Recurring emotional reactions are common
- Interpersonal relationships often become strained
- Physical symptoms may accompany the extreme stress



Responses to Traumatic Events (in the moment)

- Physical
 - Aches and pains such as headaches, backaches, etc.
 - Weakness, dizziness, and fatigue most of the time.
 - Heart palpitations, profuse sweating, and chills
 - Changes in sleep patterns
 - Changes in appetite and digestive problems
 - Being easily startled by noises and/or unexpected touch.
- Increased susceptibility to allergies, colds, and illnesses.
- Increased alcohol consumption and/or substance use.
- Emotional
 - Anxiety, depression, mood swings, self-destructive behavior, flashbacks, numbness and phobias

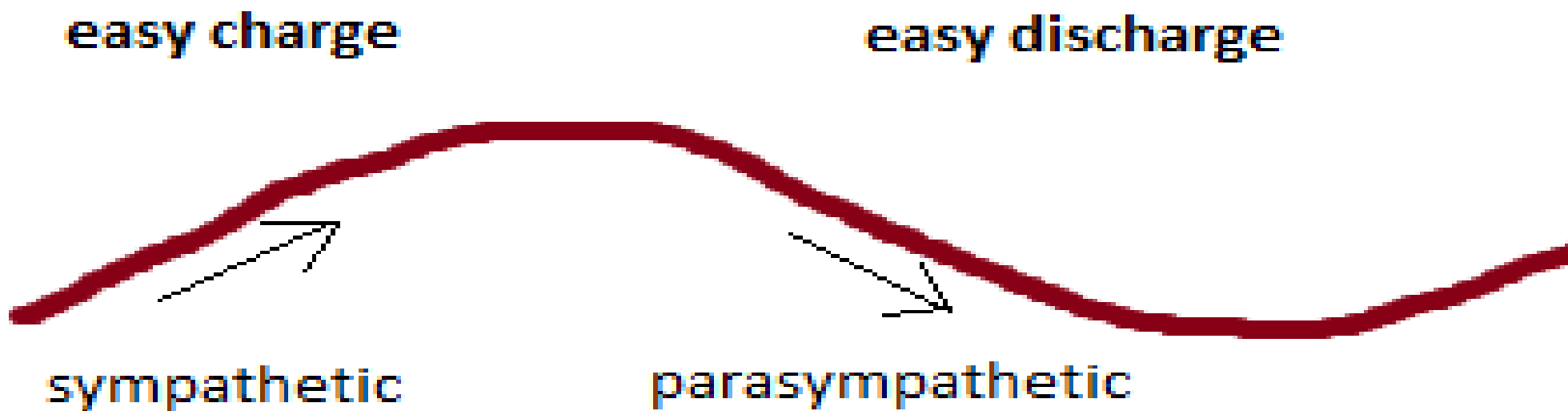


Impact of Trauma

- Perception of trauma varies among individuals
- Trauma is something that **overwhelms our coping capacity**
 - Affects the whole self
 - Physical
 - Emotional
 - Intellectual
 - Spiritual



Discharge of Trauma



Parasympathetic (rest and digest)



Sympathetic (fight, flight or freeze)

FIGHT



FLIGHT oohlala!



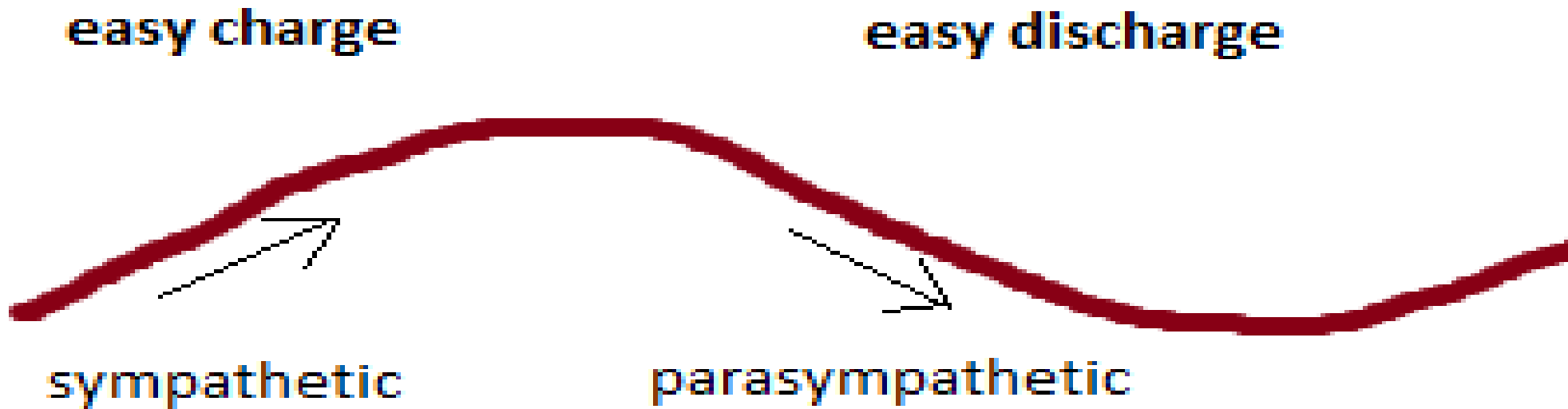
FREEZE



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Discharge of Trauma



FIGHT



FLIGHT oohlala!



