

HURTING PEOPLE, HURT PEOPLE

Let's Heal Together



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Certified Traumatologist & Trauma Specialist

Western
Educational
EQUITY
Assistance
Center

www.msudenver.edu/weeac
303-615-2020





THE TRAUMA CENTER OF
HOPE

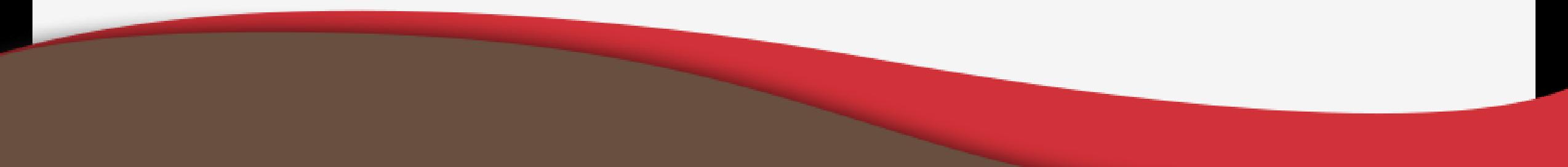
HEALTHY MIND HEALTHY SOUL HEALTHY LIFE



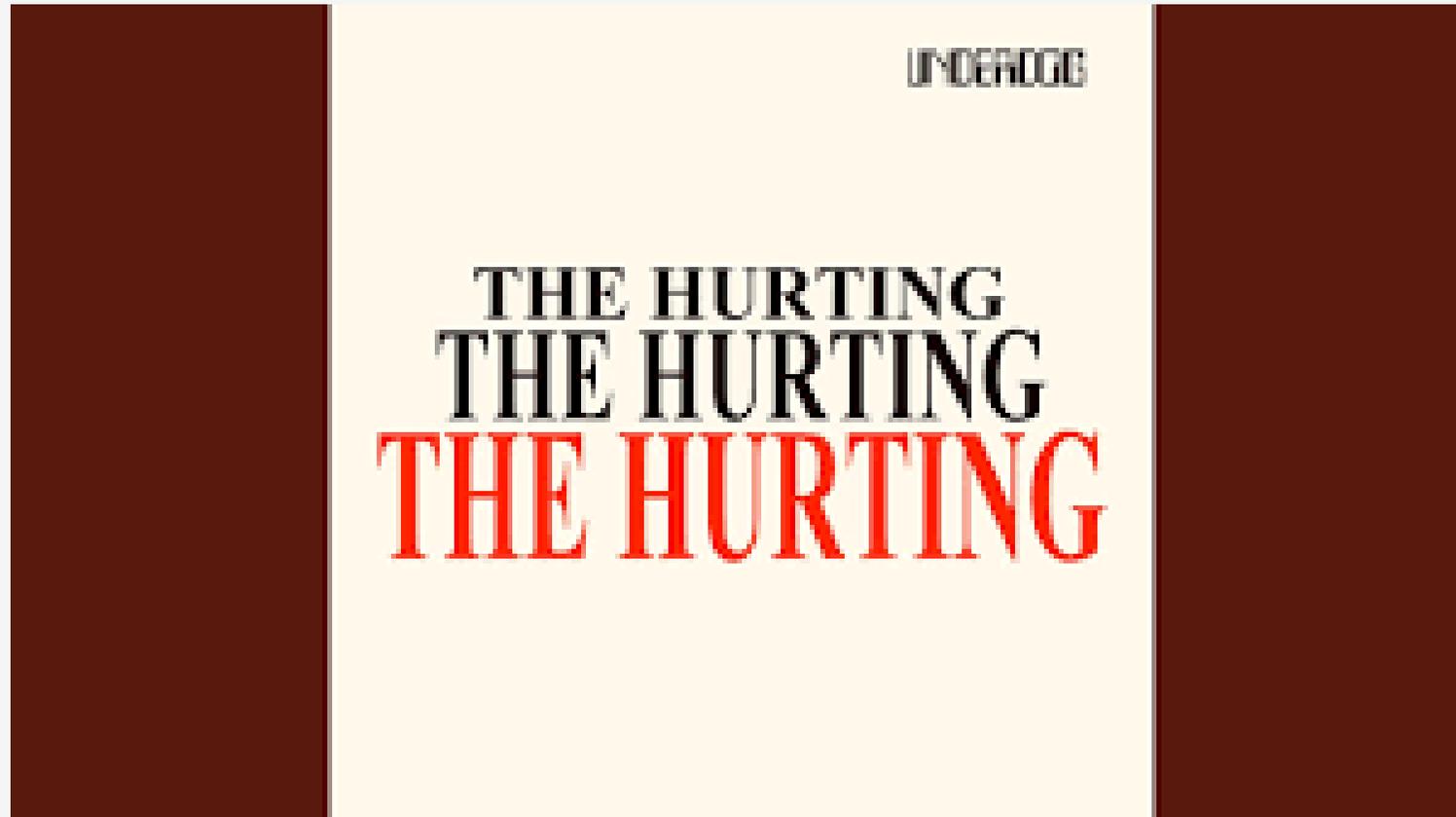
HURT

HEAL

HOPE



THE HURTING





IT'S EASIER TO BUILD
STRONG CHILDREN THAN TO
REPAIR BROKEN MEN

~ FREDRICK DOUGLAS

PSYCHOLOGICAL TRAUMA



Trauma is the psychological wound or injury caused by the fear of harm & threats or from the actual harm that occurred to you – physically, mentally, emotionally, sexually.

TRAUMA IMPACTS THE WHOLE PERSON



THE NEUROLOGY- THE BRAIN

THE PSYCHOLOGY- THE MIND

THE PHYSIOLOGY- THE BODY

THE THEOLOGY- THE SOUL.

3 E's OF TRAUMA



EXPERIENCE



EXPOSURE



EVENT

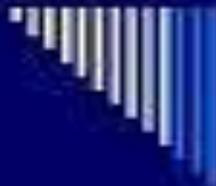
EARLY DIAGNOSIS OF TRAUMA

IN THE 1700-1800'S doctors began to see symptoms from war veterans.

Soldiers report missing home, feeling sad, sleep problems, nightmares, and anxiety.



DEVELOPMENT OF THE SCIENCE OF TRAUMA



History

- U. S. civil war : Soldier's heart syndrome
 - 1900 s : Traumatic neurosis due to the influence of psychoanalysis
 - World war I : shell shock
 - World war II : combat neurosis or operational fatigue
 - Vietnam war : post traumatic stress disorder
-

Post-Vietnam:

Official Recognition of Traumatic Disorders

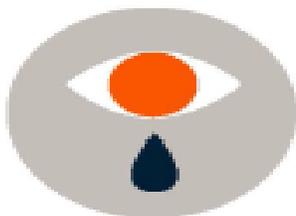
- DSM-II (1968) Hysterical Neurosis
 - Dissociative Type
 - Conversion Type
- DSM-III (1980) **Post-Traumatic Stress Disorder**
- DSM-IV (1994) PTSD + "associated features"
- DSM-V (2012) A Trauma Spectrum?

