

# Addressing Crisis in a Trauma- Informed Manner

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# Today's Presenter



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# Learning Objectives

- Understand how to identify someone in a stress state
- Identify steps to achieve emotional regulation and one's own level of arousal
- Identify two interventions you can implement to respond to crisis in a Trauma-Informed manner



Anxiety is a normal human response to a stressful situation



# 16 Simple Ways to Relieve Stress and Anxiety

Exercise

Consider  
Supplements

Light a Candle

Reduce your  
caffeine Intake

Write it Down

Chew Gum

Spend Time  
with Friends  
and Family

Laugh

Learn to Say  
No

Learn to avoid  
procrastination

Take a yoga  
class

Practice  
mindfulness

Cuddle

Listen to  
soothing music

Deep  
breathing

Spend time  
with your pet



# What is Trauma?

## Definition (SAMHSA Experts 2012) includes three key elements

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*

# The Wisdom of Trauma- Dr. Gabor Mate'

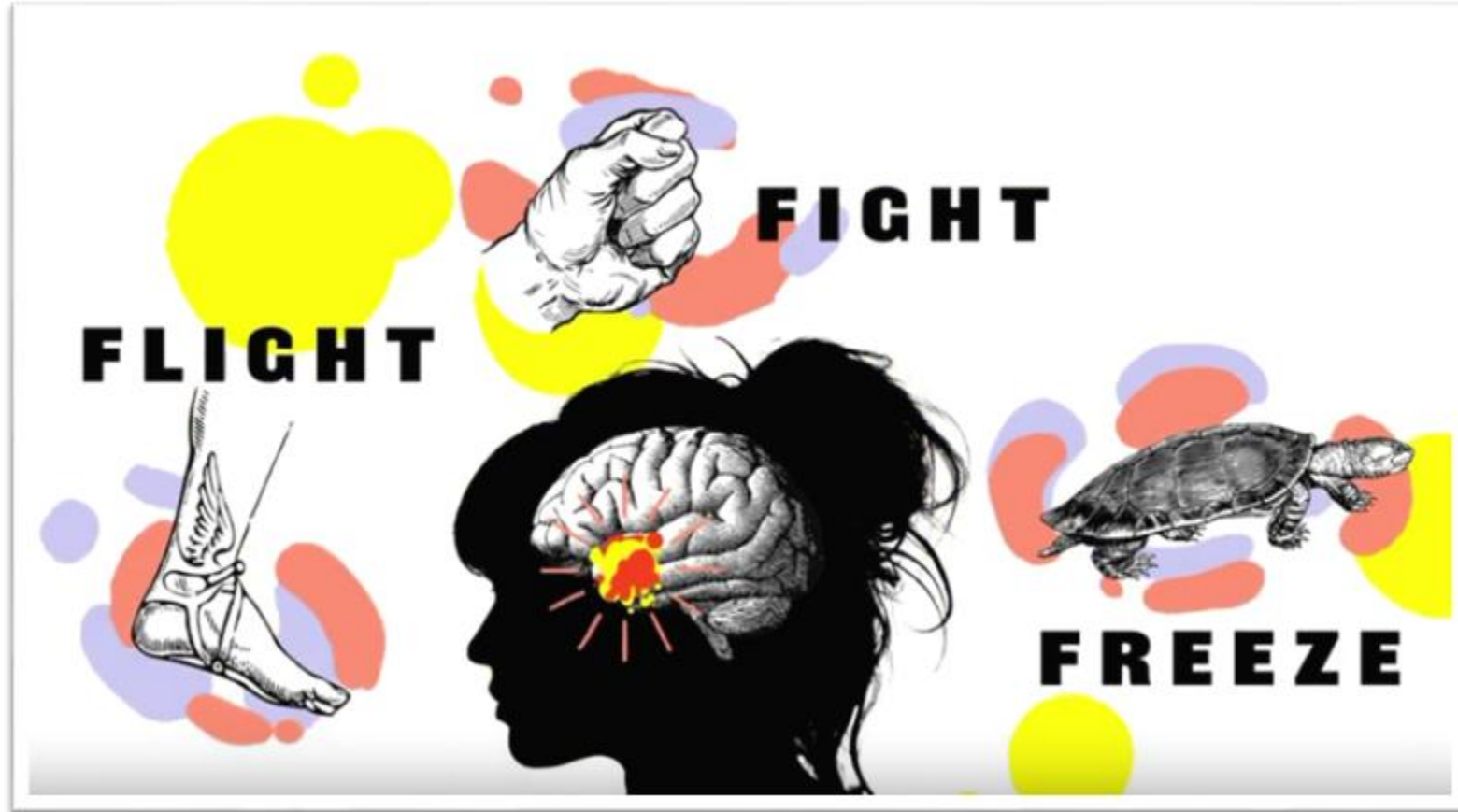
"Trauma is not what happens to you, it's what happens inside you as a result of what happened to you. Trauma is that scarring that makes you less flexible, more rigid, less feeling and more defended."- Dr. Gabor Mate