FREEZE

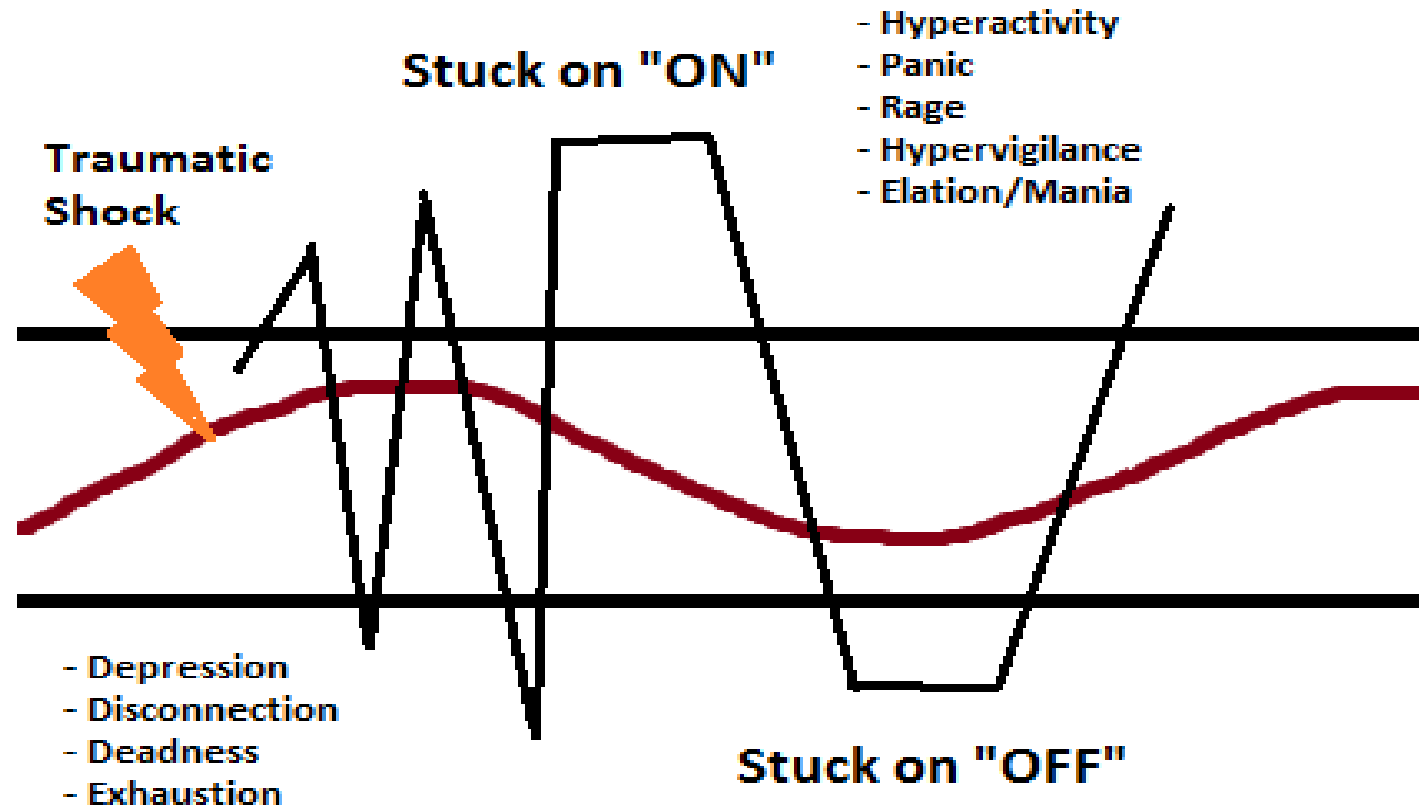


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When trauma is not discharged

Overactivated Nervous System



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FIGHT



FLIGHT Oohlala!



FREEZE



FIGHT



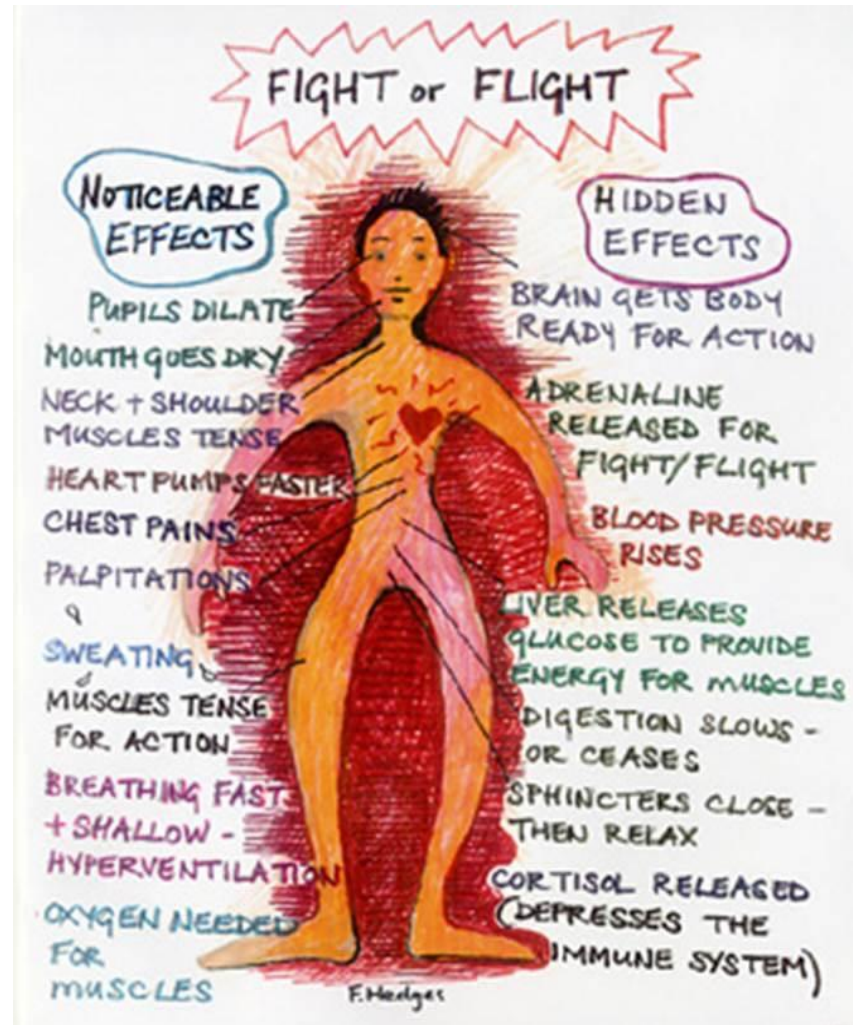
FLIGHT Oohlala!



FREEZE



Trauma's Impact on the Body



Impact of Trauma on Behavior Triggers

External reminders of traumatic event

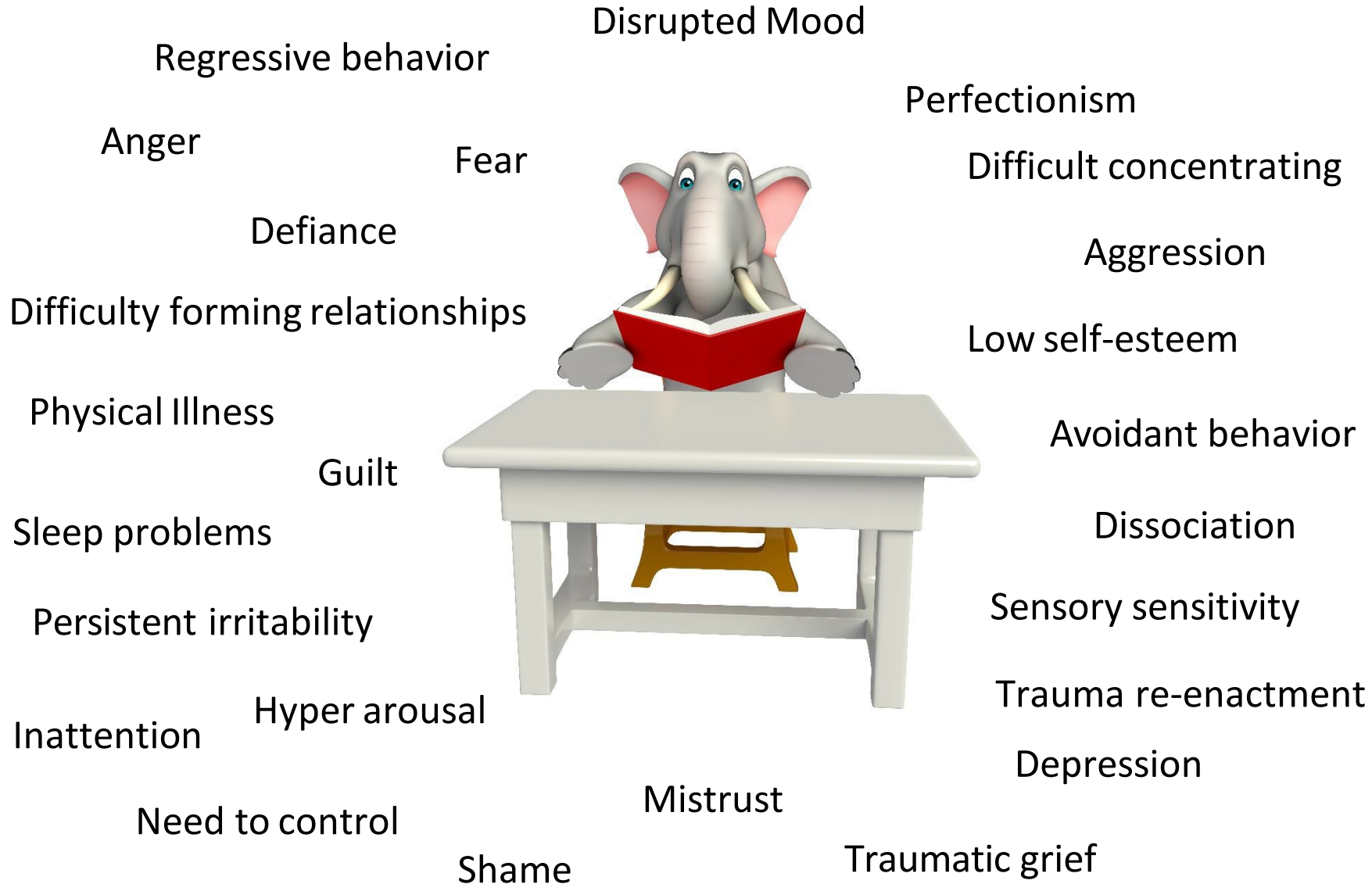
- *Smell*
- *Sound*
- *Sight*
- *Touch*
- *Taste*