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT

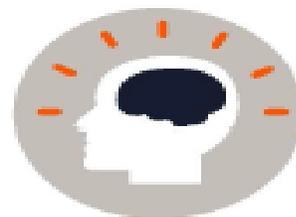


Physical

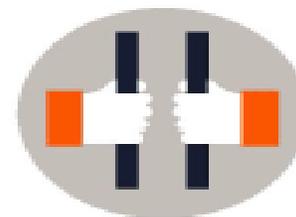


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



Abuse

- Emotional abuse
- Physical abuse
- Sexual abuse



Neglect

- Emotional neglect
- Physical neglect

Household Challenges



- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

People with 6+ ACEs can die

20 yrs

earlier than those who have none



1/8 of the population have more than 4 ACEs

4 or more ACEs

3x

the levels of lung disease and adult smoking



11x

the level of intravenous drug abuse



14x

the number of suicide attempts



4x

as likely to have begun intercourse by age 15

4.5x

more likely to develop depression



2x

the level of liver disease



Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today



Dr. Robert Block, the former President of the American Academy of Pediatrics

67%

of the population have at least 1 ACE



www.70-30.org.uk
@7030Campaign



ADVERSE CHILDHOOD EXPERIENCES

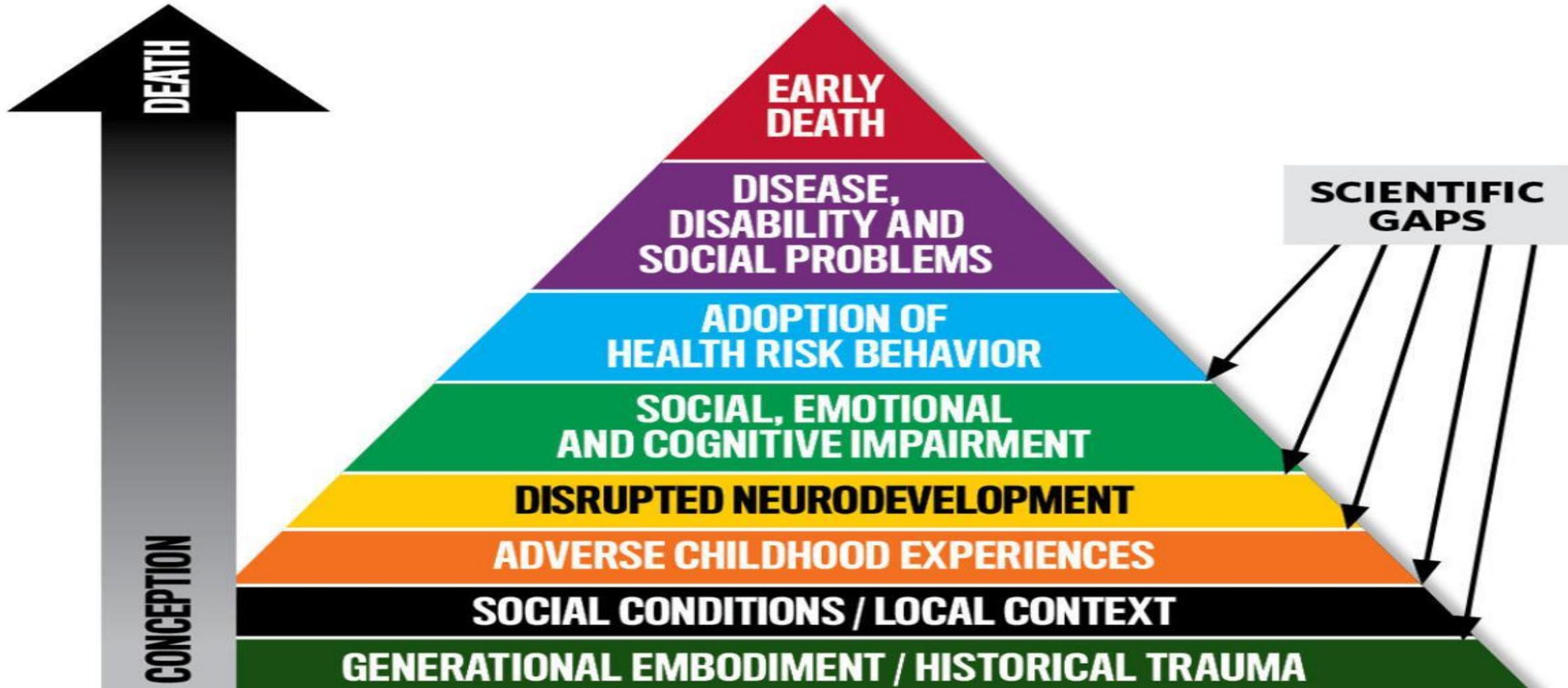
ACEs: The 10 Areas of Trauma

1. Psychological Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical Neglect
6. Loss of a Parent (for any reason)
7. Mother Treated Violently
8. Substance Abuse
9. Mental Illness
10. Criminal Behavior in the Household

The questions are described on the ACE website

A.C.E. ADVERSE CHILDHOOD EXPERIENCES

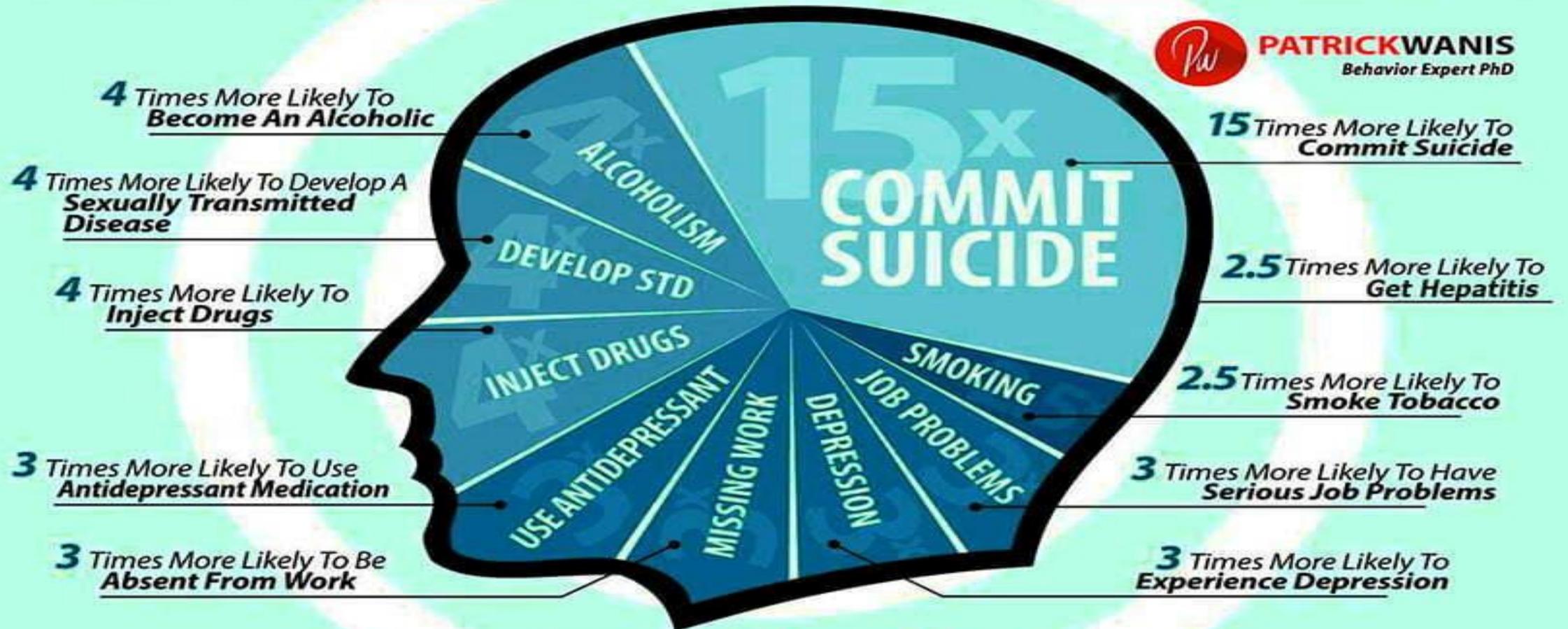
How ACEs influence health and well-being throughout life



PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



PATRICKWANIS
Behavior Expert PhD



www.patrickwanis.com

Multiple/complex trauma = 3 times risk of lung cancer and 3.5 times risk of heart disease

Trauma in Children... & What We Can Do to Help

Guest Contributor:
Jessica Barreca, PT, DPT
Infographic created
by SeekFreaks

2008 Philadelphia Adverse Childhood Experiences (ACEs) Study



37% of Adults
Experienced 4+ ACE
80% of Adults
Experienced at least 1 ACE

Adverse Childhood Experiences (ACEs) Indicators

Sexual abuse
Physical abuse
Emotional abuse
Racism
Bullying
Physical neglect
Emotional neglect
Foster care
Domestic violence
Caregiver incarceration
Household mental illness
Parental separation/divorce
Household substance abuse
Witness of violence



Impact of Trauma

Learning problems
Behavior problems
Cognitive delays
Lung cancer
COPD
Substance abuse
Death at a younger age
Ischemic heart disease
Social development delays
Language development delays



What We Can Do in Early Intervention

Model responsive
relationships for parents
Collaborate with caregivers & team
to improve family self-efficacy to
healthy discipline, stress
management & coping strategies



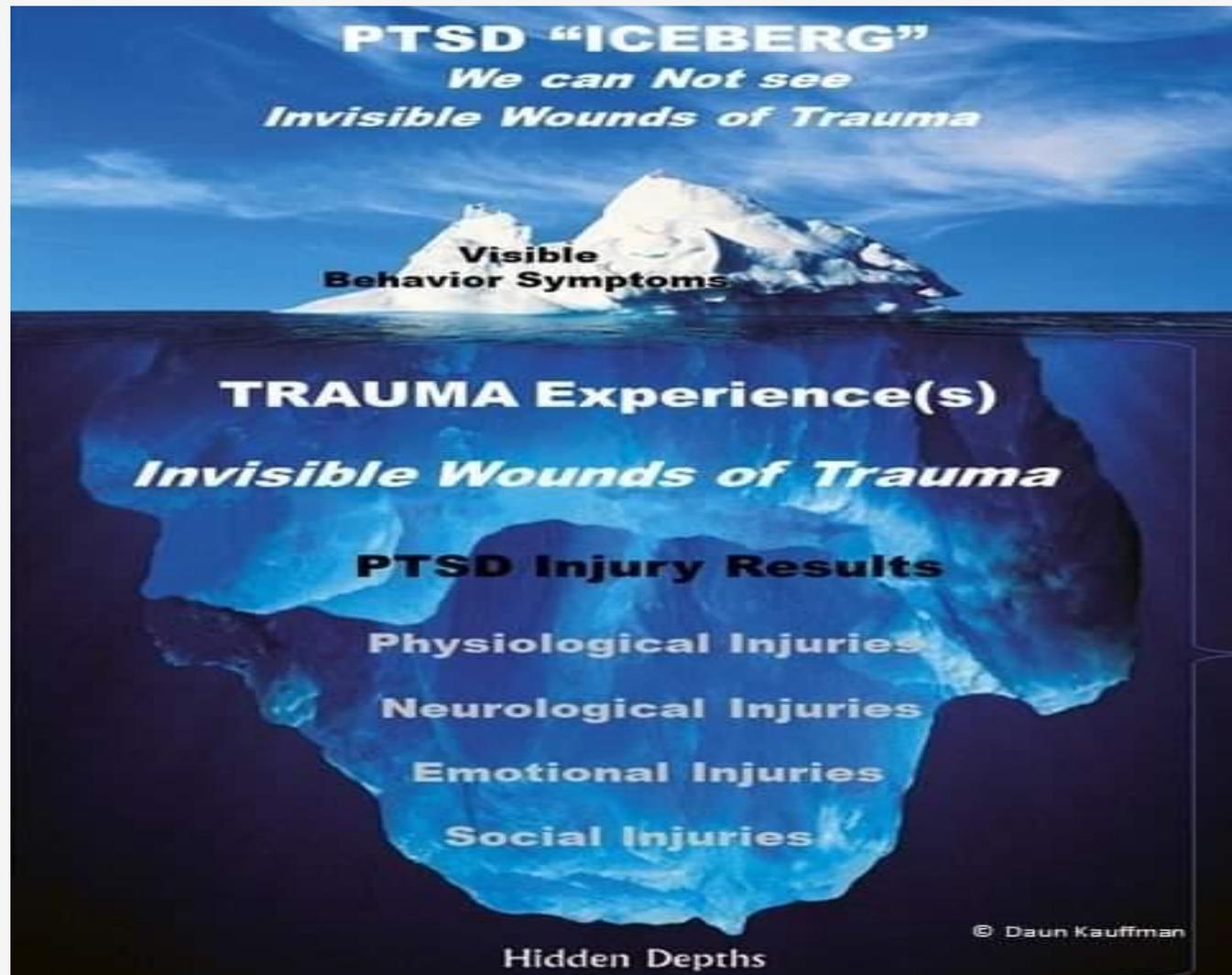
What We Can Do in Schools

Advocate to bring trauma-
informed practice to schools
Provide teachers with resources &
support to facilitate social-
emotional skill, self-regulation &
essential life skill development



What We Can Do in the Community

Raise awareness of prevalence
& impact of trauma
Advocate & plan for safe community
recreational activities to provide
opportunities for positive adult
modeling & peer socialization.

