Therapeutic Approaches to Trauma
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Presented by Karyn Harvey, Ph.D.

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Materials at:
Pid.thenadd.org
Books at Amazon.com
1. **Know Triggers** - Psychoeducational piece
2. **Know Person’s Modality**
3. **Attachment Issues arise**
4. **Safety is Key**
5. **How to Deescalate**
6. “**What is really bothering you?**
Chemistry When Sympathetic Nervous System Is Triggered

- Cortisol goes from Amygdala to Frontal lobe
- Adrenaline is released and floods the system
- Regions of Brain do not communicate and Integrate
Looks Like - Could Be PTSD

- Schizophrenia, Paranoid Type
- Depression
- Bipolar disorder
- Property Destruction - Aggression, Agitation
- Obsessive Compulsive Disorder
- Non-compliance

- Fear, avoidance, flashbacks
- Grief, sense of impending doom
- Fear of sleeping - nightmares -
- Hyperarousal
- Avoidance - Hypervigilance
Mindfulness Training Study

<table>
<thead>
<tr>
<th></th>
<th>Ages</th>
<th>Male</th>
<th>Female</th>
<th>Psychosis</th>
<th>Autism</th>
<th>Mood Disorder</th>
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</thead>
<tbody>
<tr>
<td>Staff</td>
<td>18 to 59</td>
<td>13</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>1</td>
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<tr>
<td>Individuals</td>
<td>20 to 35</td>
<td>10</td>
<td>5</td>
<td>5</td>
<td>0</td>
<td>4</td>
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</table>

Participants were trained for 2 hours, once a week for 12 weeks -
# RESULTS

<table>
<thead>
<tr>
<th></th>
<th>Before Training</th>
<th>After Training</th>
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<tbody>
<tr>
<td>Incidents - altercations</td>
<td>19.27</td>
<td>12.98</td>
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<tr>
<td>Verbal Redirections</td>
<td>8.47</td>
<td>3.74</td>
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<tr>
<td>Physical Restraints</td>
<td>3.27</td>
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</table>
Ingredients Necessary for Post traumatic Recovery

- Perceived Safety
- Empowerment
- Connection
Being an “Un-Person”

https://www.youtube.com/watch?v=4c5_3wqZ3Lk
Teaching Staff to be a “Safe Person”

- Active Listening Skills
- Regular talk time
- Training in Positive Regard
- Training in Building Positive Identity
Autism - Ideal Behavioral Interventions Mean Communication!

- https://www.youtube.com/watch?v=xMBzJleeOno
- https://www.youtube.com/watch?v=pusdxG4Cu7A
Shame is the core of Trauma:
Judith Herman
Shift to Trauma informed Care paradigm:

From Blaming and Managing
To Healing and Thriving -
Successful Plans mean building relationship, safety and support!
Who Am I?
What matters most is how YOU see yourself!
“Ultimately happiness rests on how you establish a solid sense of self or being.”

Daisaku Ikeda
Elements to Include in a Behavior Plan

- Trauma History
- Positive Identity Development
- Talk time - Embedded Listening
- Happiness Assessment
- Happiness Procedure
Resiliency Studies
The Healing Center

https://youtu.be/p07Drd0ZQho
Alenna
Grief Work: Goodbye Book and Memory Box
Norm Kunc

https://www.youtube.com/watch?v=QM6epVgyPFo
HOPE
CHANGES
EVERYTHING.
REFERENCES


• Chasnoff, IS, Griffith, DR, Freier, C, and Murray, J. *Pediatrics 89. Cocaine/Polydrug Use Pregnancy: Two Year Follow-up*. (2) 284-9. 1992


