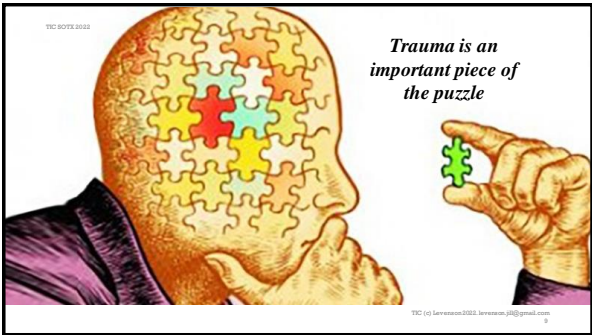


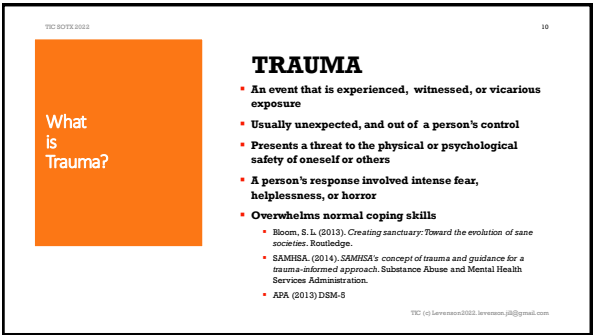
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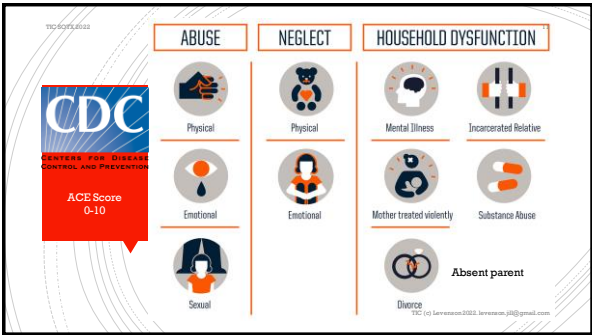
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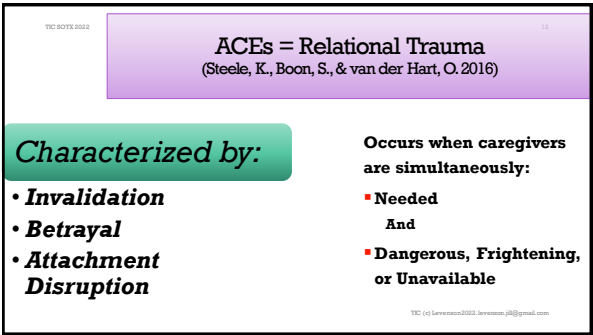
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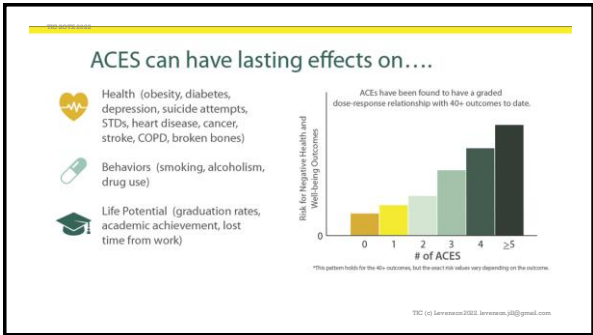
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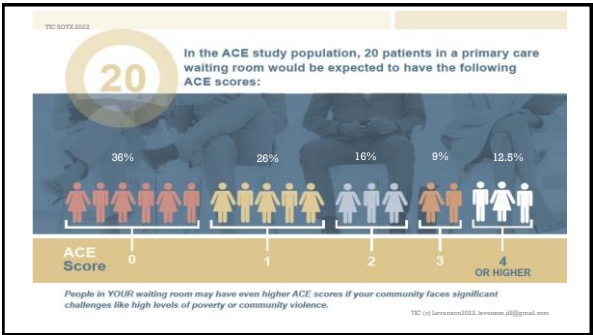
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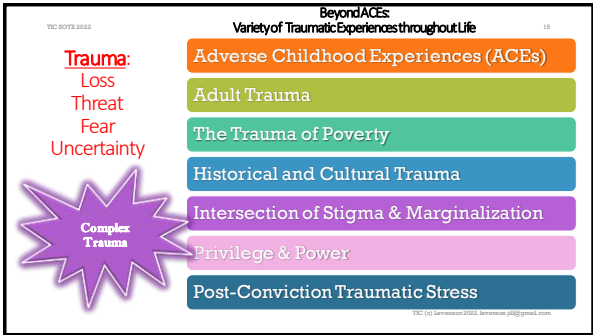
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Stigma, oppression, poverty, and discrimination are traumas often experienced in marginalized groups

