



# AAACE 2024

Tuesday October 08, 2024 / 11:50 AM - 12:15 PM

*“Healing trajectories: Building capacity for trauma-informed care (TIC) in adult education”*



Dylan  
McDonald

# Welcome!

- **Today's topic: deep and expansive, like the ocean**
  - Trying to fit the ocean into a cup?
  - No, offering a cup of the ocean!
- **My goal: to encourage you**
  - *Consider* adopting a TIC approach for yourself and those you love and help.
  - *Continue* practicing TIC in your life and work.

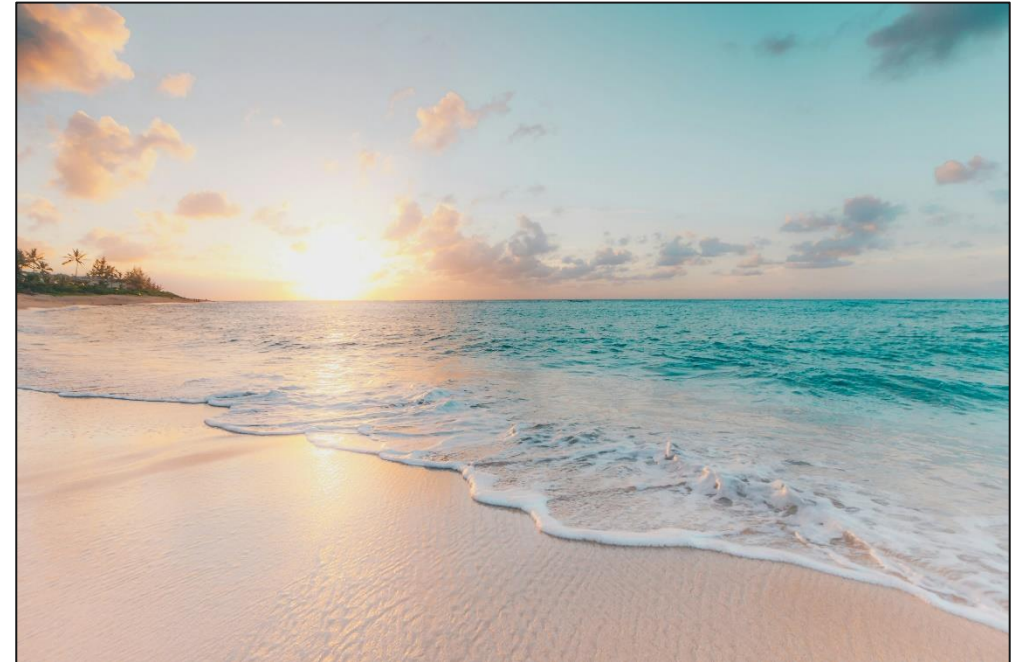


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# Session Plan

- What is Trauma?
- What is TIC?
- Building Capacity
  - Mindfulness
  - Emotional Regulation
  - Validation
- ⇒ **3 Short Activities**
- Q/A and Next Steps



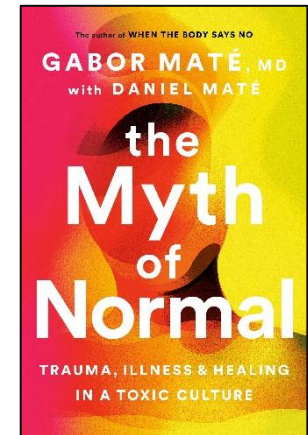
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# Trauma Defined

# What is Trauma? (3 Definitions)

## 1. Gabor Maté, M.D.

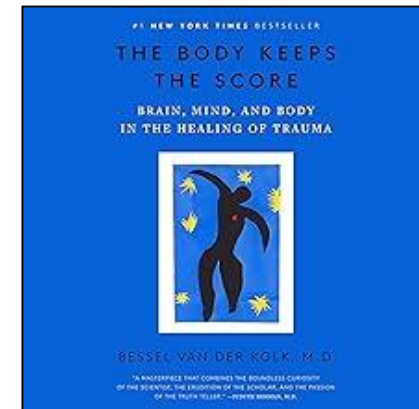
- Trauma is the Greek word for wound.
- *Trauma is an inner injury, a lasting rupture or split within the self due to difficult or hurtful events.*
- *Trauma is primarily what happens within someone as a result of the difficult or hurtful events that befall them; it is not the events themselves.*
- *Trauma is not what happens to you. It's **what happens inside you** as a result of what happens to you.*
- *Trauma, until we work through it, keeps us stuck in the past, robbing us of the present moment's riches, limiting who we can be.*