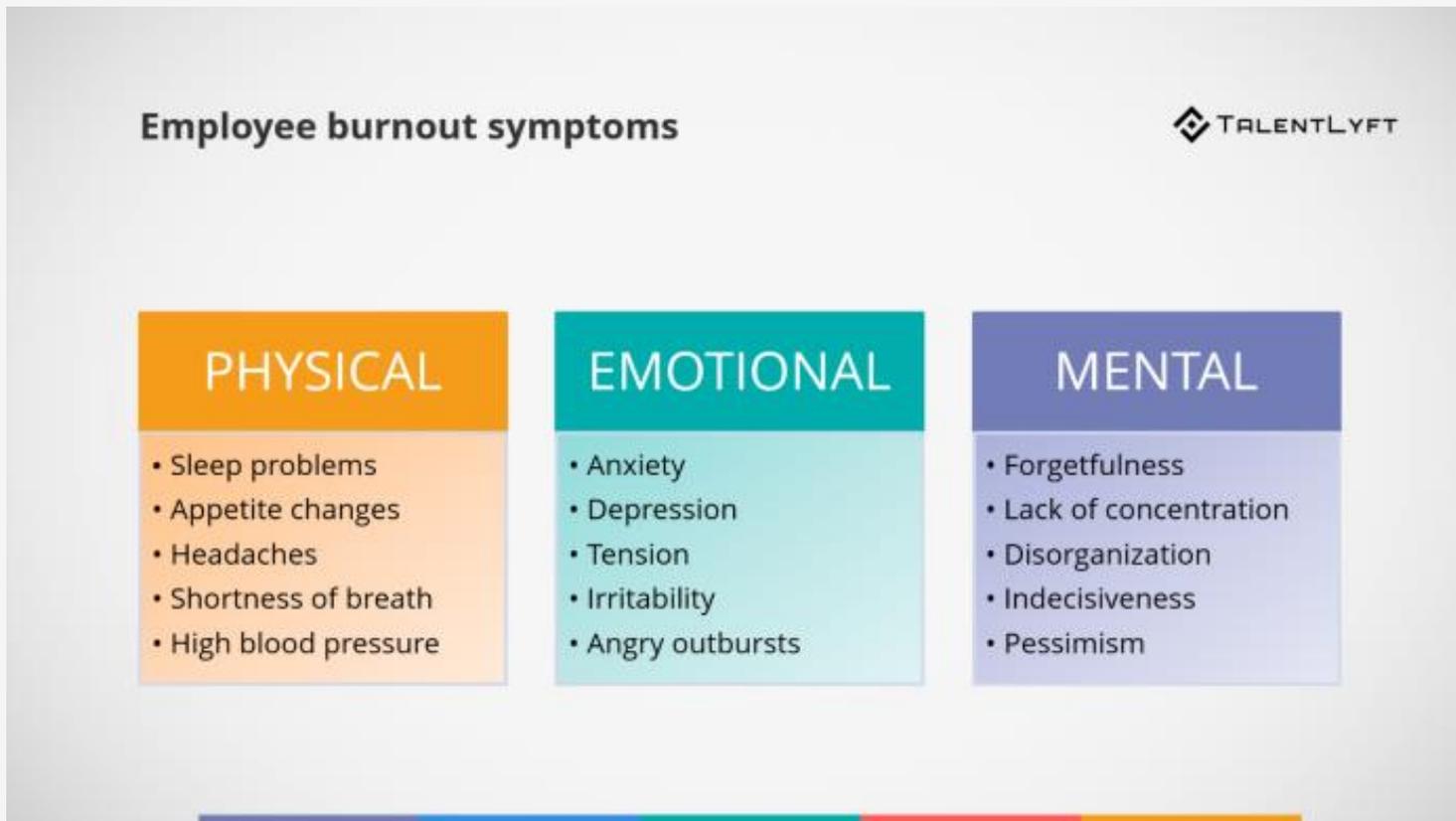


Trauma in early childhood affects:

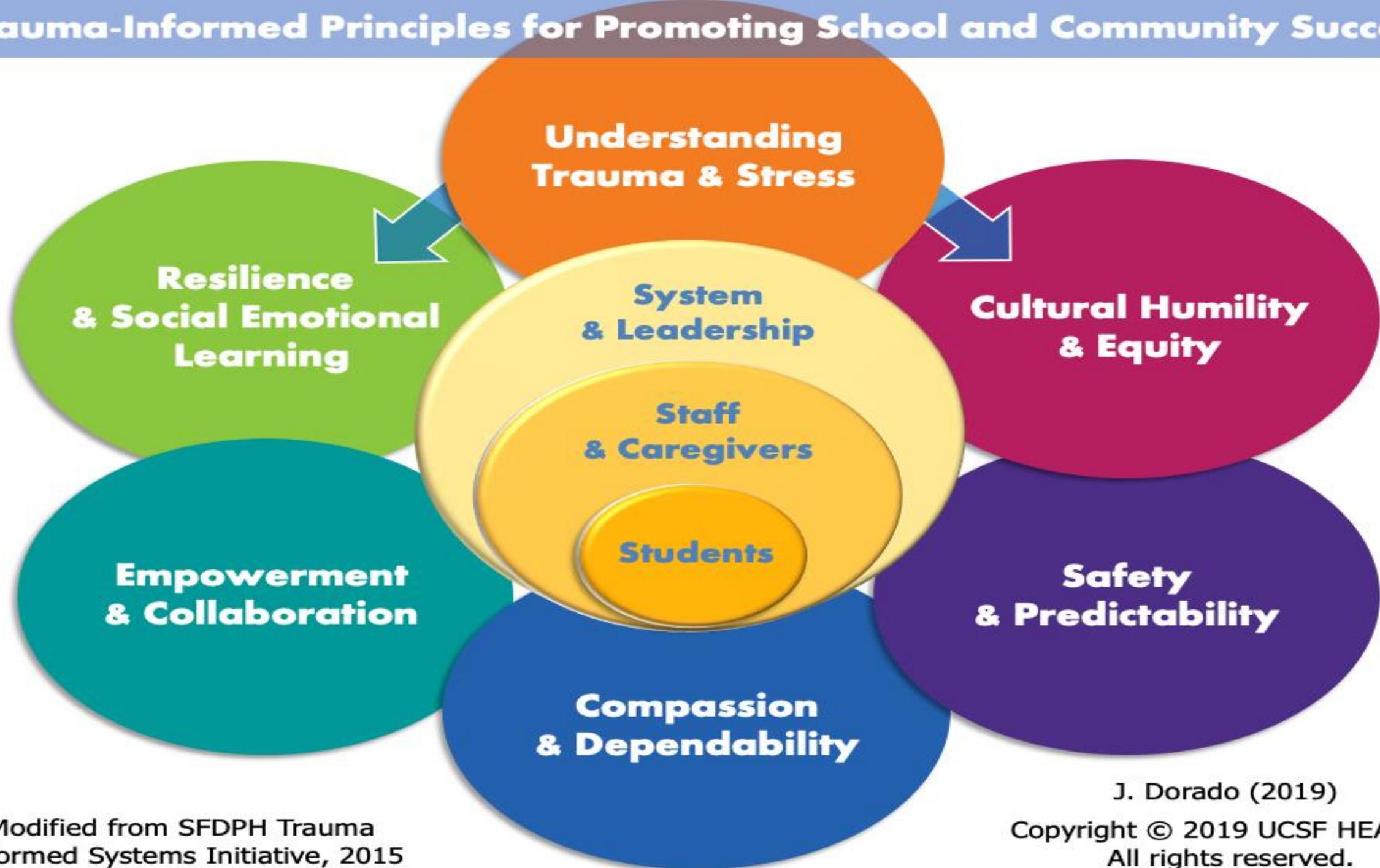
- brain structure
- cognitive development
- social-emotional development and behavior
- learning
- ability to form healthy attachments to others
- physical health