"Trauma is an inability to inhabit one's body without being possessed by its defenses and the emotional numbing that shuts down all experience, including pleasure and satisfaction."- Bessel van der Kolk

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# Survival Mode Response

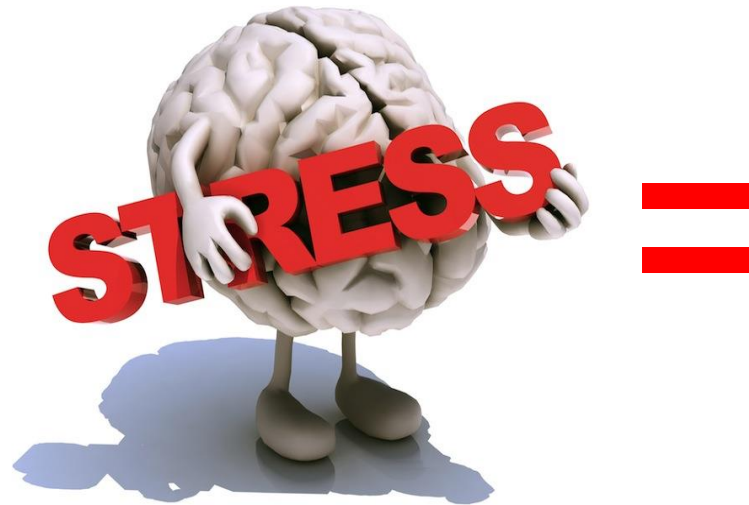


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# Survival Mode Response



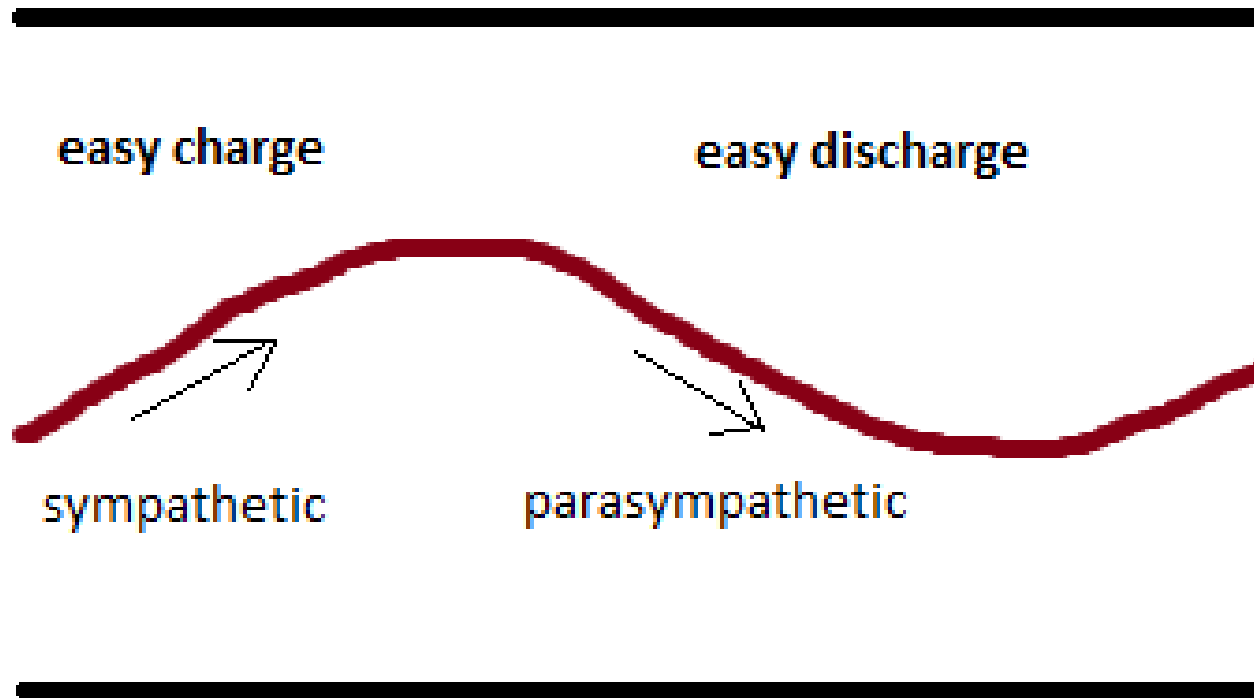
