

Holistic & Effective Modalities for the Treatment of Trauma and PTSD

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Who are we? 	Clients! 
What do we want? 	We don't know! 
When do we want it? 	NOW! 

DIGITALSYNOPSIS.COM

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The Foundation

The importance of the therapeutic relationship

- Number one indicator of positive outcomes
- This is seen in the results of 107 research studies
- Why?

The importance of belief in model, content, and techniques

- Number two indicator of positive outcomes
- Why?

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Connection

- basic human need, often damaged by abuse and neglect
- leads to dysregulation of the ANS

Importance of coregulation in therapy

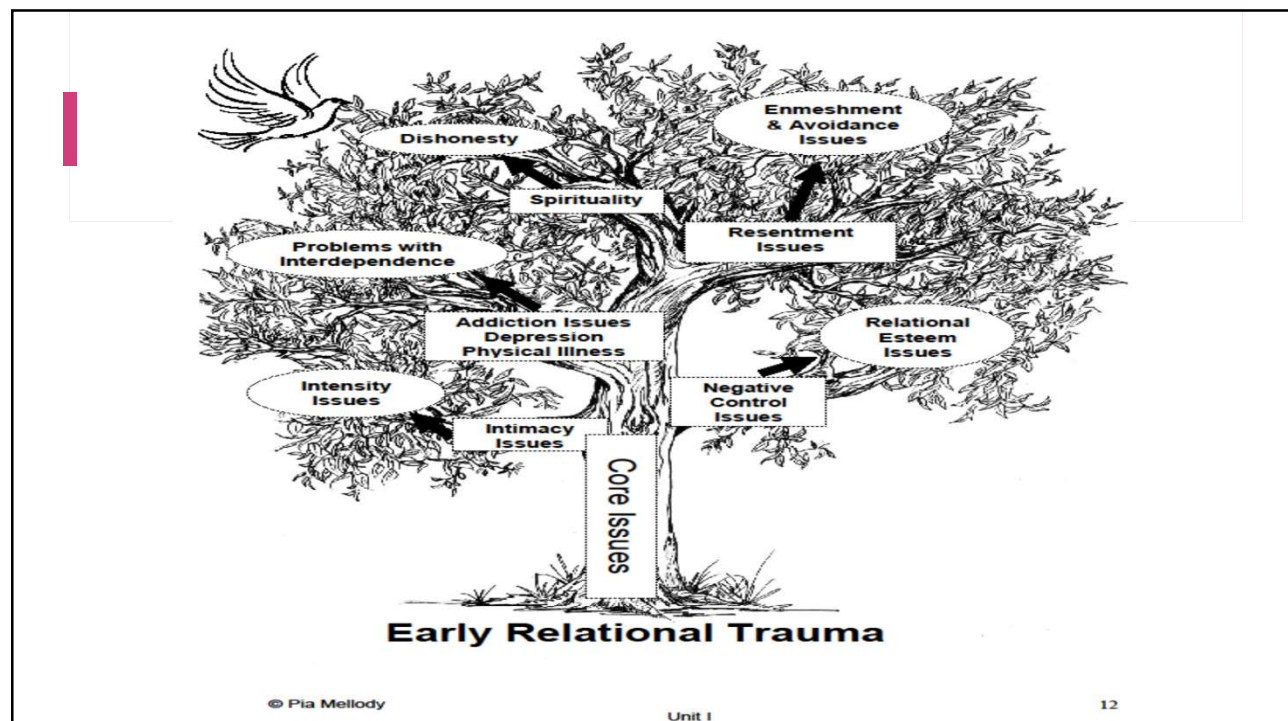
- requires attunement to own needs as well as the client's
- moving from external regulation to internal regulation

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Post Induction Therapy (PIT)

- Focuses on the impact of early relational trauma on core issues and development of presenting symptoms