# What is Trauma?

## 2. Bessel van der Kolk, M.D.

- *Trauma is when we are not seen and known.*
- *Trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body.*
- *This imprint has ongoing consequences for how the human organism manages to survive in the present.*
- *Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think.*



# What is Trauma?

## 3. SAMHSA

- Individual trauma results from an event, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has **lasting adverse effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Source:

[SAMHSA's Concept of Trauma and Guidance for a Trauma-informed Approach | SAMHSA](#)

# Types of Trauma (2 of several types)



## Trauma

- Natural disasters
- War zone experiences
- Death of loved one(s)
- Car accidents
- Child abuse
- Acts of violence

## trauma

- Dog bites
- Invasive dental procedures
- Minor car accident
- Unmet childhood emotional needs

Sources:

*The Myth of Normal*

[PowerPoint Presentation \(umaryland.edu\)](https://umaryland.edu)



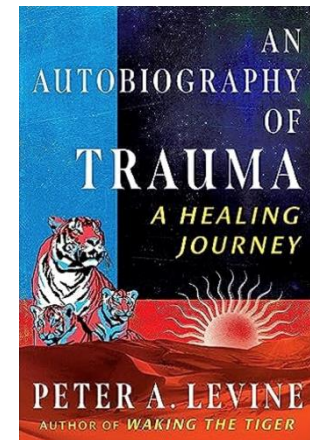
# More on Trauma

## Peter Levine, Ph.D.

- Trauma “is about a loss of connection—to ourselves, our families, and the world around us. This loss is hard to recognize because it happens slowly, over time. We adapt to these subtle changes; sometimes without noticing them.”
- “Certainly, all traumatic events are stressful, but not all stressful events are traumatic.”
- “Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering.”

Source:

*The Myth of Normal*



# How Can Trauma Show Up?

## Some examples

- Inattention
- Aggression
- Burst of positive/negative emotion
- Shyness
- Lack of participation
- Difficulty focusing

# Trauma-Informed Care Approach

# What is Trauma-Informed Care (TIC)?



- **A program, organization, or system that is trauma-informed:**
  - **Realizes** the widespread impact of trauma and understands potential paths for recovery;
  - **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and
  - **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and
  - Seeks to actively **resist re-traumatization**.

Source:

[SAMHSA's Concept of Trauma and Guidance for a Trauma-informed Approach | SAMHSA](#)

# TIC Infographic - Definitions

## Values/Principles of Trauma-Informed Practice

**Safety**



**Trustworthiness**



**Choice**



**Collaboration**



**Empowerment**



Source:

[What is Trauma-Informed Care? - University at Buffalo School of Social Work - University at Buffalo](#)

## Definitions

Ensuring physical and emotional safety for all. Generally involves protection of self or others.

Maximizing trust, ensuring clear expectations, and having consistent boundaries. Refers to transparency.