Inability to

- Respond
- Learn
- Process



# Discharge of Trauma

## Resilient Nervous System



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# Parasympathetic - (rest and digest)



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# Sympathetic - (fight, flight or freeze)

FIGHT



FLIGHT oohlala!

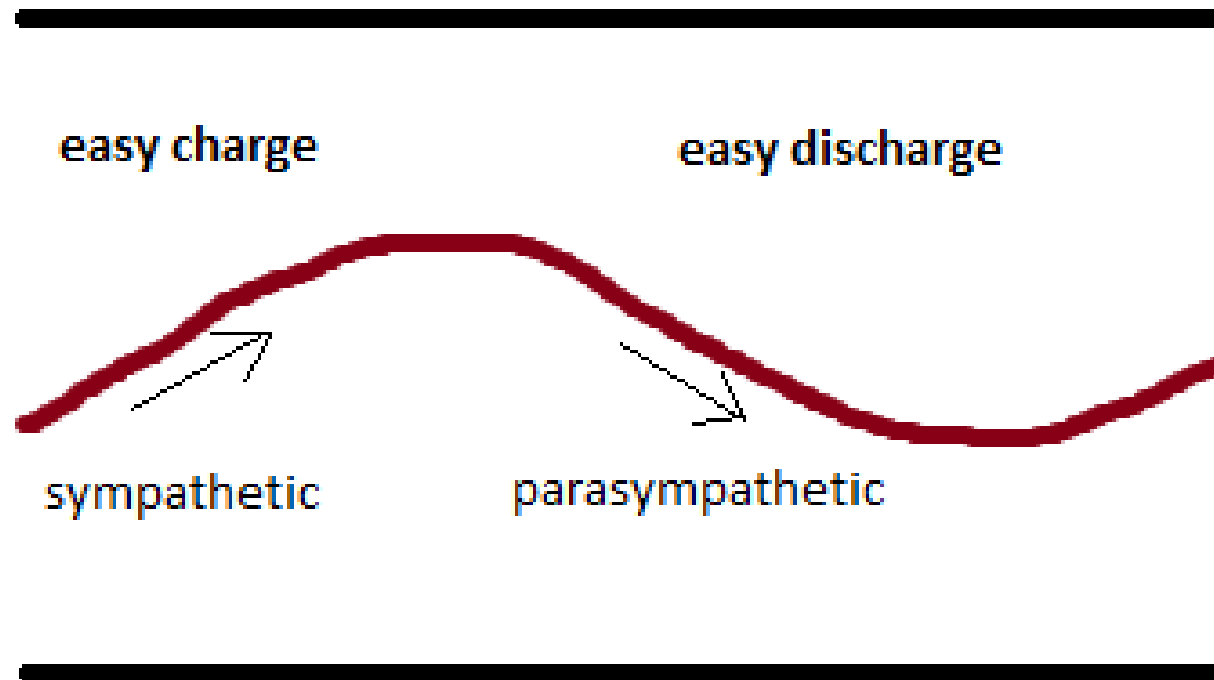


FREEZE



# Discharge of Trauma

## Resilient Nervous System



FIGHT



FLIGHT Oohlala!