- **Historical trauma** is the cumulative, multigenerational, collective experience of emotional and psychological injury in communities and in descendants.
- **Cultural Trauma** is the conceptualization of how historical events like slavery or the holocaust or displacement of natives play out in present day -- psycho-social-political consequences of oppression and discrimination.
- **Intergenerational trauma** can be transmitted from one generation to the next -- genetically and through learned thoughts, feelings, and family behavior patterns.
- **Racism, Oppression, Marginalization, Genocide, Displacement, and Discrimination** all factor into the longitudinal effects of these traumas across generations.

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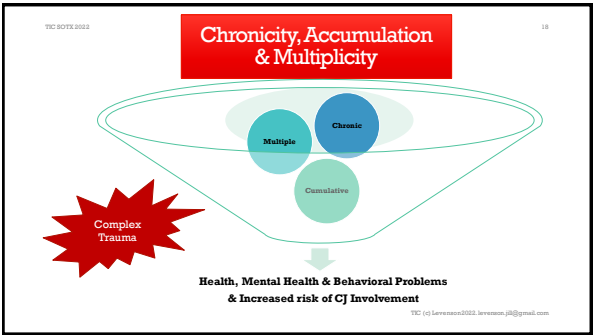
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Trauma of Poverty and Inequality

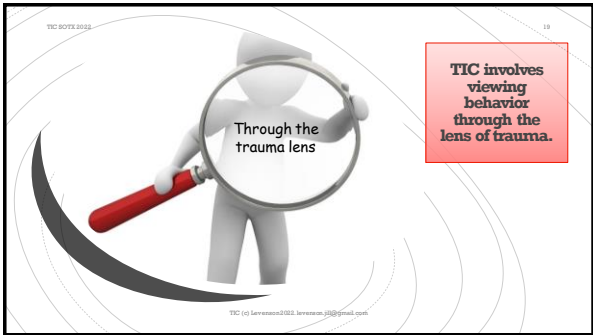
- **Predisposition toward disempowerment**
- **Learned helplessness**
- **Learned hopelessness** (often mischaracterized as "lazy")
- **Instant gratification**
- **Less orientation toward longer term goals**
- **Deprivation breeds entitlement**
- **Coping strategies targeted toward survival**