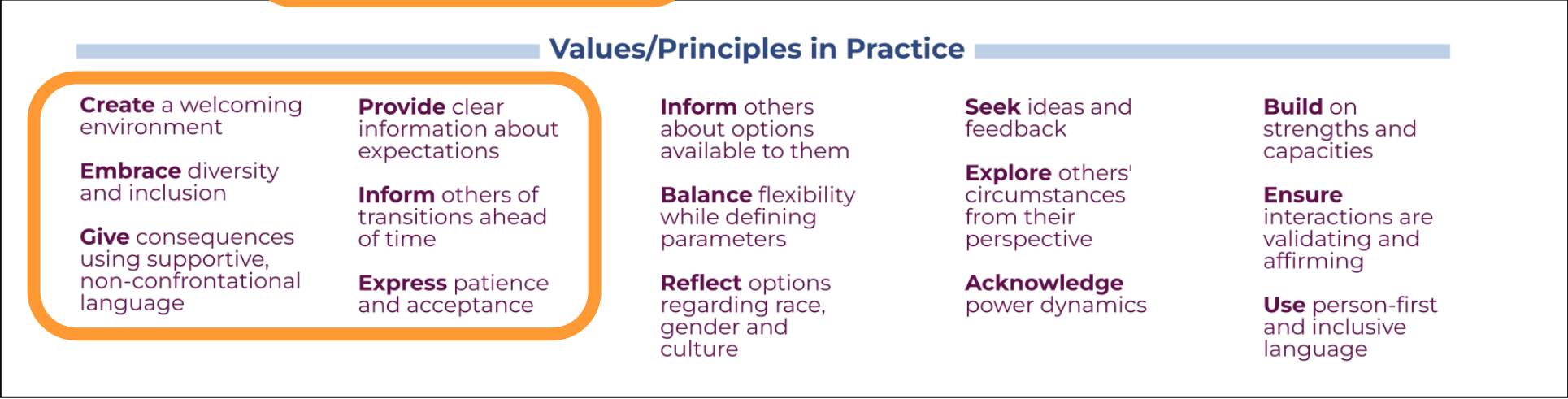
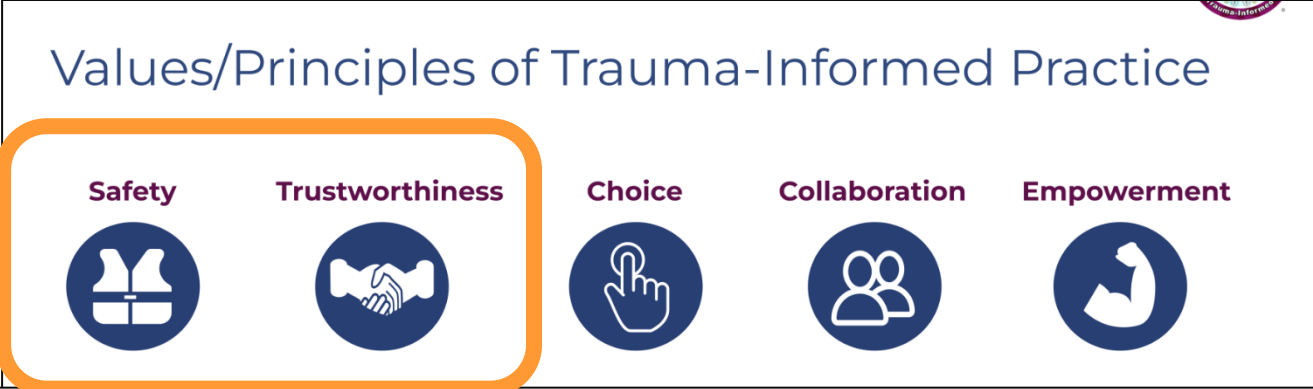
Making individual choice and control a priority. Refers to the right to self-determination and autonomy.

Sharing power and working together with individuals. The idea of working with, not doing to or for.

Involves the recognition of strengths and skills to build a realistic sense of hope and possibility.



# TIC Infographic – Values/Principles



# Building Capacity for TIC

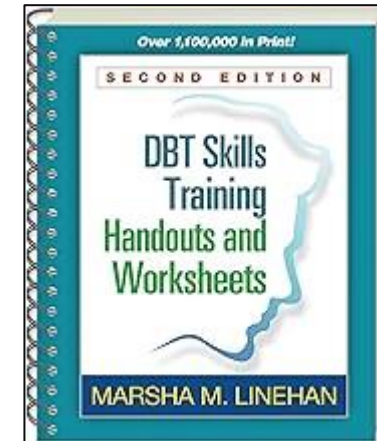
**Emotional Insight/Intelligence Skills**

