

CO-REGULATION DURING COVID-19

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What will be covered

- Brief Review: What is traumatic stress and the effects on all of us?
- What is Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma
- Co-Regulation, Personal Self-Care, and community responses to support students.

NCTSN Training Core Concepts

- Traumatic experiences are inherently complex – Subjective and Objective
- Trauma occurs within a broad context – personal traits, past, & culture
- Events often generate secondary adversities, life changes, and affects family
- Protective and promotive factors can reduce the adverse impact of trauma.
- Trauma and posttrauma adversities can strongly influence development.
- Developmental neurobiology underlies reactions to traumatic experiences.
- **Working with trauma-exposed consumers can evoke distress in providers that makes it more difficult for them to provide good care.**

Acute trauma

- ❖ Single event
- ❖ feelings, thoughts, and physical reactions that are frightening.
- ❖ Universal distress



What is toxic stress

- *“The excessive or prolonged activation of the physiological system in the absence of the buffering protection afforded by stable, responsive relationships.”*

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

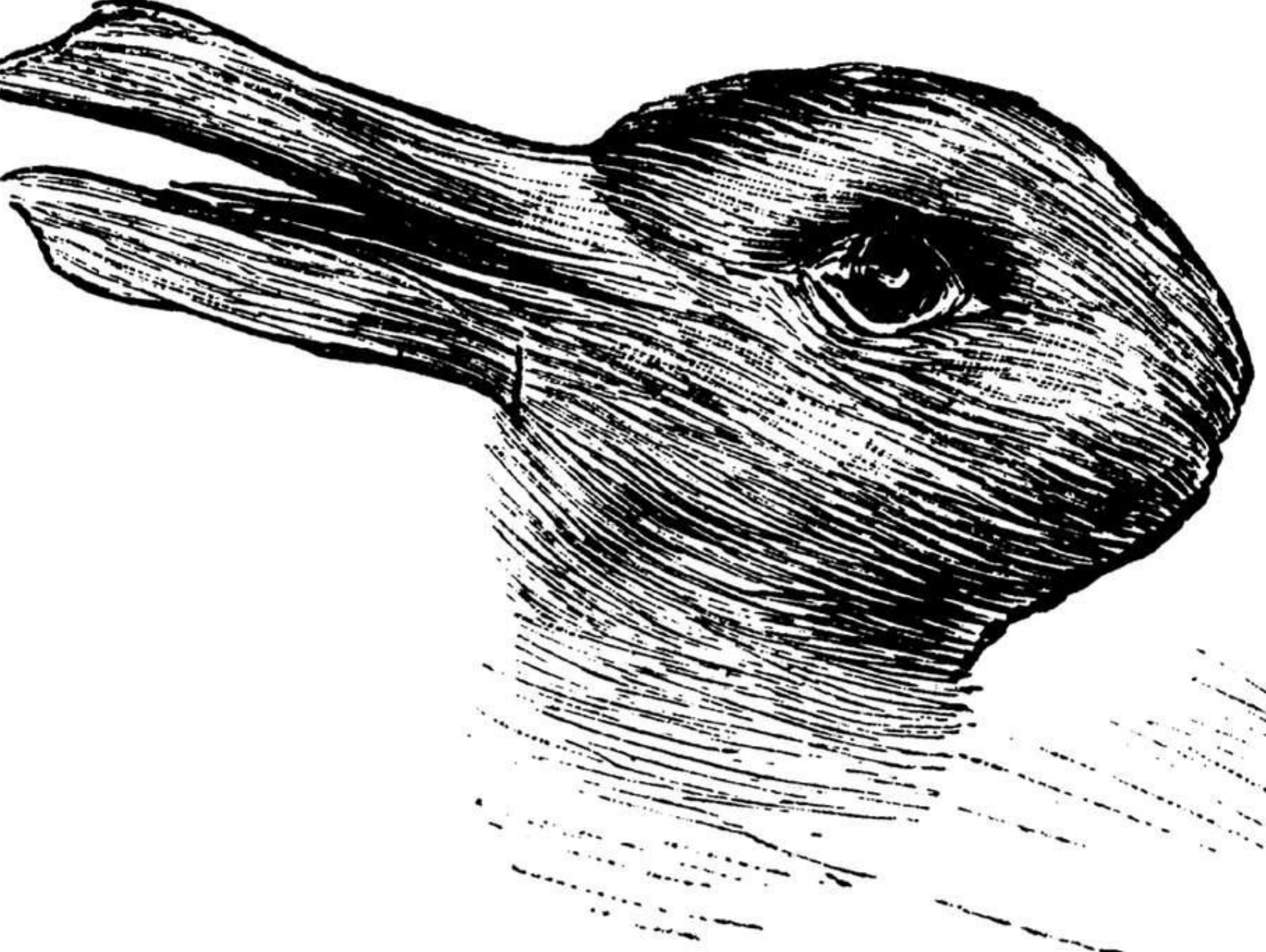
What is Traumatic Stress

- Overwhelm a person's capacity to cope and elicit feelings of terror, powerlessness, and out-of-control body response.