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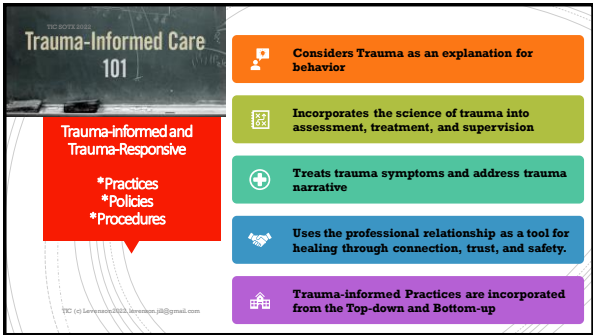
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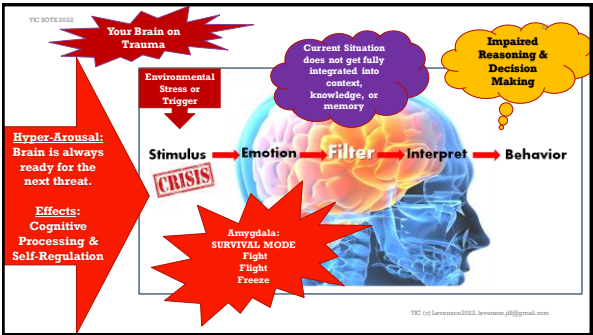
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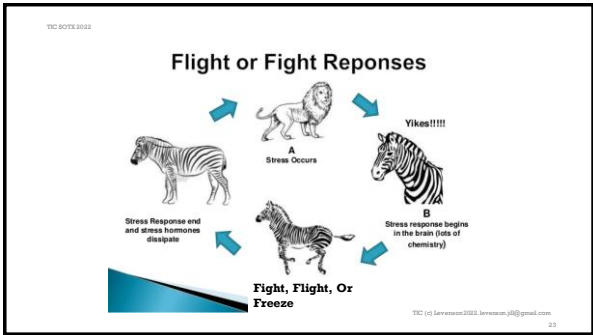
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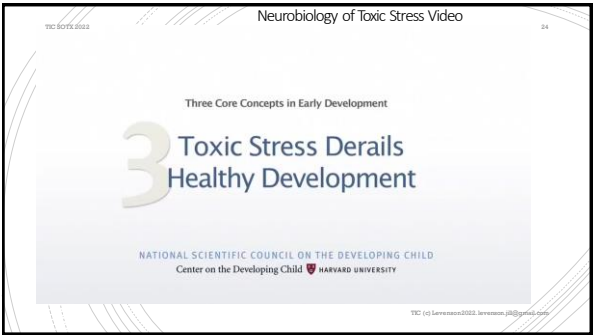
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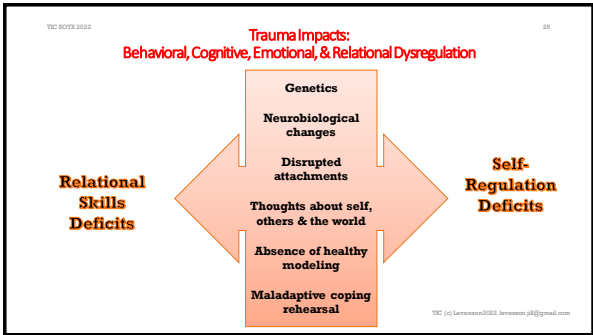
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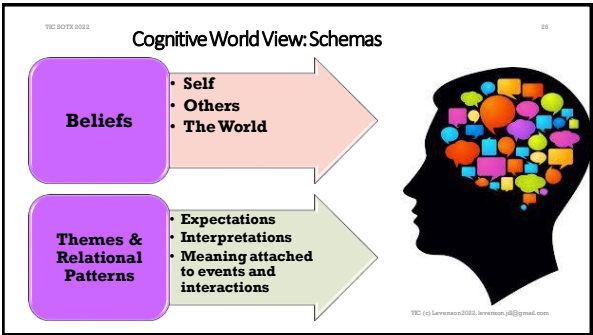
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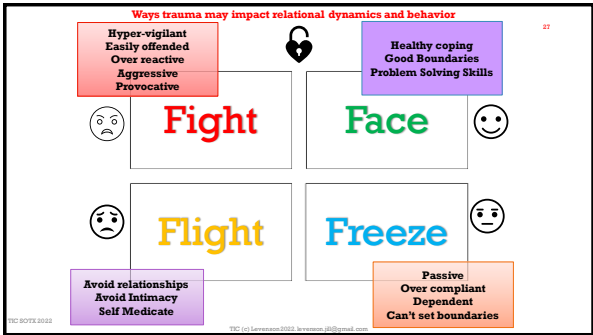
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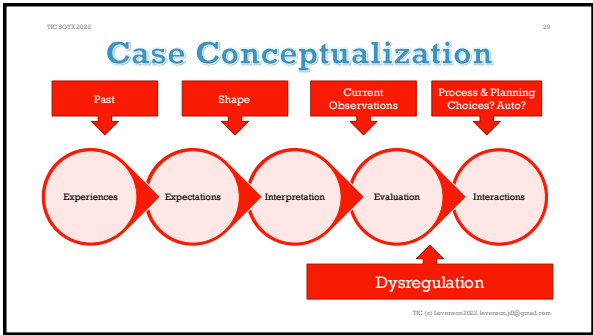
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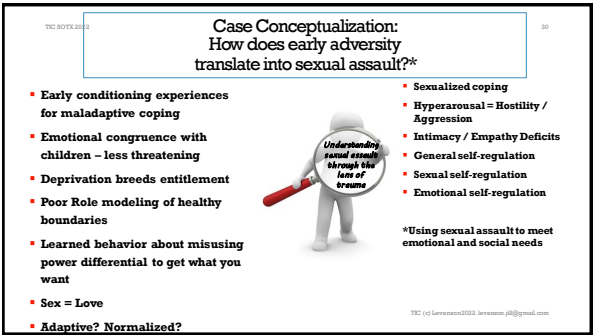
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TIC SOTX 2022