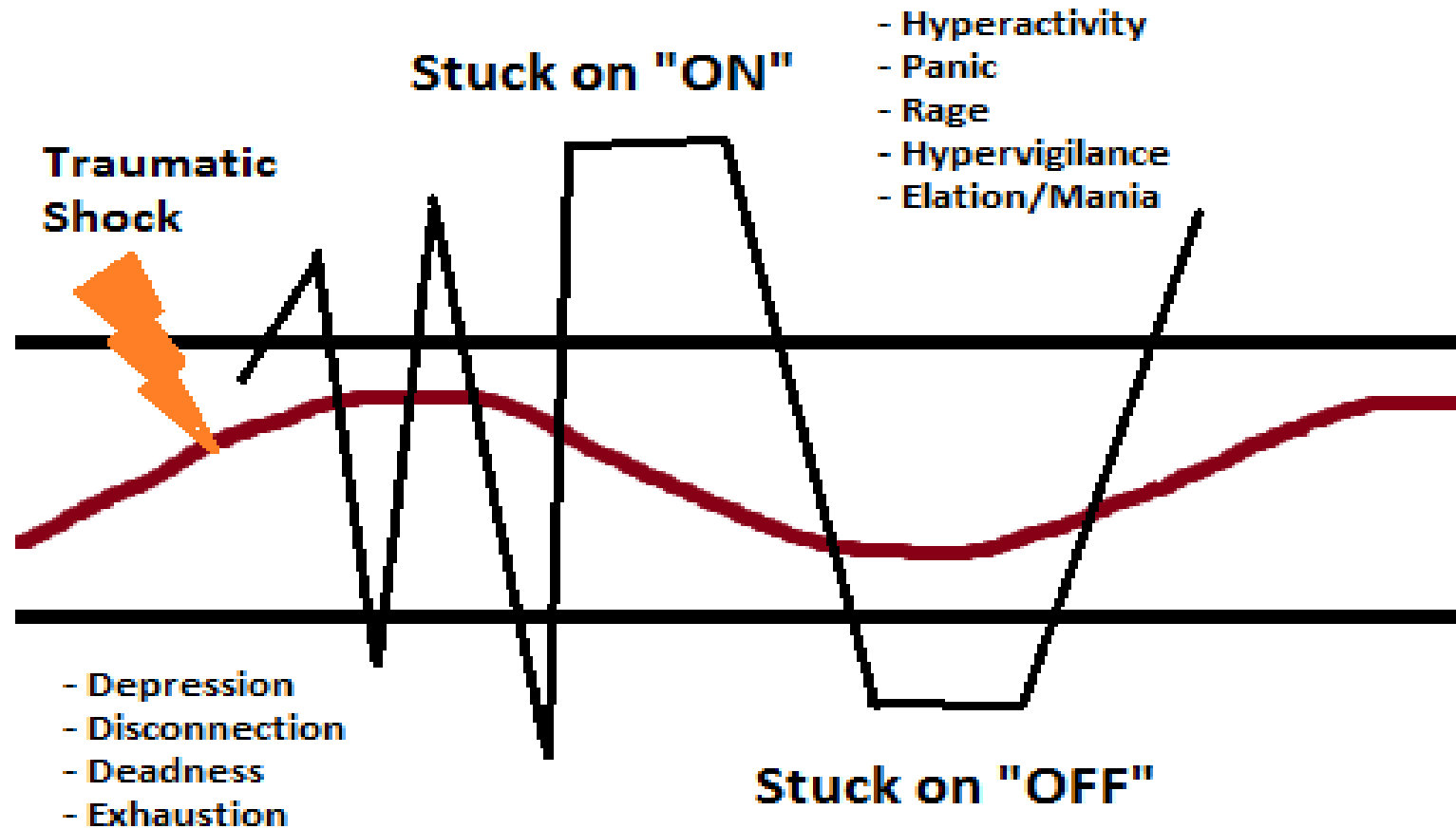


FREEZE



# When trauma is not discharged

## Overactivated Nervous System



FIGHT



FLIGHT Oohlala!



FREEZE



FIGHT



FLIGHT Oohlala!



FREEZE





# Resilience

“Resilience is the capability of individuals to cope successfully in the face of significant change, adversity, or risk. The capacity changes over time and is enhanced by protective factors in the individual and environment.”