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OVERVIEW OF DEVELOPMENTAL IMMATURITY ISSUES

NATURE OF THE CHILD	CORE ISSUES	SECONDARY SYMPTOMS	RELATIONAL PROBLEMS
Childhood Trauma <i>causes</i>	Immaturity <i>both drive</i>	Unmanageability <i>all three create</i>	Problems with Being Intimate
1. Valuable	1. Self-esteem Issues (Less Than vs. Better Than)	1. Negative Control Issues	1. Relational Esteem Issues
2. Vulnerable (Protection)	2. Boundary Issues (Too Vulnerable vs. Invulnerable)	2. Resentment Issues/Raging	2. Enmeshment & Avoidance Issues
3. Imperfect (Reality)	3. Reality Issues (Bad or rebellious vs. Good Or Perfect)	3. Spirituality Issues	3. Dishonesty
4. Dependent (Needs/ Wants)	4. Dependency Issues (Too Dependent vs. Anti-dependent or Needless/Wantless)	4. Addiction Issues Mood Disorders Physical Illness	4. Problems with Interdependence
5. Spontaneous and Open	5. Moderation/Containment Issues (Out of Control vs. Controlling of Others)	5. Intimacy Issues	5. Intensity Issues

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CORE ISSUES

The core issues are manifested on a continuum. Each end of the continuum is a child ego state and can be an indicator of a posttraumatic stress reaction to early relational trauma.

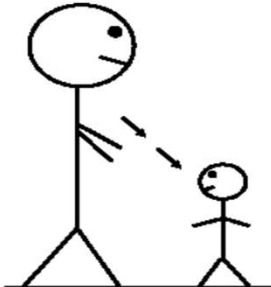
A		B
1. Less Than	←————→	Better Than
2. Too Vulnerable	←————→	Invulnerable
3. Bad or Rebellious	←————→	Good or Perfect
4. Too Dependent	←————→	Anti-dependent or Needless/Wantless
5. No Interest in Self Control (shit-ass)	←————→	Too Much Interest In Self Control (tight-ass)

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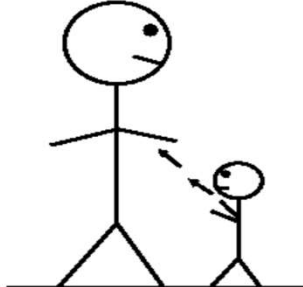
RELATIONAL CONNECTIONS IN CHILDHOOD

**The Major Care Giver
Takes care of the Child**



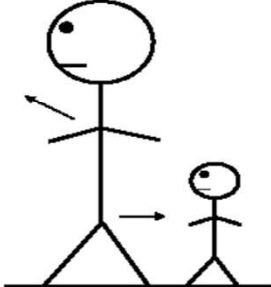
Functional Bonding
(Involves affirming, nurturing and limit setting)

**The Major Care Giver
Uses the Child
To take care of herself**



Enmeshment
(Abusive, as it uses the child)

**The Major Care Giver
Abandons the Child**



Abandonment/Neglect
(Abusive, as it fails to provide the help a child needs)

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HEALING AND REPARING MODEL

<p>When the WOUNDED CHILD Feels less-than, and worthless</p>	<p>The ADAPTED CHILD Parents by:</p> <p><u>CRITICIZING</u> and attacking</p>	<p>The FUNCTIONAL ADULT heals and reparents by:</p> <p><u>AFFIRMING</u> through self-esteem and reality.</p>
<p>When the WOUNDED CHILD Feels abandoned, needy and wanting</p>	<p>The ADAPTED CHILD Parents by:</p> <p><u>NEGLECTING</u> and abandoning</p>	<p>The FUNCTIONAL ADULT heals and reparents by:</p> <p><u>NURTURING</u> by taking care of dependency needs and wants appropriately and by setting boundaries.</p>
<p>When the WOUNDED CHILD Feels out of control</p>	<p>The ADAPTED CHILD Parents by:</p> <p><u>INDULGING</u></p>	<p>The FUNCTIONAL ADULT heals and reparents by:</p> <p><u>SETTING LIMITS</u> through boundaries and moderation</p>

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RECOVERY

Immaturity Issues	*Functional Adult Skills
1. Trouble valuing the self from within.	1. Esteems from concept of inherent worth.
2. Personal boundary problems.	2. Able to be intimate with moderate vulnerability.
3. Difficulty being authentic and political.	3. Comfortable with self and accountable for his/her impact on others.
4. Difficulty attending to personal needs and wants and in being available for interdependence.	4. Responsible for own issues of self-care & willing to be interdependent.
5. Lacks an attitude of "moderation in all things."	5. Able to contain the self as well as maintaining a sense of spontaneity.

* Parents the inner child through affirmation, nurturing, and limit setting.