Criminogenic Needs: Trauma-related? **"Big 8"**

Relational Deficits Attachment Disruptions Self-regulation difficulties Maladaptive Schema & Coping Lack of Self-Efficacy	Antisocial attitudes, beliefs and values	Distorted thoughts, resentments, and defiance that are supportive of crime
	Antisocial Behavior patterns	Early and continuing involvement in a variety of criminal behaviors
	Antisocial Personality or Temperament	Pleasure seeking, low self-control, aggression, entitlement, disregard for others
	Antisocial Associations	Criminal peers and environments, relatively few pro-social supports
	Family Stressors	Lack of nurturing/caring support; lack of accountability
	Substance Abuse	Use of substances that impair judgment and decrease inhibitions
	Lifestyle Instability	Low levels of performance and stability in work or school; Housing, employment, or relationship instability
	Lack of pro-social activities	Low level of involvement and satisfaction in non-criminal leisure activities

Andrews & Bonta

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Relapse Prevention = Self regulation

General Self-Regulation

Sexual Self-Regulation

Emotion Regulation

Impulsivity	Preoccupation	Threat response (F/E/F)
Decision Making	Sexual Appetite/Hypersexuality	Distress Tolerance
Cause & Effect	Compulsivity	De-escalation
Judgement	Sexualized coping	Intensity of Emotion
Reasoning	Promiscuity	Mindfulness & Relaxation
Delayed Gratification	Consumer Sex	Mood instability
Structure, routine, & planning	Deviant/Atypical sexual interests	Self-medication
Entitlement	Paraphilic Preferences	Coping strategies
Self-Awareness	Sexual Boundaries	
	Objectification / sexualization	

Pick out the ones that apply to you & need improvement, find prioritize their importance

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TIC SOTX 2022

SOTXGoals: Assessment & Treatment

Levenson & Morin, RTF4 (2021)

Traditional: Sex offense specific focus on the behavior

TIC: Sex offending through the lens of relational patterns

Accountability	Not just offense culpability
Offense-related Thinking Errors & Cognitive Reframing	Offense related distortions AND maladaptive schemas
Victim Impact	Perspective taking & Empathy building
Relationship and Communication Skills	Healthy communication in Real Time
Relapse Prevention	Self-regulation: General, Sexual & Emotional

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What can we do?

REALIZE

RESPOND

RECOGNIZE

RESIST RE-TRAUMATIZING

TIC

SAMHSA's 4 Rs

REALIZE Trauma is pervasive & impactful.

RECOGNIZE signs & symptoms of Trauma.

RESPOND by incorporating Trauma knowledge.

RESIST RETRAUMATIZATION.