(Stewart et al., 1997)



# What might be causing other's "bad" behavior?

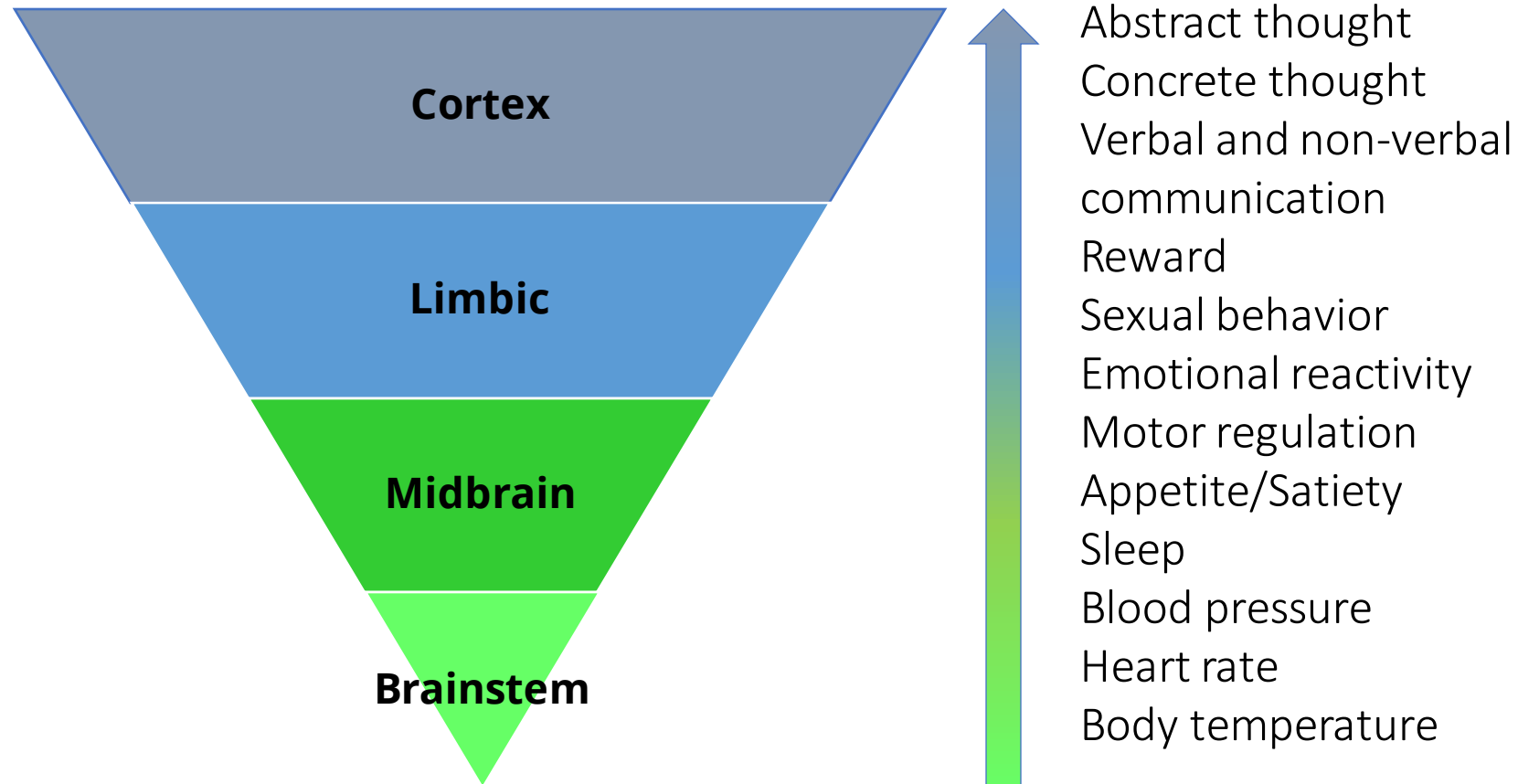
Internal or external cause or stimuli  
we have little control over

An unmet need  
Loss of personal power and need for control  
External activating stimuli in the environment  
Internal activating stimuli such as intense anxiety or fear