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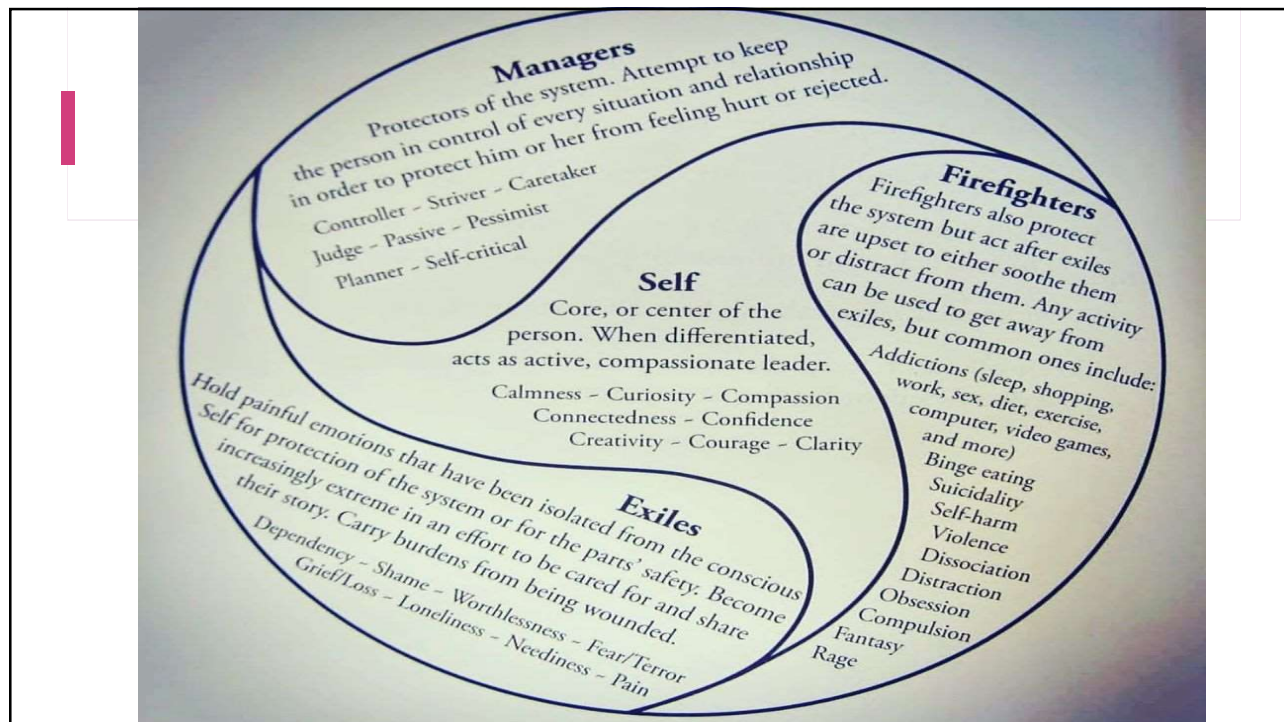
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Internal Family Systems (IFS)

- Systems thinking – multiplicity of the mind
- “Based on the observation that clients sometimes experience subpersonalities that come into internal conflict when dealing with challenges. The IFS model likens these subpersonalities to an internal family.” – SAMHSA



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- Things that are unique to the model
 - Respect for the parts
 - Starting with the protectors
 - Asking for permission
 - The Self
- Principles for working with parts
 - Ask client: How do you feel toward the part/feeling?
 - This establishes separation
 - Assumption: every part is here for a reason
 - You may not know the reason

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Some IFS Questions

What is your role/job?

What are you afraid would happen if you stopped doing your role/job?

How old do you think the client is?

When did you come around?

How do you feel about your job?

If we could heal the hurt that is underneath, would you still need to do your job?

Can you show me the hurt that is underneath?

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Somatic Experiencing (SE)



A body-centered therapeutic approach designed to resolve traumatic stress and increase the capacity to negotiate stress and trauma.