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TIC SOTX 2022

SAMHSA's 6 Key Principles of Trauma-Informed Care

Safety

Trustworthiness & Transparency

Collaboration & Mutuality

Empowerment, Voice & Choice

Peer Support

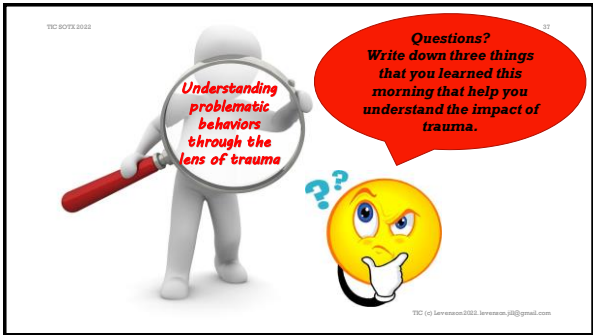
Cultural, Historical, Gender relevance

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Traditional Paradigm	Trauma-Informed Paradigm
Clients are sick or bad	Clients are wounded
Bad behavior is due to immorality, bad character, or lack of motivation	Problematic behavior is viewed through the lens of early experiences
Emphasis on Control/Compliance	Emphasis on Collaboration
Emphasis on Pathology	Emphasis on Strengths & Adaptation
We need to manage client behaviors	We need to help clients improve self regulation and healthy coping skills
Clients are resistant	Clients are ambivalent about change & help-seeking
Addictive, self-destructive, or abusive behaviors are just bad choices	Maladaptive behaviors are reflective of survival skills
Focus on presenting problems	Presenting problems are often symptoms of underlying trauma responses

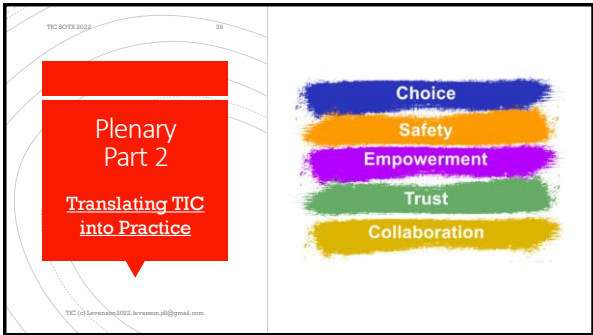
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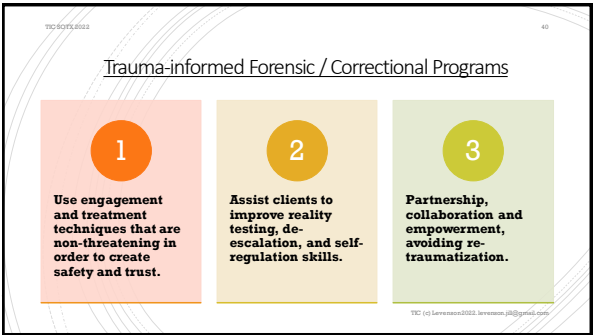
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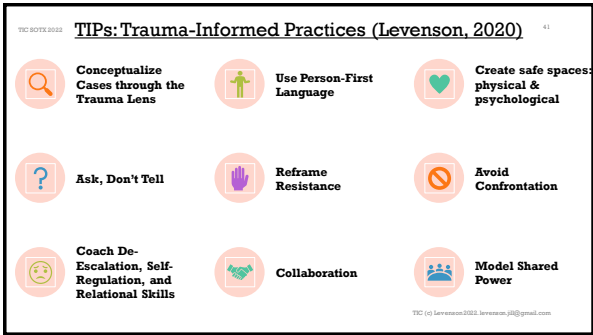
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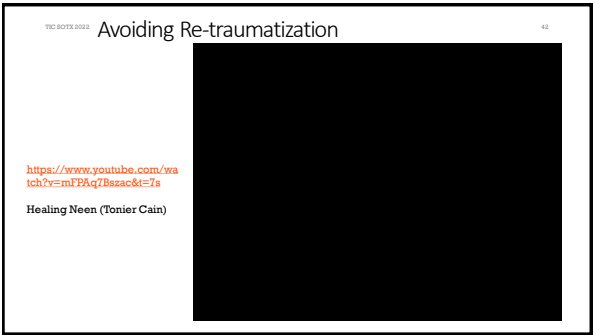
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TIC SOTX 202243

Batterer

Person who engaged in DV

Sex Offender

Person who sexually abused


Addict / Junkie / Drunk

Person with an Addiction

He's Bipolar

He has bipolar disorder

Person-first Language:
Labeling the Behavior,
Not the Person



Dr. Gwen Willis:
Why do we label people by the very thing we don't want them to be?

HELLO

I AM

what you label me


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TIC SOTX 202244

Prison governor bans 'inmate' and 'offender' labels in favour of first names so men aren't 'defined' by being criminals

By Associated Press 2, 2019



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TIC SOTX 202245

Trauma triggers exist on a continuum & Professionals need to be aware... Here are just a few.