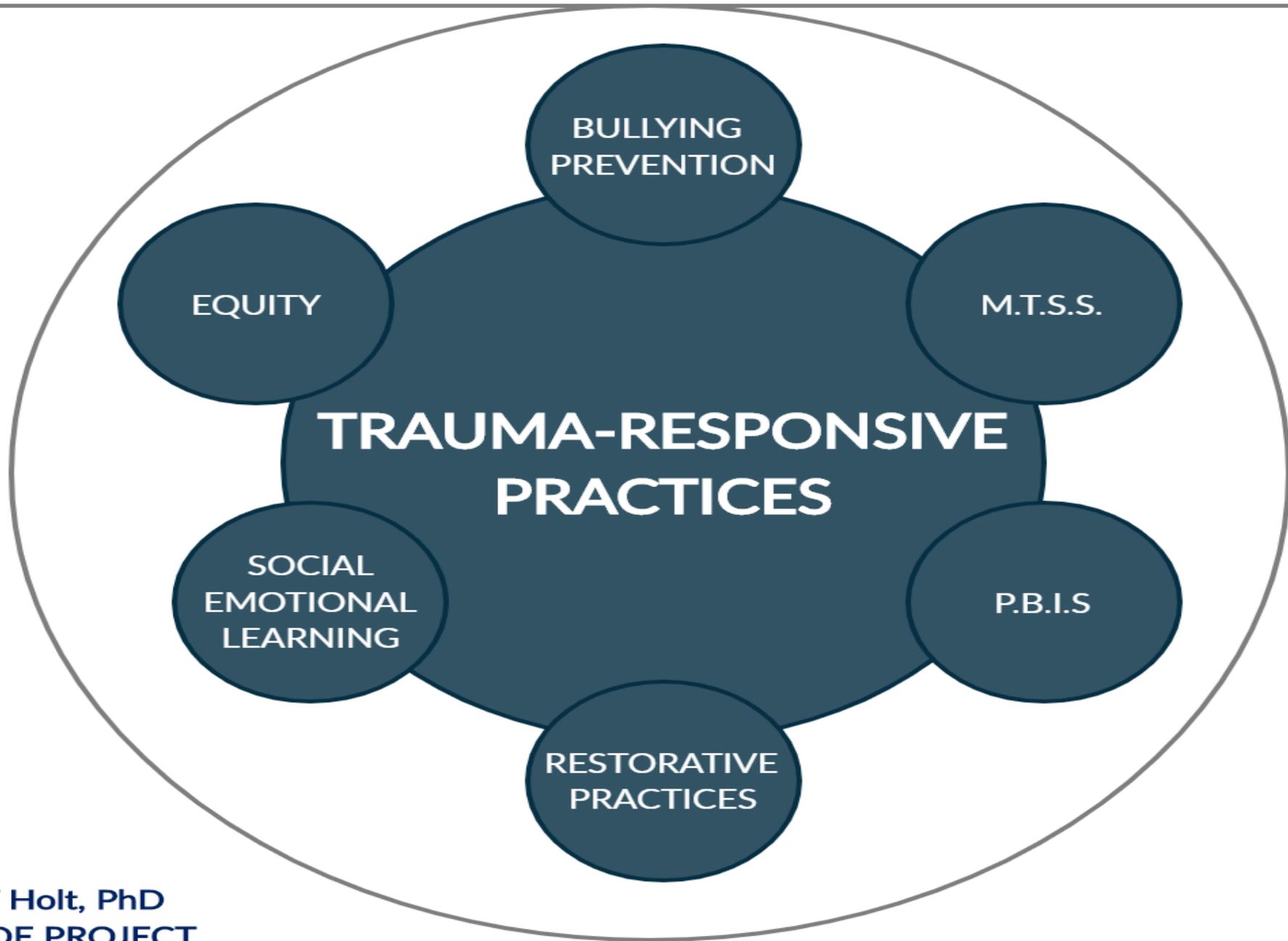


STAFF BURNOUT



Trauma-Informed Principles for Promoting School and Community Success

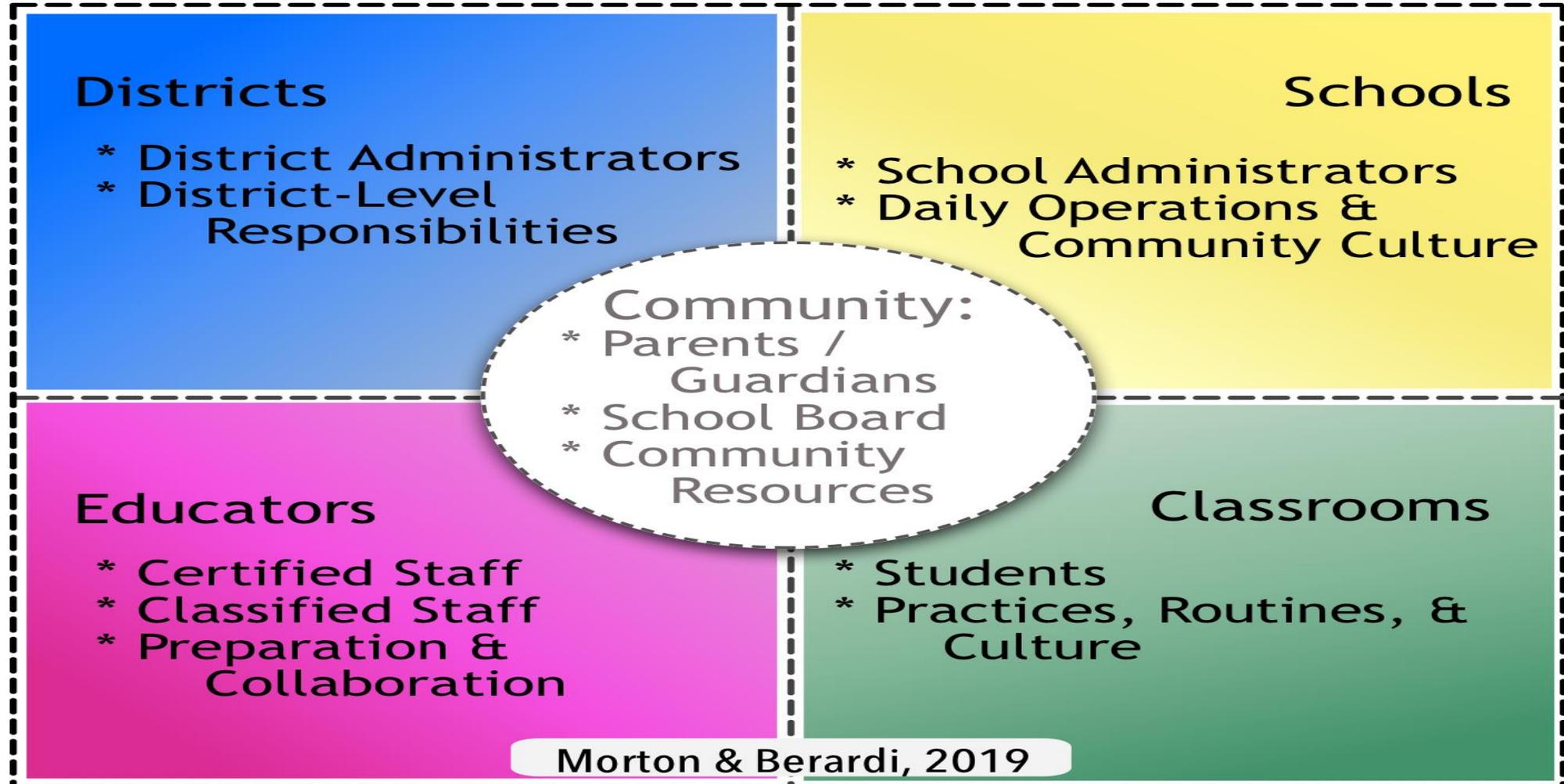




Trauma-Informed School Practices Tri-Phasic Model

Six Elements of Education System Change

Regulation & Support Systems



Morton & Berardi, 2019

* Professional Associations & Accrediting Organizations
* Teacher & Administrator Preparation Programs * Legal Statutes

According to the Centers for Disease Control (CDC), more than half of all U.S. children have experienced some kind of trauma.



CHILD ABUSE



ALL OF FORMS OF ABUSE: Verbal, Emotional, Physical, & Sexual



NEGLECT



POVERTY



HOMELESSNESS



HUNGER & STARVATION



MASS INCARCERATION



DIVORCE & DOMESTIC VIOLENCE



COMMUNITY VIOLENCE



TRAUMATIZATION OF INCARCERATION



GRIEF AND LOSS

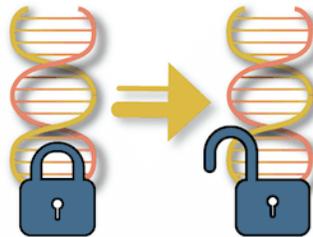
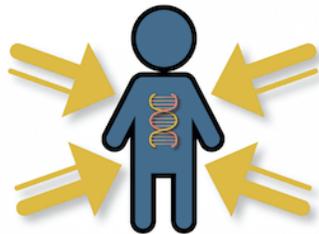


TRAUMA CAN AFFECTS YOUR GENES

WHAT IS EPIGENETICS?

AND HOW DOES IT RELATE TO CHILD DEVELOPMENT?

“Epigenetics” is an emerging area of scientific research that shows how environmental influences—children’s experiences—actually affect the expression of their genes.



This means the old idea that genes are “set in stone” has been disproven. Nature vs. Nurture is no longer a debate. It’s nearly always both!

During development, the DNA that makes up our genes accumulates chemical marks that determine how much or little of the genes is expressed. This collection of chemical marks is known as the “epigenome.” The different experiences children have rearrange those chemical marks. This explains why genetically identical twins can exhibit different behaviors, skills, health, and achievement.



TRAUMA AFFECTS YOUR DNA

The Epigenetics of Trauma
Mily Gomez, LPC @latibulecounseling

Before your mother was born, your mother, grandmother, and the earliest trace of you were all in the same body.

What your grandmother felt and experienced affected your DNA



The diagram shows a silhouette of a pregnant woman. Inside her body, there is a smaller silhouette of a pregnant woman, and inside that, a smaller silhouette of a pregnant woman. An arrow points from the innermost silhouette to the middle one, and another arrow points from the middle one to the outermost one. The labels 'Me', 'Mom', and 'Grandmother' are placed next to their respective silhouettes, illustrating the concept of epigenetics where trauma from previous generations can be passed on.