A framework to assess where a person is “stuck” in the fight, flight and/or freeze responses



Clinical tools to resolve these fixated states, transform old patterns, and strengthen resiliency

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Unresolved trauma affect the subcortical regions of our brain that aren't easily accessed by talk

Neocortex

"Thinking"

Cognition, Language, Speech, Social and Regulatory Centers

Limbic/Mid-Brain

(Amygdala)

"Feeling"

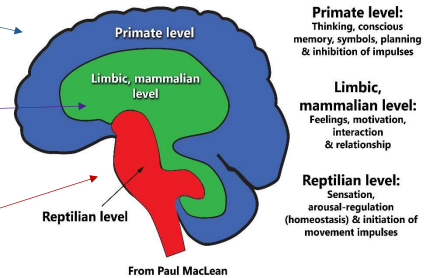
Memory, Emotions & Alarm Center

The Brainstem ("Reptilian Brain")

"Sensing"

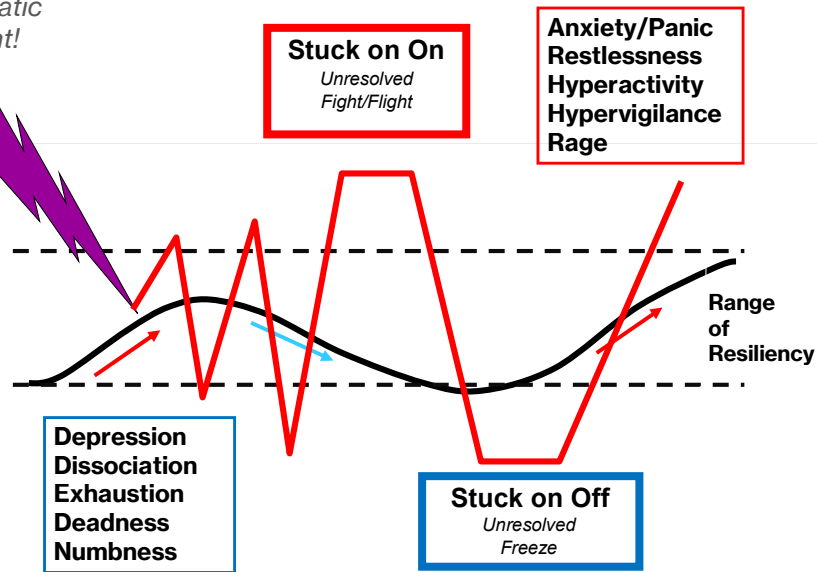
Survival & Instinctual Centers (*fight, flight, freeze*)
Digestion, Reproduction, Circulation, Breathing, Sleeping

The Triune Brain



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Traumatic Event!



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Orientation

- Engaging with the environment via the senses (exteroception)
 - **Establishing ground in the here and now**
 - *As you orient to the room, what do you begin to notice?*
 - **Promoting curiosity**
 - *Let your eyes go where they want to go - what do you become aware of?*
 - **Priming the ventral vagal system** ("vagal brake")
 - *What happens internally as you receive from your environment?*

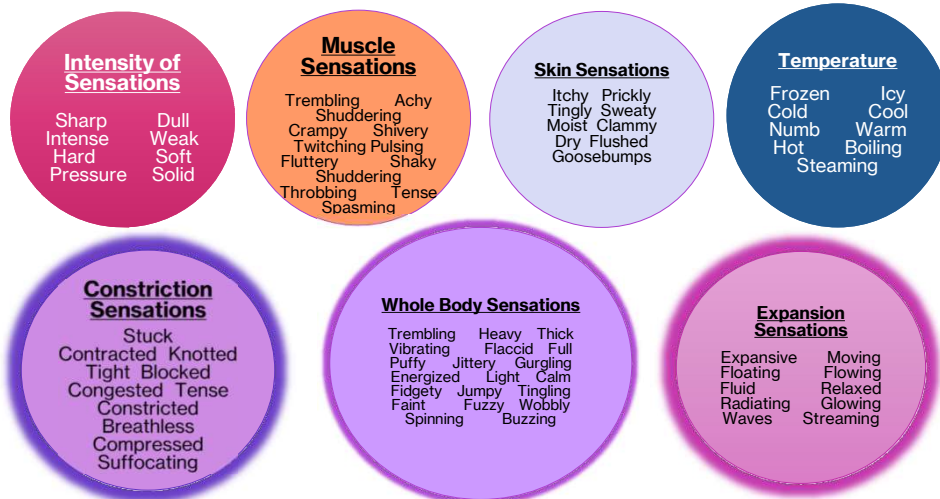
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Felt Sense