May affect:

- Ability to trust others
- Sense of personal safety
- View of the world and self
- Ability to navigate stressful events and changes in life

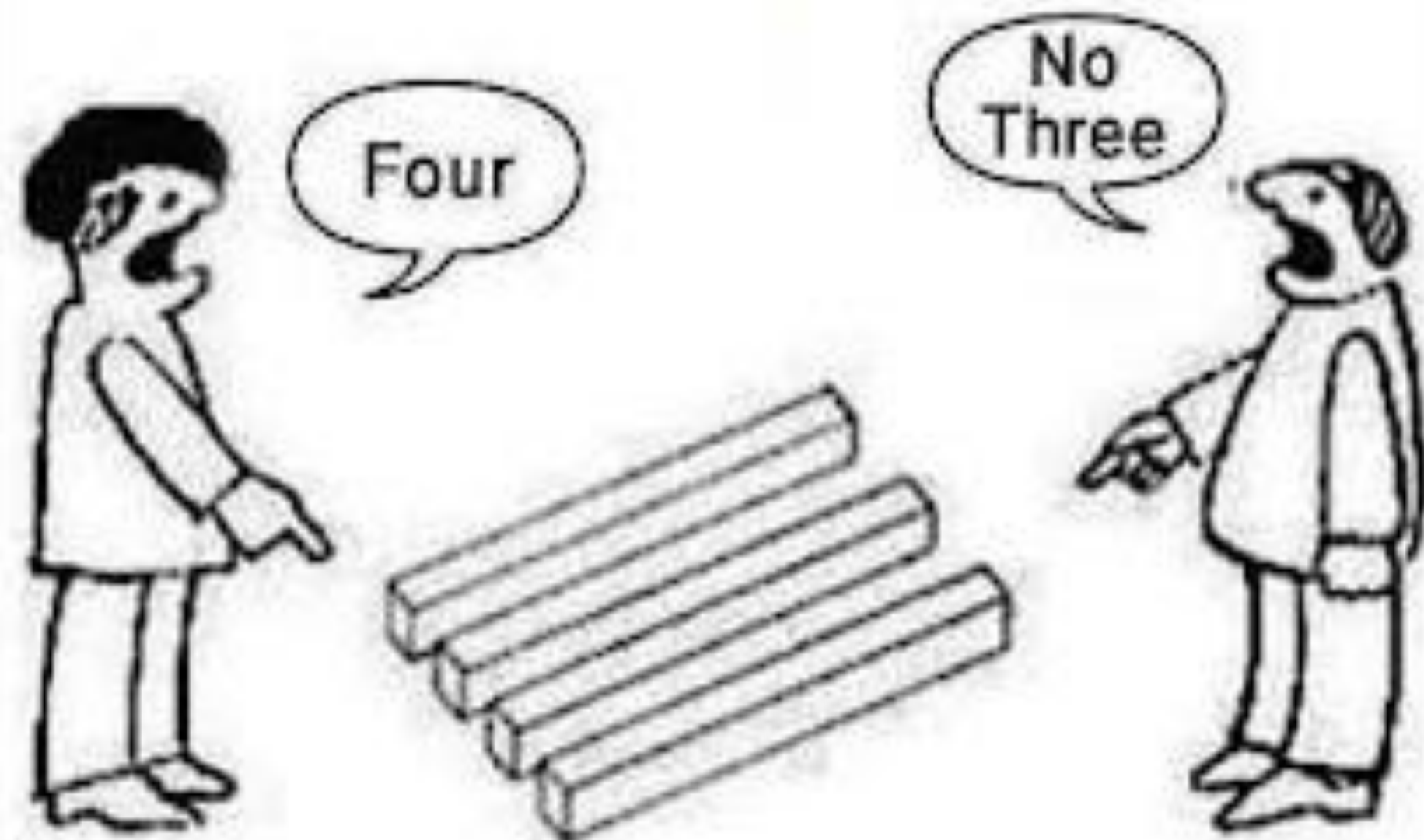








It is really confusing!!!



STRESS

(Psychological and Physical)



Hypothalamus

CRF

+

Pituitary

ACTH

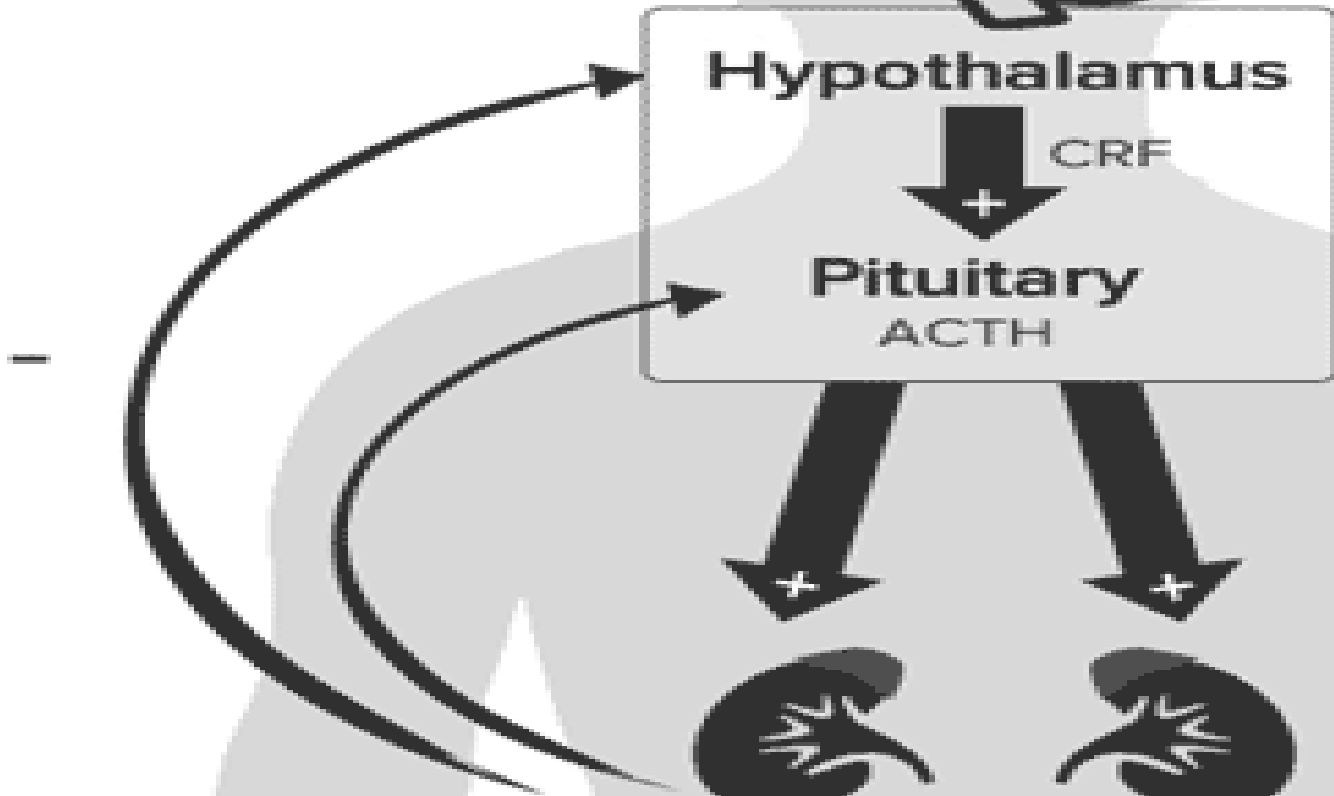
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Adrenal Cortex