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# Brain Development



# Arousal Continuum

<i>Internal State</i>	CALM	ALERT	ALARM	FEAR	TERROR
<i>Cognitive Style</i>	ABSTRACT	CONCRETE	EMOTIONAL	REACTIVE	REFLEXIVE
<i>Regulating Brain Region</i>	NEOCORTEX Cortex	CORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
<i>Dissociative Continuum</i>	REST	AVOIDANCE	COMPLIANCE Robotic	DISSOCIATION Fetal Rocking	FAINTING
<i>Arousal Continuum</i>	REST	VIGILANCE	RESISTANCE Crying	DEFIANCE Tantrums	AGGRESSION
<i>Sense of Time</i>	EXTENDED FUTURE	DAYS HOURS	HOURS MINUTES	MINUTES SECONDS	NO SENSE OF TIME

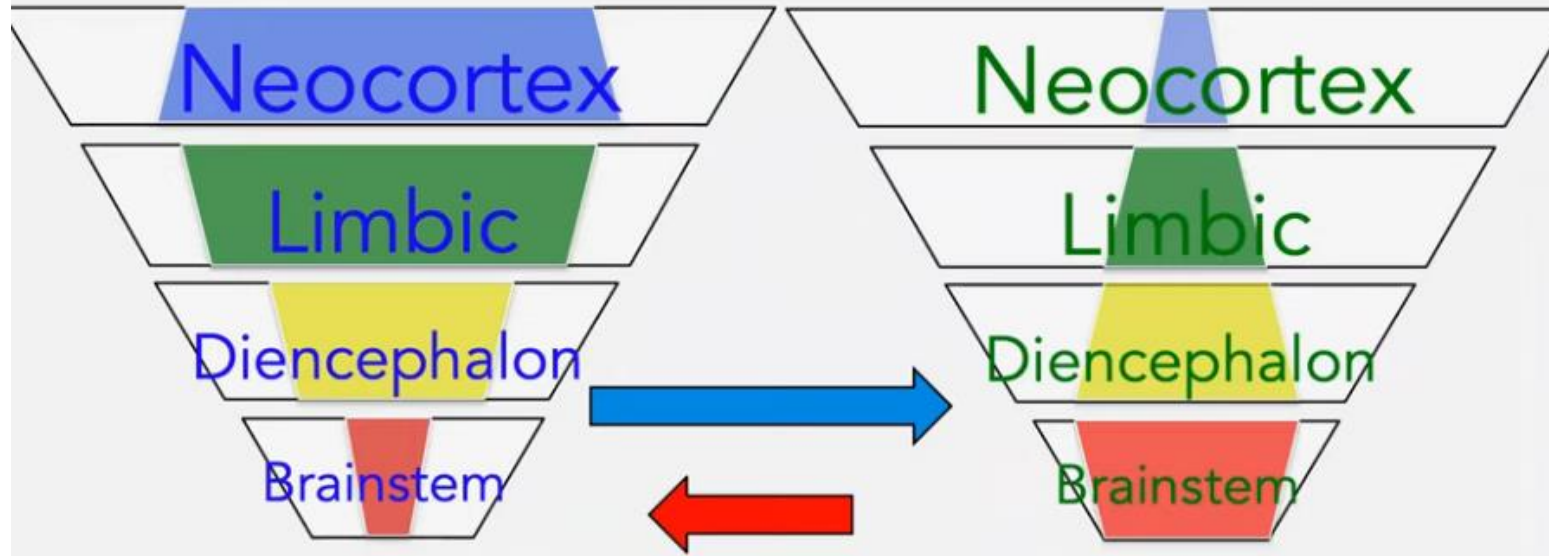
Perry, B. (2007). *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing.* Basic Books.

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# Relational Contagion

A calm, regulated adult can regulate a dysregulated person.



**BUT**

A dysregulated adult can NEVER calm anyone.