# Building Emotional Skills

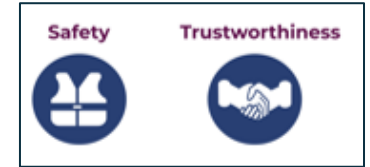
## Dialectical Behavioral Therapy (DBT)

*Developed by Marsha Linehan, Ph.D.*

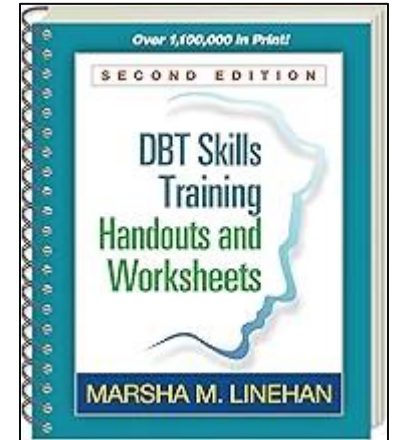
- 4 Core Modules
  - Mindfulness
  - Emotional Regulation
  - Distress Tolerance
  - Interpersonal Effectiveness
- “Build a life worth living.”



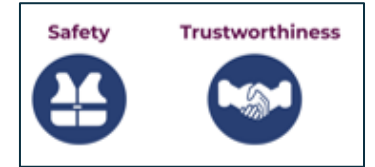
# Mindfulness



- **The act of consciously focusing the mind:**
  - In the present moment
  - Without judgment
  - And without attachment to the present moment
- **As a set of skills, mindfulness practice is:**
  - The intentional process of observing, describing, and participating in reality nonjudgmentally, in the moment, and with effectiveness (using skillful means)
- **Activity**
  - Breathing exercise: to help us pay attention

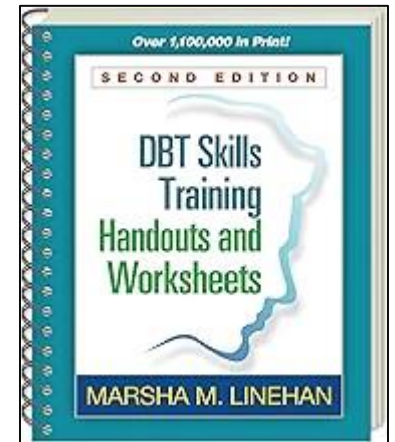


# Emotional Regulation



= Managing emotions

- **Emotional regulation skills help you to:**
  - Change emotions you want to change
  - Reduce intensity of emotions
  - Cope with difficult things
- **Mindfulness skills needed:**
  - Nonjudgmental observation and description of emotions
  - Knowing and understanding emotions helps to effectively regulate them