TRAUMA'S AFFECT ON PREGNANCY



EFFECTS OF STRESS DURING PREGNANCY

Mother:

- Depression
- Anxiety
- Sleeping problems
- Addictions
- Poor postpartum care



Baby:

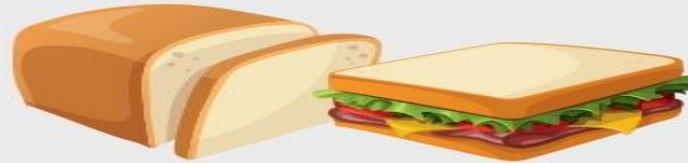
- Premature birth
- Low birth weight
- Cognitive impairment
- Behavioral issues
- Lowered immunity



FOOD AFFECT YOUR MOOD



DANGEROUS FOODS TO AVOID



WHOLE-WHEAT AND WHITE BREAD



WHITE SUGAR



SUGARY AND CARBONATED BEVERAGES



PROCESSED FOOD



MARGARINE OR BUTTER SUBSTITUTES



VEGETABLE OILS

PROCESSED FOODS



Studies show that regularly eating processed foods, including Takis, may be linked to a higher risk of heart disease, cancer, and type 2 diabetes ([8Trusted Source](#)). One recent review among 184,000 people found that those who consumed the highest amount of processed food were 39% more likely to have overweight or obesity and excess [belly fat](#)

RED DYE 40

RED DYE 40 AND THE BRAIN

The brain imaging work at Amen Clinics demonstrates that Red Dye 40 can dramatically affect brain function.

[Multiple studies published](#) in journals such as *Pediatrics*, *The Lancet*, and *Journal of Pediatrics* demonstrate that some children with [ADD/ADHD](#) may be adversely affected by artificial food dyes. Other [research](#) indicates that artificial coloring and flavors, as well as the preservative sodium benzoate, can make some non-ADD/ADHD kids hyperactive.

Excitotoxins



FOOD AFFECT YOUR MOOD

Excitotoxins damage the hypothalamus.

Excitotoxins are found in our food, consumer products, and pharmaceuticals.

Excitotoxins are common flavor enhancers like MSG, hydrolyzed protein, autolyzed yeast, extracts, sodium caseinate, calcium caseinate, carrageenan, aspartame, other fake sugars, and many more.

Excitotoxins kill brain cells, cause neurological diseases, and autoimmune diseases.

Excitotoxins affect EVERYONE. Some people show symptom right away. For others, the effects are long-term.

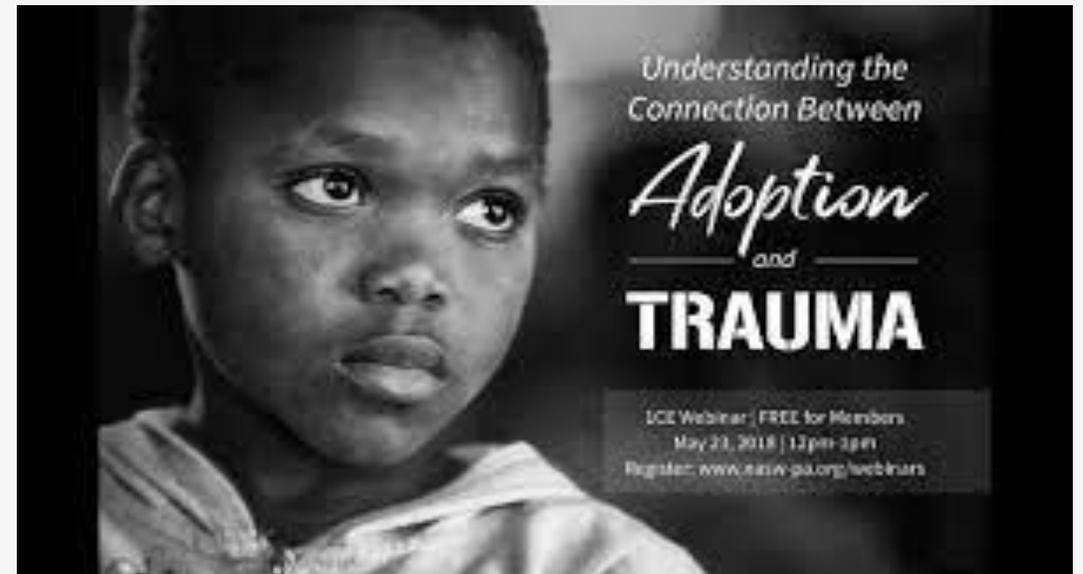
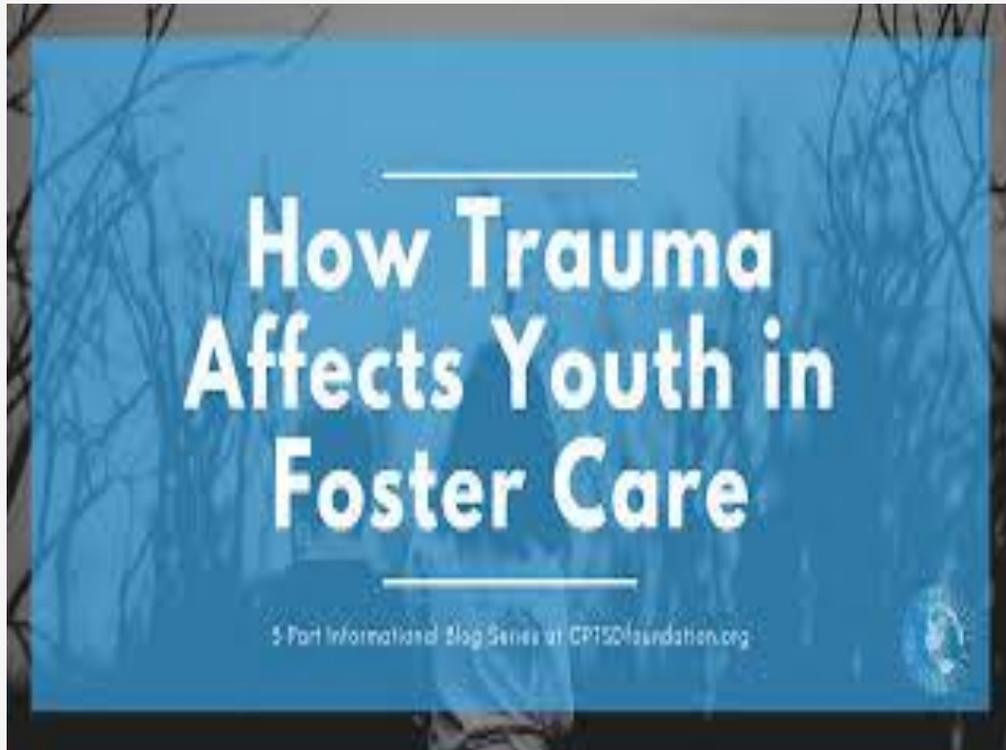
Excitotoxins cause ADHD, autism, obesity, depression, Parkinson's and Alzheimer's Disease, and other neurological abnormalities.

SayNOtoMSG.com

THE BRAIN NEEDS HEALTHY FOOD



FOSTER CARE & ADOPTION CAN BE TRAUMATIC



BULLYING IS TRAUMATIZING





4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted and inappropriate ways

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

SOCIAL Bullying

Lying and spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors online

The 6Rs of Bullying Prevention

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www.freespirit.com

1 Rules

Establish an Anti-Bullying Policy and Expectations for Respect

2 Recognize

Teach Stakeholders How to Recognize Bullying

3 Report

Create Procedures to Report Bullying

4 Respond

Teach Student Witnesses How to Respond to Bullying

5 Refuse

Help Targets Refuse Provocation and Cope with Victimization

6 Replace

Help Students Replace Aggression with Acceptable Skills

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous; unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior, the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/ should NOT be ignored	CANNOT be resolved through mediation

THE DIFFERENCE BETWEEN **BULLYING** AND **CONFLICT**

Imbalance of power, not friends

Repeated negative actions

Purposeful

Serious with threat of physical or emotional harm

Strong emotional reaction from victim and little to no emotional reaction from the individual(s) doing bullying