Internal reminders of traumatic event

- *Emotions*
- *Thoughts*



What's Sitting in the Room from Trauma

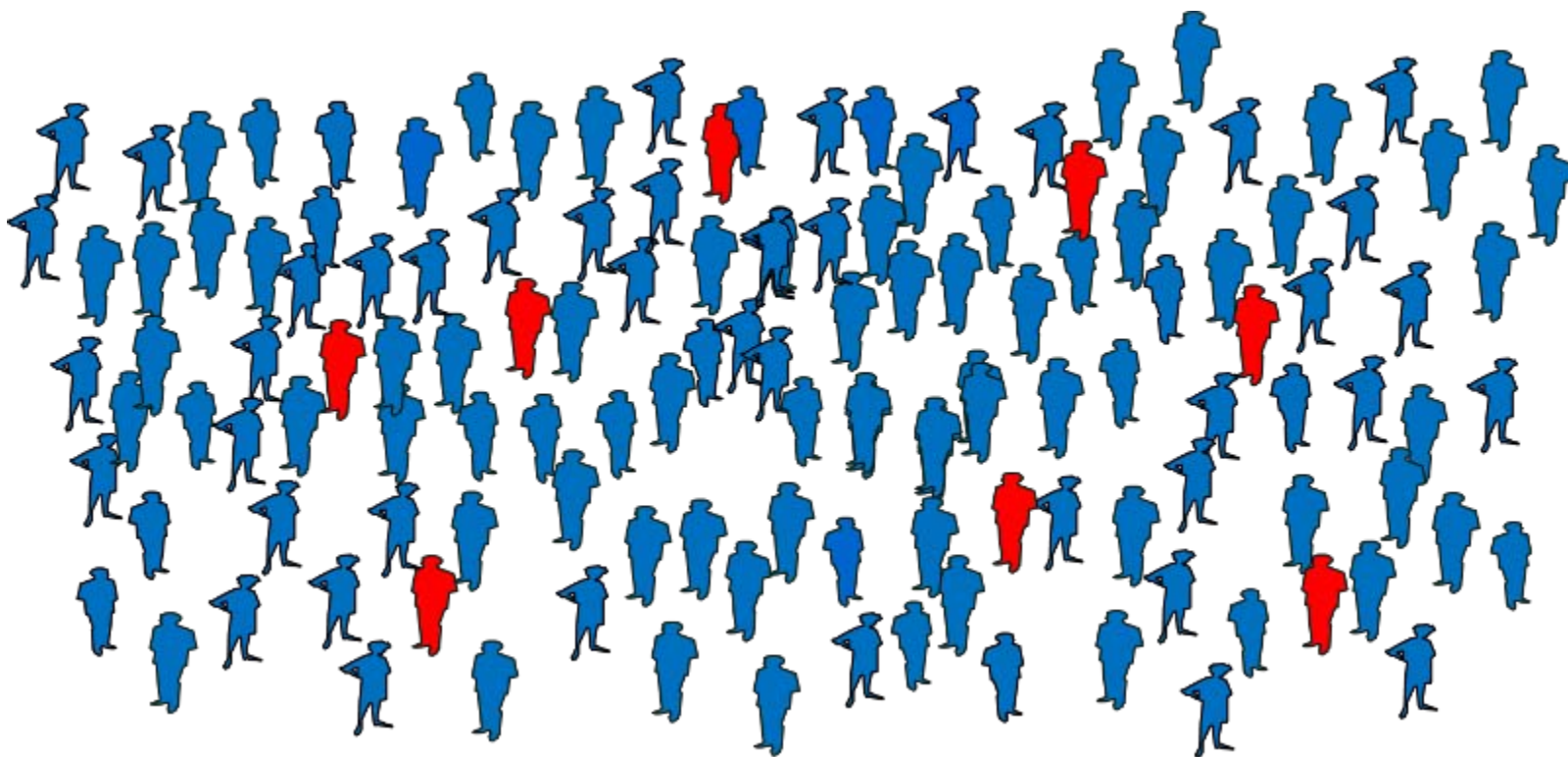


Results in Vicious Loop



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Trauma Prevalence and Research

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Adverse Childhood Experiences

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

HOW PREVALENT ARE ACEs?

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

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Finding the ACE Score

1. Did a **parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you**? Or, act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you? Or, ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way? Or, attempt or actually have oral, anal, or vaginal intercourse with you?
4. Did **you often or very often feel that no one in your family loved you or thought you were important or special**? Or, your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or, your parents were too drunk or high to take care of you or take you to the doctor if you needed it?



ACEs Questions cont.

6. Were your **parents ever separated or divorced**?
7. Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? Or, sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or, ever repeatedly hit at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a **household member depressed or**

mentally ill, or did a household member attempt suicide?

10. Did a household member go to prison?

Now add up your “Yes” answers.

This is your ACE Score

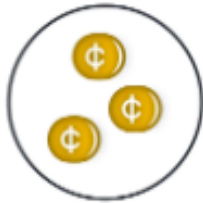
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Beyond the 10 ACEs



DISCRIMINATION



POVERTY



RACISM



OTHER VIOLENCE



**INTERGENERATIONAL
AND CULTURAL TRAUMA**



SEPARATION



**ADJUSTMENT OR OTHER
MAJOR LIFE CHANGES**



**BEREAVEMENT AND
SURVIVORSHIP**



**ADULT RESPONSIBILITIES
AS A CHILD**



Results Overview

Adverse childhood experiences are surprisingly common, although typically concealed and unrecognized

ACEs still have a profound effect 50 years later, although now transformed from psychosocial experience into organic disease, social malfunction, and mental illness

Adverse childhood experiences are the main determinant of the health and social well-being of the nation.