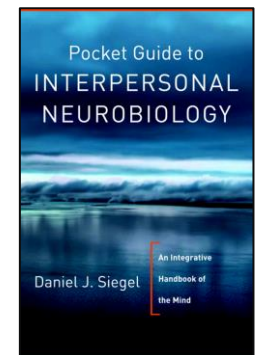




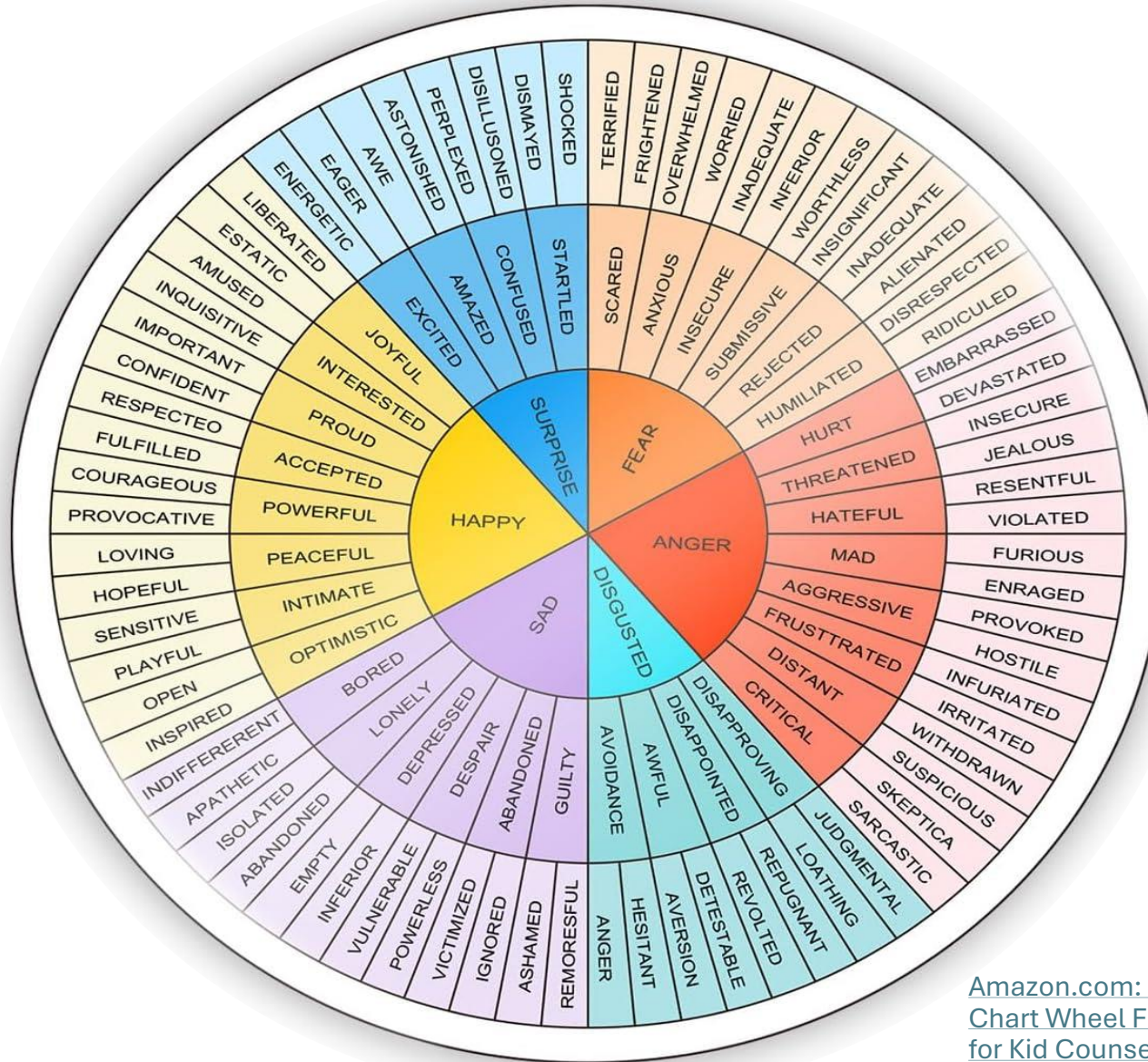
# Emotional Regulation



- **Be aware of our own emotions**
  - Develop “space” between an emotion and a reaction
- **Develop awareness of others’ emotions**
  - Allow space for others’ thoughts/feelings
- **Activity**
  - **Name an emotion (use the wheel)**
    - “Name it to tame it!” (Dr. Dan Siegel)
    - [Name-it-to-tame-it-with-visuals.pdf \(noahs.org.au\)](http://noahs.org.au)

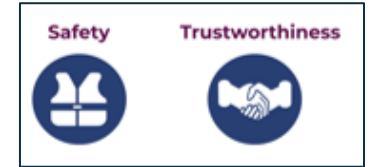


# Emotion Wheel



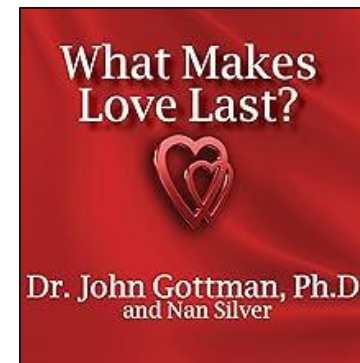
[Amazon.com: Emotion Wheel Magnet 7 Inch - Emotions Chart Wheel Fridge Magnet Mental Health Gifts - Magnet for Kid Counselor Social Worker School Office Emotional Counseling Fridge Laptop : Office Products](#)

# Attunement – Feeling Connected

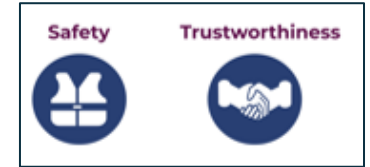


“**Attunement** in adult relationships is the desire and the ability to understand and respect your partner’s inner world.”