Attempt to gain material things or power

No remorse – blames victim

No effort to solve problem

Equal power or friends

Happens occasionally

Accidental

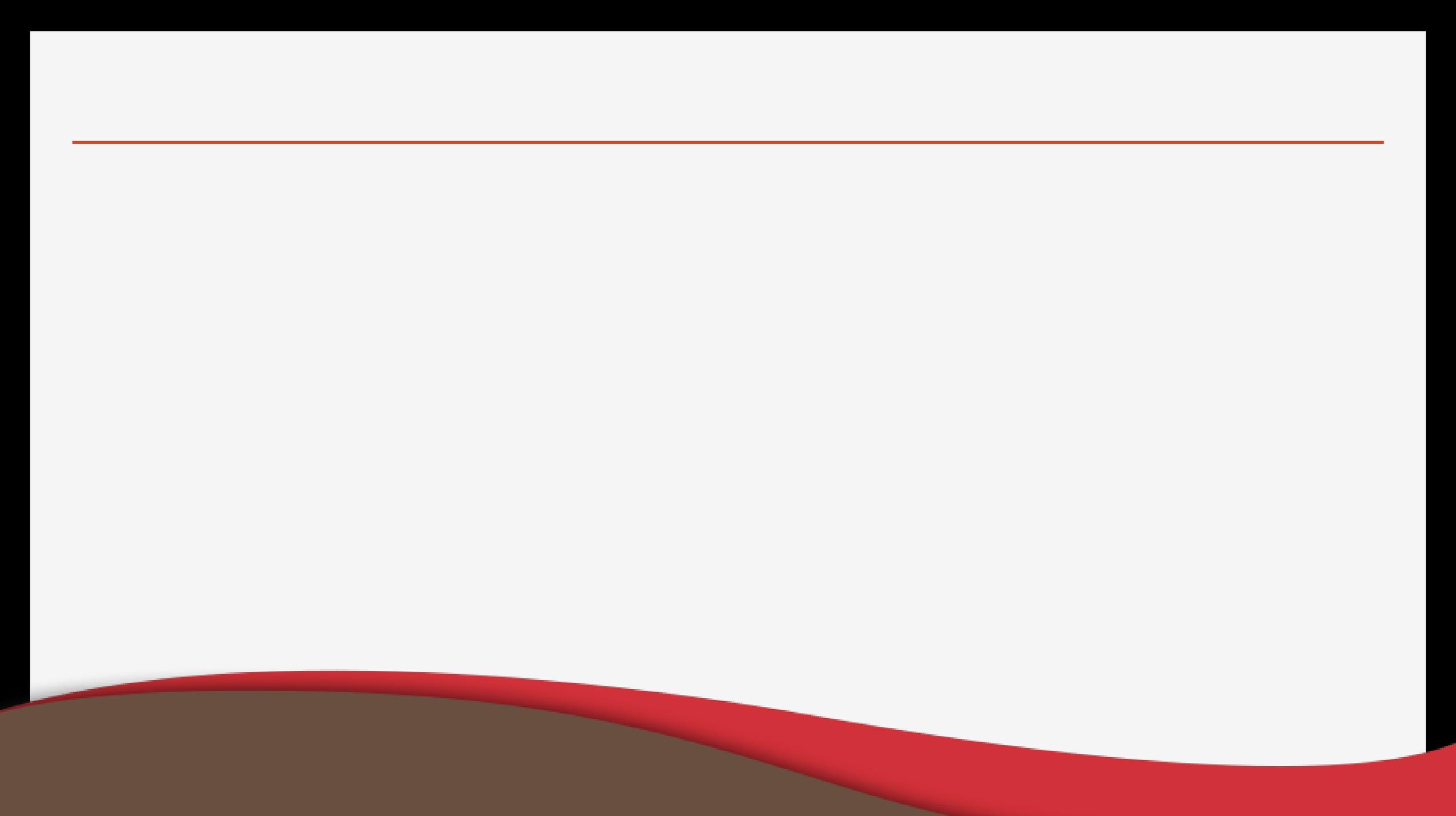
Equal emotional reaction

Not seeking power or attention

Not trying to get something

Remorse – will take responsibility

Effort to solve problem



RACIAL TRAUMA



Impact of Childhood Trauma

Cognition

- Impaired readiness to learn
- Difficulty problem-solving
- Language delays
- Problems with concentration
- Poor academic achievement

Brain development

- Smaller brain size
- Less efficient processing
- Impaired stress response
- Changes in gene expression

Physical health

- Sleep disorders
- Eating disorders
- Poor immune system functioning
- Cardiovascular disease
- Shorter life span

Impact of Childhood Trauma

Emotions

- Difficulty controlling emotions
- Trouble recognizing emotions
- Limited coping skills
- Increased sensitivity to stress
- Shame and guilt
- Excessive worry, hopelessness
- Feelings of helplessness/lack of self-efficacy

Behavior

- Poor self-regulation
- Social withdrawal
- Aggression
- Poor impulse control
- Risk-taking/illegal activity
- Sexual acting out
- Adolescent pregnancy
- Drug and alcohol misuse

Mental health

- Depression
- Anxiety
- Negative self-image/low self-esteem
- Posttraumatic Stress Disorder (PTSD)
- Suicidality

Relationships

- Attachment problems/disorders
- Poor understanding of social interactions
- Difficulty forming relationships with peers
- Problems in romantic relationships
- Intergenerational cycles of abuse and neglect

ACTIVITY

DESCRIBE HOW THESE DIFFERENT TYPES OF TRAUMA IMPACT THE LIVES OF CHILDREN.

CHILD ABUSE

POVERTY

VIOLENCE

DIVORCE

MASS INCARCERATION

FOSTER CARE

HOMELESSNESS

BULLYING

THE PANDEMIC



CORONAVIRUS (COVID-19)

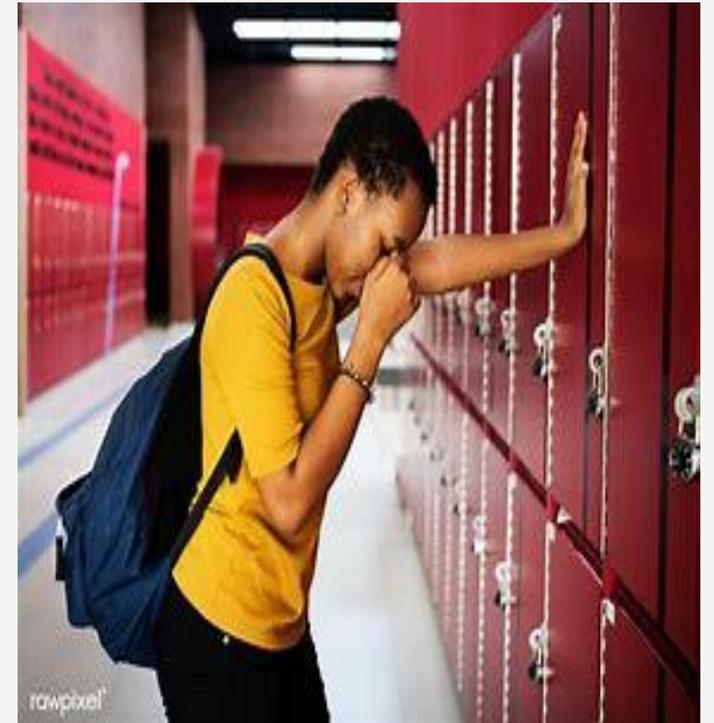
PANDEMICS IMPACT ON MENTAL HEALTH

COVID RELATED MENTAL HEALTH ON CHILDREN

22.6-43% DEPRESSION

18.9-37% ANXIETY

31% ANXIETY & DEPRESSION

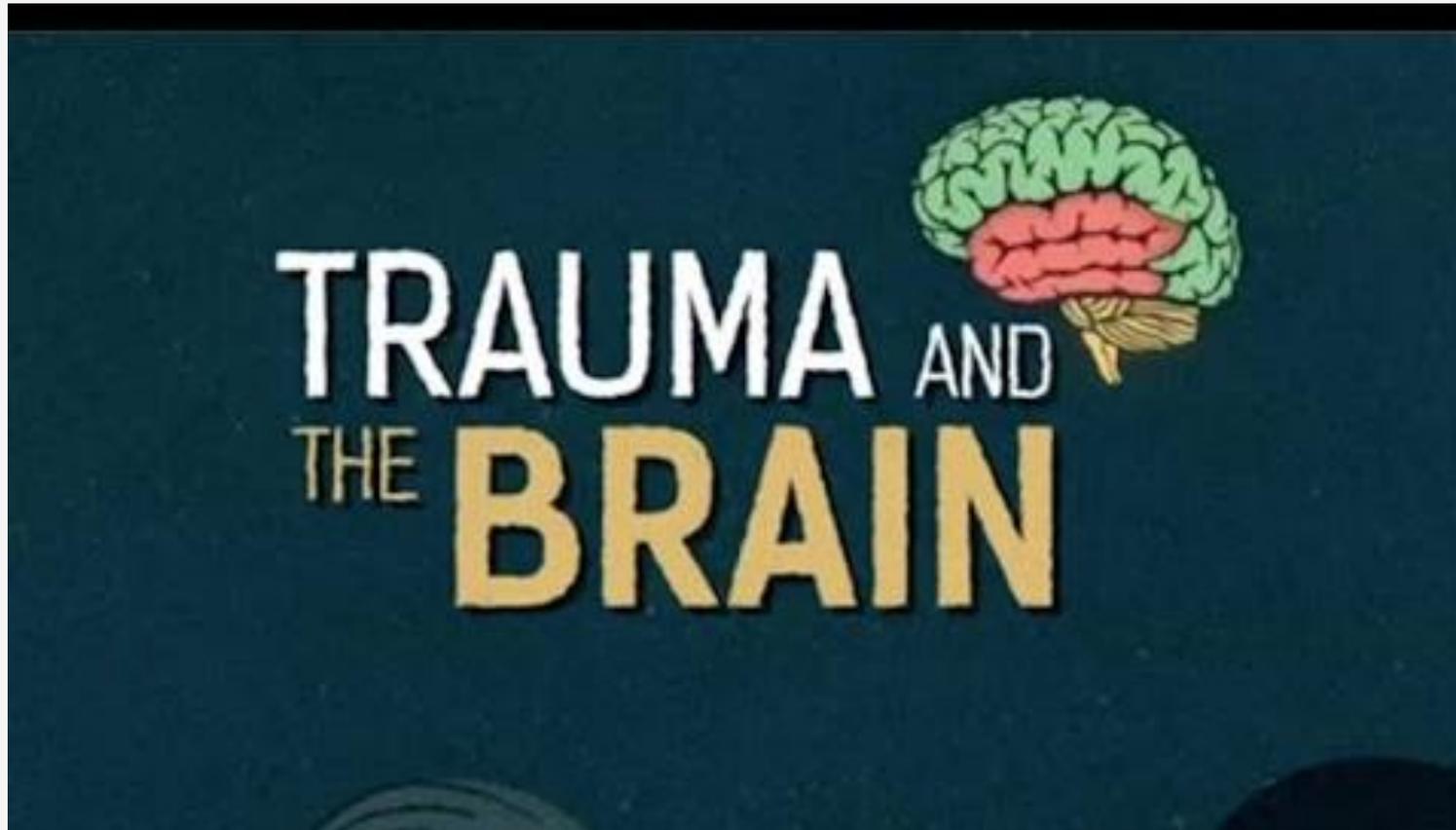


ACTIVITY

HAVE A DISCUSSION ABOUT
COVID RELATED TRAUMA.