The Adverse Childhood Experience Study: Behavioral Health at the Foundation of all Health

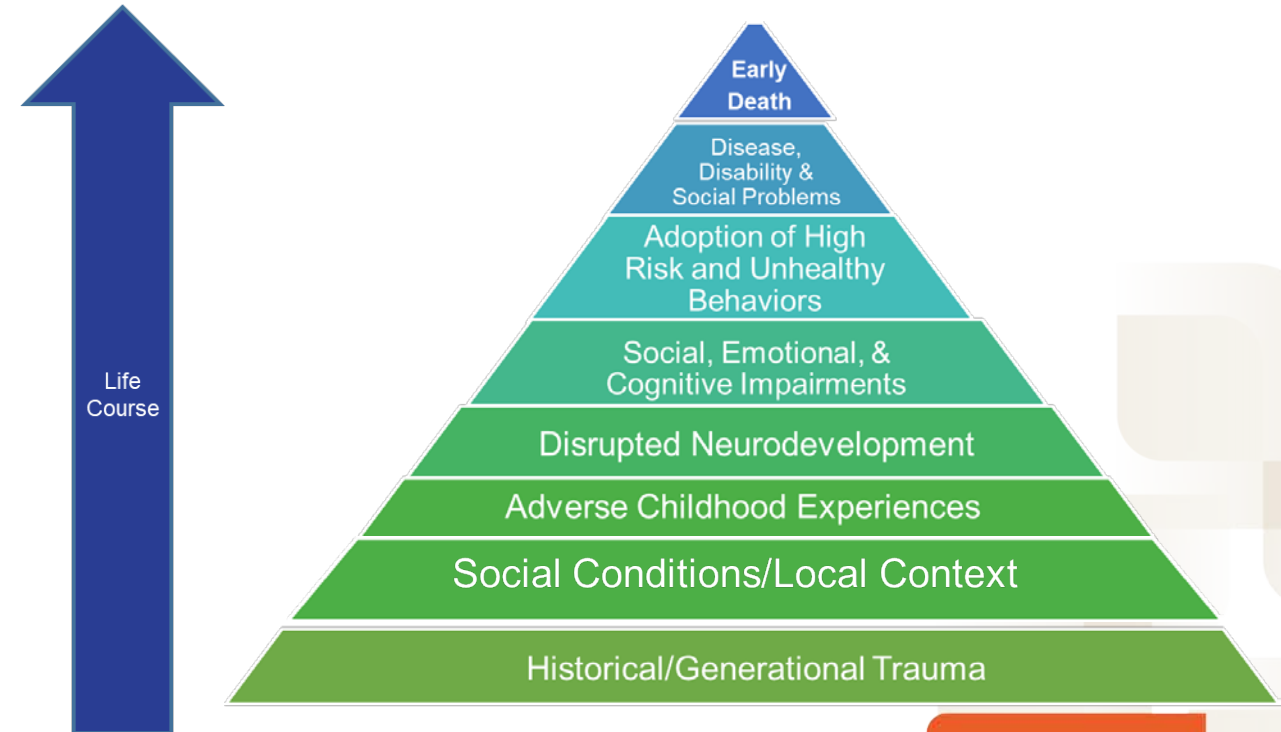
Over 17,000 adults studied from 1995-1997

Almost 2/3 of participants reported at least one ACE

Over 1/5 reported three or more ACEs, including abuse, neglect, and other types of childhood trauma

Major links identified between early childhood trauma and long term health outcomes,

- including increased risk of many chronic illnesses and [early death](#)



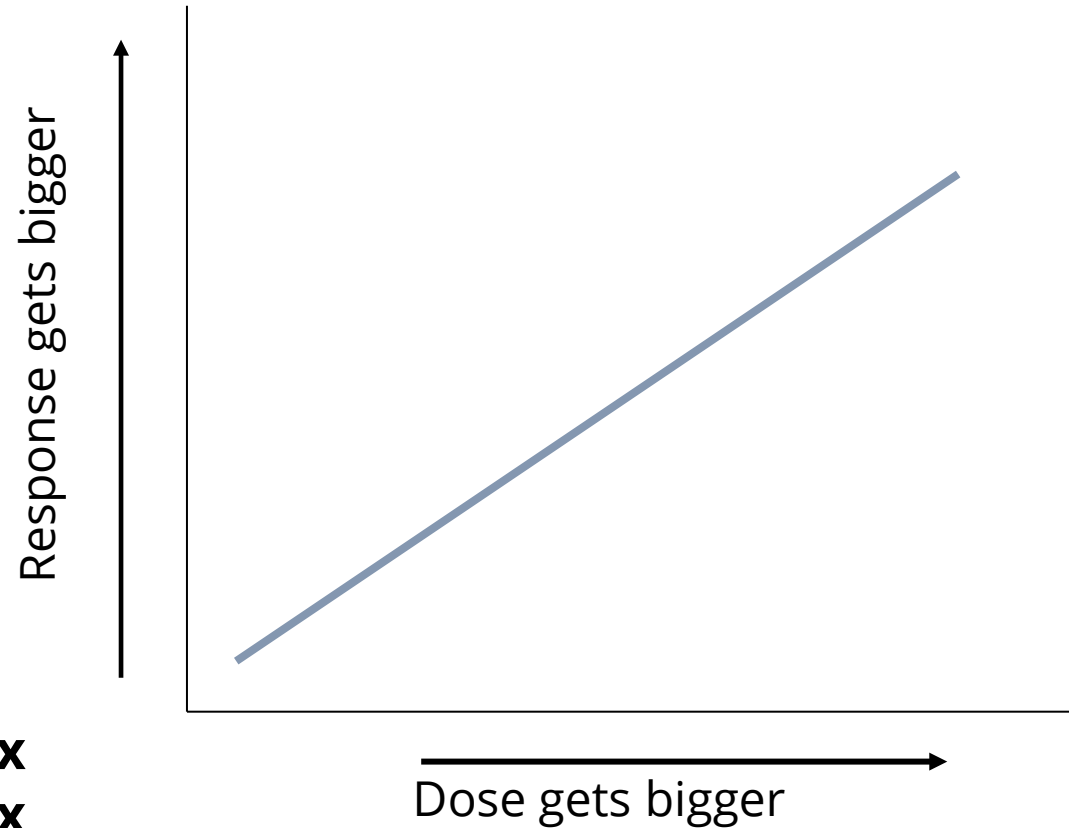
Adverse Childhood Experiences (ACE) and adolescent health. Retrieved from <https://www.cdc.gov/violenceprevention/acestudy/>

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Dose-Response Relationship: More ACEs = More Disease

Severe obesity	1.6 x
Diabetes	1.6 x
Cigarette Smokers	2.0 x
Fair/poor health	2.2 x
Hepatitis/jaundice	2.4 x
Had an STD	2.5 x
50+ intercourse partners	3.2 x
COPD	3.9 x
Depressed 2 weeks	4.6 x
Illegal drug use	4.7 x
Alcoholic	7.4 x
Injected drugs	10.3 x
Suicide attempt	12.2 x



Life-Long Physical, Mental & Behavioral Health Outcomes Linked to ACEs

- Alcohol, tobacco & other drug addiction
- Auto-immune disease
- Chronic obstructive pulmonary disease & ischemic heart disease
- Depression, anxiety & other mental illness
- Diabetes
- Multiple divorces
- Fetal death
- High risk sexual activity, STDs & unintended pregnancy
- Intimate partner violence—perpetration & victimization
- Liver disease
- Lung cancer
- Obesity
- Self-regulation & anger management problems
- Skeletal fractures
- Suicide attempts
- Work problems—including absenteeism, productivity & on-the-job injury

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New research: Inflammation as Key Pathway for Major Chronic Diseases

Emerging information about interactions between a person's experience, brain function, and coordination of the neurologic, immune, and endocrine systems.

Inflammation appears to be a common denominator in the pathway to many chronic illnesses.

Disruptions of these systems, through overwhelming adverse experience and trauma, causes inflammation resulting in acute and chronic illness and even early death.



