

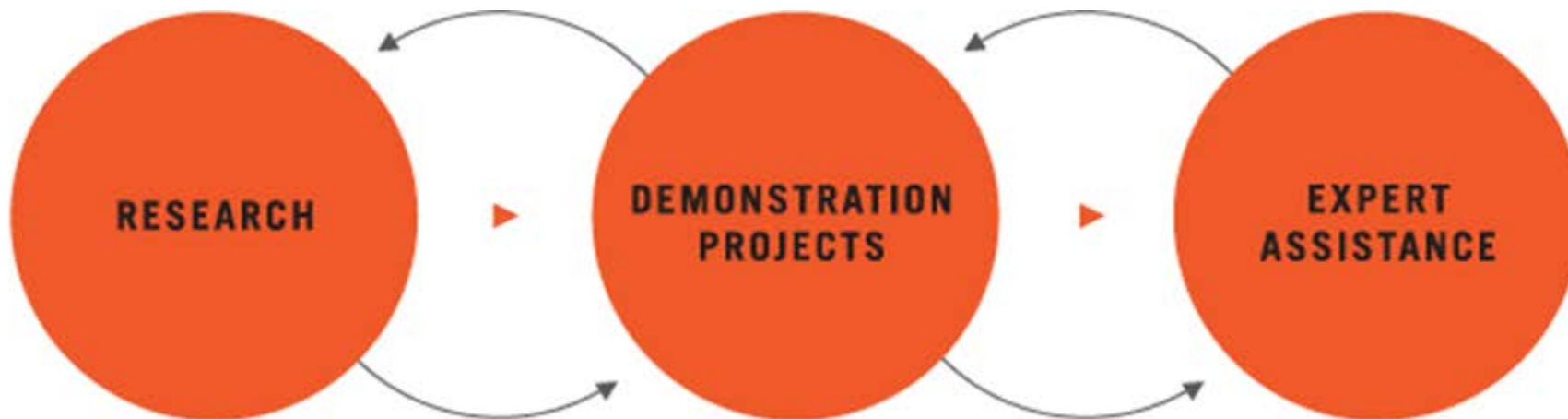
Trauma and Trauma – Informed Care

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The Center's Work



Human Trafficking and the State Courts Collaborative

- ▶ Human Trafficking & the State Courts Initiative
 - ▶ Funded by the State Justice Institute
 - ▶ Partnership between:
 - ▶ Center for Court Innovation
 - ▶ Center for Public Policy Studies
 - ▶ National Judicial College
 - ▶ National Association of Women's Judges
 - ▶ National Center for Juvenile and Family Court Judges
 - ▶ Legal Momentum
 - ▶ Focus on training and technical assistance for new or existing courts addressing prostitution & trafficking
 - ▶ <http://www.htcourts.org>



Trauma: What is it and why does it matter?

- ▶ Results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and the individual's psychological, social, emotional or spiritual well-being
- ▶ Micro (interpersonal trauma) and Macro (systemic trauma and oppression) experiences

Examples of interpersonal and systemic trauma and oppression

Interpersonal

- Childhood sexual abuse
- Childhood physical abuse
- Verbal/emotional abuse
- Domestic/sexual violence
- Rape
- Neglect

Systemic

- Court
- Foster care
- Education
- Incarceration
- Police/law enforcement
- Health care

Structural

- Racism
- Poverty
- Sexism
- Homophobia
- All other -isms

Interpersonal Trauma: Trauma Reactions

- ▶ Best understood as adaptations to survive and are logical in the context of trauma
- ▶ People will do whatever it takes to survive their experience and pain – RESILIENCY!
- ▶ Trauma reactions often misdiagnosed or overlooked as symptoms of other mental illness