- [What Makes Love Last: Exclusive Interview With John Gottman](#)

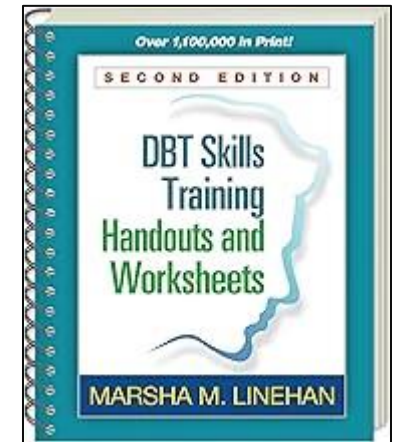


# How to Validate – from DBT

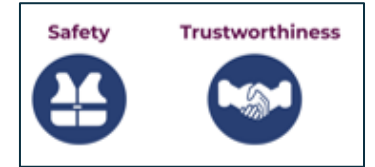


## With Words and Actions:

1. **Show** that you understand the other person's feelings and thoughts about the situation.
2. **See** the world from the other person's point of view.
3. **Then say** or **act** on what you see.
  - “I realize this is hard for you, and ...”
  - “I see that you are busy, and ...”
  - **OR**...Go to a private place when the person is uncomfortable talking in a public place (take it offline).



# Activity: Validation Practice



## How could you respond to someone who says:

- “I don’t know what to do. I have 3 papers due tomorrow and a test at the end of the week. I have such a headache thinking about it!”
- “It’s my birthday today!”
- “My dog died yesterday, and I can’t think of anything else.”
- “I advanced to the final interview round, but I’m so nervous!”
- **Hint: Problem solving is not first. 😊**



# Next Steps

**“ We are on the verge of becoming a trauma-conscious society.”**  
(Bessel van der Kolk)

- 1. Build** EI skills
- 2. Connect** with peers
- 3. Practice** a TIC approach

⇒ **Questions?**

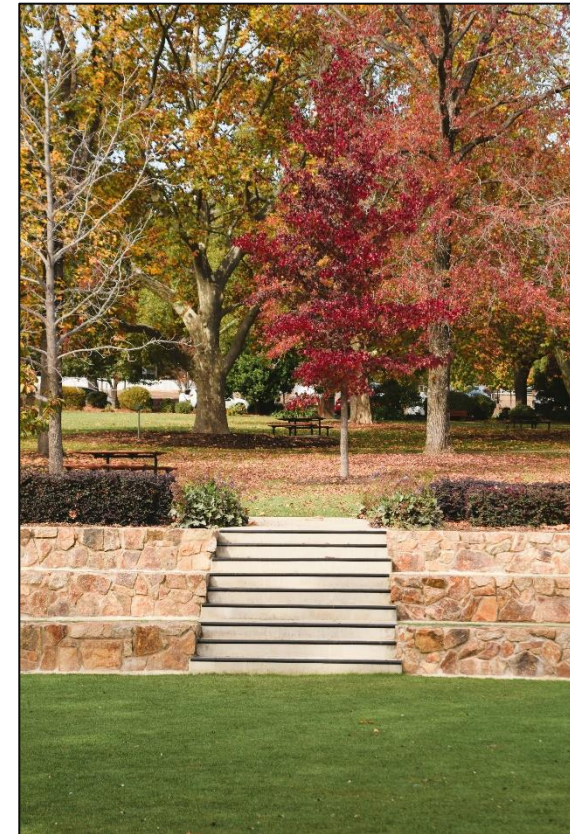


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**Thank you!**

Photo by [Karin Kim](#) on [Unsplash](#)