Diseases implicated in the trauma inflammation pathway

Asthma

Autoimmune Disease

Cancer

Cardiovascular Disease

Diabetes

Obesity

Perinatal morbidity and mortality including the occurrence of pre-eclampsia, premature birth, low birth weight, and infant mortality



Parent ACE Scores Predict Child ACE Scores

Children of Parents with ACE Scores ≥ 4 , are:

1. 6.3x more likely to experience household substance abuse
2. 10.4x more likely to experience homelessness
3. 12.7x more likely to experience neglect
4. 44x more likely to be exposed to intimate partner violence

Randell, K. A., O'Malley, D., & Dowd, M. D. (2015). Association of Parental Adverse Childhood Experiences and Current Child Adversity. *JAMA Pediatrics*, 169(8), 786. doi:10.1001/jamapediatrics.2015.0269

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ACEs and its Effects on Children

According to Dr. Chris Blodgett, children with three or more ACEs are:

- 3 times more likely to **fail**
- 5 times more likely to have **severe attendance problems**
- 6 times more likely to have **severe behavior problems**
- 4 times more likely to have **self-reports of poor health**

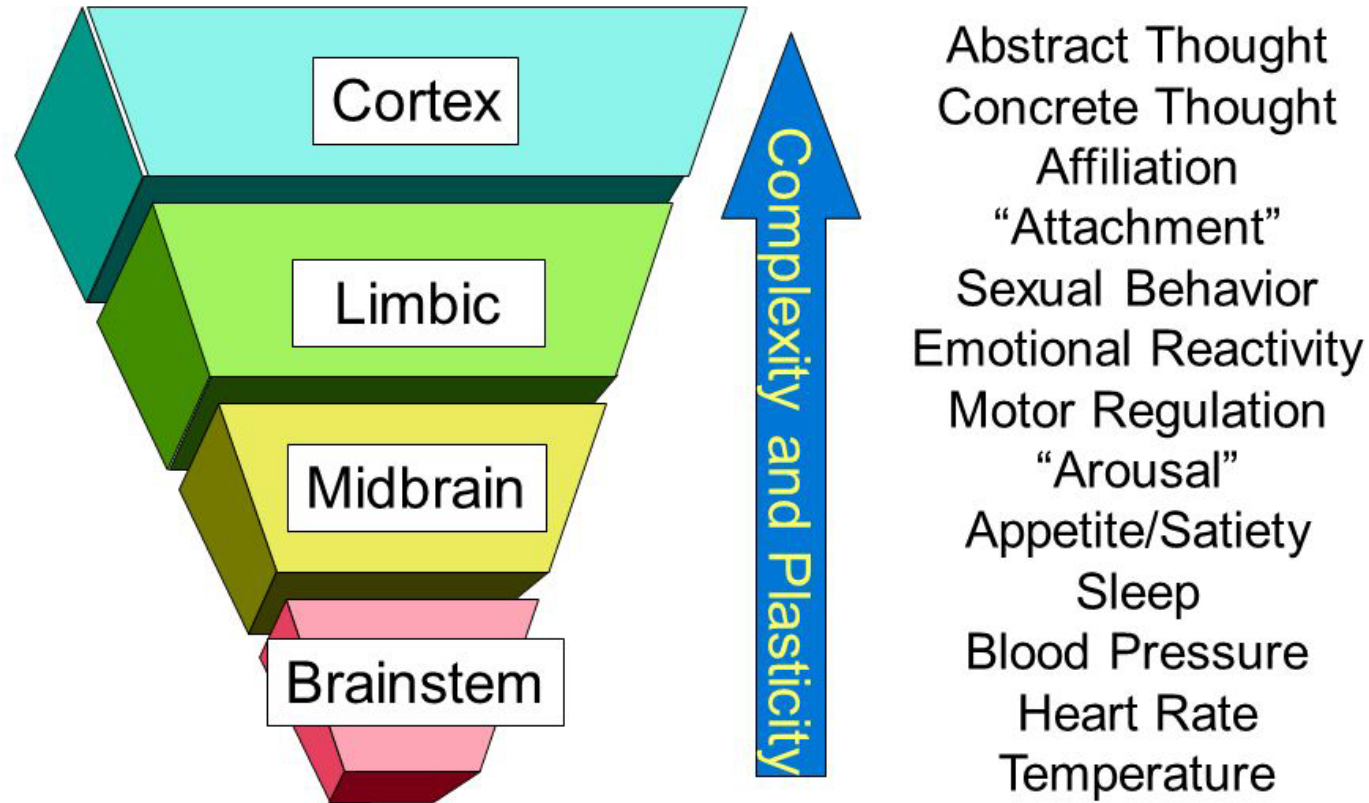
According to SAMHSA, children with 2 or more ACEs are:

- 3 times more likely to **repeat a grade**
- 2 times more likely to have a **special health care need**

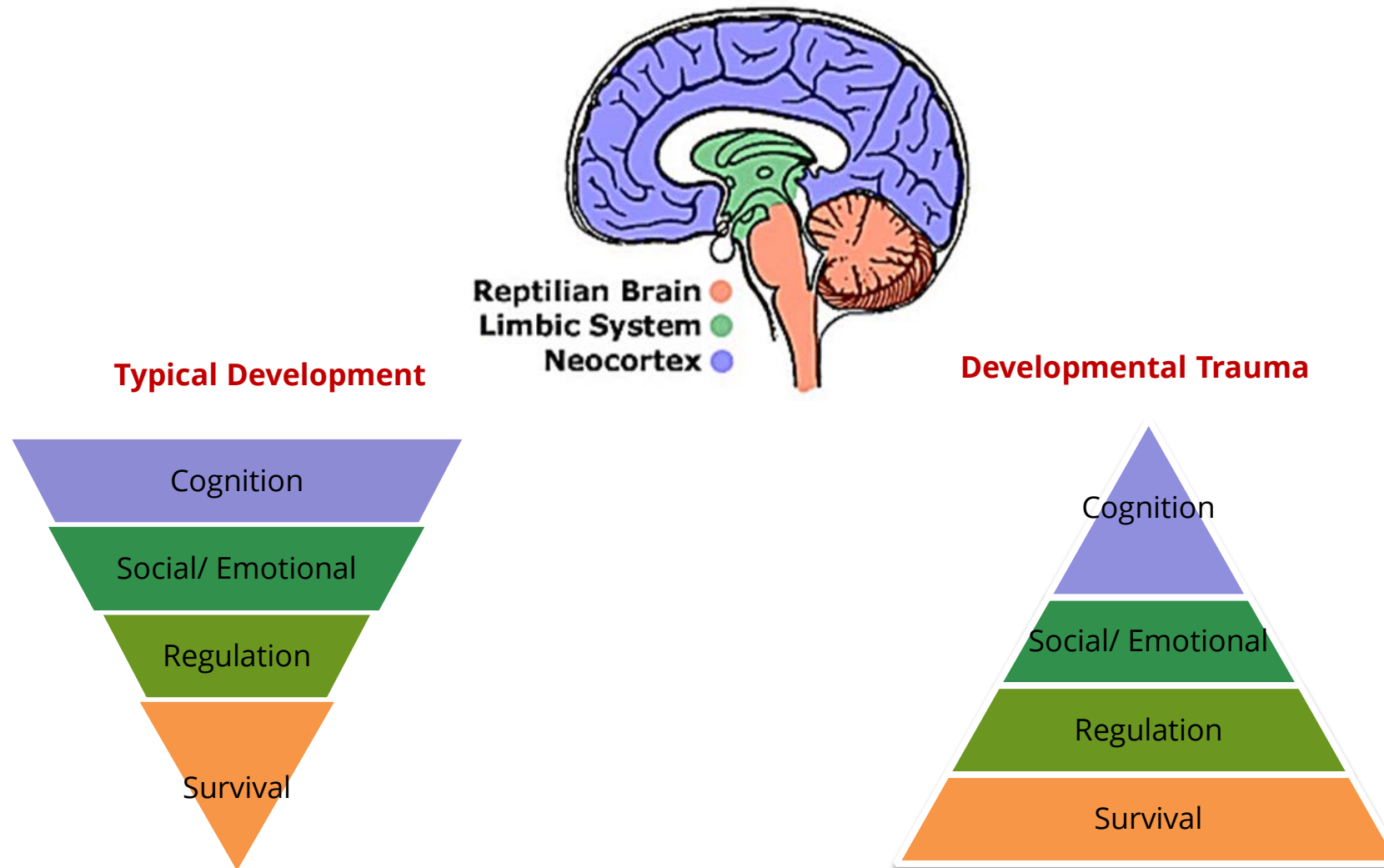
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Hierarchy of Brain Development