Interpersonal Trauma

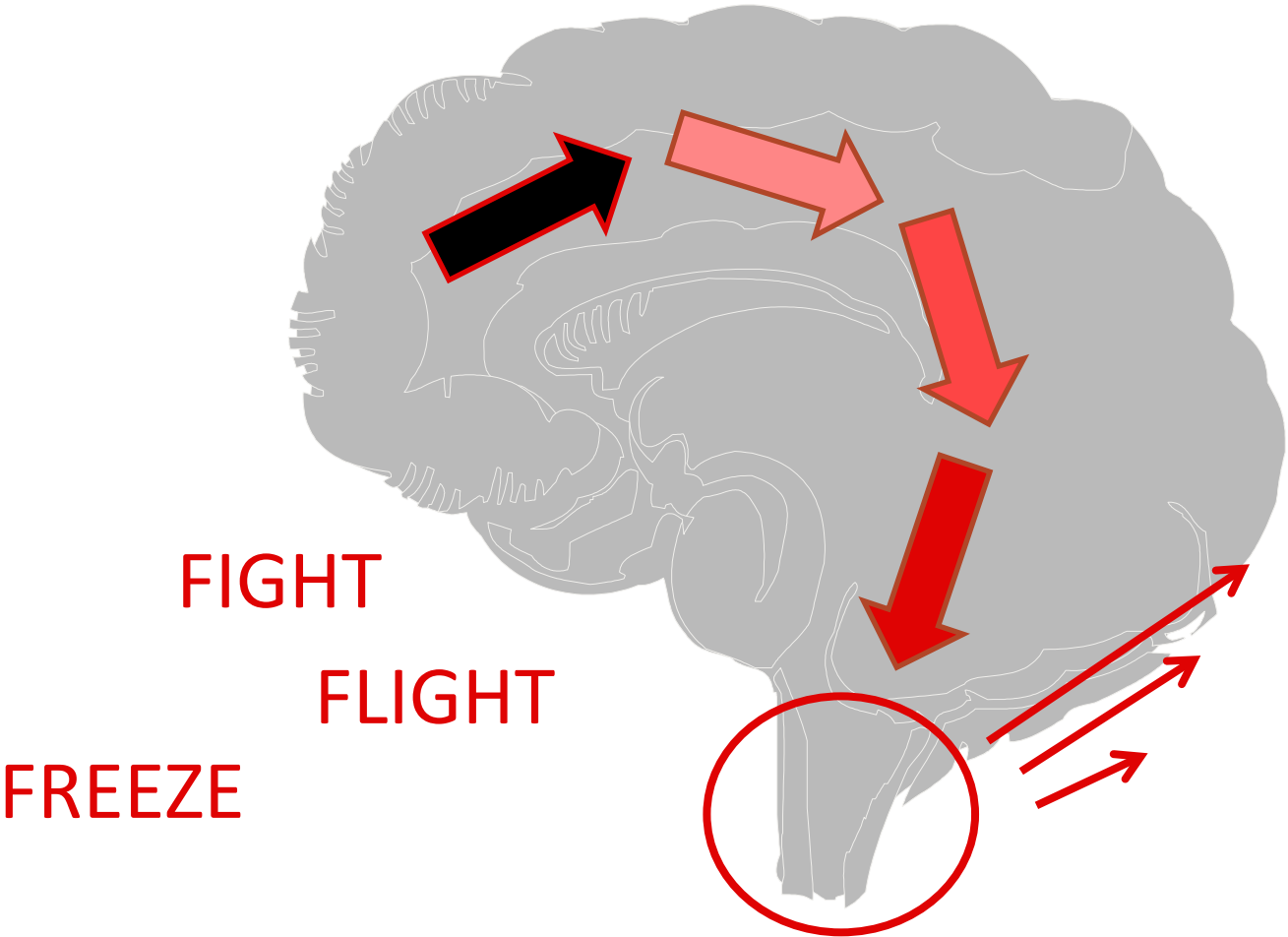
Immediate/Automatic Reactions

Fight

Flight

***Freeze**

Effects of trauma



Trauma Reactions:

A new lens to understand challenging behavior

▶ **Intrusive thoughts/feelings**

- ▶ Flashbacks
- ▶ Nightmares
- ▶ Intrusive thoughts
- ▶ Intrusive memories
- ▶ Physical pain

▶ **Avoidance**

- ▶ Behavioral or cognitive attempts to avoid trauma-reminiscent stimuli
- ▶ Emotional Numbing

▶ **Hyperarousal**

- ▶ Increased arousal
- ▶ Difficulty falling or staying asleep
- ▶ Difficulty concentrating
- ▶ Irritability
- ▶ Jumpiness
- ▶ Chronic hyperarousal makes it difficult to feel a range of emotion

Trauma Reactions:

A new lens to understand challenging behavior

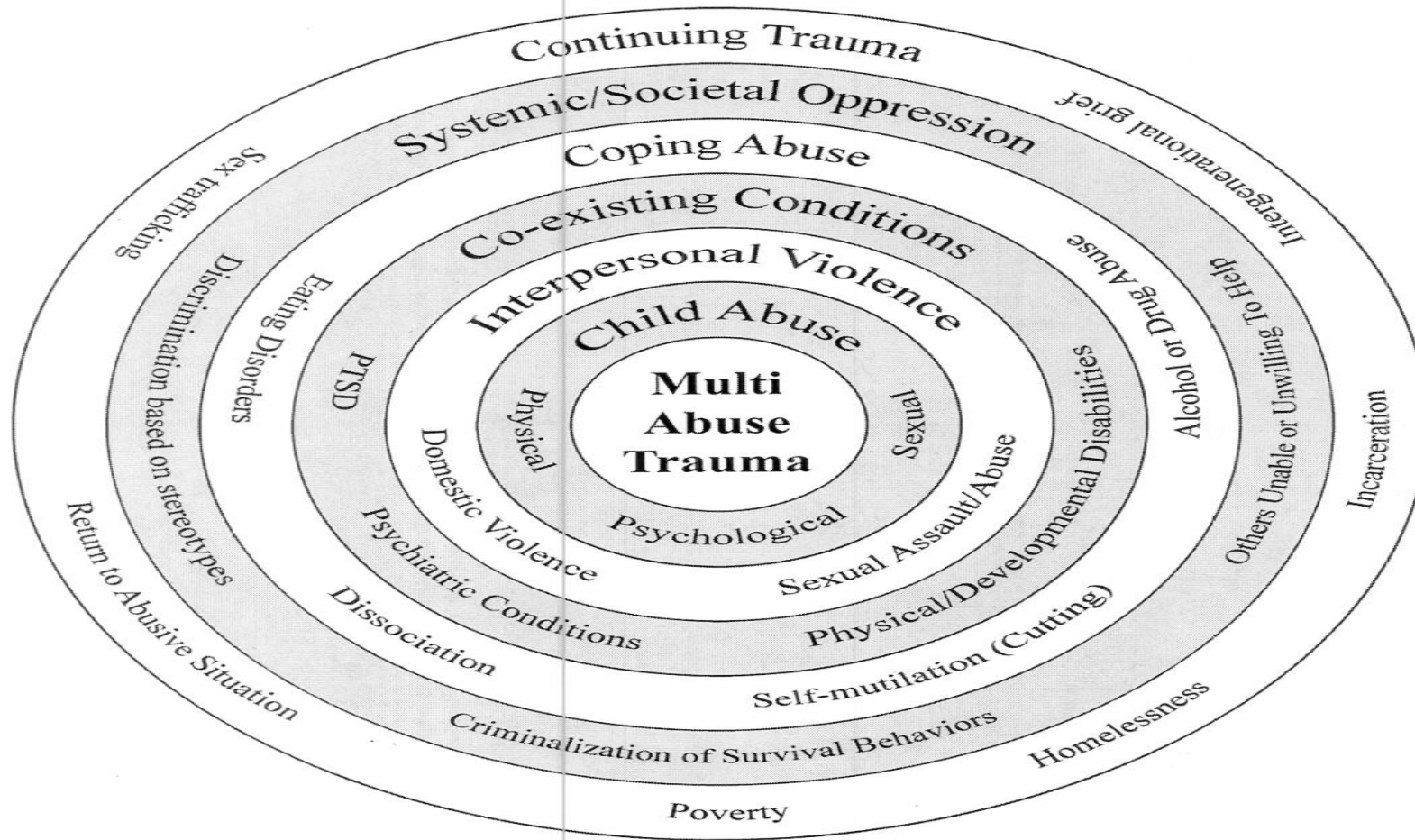
▶ Reenactment

- ▶ Power and control struggle is often reenacted
- ▶ A traumatized participant has had their power and control taken away, often throughout their life
- ▶ Feeling powerless or as if someone is trying to control her can be intolerable
- ▶ When reenacting, the participant can play the victim OR the victimizer
- ▶ Often, this is what causes people to feel like participant is being “manipulative”

▶ Dissociation

- ▶ Intrapsychic defense
 - ▶ The separation of mental systems that would ordinarily be integrated
- ▶ Voluntary and Involuntary Reaction
- ▶ Protective
- ▶ At first a conscious effort to block out the abuse, but when repeated over time, becomes a uncontrollable response to abuse or stimulus of abuse
- ▶ Common experience for survivors of rape, childhood sexual abuse, and witnessing DV