Many environmental factors can trigger dysregulation:
Anger, anxiety, depression, substance abuse, poor coping, impulsivity, avoidance.

Touch

Medical procedures

Authority / Relational

Restraints & Seclusion

Sensory: sounds, sights, smells

People, places, things

Post-conviction traumatic stress

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TIC SOTX 202246

CJ involvement is a Traumatic Experience... (Treatment should NOT BE.)



Early trauma boosts the likelihood of CJ later in life.


- Rigid Rules
- Unilaterally (sometimes arbitrarily) applied
- Few choices
- Little empathy or compassion
- Lack of privacy
- Power disparities are ubiquitous
- Restrictions & Re-entry barriers
- Disenfranchisement
- Stigma, shame, Post-conviction Traumatic Stress
- Noises & other sensory triggers
- Threatening Environment
- Restraints and Seclusion

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TIC SOTX 202247

Avoiding Re-traumatization



Experiences that are re-enacted in CJ, CW, and social services

- Blaming or shaming
- Unseen or Unheard
- Judged
- Powerlessness
- Trapped
- Threatened
- Betrayed

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TIC SOTX 202248

Helping Relationships should Feel Safe

Safe relationships are

- Predictable
- Consistent
- Non-shaming

Model respectful

- Boundaries
- Language
- Use of power

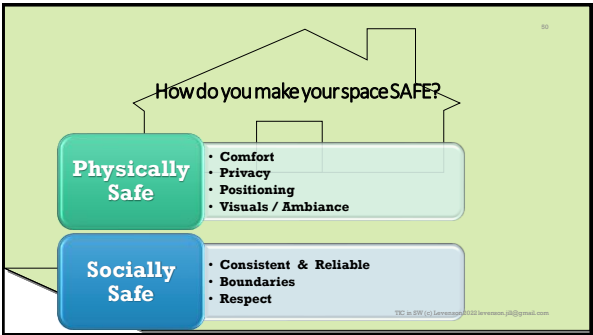
Take care not to reproduce dynamics similar to those in abusive families

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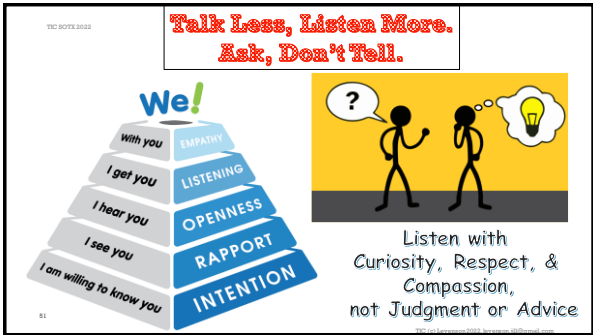
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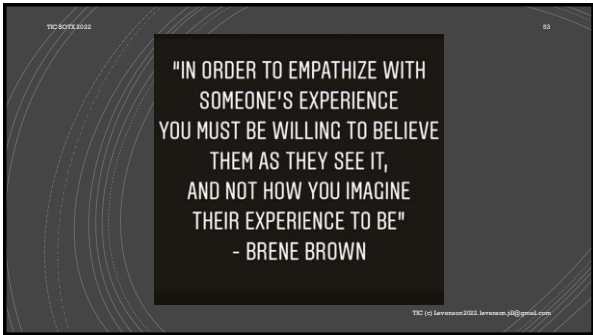
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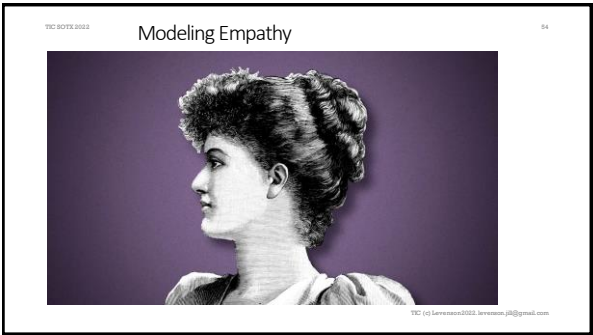
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compassion

RESPECT

"They want us to have empathy, but they treat me like I don't deserve any respect or politeness at all."