CORTISOL



Fight-or-Flight Response

HPA – Axis

- “Too Much”
- “Too Long”

IMMUNE SYSTEM

- Is repressed

HEART

- Beats faster
- Pumps more blood
- Blood pressure rises
- Blood increases to muscles
- Blood decreases to organs

ENDOCRINE SYSTEM

- Pumps out adrenaline, noradrenaline & cortisol
- Noradrenaline constricts blood vessels
- Releases less growth hormone
- Produces fewer sex hormones

LUNGS

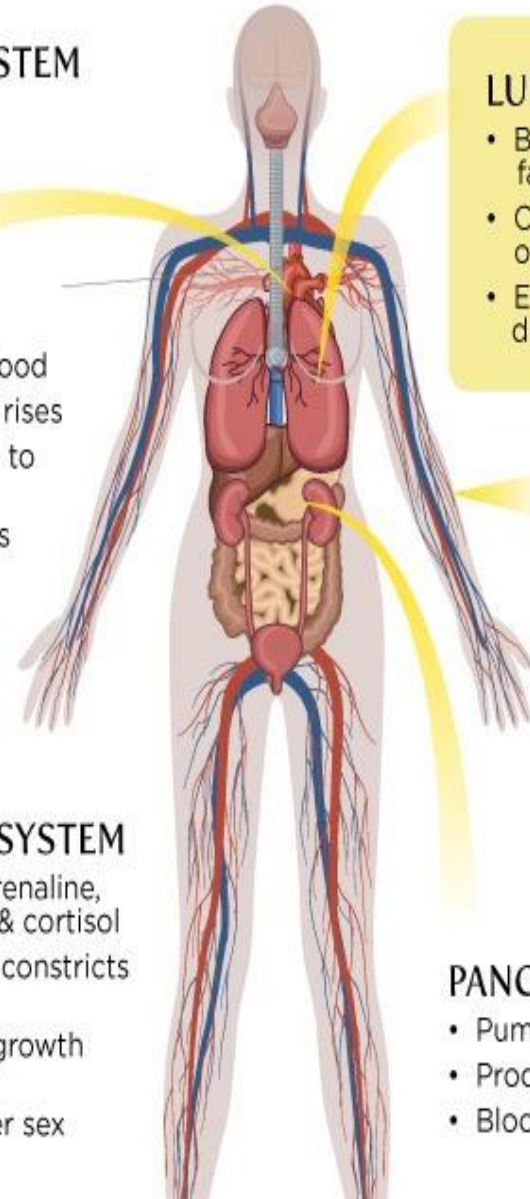
- Breathing becomes faster & shallower
- Consume more oxygen
- Expel more carbon dioxide