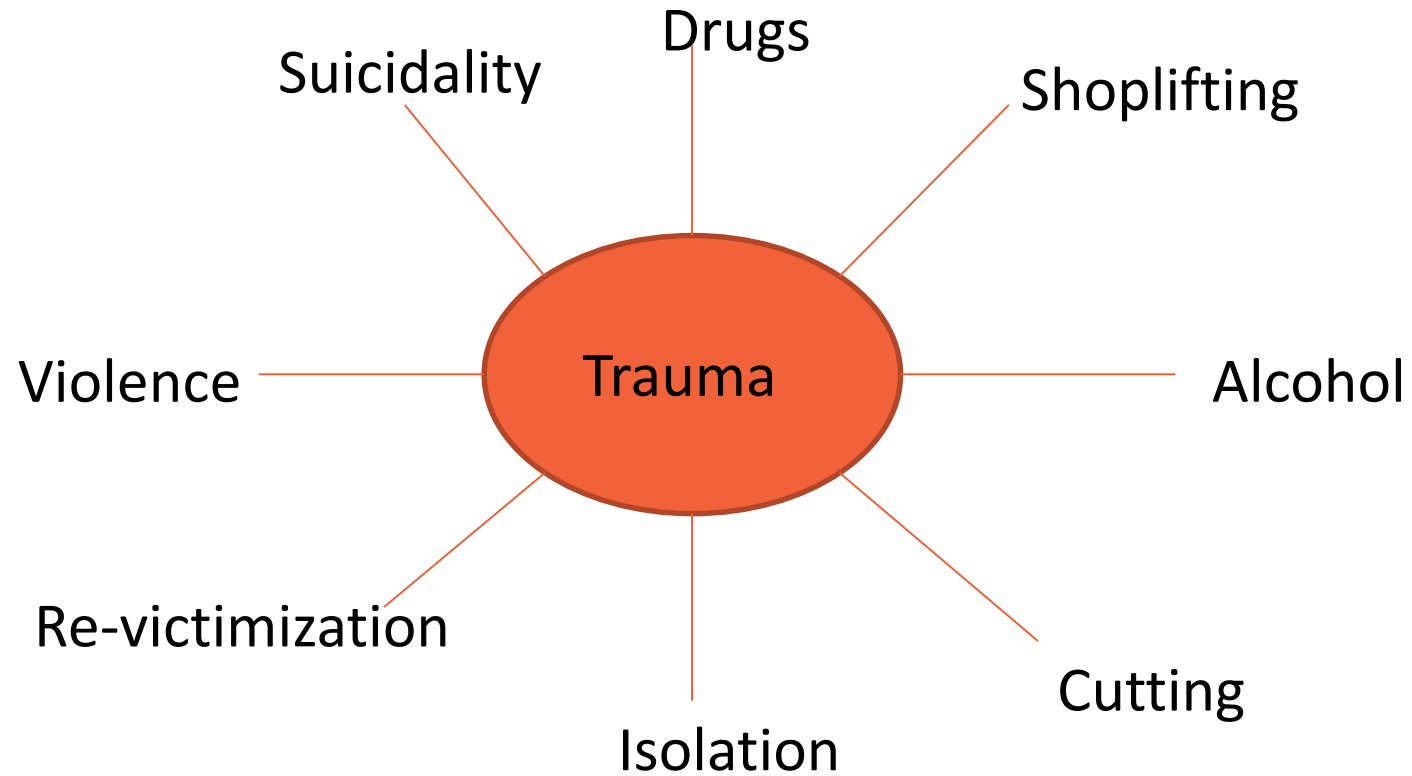
Multiple Layers of Trauma



Context of Trauma Histories/ Complexity of Choice



Trauma Reactions



Secrecy

Examples of trauma:

- Childhood Sexual Abuse
- Childhood Physical abuse
- Verbal/Emotional Abuse
- Domestic/Sexual Violence
- Poverty
- Rape
- Neglect

Shame

Silence

Now that we know, how do we respond?

Trauma – Informed care!

- ▶ Upholding a trauma framework helps us understand how our clients feel, behave, and present with themselves, other and their communities
- ▶ Understanding people's feelings and behaviors as adaptations to survive, and normal reactions to abnormal experiences, helps remove judgment and pathology
- ▶ Incorporating a trauma-informed approach allows the helper to connect with the client
- ▶ You don't need all the details!

Moving towards trauma-informed care!

Traditional treatment models:

- ▶ What's wrong with you?
- ▶ Blaming
- ▶ Power and control
- ▶ Hierarchical
- ▶ Over reliance on diagnosis
- ▶ Safety as priority

Moving towards trauma-informed care!