- Accessing the body via somatic awareness (interoception):
 - **Enhances mindfulness and builds presence in the here and now – bridging subcortical and cortical brain**
 - *“What are you noticing in your body now?”*
 - **Anchors life experience in the nervous system**
 - *“What happens inside as you talk about ...?”*
 - **Bulds capacity for tolerating greater feeling**
 - *“Is it OK to hang out with this feeling?”*
 - **SE uses body awareness to establish safety and set the stage for traumatic resolution**

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Felt Sense: The Language of Sensation



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1. Using your senses (sight, hearing, touch, etc.), identify 3 things you're drawn to in your environment.
 2. Sensing internally, identify 1 sensation you're aware of from within your body.
 3. Again, using your senses identify 3 things you're drawn to in your environment.
 4. Notice what's happening now: *How do you feel overall?*
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Tracking

The process of noticing, identifying and following the shifts in the nervous system

What is going on here?

- Degrees of presence (e.g., dissociated, mindful)
- ANS shifts

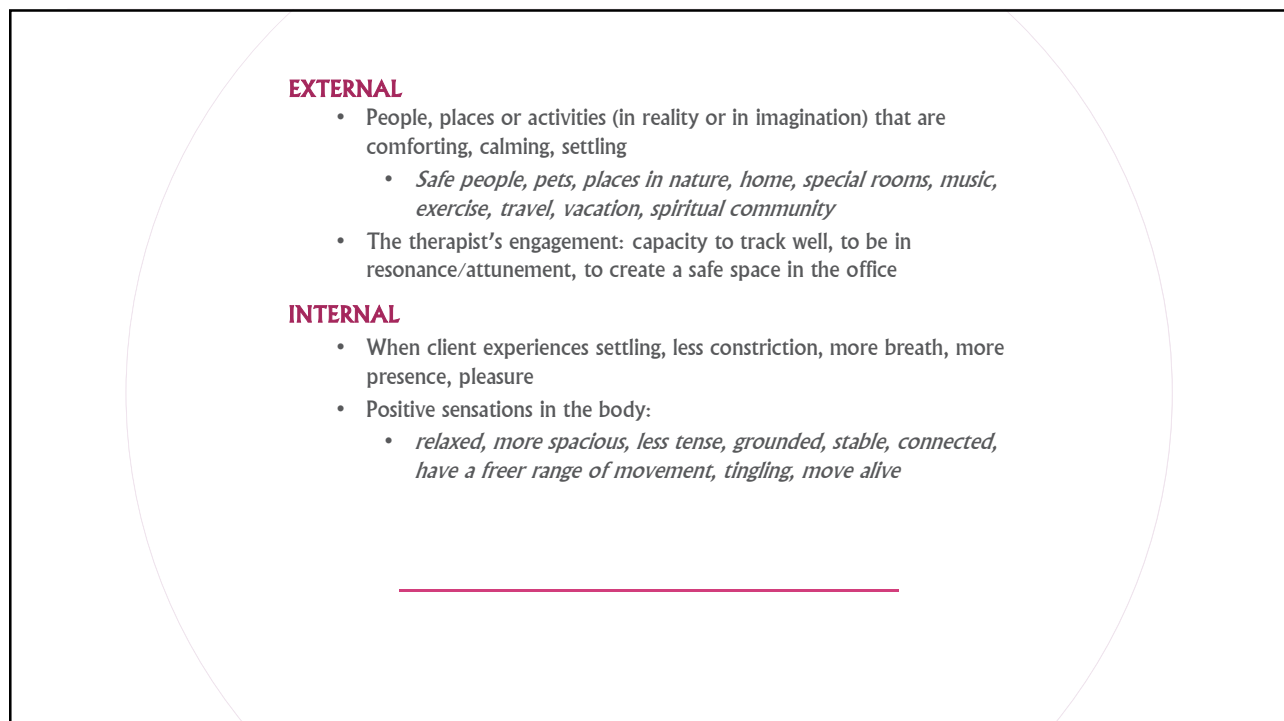
What story is the body revealing?

- How NS responds to what is being spoken, remembered or felt (e.g., *what is arousing, settling, disorganizing?*)
- Gestures
- Preparatory and/or defensive movements (e.g., turning, bracing, flinching, readiness)
- Fight, Flight, Freeze, Social Engagement?