Impact of Trauma on Brain Development



Survival Mode Response



Inability to

- Respond
- Learn
- Process

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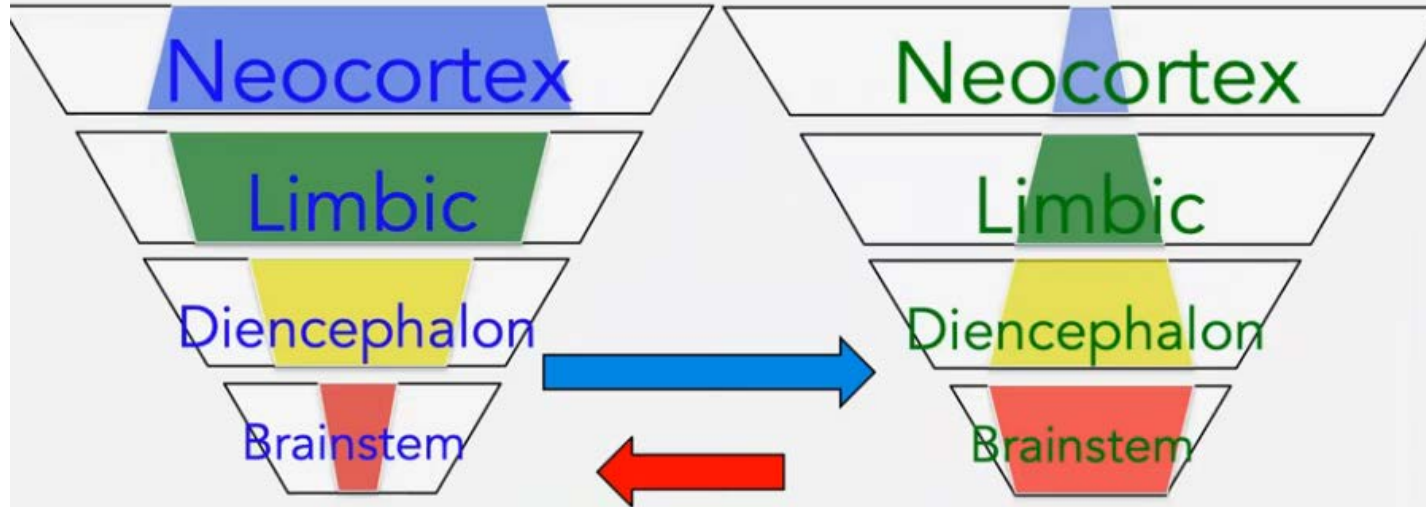
Arousal Continuum

Adapted from Dr. Bruce Perry's
The Boy Who Was Raised as a Dog

<i>Internal State</i>	CALM	ALERT	ALARM	FEAR	TERROR
<i>Cognitive Style</i>	ABSTRACT	CONCRETE	EMOTIONAL	REACTIVE	REFLEXIVE
<i>Regulating Brain Region</i>	NEOCORTEX Cortex	CORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
<i>Dissociative Continuum</i>	REST	AVOIDANCE	COMPLIANCE Robotic	DISSOCIATION Fetal Rocking	FAINTING
<i>Arousal Continuum</i>	REST	VIGILANCE	RESISTANCE Crying	DEFIANCE Tantrums	AGGRESSION
<i>Sense of Time</i>	EXTENDED FUTURE	DAYS HOURS	HOURS MINUTES	MINUTES SECONDS	NO SENSE OF TIME

Relational Contagion

A calm, regulated adult can regulate a dysregulated person.



BUT

A dysregulated adult can NEVER calm anyone.

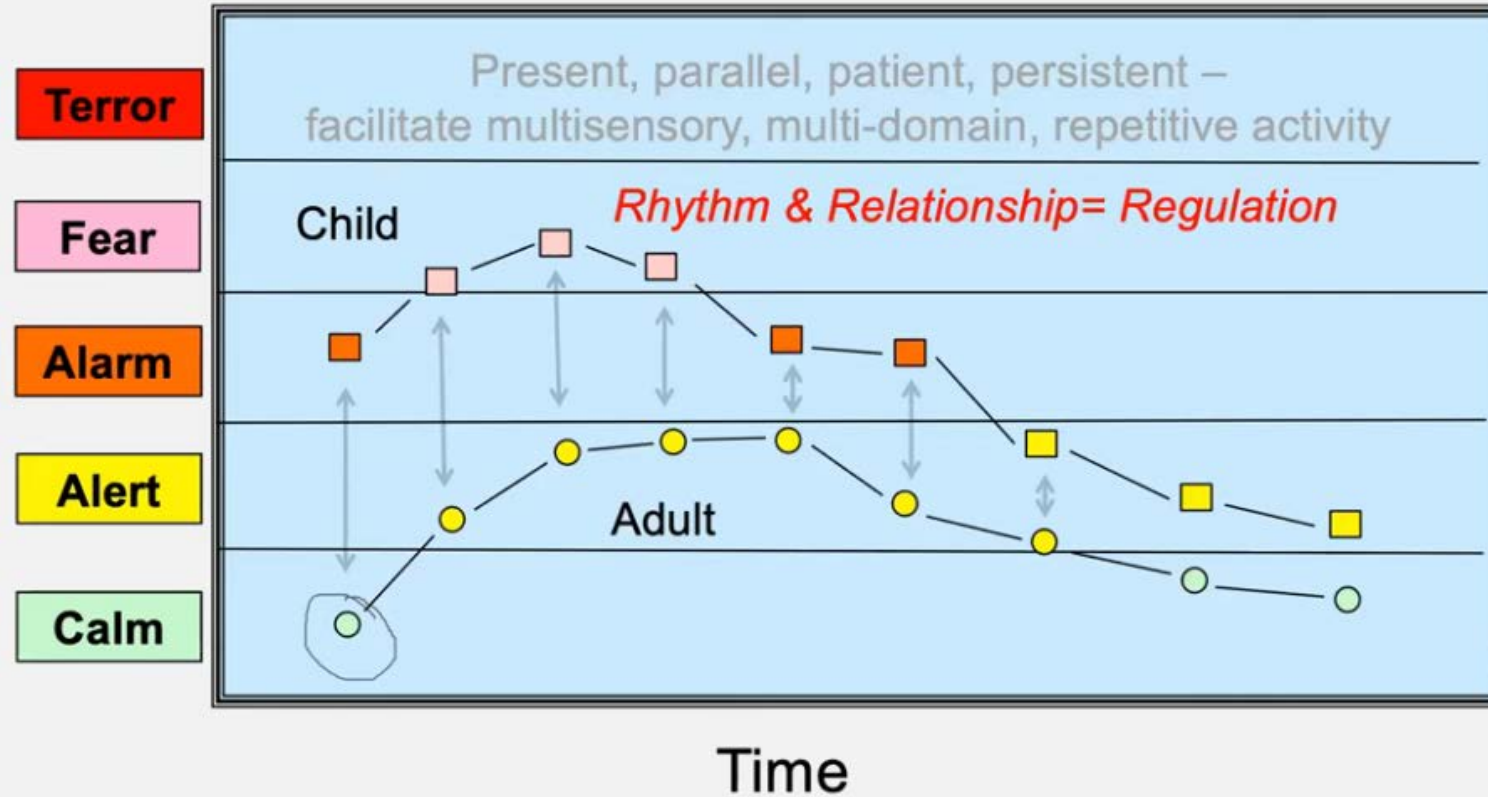
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NETWORK™



