**Preparing for Trauma Work: Handout**

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**Attachment security**- caregiver or another supportive person as “recharger”

**Circle of Security**- see Sibcy, G. & Kuhnley, A. (2019). Theoretical Foundations, in R. Hawkins, A. Kuhnley, G. Sibcy, Silvey, R. J., & Warren, S. (Eds.) *Research-based Counseling Skills: The Art & Science of Therapeutic Empathy*. Kendall Hunt Publishing Company.

**Safe-haven and earned secure attachment**- example of Mr. Rogers and potential as clinician

**Attachment security as a regulatory mechanism**

**Perceived threat and dysregulation**- sympathetic (arousal) and parasympathetic (rest) responses

**Attachment and trauma**- concept of “wound”, “what happened to you” and “What should have happened for you but did not?”, trauma response impacted by attachment security, attachment deficits as traumatic wounds, attachment injury and psychological insults

**Impact of trauma**- resiliency and posttraumatic growth, attention bias, anxiety, behaviors to expend energy and avoid pain, risk of mood disorders and addictions, lower tolerance for ambiguity and uncertainty, interpersonal impact of defenses, cycle of emotional and relational dysregulation

**Screen for attachment and trauma with all clients!** Here are a few examples of instruments:

* + Assessment Objective Measures
    - The Adult Attachment Interview (AAI)- gold standard attachment instrument, pricy, lengthy
    - The Experiences in Close Relationships Questionnaire- anxiety and avoidance, shorter and revised version available (ECR-R)
  + Assessment Subjective Measures
    - Interpersonal narrative
    - Discussion about grief and loss
  + Trauma Measures
    - Adverse Childhood Events (ACES)- screening tool
    - Clinician Administered PTSD for DSM-5 (CAPS-5)- gold standard trauma instrument, pricy, lengthy, requires training
    - PTSD Checklist for DSM-5 (PCL-5)- public domain
    - Ego Resiliency Scale (ER-89)- assess resiliency, brief and easy to score
  + Clinical Interview
    - What are 5 adjectives you would use to describe your relationship with your mother/father/caregiver between the ages of 5 and 12?
    - One memory that illustrates how those adjectives reflect the relationship?
    - Why do you think your parents behaved the way they did?
  + Progress and Strengths!

**Tool Kit**

* Develop Therapeutic Alliance, Obtain Consent if Faith Integration Offer Hope for Healing, Co-regulation (ongoing)
* Assess Attachment and Screen for Trauma
* Identify Strengths and Highlight Resiliency
* Collaborate on Treatment Goals (agency)
* Intervention Tools
  + Temperature gauge (van der Kolk, 2021)
  + Picture of trauma therapy (Kuhnley & Compton, 2021)
  + Co-regulation support (Murray et al, 2015)
  + Creative exposure (Sosin, 2017)
  + Security priming (Mikulincer & Shaver, 2007)
* Reassess Symptoms and Solicit Feedback from Client to Monitor Progress

Celebrate Small Victories

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