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1. Take a moment to orient to your environment – what are you noticing?
 2. Now reflect on a time in the past couple days when you felt most like yourself, or most like you'd want to be, or most alive
 3. As you reflect on this, notice what you are feeling in your body now?
 4. Now take a moment to orient again to your environment
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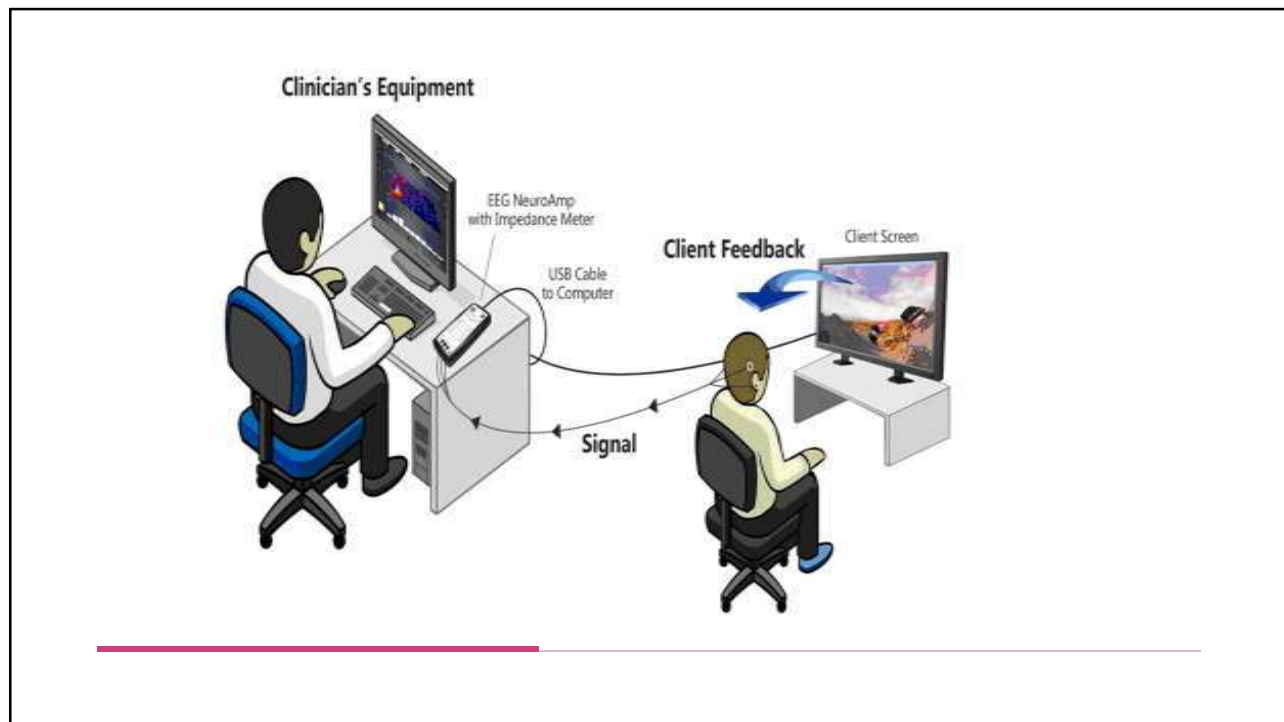
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Neurofeedback

- Calming the brain to reach the mind
- Interrupting negative feedback loops & conditioned patterning/responses
- A brain based approach to mental training, and is used to improve many brain functions
- It is a non-invasive, researched-informed, evidenced based intervention.

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- NFB allows brain to witness its own activity
- Quieting arousal at deeper regions, positively impacting mood, energy, clarity, attention, and sleep
- Increased interoception & teaches pts on felt sense level that state shifts are not the enemy, increased affect tolerance
- Connection back to self – provides a deeper experience of themselves, frees up life energy that gets bound w trauma, more creativity

The illustration shows a human head in profile with glowing brain activity. A circular feedback loop connects the brain to a computer monitor displaying a graph, representing the neurofeedback process.

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Other Ancillary Services

Acupuncture

Registered
Dietician

Trauma
informed
yoga

Equine
therapy

Art therapy

Tai chi

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12 Step

Builds community

Free

Sponsorship

Working the steps

Giving back

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Sources

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