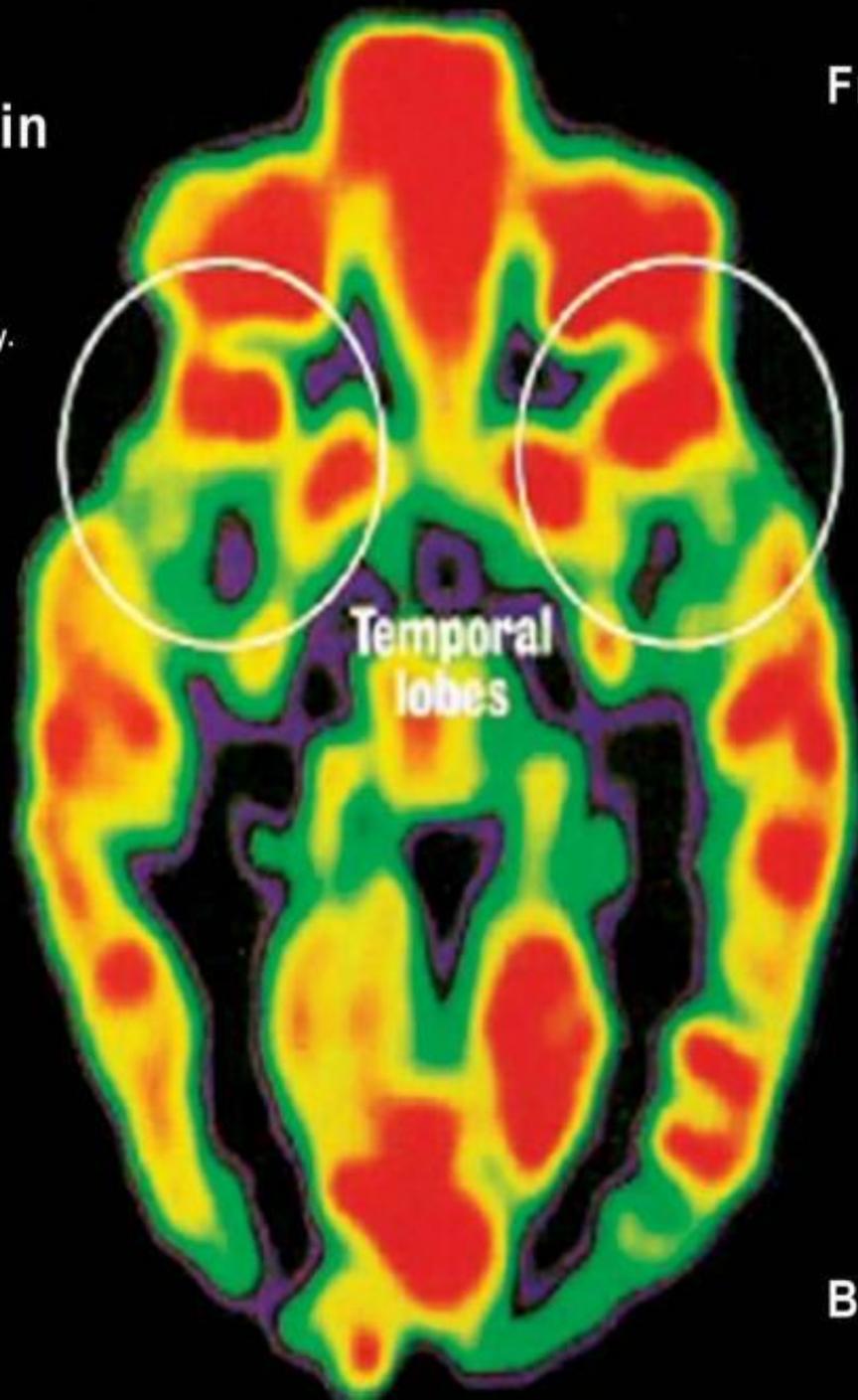
INFECTIONS RATE
DEATHS
MENTAL HEALTH
FINANCIAL STRESS
SUBSTANCE
SUICIDES

TRAUMA IMPACT THE BRAIN



Healthy Brain

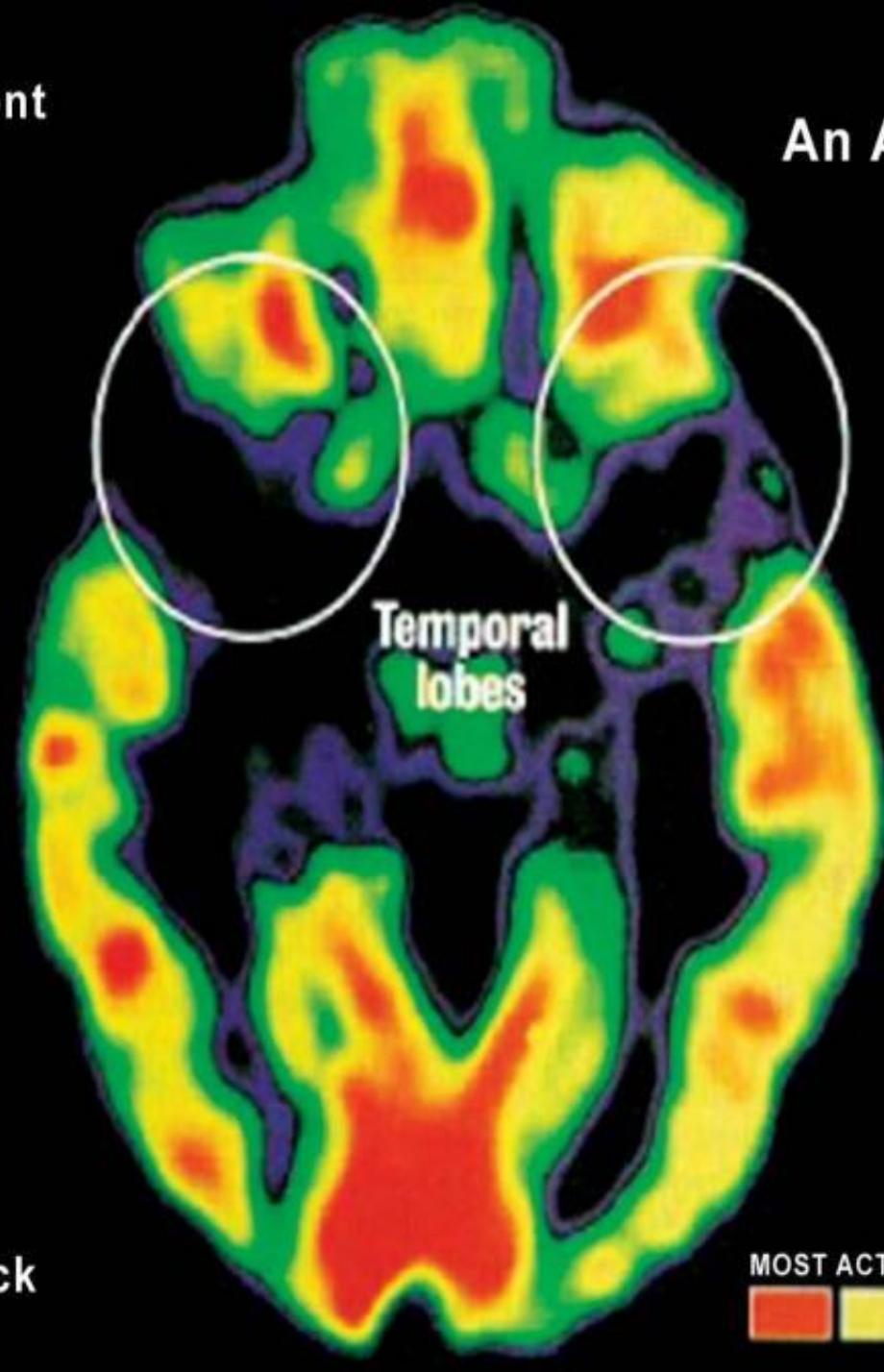
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front

An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



Back



TRAUMA ON THE BRAIN

Sensorimotor cortex

Function: Coordination of sensory and motor functions
In PTSD: Symptom provocation results in increased activation

Thalamus

Function: Sensory relay station
In PTSD: Decreased cerebral blood flow

Parahippocampal gyrus

Function: Important for memory encoding and retrieval
In PTSD: Show stronger connectivity with medial prefrontal cortex; decreases in volume

Fear response

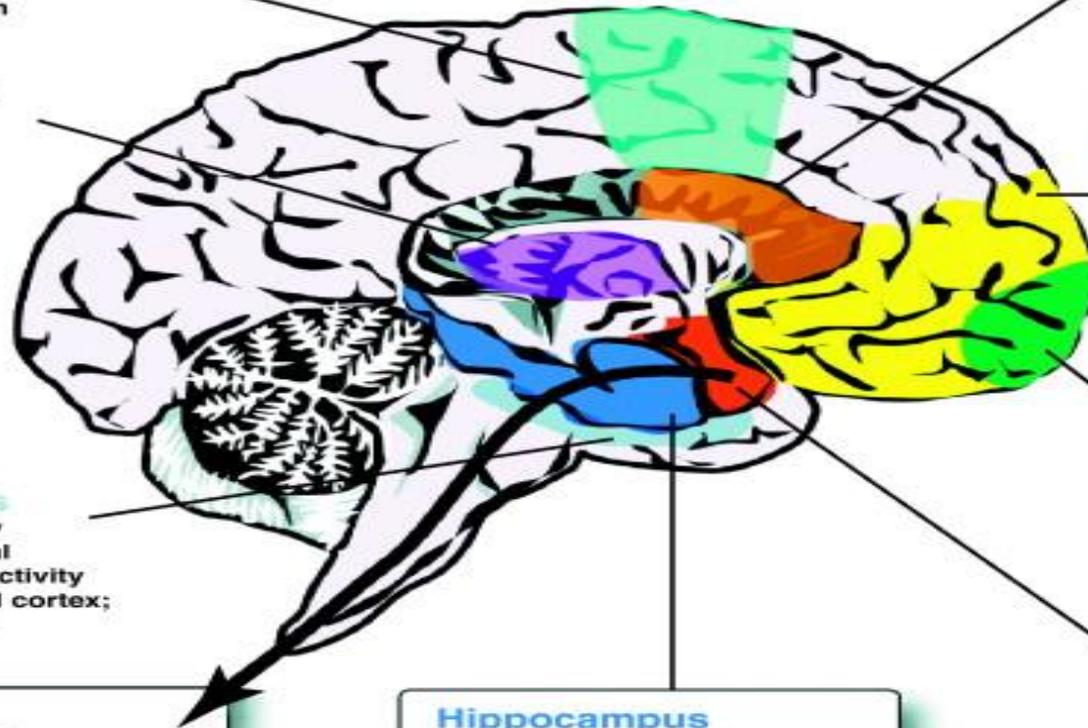
Function:
- Evolutionary survival

In PTSD:
- Stress sensitivity
- Generalization of fear response
- Impaired extinction

Hippocampus

Function:
- Conditioned fear
- Associative learning

In PTSD:
- Increased responsiveness to traumatic and emotional stimuli



Anterior cingulate cortex

Function: Autonomic functions, cognition
In PTSD: Reduced volume, higher resting metabolic activity

Prefrontal cortex

Function:
- Emotional
- Regulation

In PTSD:
- Decreased gray and white matter density
- Decreased responsiveness to trauma and emotional stimuli

Orbitofrontal cortex:

Function: Executive function
In PTSD: Decreases in volume

Amygdala

Function:
- Conditioned fear
- Associative learning

In PTSD:
- Increased responsiveness to traumatic and emotional

Part 1: Four Different Types of Memory

EXPLICIT MEMORY

A conscious, intentional recollection of factual information, previous experiences and concepts.