Co-regulation

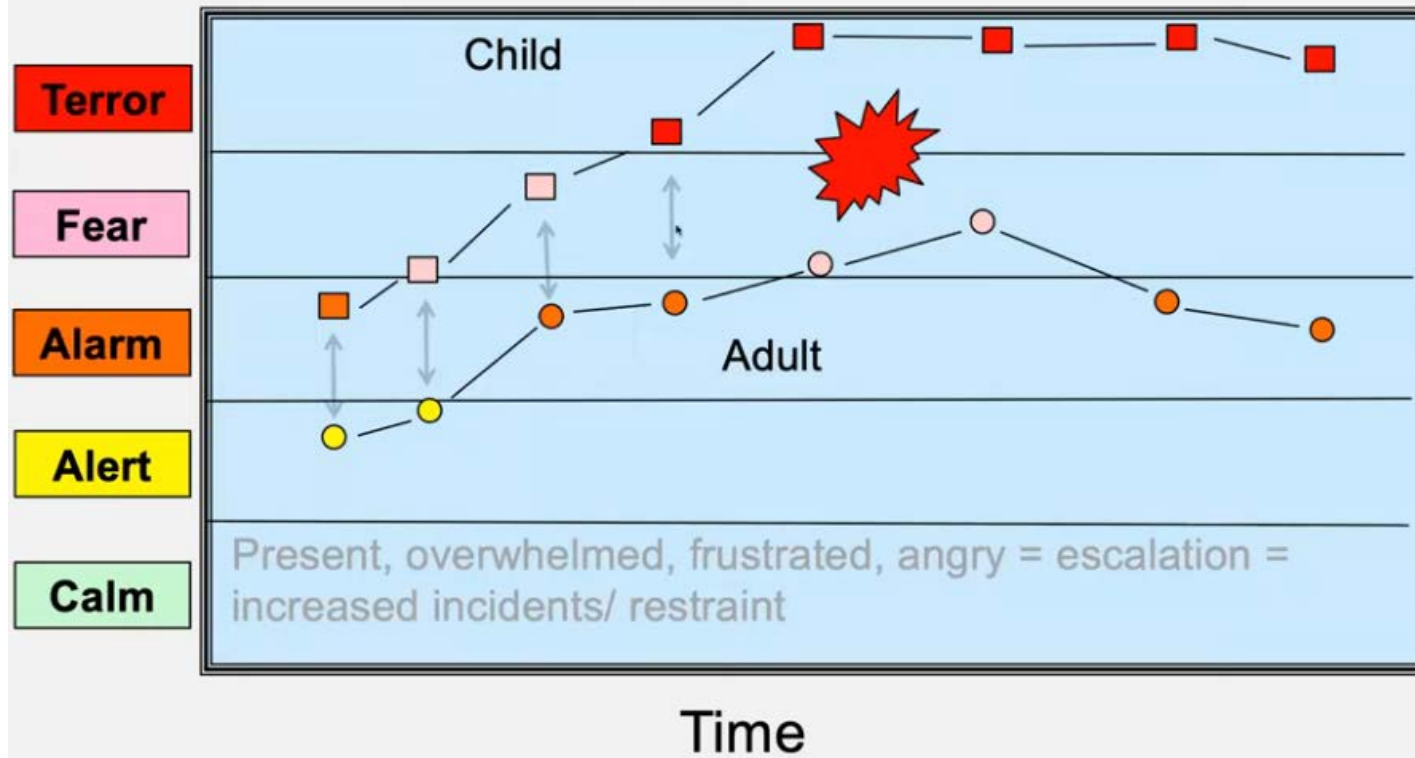
Reactive child and well-regulated adult (e.g. teacher)



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Co-dysregulation *Reactive child and overwhelmed adult (e.g. teacher)*



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Impact the Lower Brain

Rhythmic

Repetitive

Respectful

Relational

Rewarding

Relevant



Activating the Lower Brain



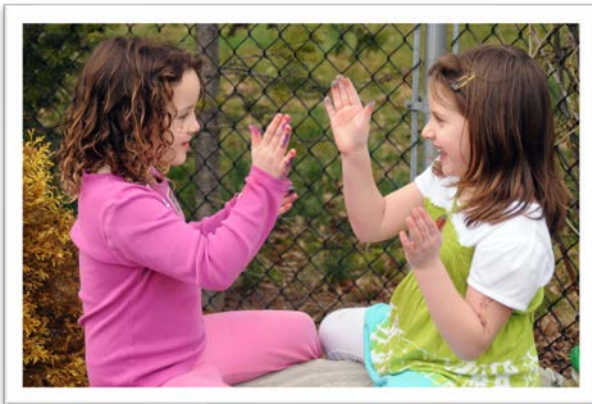
Activating the Lower Brain

Movement



Activating the Lower Brain

Touch



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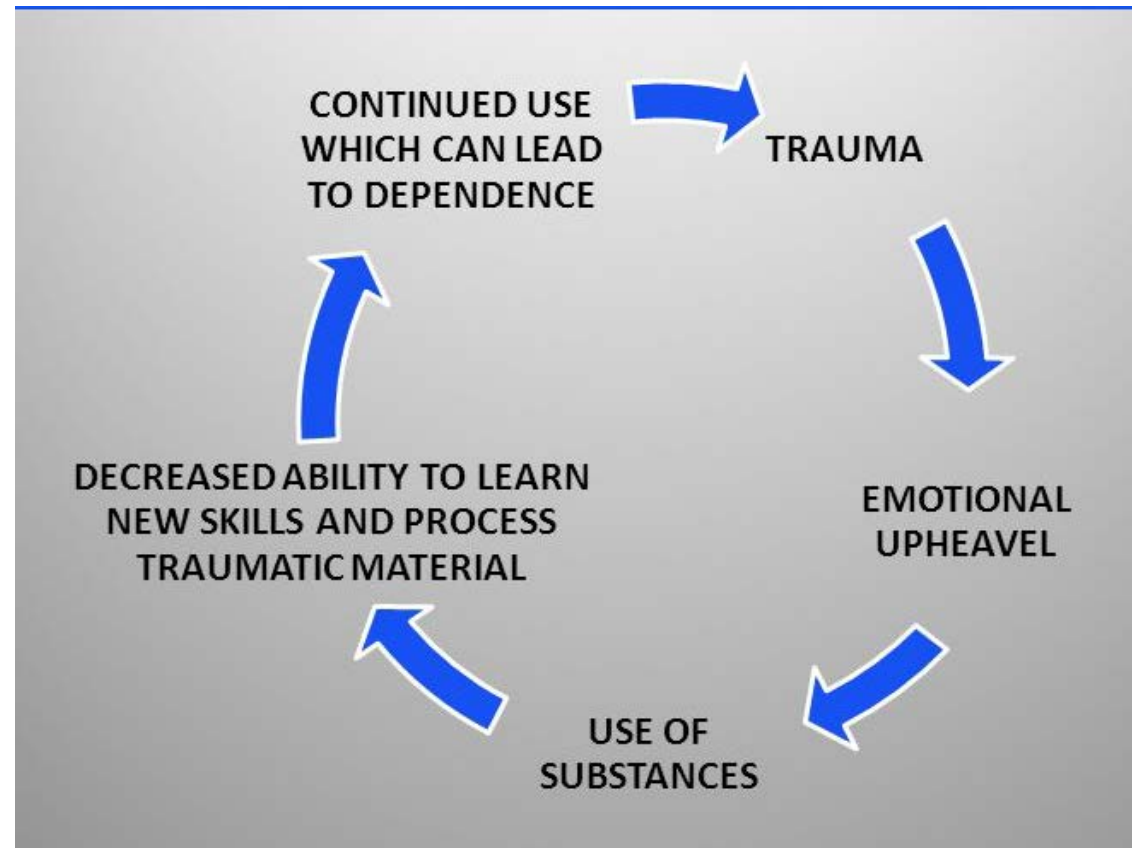