SKIN

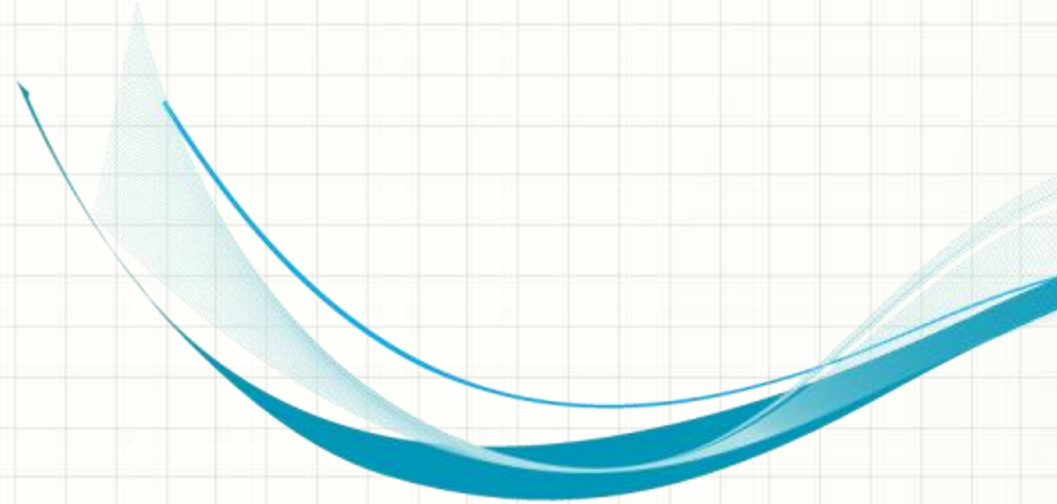
- Sweating begins

PANCREAS

- Pumps out glucagon
- Produces less insulin
- Blood sugar level rises



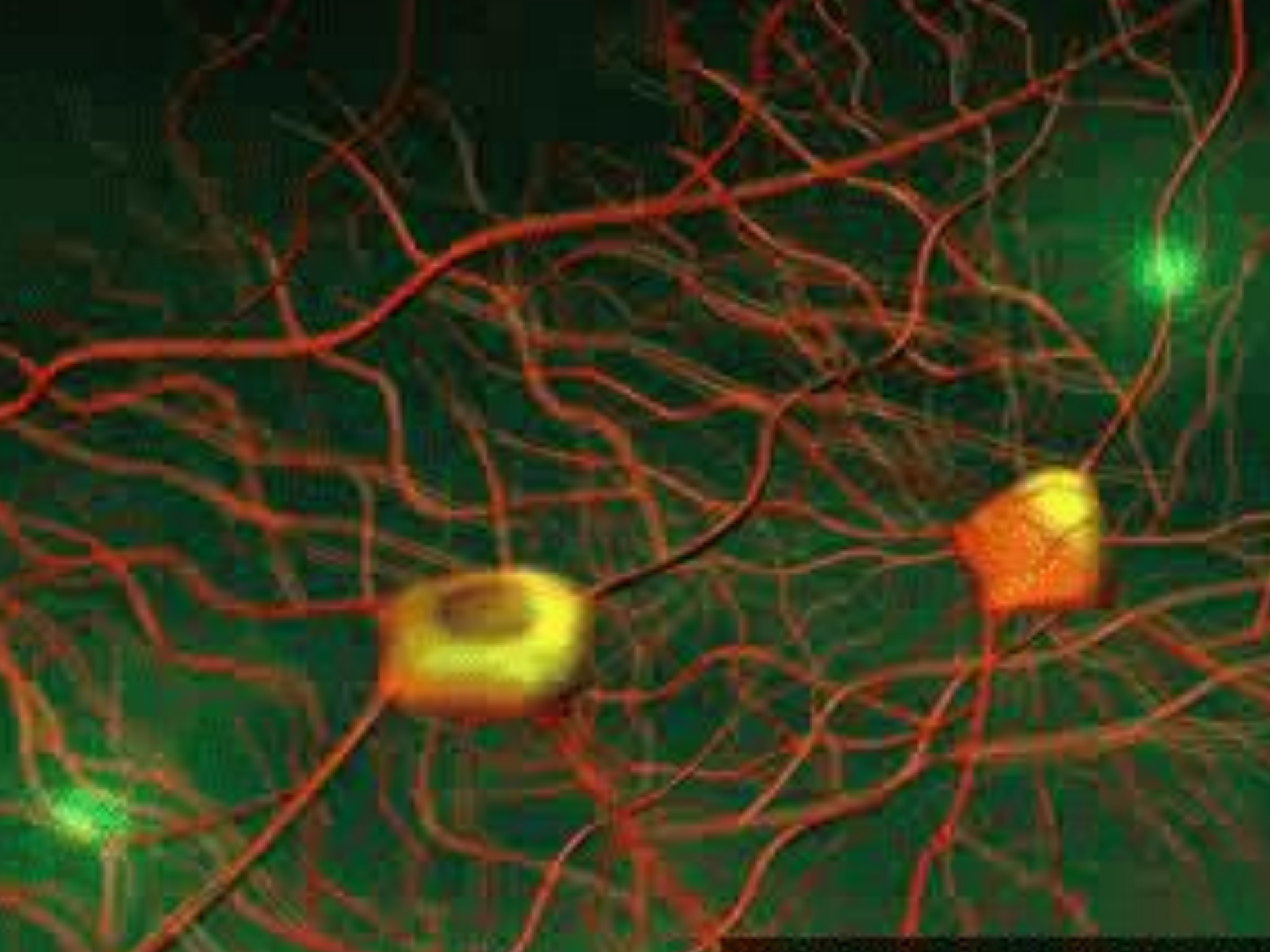




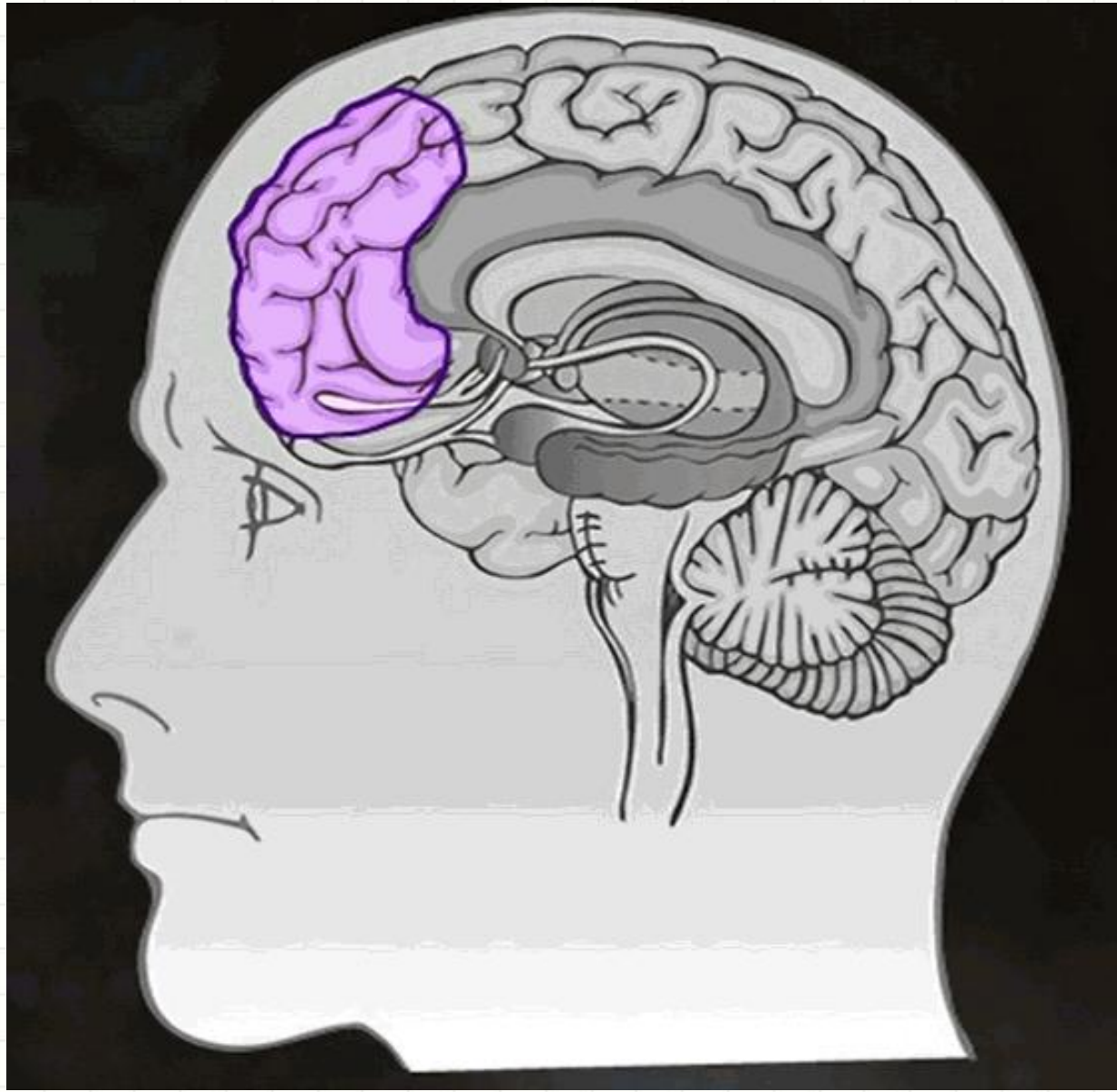
Brain Development

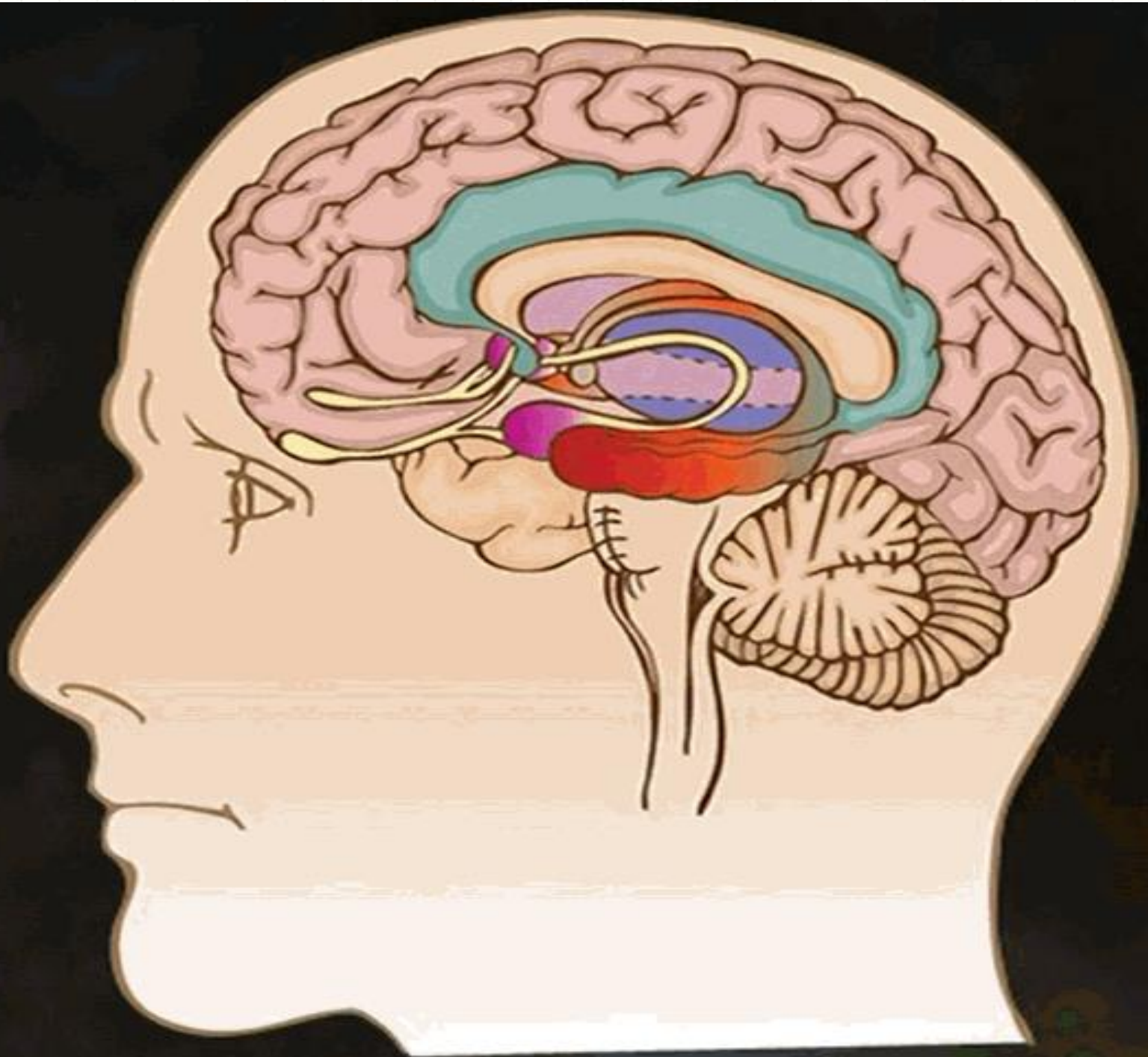


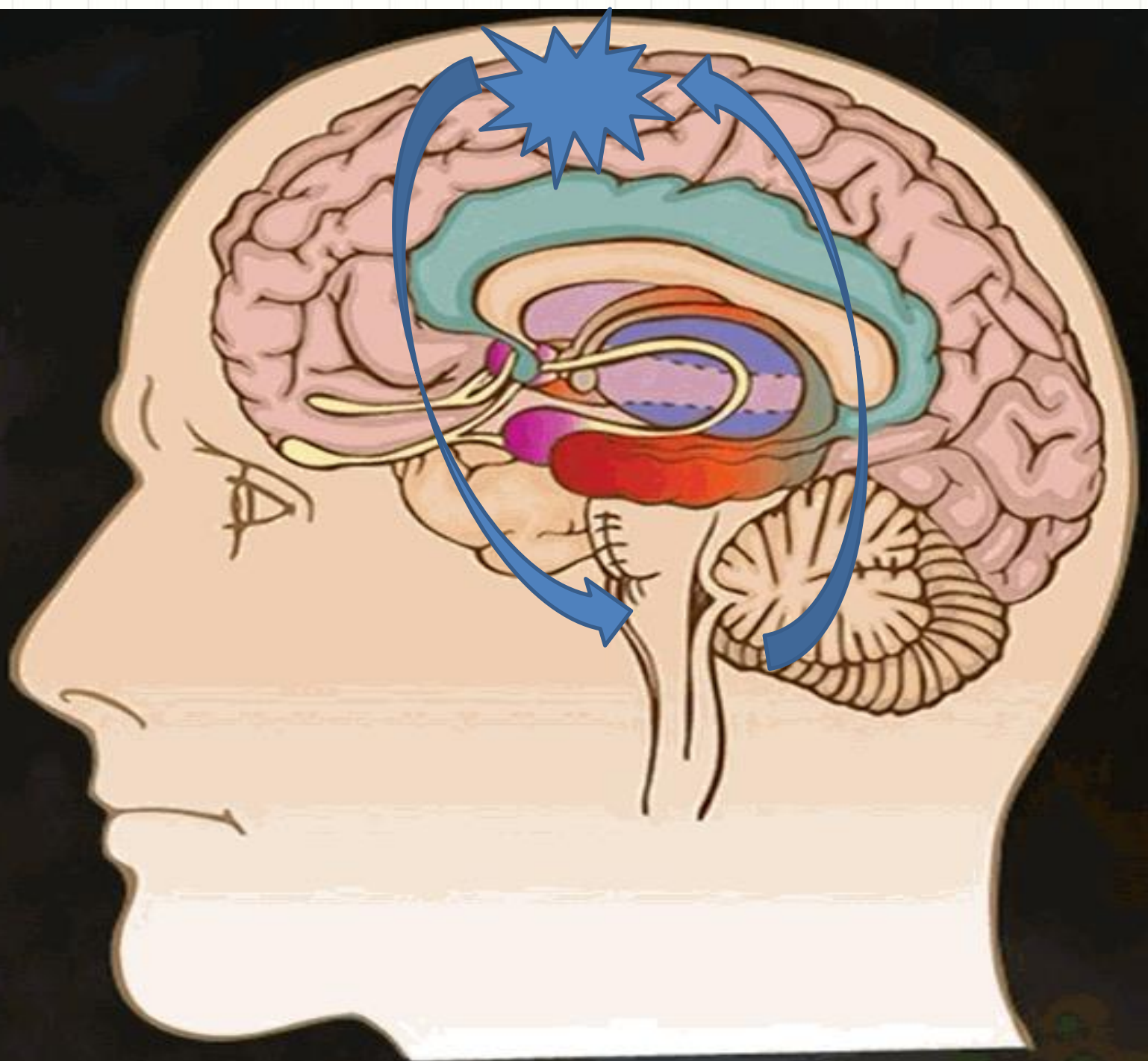
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The Cerebral Cortex (AKA “CEO”)







What Can It Look Like? (Same as Trauma Victims)

- Impulsive and reactive
- High frustration, anxiety, and anger
- Poor control of emotions
- Physical symptoms (e.g. headaches)
- Poor problem solving and choices
- Overreacting when told what to do
- Misperceived situations or triggers
- Impaired attention, memory, and cognition

Secondary Traumatic Stress (PTSD)

- A: Exposure to actual or threatened death, injury, sexual violation
Direct, witness, learning about, exposure to details
- B: Intrusion symptoms beginning after event
Memories, dreams, dissociation, physiological reactions
- C: Avoidance beginning after the event
Avoidance or efforts to avoid memories, thoughts, feelings, reminders
- D: Negative alterations in cognition or mood beginning or worsening after the event
Persistent negative emotional state; negative beliefs or expectations of self, others, the world; lack of memory; distorted cognitions; diminished interest/participation; detachment

Experiential Reflection







We seek relief

- Drinking alcohol
- Smoking or tobacco use
- Using drugs
- Gambling
- Risky sexual relationships
- Overeating/eating disorders
- Delinquent behavior, violence
- High-risk sports, etc.



