HURTING PEOPLE, HURT PEOPLE
Let’s Heal Together

Da’Mond T Holt, PhD
Certified Traumatologist & Trauma Specialist
HURT
HEAL
HOPE
THE HURTING
IT’S EASIER TO BUILD STRONG CHILDREN THAN TO REPAIR BROKEN MEN

~ FREDRICK DOUGLAS
Trauma May be your History but It doesn’t Have to Determine You Destiny
Trauma May Not Be Your Fault, But It Is Your Responsibility Heal From It
If We Don’t Heal From Our Trauma, We Will Bleed On People That Didn’t Cut Us Because Hurt People, Hurt People
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
- 1900s: 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-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

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

Neglect
- Emotional neglect
- Physical neglect

4 or more ACEs
- 3x the levels of lung disease and adult smoking
- 14x the number of suicide attempts
- 11x the level of intravenous drug abuse
- 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

People with 6+ ACEs can die 20 yrs earlier than those who have none

1/8 of the population have more than 4 ACEs

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

Sandwell
Health & Wellbeing Brand

Adverse Childhood Experiences
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

- Early death
- Disease, disability, and social problems
- Adoption of health risk behavior
- Social, emotional, and cognitive impairment
- Disrupted neurodevelopment
- Adverse childhood experiences
- Social conditions/local context
- Generational embodiment/historical trauma

Scientific gaps
People who have experienced trauma are:

- 4 times more likely to become an alcoholic
- 4 times more likely to develop a sexually transmitted disease
- 4 times more likely to inject drugs
- Develop STD
-Inject Drugs
- Smoking
-Job Problems
-Missing Work
-Depression
-Use antidepressants
-Absent from work

15 times more likely to commit suicide

2.5 times more likely to get hepatitis

2.5 times more likely to smoke tobacco

3 times more likely to have serious job problems

3 times more likely to experience depression

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

Adverse Childhood Experiences (ACEs) Study

- 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

2008 Philadelphia Adverse Childhood Experiences (ACEs) Study

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

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

For more info on trauma-informed practice and other pediatric topics, visit www.seekfreaks.com
PTSD “ICEBERG”
We can Not see
Invisible Wounds of Trauma

Visible Behavior Symptoms

TRAUMA Experience(s)
Invisible Wounds of Trauma

PTSD Injury Results
Physiological Injuries
Neurological Injuries
Emotional Injuries
Social Injuries
Hidden Depths

© Daun Kaufman
Trauma in early childhood affects:

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

Child Trends & National Center for Children in Poverty
TEACHER BURNOUT AHEAD!
STAFF BURNOUT

Employee burnout symptoms

**PHYSICAL**
- Sleep problems
- Appetite changes
- Headaches
- Shortness of breath
- High blood pressure

**EMOTIONAL**
- Anxiety
- Depression
- Tension
- Irritability
- Angry outbursts

**MENTAL**
- Forgetfulness
- Lack of concentration
- Disorganization
- Indecisiveness
- Pessimism
Trauma-Informed Principles for Promoting School and Community Success

1. Understanding Trauma & Stress
2. Resilience & Social Emotional Learning
3. System & Leadership
4. Staff & Caregivers
5. Cultural Humility & Equity
6. Empowerment & Collaboration
7. Safety & Predictability
8. Compassion & Dependability

Modified from SFDPH Trauma Informed Systems Initiative, 2015

J. Dorado (2019)
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TRAUMA-RESPONSIVE PRACTICES

- Bullying Prevention
- Equity
- Social Emotional Learning
- MTSS
- PBIS
- Restorative Practices

Da'Mond T Holt, PhD
LEMONAIDE PROJECT
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
DIVORCE & DOMESTIC VIOLENCE
COMMUNITY VIOLENCE
TRAUMATIZATION OF INCARCERATION
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.

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.

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!
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
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
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 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
- 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

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

Source: Jennifer Astles, DASA Newsletter, January 2014, TST BOCES
<table>
<thead>
<tr>
<th>The Difference Between Bullying and Conflict</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imbalance of power, not friends</td>
</tr>
<tr>
<td>Repeated negative actions</td>
</tr>
<tr>
<td>Purposeful</td>
</tr>
<tr>
<td>Serious with threat of physical or emotional harm</td>
</tr>
<tr>
<td>Strong emotional reaction from victim and little to no emotional reaction from the individual(s) doing bullying</td>
</tr>
<tr>
<td>Attempt to gain material things or power</td>
</tr>
<tr>
<td>No remorse – blames victim</td>
</tr>
<tr>
<td>No effort to solve problem</td>
</tr>
<tr>
<td>Equal power or friends</td>
</tr>
<tr>
<td>Happens occasionally</td>
</tr>
<tr>
<td>Accidental</td>
</tr>
<tr>
<td>Equal emotional reaction</td>
</tr>
<tr>
<td>Not seeking power or attention</td>
</tr>
<tr>
<td>Not trying to get something</td>
</tr>
<tr>
<td>Remorse – will take responsibility</td>
</tr>
<tr>
<td>Effort to solve problem</td>
</tr>
</tbody>
</table>
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

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

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

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.

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.
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

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

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 stimuli

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
Part 1: Four Different Types of Memory

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

**IMPLICIT MEMORY**
A recollection acquired and used unconsciously that can affect thoughts and behaviors.

**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.

**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.

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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.

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THE HEALING
THE “R” FACTOR OF HEALING

RELATIONSHIPS

RESOURCES

RESILIENCE
TRAUMA RESPONSIVE PRACTICES

Trauma responsive care...

- Healing happens through relationship.
- Fosters mutuality & collaboration
- Considers the impact & prevalence of trauma
- Promotes strengths & shares power
- Embraces diversity & human dignity
- Gives choice, voice & respect for autonomy
- Offers honest & compassionate communication
- Creates safety & responds to needs
- Builds trust, transparency & support

Wild Heart Healing Arts
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 —
HEALING TRAUMA

HEALING FROM TRAUMATIC RELATIONSHIPS

1. Know that it wasn't your fault.
2. Reaffirm your own self-worth.
3. Practice mindfulness.
4. Journal your thoughts.
5. Express your feelings.
6. Talk about your experiences.
7. Be in the present.
8. Create boundaries.
10. Manifest.
11. Honor your needs.
13. Forgive yourself.
14. Take the time you need to process.
15. Reassure yourself.
16. Take it one step at a time.
BUILDING TRUST

- Reliability
- Sincerity
- Integrity
- Consistency
- Commitment
- Competence
RELAXATION:
SPACE TO RELAX & CALM DOWN
RESTORATIVE PRACTICES
RESOURCES
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

TAKE CARE OF YOURSELF
YOU CAN'T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF FIRST.
SELF CARE GAUGE
SELF CARE GAUGE
SELF CARE GAUGE
SELF CARE GAUGE
SELF CARE GAUGE
LOVE YOURSELF FIRST

You can't pour from an empty cup. Take care of yourself first.
What's the difference?

SELF CARE

v

SELF SOOTHING

www.nyxiesnook.com
SELF-CARE is always what’s good for you

SELF-SOOTHTHING is what feels good to you
DISCUSSION

HOW IS BURNOUT AFFECTING STAFF?

WHAT ARE SOME BETTER WAYS TO MAINTAIN MENTAL AND EMOTIONAL WELLNESS?
RE-IMAGINE SELF CARE

8 DIMENSIONS OF WELLNESS
HOPE
THERMOMETER VS THERMOSTAT