SEMANTIC MEMORY

The memory of general knowledge and facts.

EPISODIC MEMORY

The autobiographical memory of an event or experience – including the who, what, and where.

IMPLICIT MEMORY

A recollection acquired and used unconsciously that can affect thoughts and behaviors

PROCEDURAL MEMORY

The memory of how to perform a common task without actively thinking about it.

EMOTIONAL MEMORY

The memory of the emotions you felt during an experience.

Part 3: How Trauma Impacts the Four Different Types of Memory

EXPLICIT MEMORY

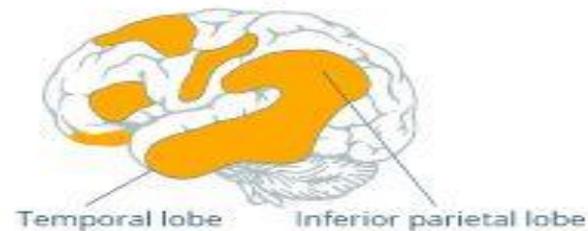
SEMANTIC MEMORY

How Trauma Can Affect It

Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.

Related Brain Area

The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.



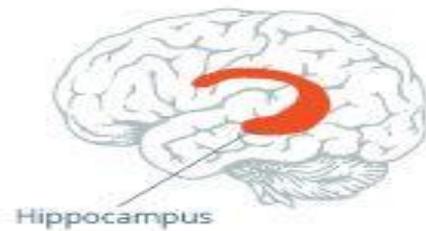
EPISODIC MEMORY

How Trauma Can Affect It

Trauma can shutdown episodic memory and fragment the sequence of events.

Related Brain Area

The hippocampus is responsible for creating and recalling episodic memory.



IMPLICIT MEMORY

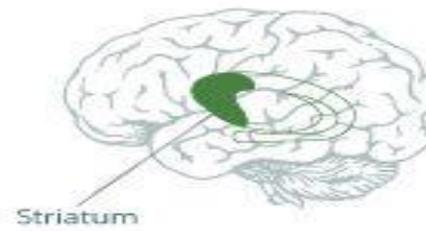
PROCEDURAL MEMORY

How Trauma Can Affect It

Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.

Related Brain Area

The striatum is associated with producing procedural memory and creating new habits.



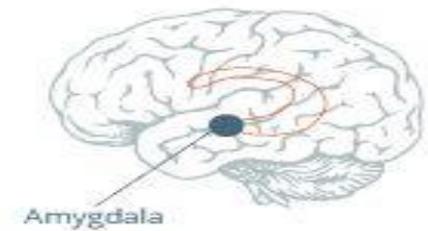
EMOTIONAL MEMORY

How Trauma Can Affect It

After trauma, a person may get triggered and experience painful emotions, often without context.

Related Brain Area

The amygdala plays a key role in supporting memory for emotionally charged experiences.



THE HEALING

THE HEALING

THE “R” FACTOR OF HEALING

RELATIONSHIPS

RESOURCES

RESILIENCE

TRAUMA RESPONSIVE PRACTICES





**TRAUMA IS
HEALED THROUGH
SAFE RELATIONSHIPS**

R's OF HEALING

RELATIONSHIPS IS THE KEY TO HEALING



The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

— Bruce D. Perry —

AZ QUOTES

HEALING TRAUMA

HEALING FROM TRAUMATIC RELATIONSHIPS ♡

♡

#1 Know that it wasn't your fault.

- Reaffirm your own self-worth.
- Talk about your experiences.
- Take the time you need to process. (Everyone is different)
- Practice mindfulness.
- Be in the present.
- Reassure yourself.
- Journal your thoughts.
- Create boundaries.
- Honor your needs.
- Practice positive self-talk.
- Express your feelings.
- Practice self-care.
- Blessing Manifesting
- Forgive yourself.
- Take it one step at a time.

BUILDING TRUST



REGULATION



RELAXATION: SPACE TO RELAX & CALM DOWN



REAL NUTRITION



RESTORATIVE PRACTICES



**RESTORATIVE
APPROACHES**

RESOURCES



RESILIENCE

Resilience is the ability of a CHILD/ADULT to recover and show early and effective adaptation following a potentially traumatic event.

Resilience Is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress

YOU COME FIRST



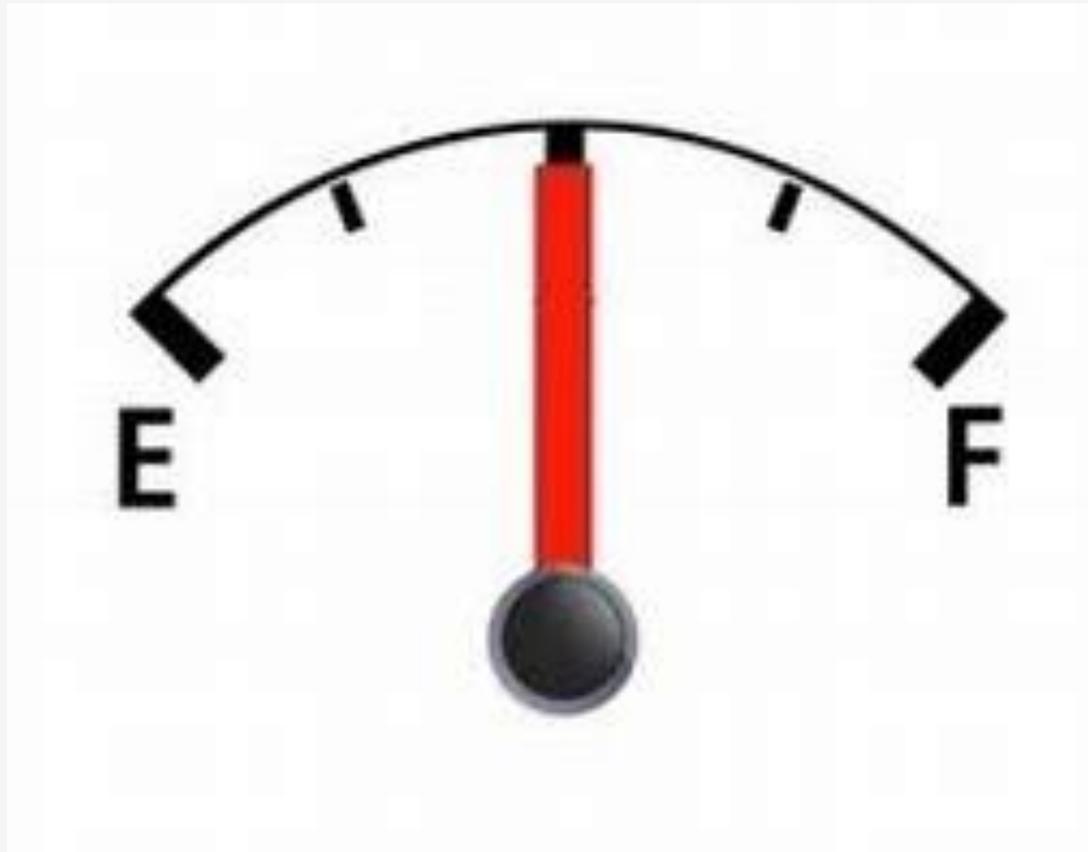
YOU CAN'T POUR EMPTY



SELF CARE GAUGE



SELF CARE GAUGE



SELF CARE GAUGE



SELF CARE GAUGE



SELF CARE GAUGE



LOVE YOURSELF FIRST





SELF
CARE

The image shows the words "SELF CARE" arranged in two rows using wooden letter blocks. The top row contains the letters S, E, L, F and the bottom row contains C, A, R, E. The blocks are light-colored wood with dark, possibly metal, bases. The background is a light-colored, textured surface. A red horizontal line is positioned above the image, and a red curved shape is at the bottom of the page.



What's the difference?

SELF CARE
V
SELF SOOTHING

www.nyxiesnook.com

RECONSTRUCT **REMAKE**
RECYCLE **REJUVENATE**
REVAMP **REDESIGN** **RENOVATE**
REIMAGINE
RETHINK **REUSE** **RECREATE**
REFURBISH **RESTORE** **RENEW**
REMODEL **REDO** **REVISE**



SELF-CARE is always what's good for you

SELF-SOOTHING is what feels good to you

DISCUSSION



HOW IS BURNOUT AFFECTING STAFF?



WHAT ARE SOME BETTER WAYS TO MAINTAIN MENTAL AND EMOTIONAL WELLENSS

RE-IMAGINE SELF CARE

8 DIMENSIONS OF WELLNESS



HOPE

THERMOMETER VS THERMOSTAT