Warning Signs of Compassion Fatigue

- Increased irritability or impatience
- Difficulty concentrating
- Dreams about consumer concerns
- Denying trauma can impact others/numb
- Intrusive thoughts about consumers
- Difficulty planning
- Dreading having to work with a consumer



**When you
first started
your job**

VS

**You at
your job
now.**



**DON'T TELL ME WHAT WAS SAID
ABOUT ME**

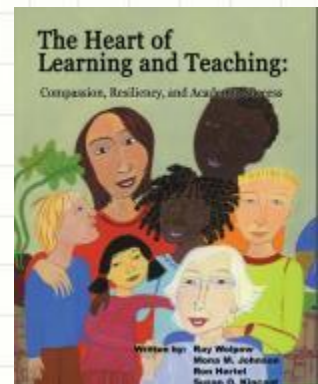


*ICE CUBE DIDN'T RECOGNIZE REAL
TIL FINE SHOWED UP (7/8)*

**TELL ME WHY WERE THEY SO
COMFORTABLE TO SAY IT TO YOU?**

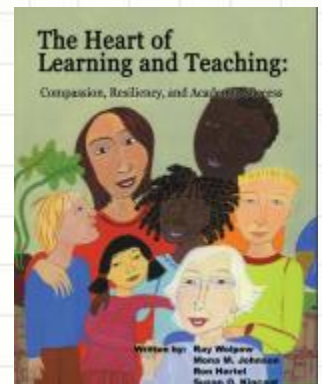
Burnout

- Physical and emotional exhaustion, involving the development of a negative self-concept, negative job attitude, and loss of concern and feeling for consumers, caregivers, or colleagues.
- WHO includes in ICD 11



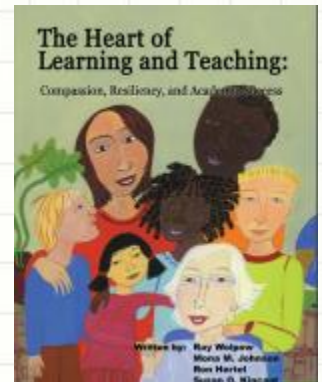
Empathy

- We observe with our minds, we listen with our hearts
- Intellectual Identification with a person's feelings
- Vicarious experience of the feelings, thoughts, or attitudes of others



Compassion

- Deep empathy and respect for another who is stricken by misfortune and the strong desire to actively do something about it.
- Compassion Satisfaction: Positive feelings we get when our compassion we put into others results in some positive change.







Thoughts Affect How We Feel

Helpful vs Unhelpful

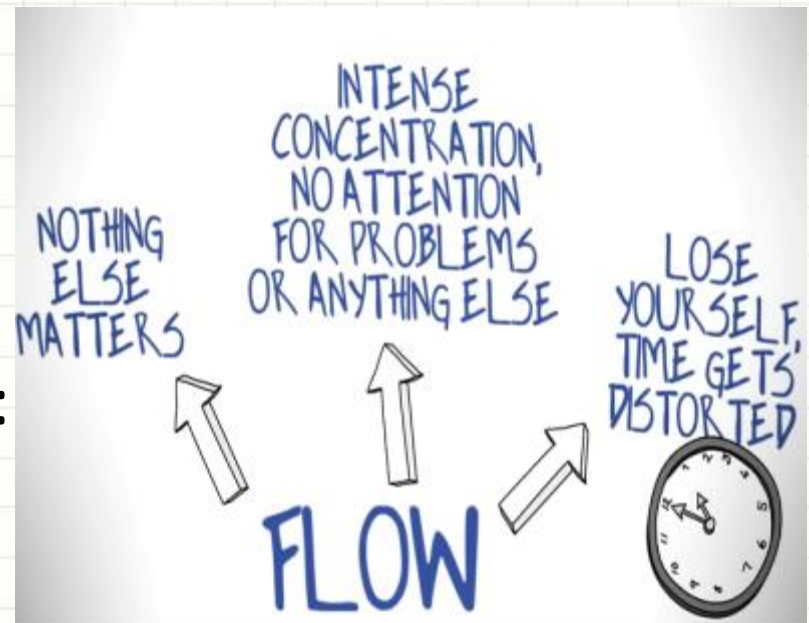
True vs Untrue

Encourage Breaks & Boundaries

- ❖ Increases productivity
- ❖ Increases prefrontal cortex functioning
- ❖ Break from stress
- ❖ Preferred activity
 - can still be work

Only time not recommended:

- In “Flow”



Good break Activities

- 1. Walk or exercise.
- 2. Connect with nature...or a streetscape.
- 3. Change your [environment](#).
- 4. Have lunch or a healthy snack.
- 5. Take a “power nap”—if it won’t get you fired.
- 6. Take a few deep breaths.
- 7. Meditate.
- 8. Daydream.
- 9. Get creative!
- 10. Drink coffee (or tea)



Partnership Building

You



The ListServ

(Just a server somewhere.)



List Members

How it works:

You send an email to the list email address, just as you would to anyone. This email goes to the ListServ. The ListServ forwards a copy to each and every list member. Even back to you, as you're a member too. The ListServ also keeps a copy in its archives.



THE SECRETS OF HAPPY COUPLES

What do scientists know about people in happy relationships? A lot!