Loneliness



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Trauma and Addictions

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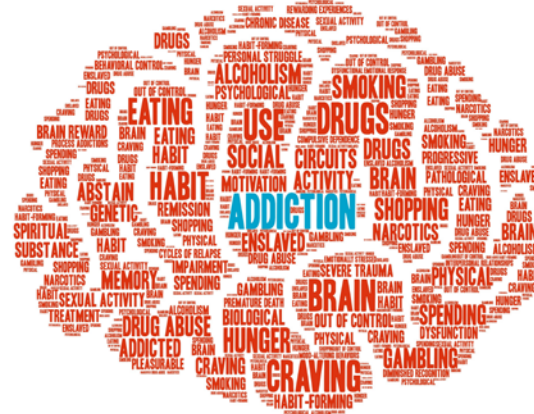
Trauma is a risk factor for Substance Abuse



Substance Abuse is a risk factor for Trauma



Gabor Mate's Definition of Addiction



Any behavior that is associated with:

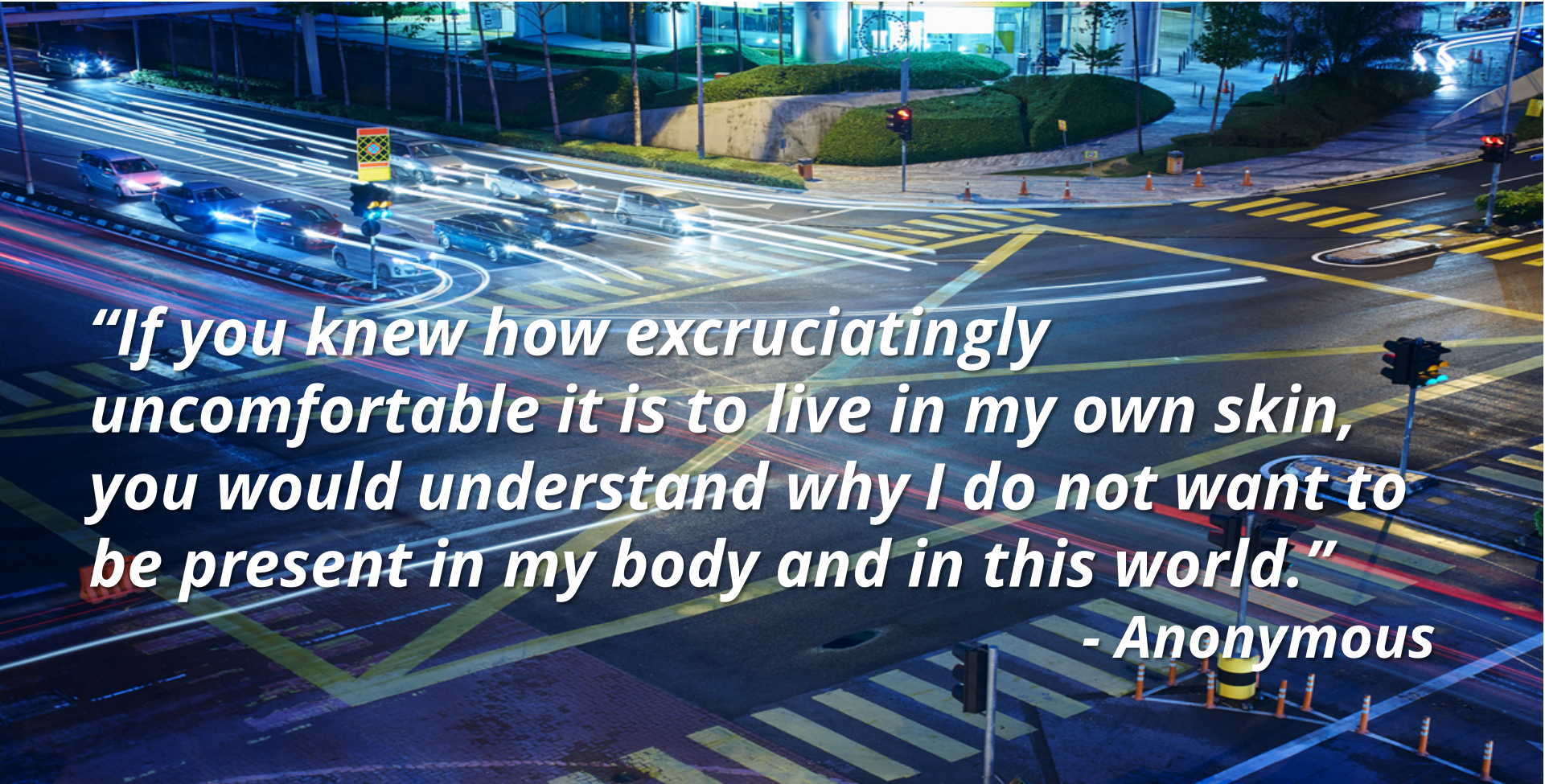
- Craving and temporary relief
- Long-term negative consequences

That a person is unable to give up

Early emotional loss is the template for all addictions

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"If you knew how excruciatingly uncomfortable it is to live in my own skin, you would understand why I do not want to be present in my body and in this world."

- Anonymous

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A hand-drawn illustration of a brain with colorful, swirling patterns inside, surrounded by a dense cloud of colorful paint splatters. The brain is the central focus, with various business and marketing terms and icons scattered around it, suggesting a complex, creative, and strategic thought process.

“self-medicate to sooth their emotional pain – but more than that, their brain development was sabotaged by their traumatic experiences.”

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SHAME

Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection. *Brene Brown*



**“An addict needs shame
like a man dying of thirst needs salt water.”**

-Terrence Real

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What can we do?

- Medications
- Recovery coaches
- Technology
- **Prioritize the relationship**
- **Seek ways to build connection**
- **Embrace compassion instead of punishment**



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Recognize our Humanity



We're all just trying to survive

We frequently observe misplaced Coping Strategies

We are all part of the problem therefore we can all be part of the Solution





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www.TheNationalCouncil.org



Questions & Discussion



Resources

Robert Wood Johnson Foundation (2013) *Health Policy Brief: Patient Engagement. People actively involved in their health and health care tend to have better outcomes—and, some evidence suggests, lower costs.*

https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404446

Hawkley, L. C., & Cacioppo, J. T. (2010). Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms. *Annals of Behavioral Medicine : A Publication of the Society of Behavioral Medicine*, 40(2), 10.1007/s12160-010-9210-8. <http://doi.org/10.1007/s12160-010-9210-8>

Trauma 101- <https://youtu.be/1pNwHMjPrxY>

Trauma-informed Care Guiding Principles -

https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/guiding_principles.html

Trauma-informed Care in BH Services - <https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>



Contact Information

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Thank You!