"My therapist reminded our group a lot about what bad people we were."

"My therapy made me very anxious. Every time I talked, someone jumped on me to tell me that what I was thinking was wrong."

55

Reframe Resistance as Adaptive:

Self-preservation

Many clients will be defensive, combative, or resistant at times.

Feeling threatened

Ambivalence


Conflict between wanting to share and fear of disclosure

Conflict between their genuine desire to change and the need to maintain what is familiar.

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Power Disparities activate trauma responses & can replicate cultural oppression.

Authority figures are threatening.



Avoid Confrontation

**Exacerbates Shame and Fear*

**Takes Power away from Client*

**Activates Hyper-arousal*

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Client storms out.



I bet I'm not the first one to tell you that you're kind of scary when you're mad.

What's in that for you?

Gets people to acquiesce to what he wants.

Gets people to "come after him" and shows him that someone cares.

58

Recognize Need for De-Escalation

Environmental Threat

Person Place Thing

Heightened Anxiety

Vulnerability Fear Survival

Fight/Flight/Freeze

Automated Responses Maladaptive Coping Impaired cognitive processing

Affective & Behavioral Regulation

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Coaching De-Escalation

Active Listening


Personal Space

Calming Tone

Give a sense of Control

Promote Choice

No I don't need **ANGER** MANAGEMENT



You need to stop **PISSING ME OFF!**

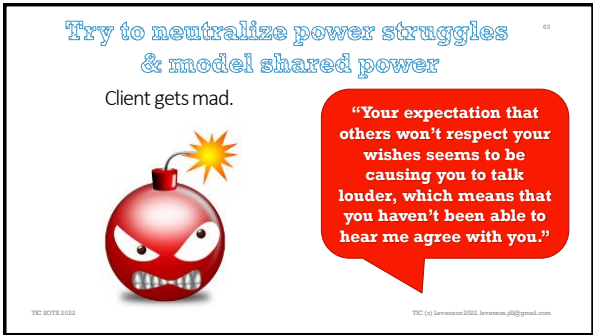
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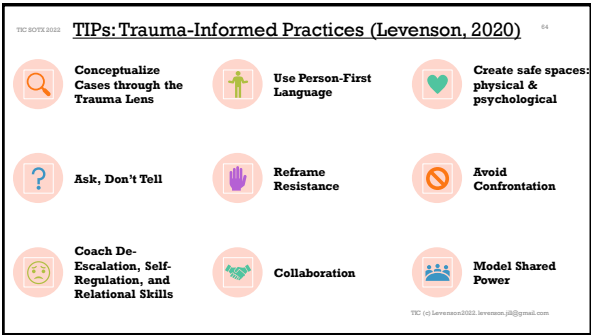
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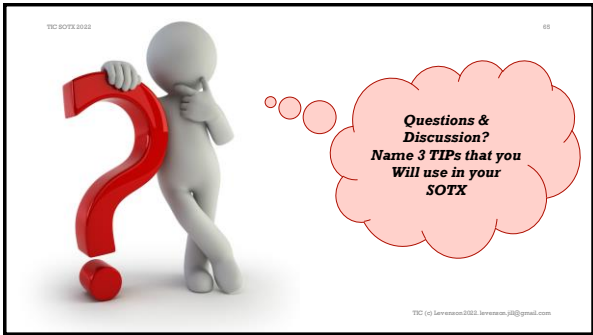
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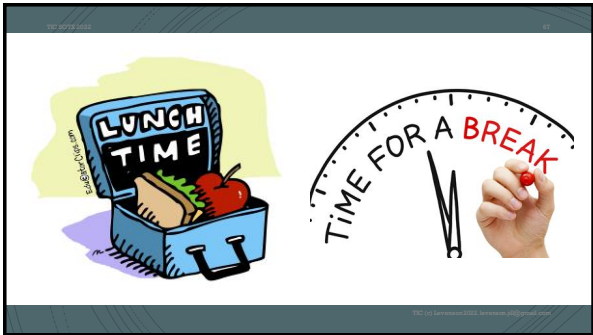
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