5:1

Happy couple ratio



0.8:1

Couples who ultimately divorced

Self Care

❖ Emotional Needs

- ❖ Trusting relationships
- ❖ Laughter and joy
- ❖ Personal Counseling

❖ Physical Needs

- ❖ Healthy diet
- ❖ Ample sleep
- ❖ Regular exercise

❖ Mental Needs

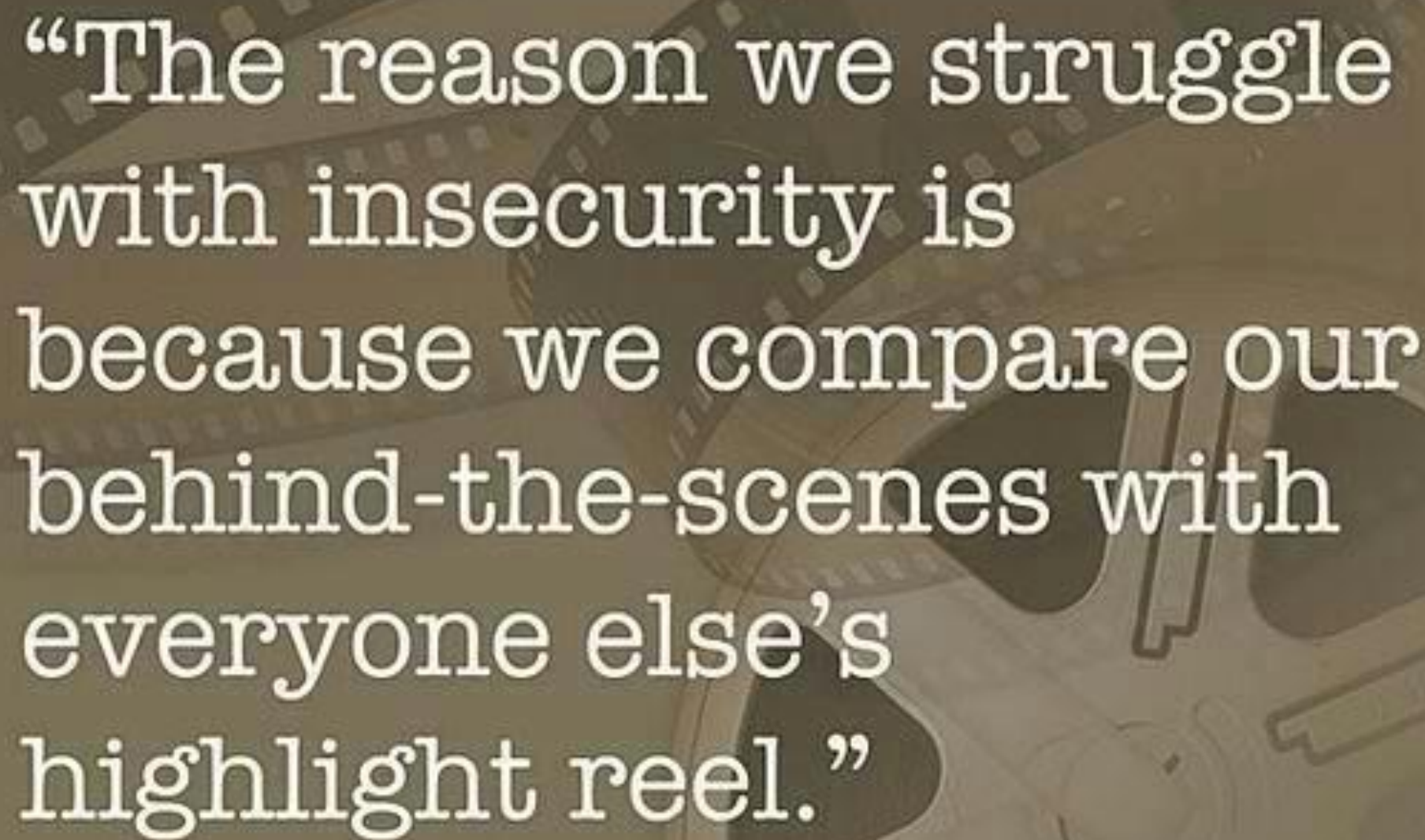
- ❖ Training/Consultation
- ❖ Relaxation Techniques
- ❖ Boundaries

❖ Spiritual Needs

- ❖ Meditation
- ❖ Creating meaning and purpose
- ❖ Time in nature



*Take a walk in my shoes,
it's not as easy as it looks.*



“The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlight reel.”

~Steve Furtick

www.spirituallythinking.blgospot.com



SOMETIMES

the grass will
appear greener on
the other side
because it has been
fertilized by bullshit!

www.Daveswordsofwisdom.com

The grass
is greener
where
YOU
water it.



Social Emotional Development/ Resiliency/ Mental Health Treatment

- Direct teaching of skills
- Embedding skills into classroom structure
 - Class rules, interactions, lessons
- Create opportunities, pre-teach, and prompt
 - If....., then.....
 - When....., then....
- Creating social and tangible reinforcement
- Experiential Learning = Most Effective

Keep Discipline in the Schools: Exposure to Stress Is Good

- **Vulnerable (sensitivity)**
 - Unpredictable
 - High intensity
 - Prolonged exposure
- **Resilient (tolerance)**
 - Predictable
 - Moderate or low intensity
 - Controlled exposure

Remember, some negative moods or feelings will pass





Videos and Self Reflection

<https://www.youtube.com/watch?v=6k1-KExA9p8>

<https://www.youtube.com/watch?v=GXBdL7B3hq0>

<https://www.youtube.com/watch?v=miPYLJI247g>

Review

- COVID-19 and toxic stress has a toll on everyone, including educators supporting victim
- Compassion satisfaction is being fulfilled with the drive and efforts put forth to help others
- Persons, schools, and communities can continue to support even when we are fatigued
- Relationships are the number one protective factor



Thank you!

- Thank you, Gracias, Hahoo, Dank u wel, Dua netjer en etj, Vinaka, Kiitoksia, Merci, Aayya, Danke, Efcharisto, Toda, Takk, Go raibh maith agat, Arigato, Gratia, Webale, Grazzi, Laengz zingh, Nihedebil, Bayarlalaa, Tusen takk, Dzieki, Obrigado, Da-wah-eh, Spasibo, Multumesc, Tapadh leibh, Hvala, Sha ja non, Gracias, Inwali, Tack, Khawp khun, Diolch