Traditional treatment models:

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Principles of TI Care:

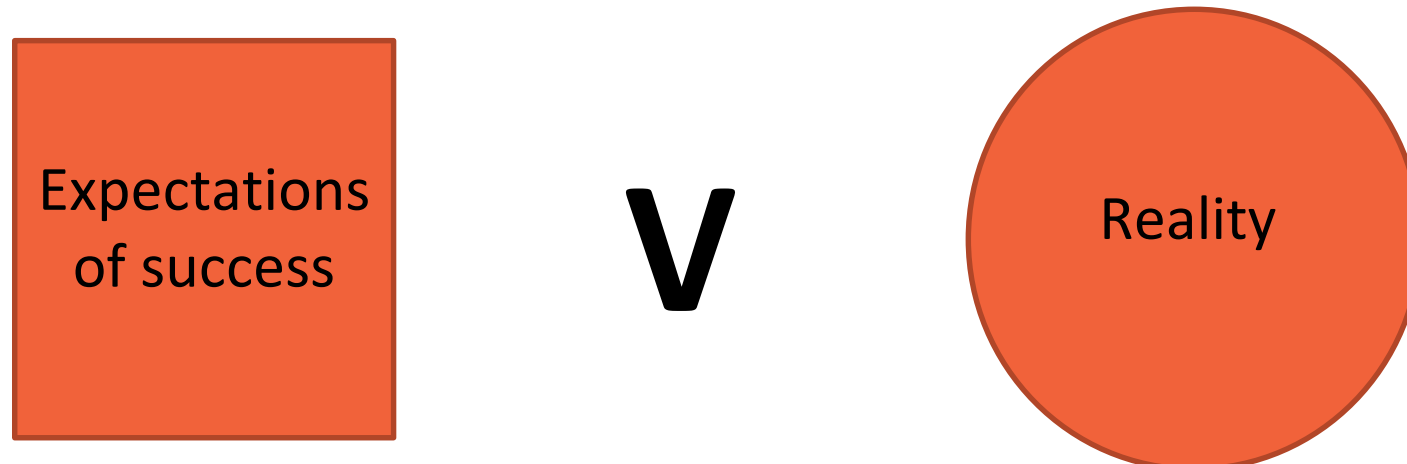
- ▶ What's happened in your life? What's happened to you?
- ▶ Understanding the impact of trauma on individual
- ▶ Understanding of trauma reactions and ways reactions can be expressed
- ▶ Trauma reactions are normal in context of experience
- ▶ Removing pathology
- ▶ Transparency, flexibility, and firm boundaries
- ▶ Worker is expected to be impacted by clients and work
- ▶ Safety as priority

Why is hard to uphold a trauma-informed framework?

- ▶ We're humans
- ▶ Requires living in the gray
- ▶ Acknowledging the horror in the world
- ▶ Impact of trauma and Vicarious trauma

Common Terms

- ▶ Counter transference: The response to a single person whether trauma is involved or not
- ▶ Burnout: Focuses on the situation, the gap between what the helper is expected to do and what he or she is able to do
- ▶ Vicarious trauma: the negative changes that can take place in trauma workers across time



Three levels of Trauma Stewardship

- ▶ **Individual** – own response to work and population based on your life and your response.
- ▶ **Organizational** – Have the potential to mitigate or exacerbate the effects of trauma exposure – simply when people perceive their organizations as supportive, they experience lower levels of vicarious trauma.
- ▶ **Societal forces** – A society without violence

Individual

- ▶ Identify the most glaring exposure response on the wheel
- ▶ Pick one that sticks out the most
- ▶ How this response impacts daily work?

Organizational

- ▶ Every larger system had an obligation to the people who make it work. But, each of us must recognize that we have a role to play in shaping the organizations and social stems we participate in.
- ▶ How do the following impact daily work? How do you imagine this impacts program function?
 - 1) “Anger and cynicism”
 - 2) “Inability to listen”
 - 3) “Minimizing”
 - 4) “A sense that one can never do enough”

Intentional Change

- ▶ Nothing has to change in the world for us to transform our own life experience. Challenging, but truth is we have no authority over many things in our lives, but we do control how we interact with our situation from moment to moment.
- ▶ Write down a suggestion for changing daily work practice.

Good Books

- ▶ Trauma Stewardship – Laura van Dernoot Lipsky
- ▶ Trauma and Recovery – Judith Herman
- ▶ The boy who was raised as a dog – Bruce Perry
- ▶ To the End of June – Cris Beam

Q and A

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