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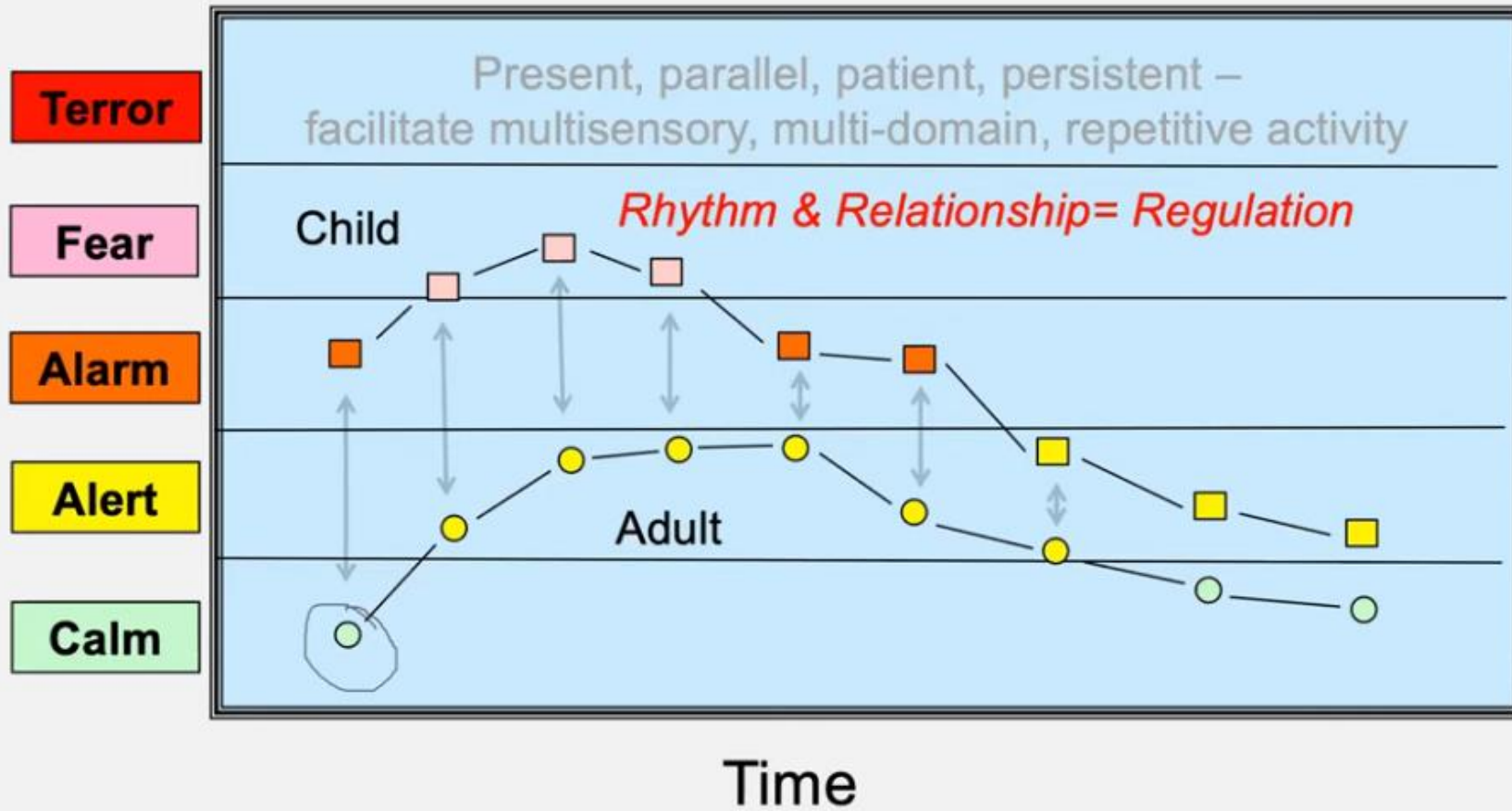
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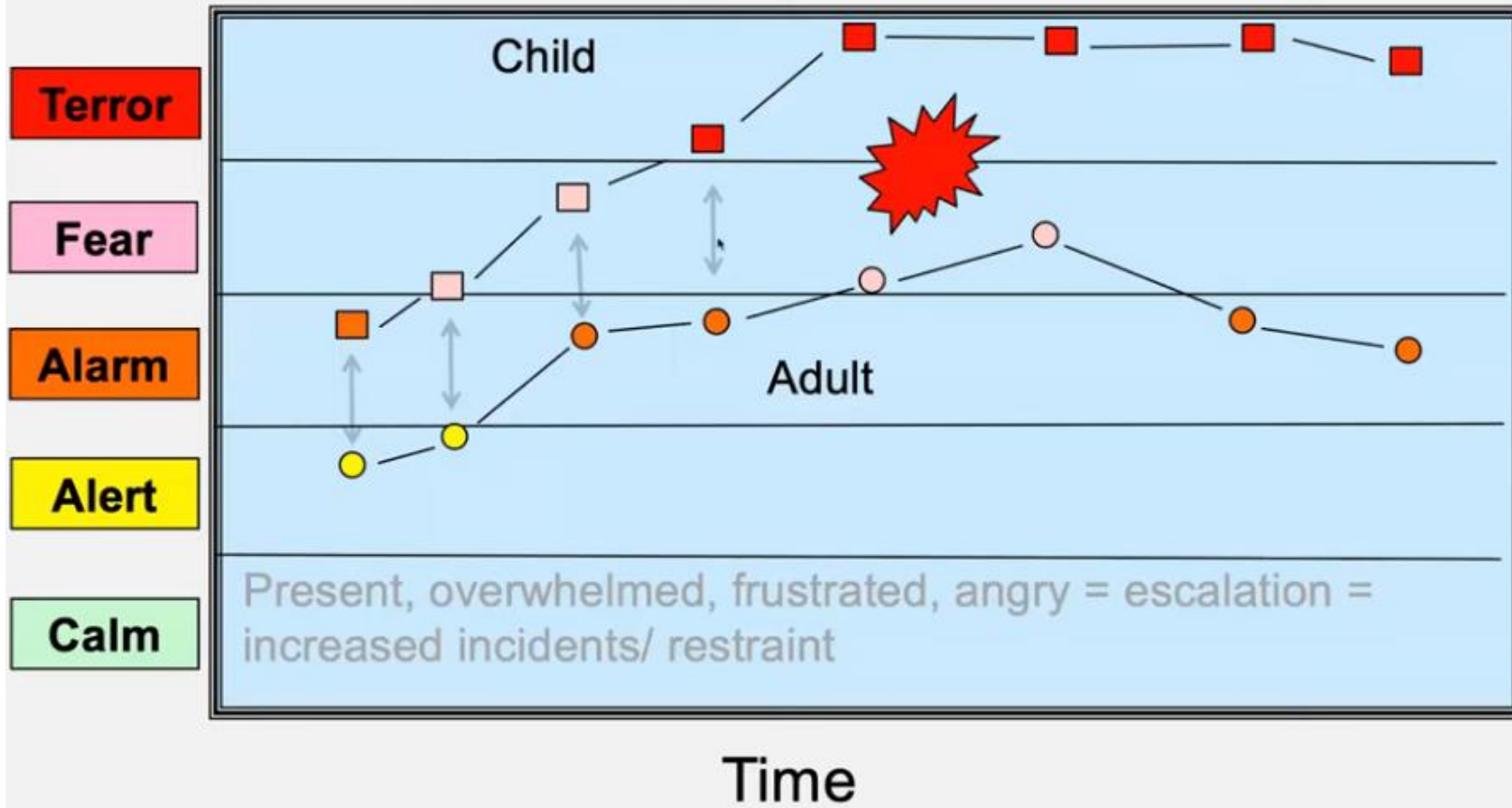
# Co-regulation

Reactive child and well-regulated adult (e.g. teacher)



# Co-dysregulation

Reactive child and overwhelmed adult (e.g. teacher)



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# Self-Regulation Strategies

Breathing

Movement

- Walk & talk

Trigger identification

Take a break/safe spot

Mindfulness

Yoga techniques

Music

Sensory breaks

Grounding techniques

Progressive muscle relaxation



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# Impact the Lower Brain



**Rhythmic**

**Respectful**

**Repetitive**

**Rewarding**

**Relational**

**Relevant**



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# Roadmap for Regulation

Regulate – physical calming strategies needed for the brainstem and midbrain

Relate – focused on the relationship

Reason – focused on reasoning and solving problems



Van Horn, K. (2018). Realizing brain potential: a trauma-informed curriculum adapted with permission from the work of Bruce D. Perry and the Child Trauma Academy. North Wales, PA: Lakeside



# Strategies for preventing further escalation

Remain respectful and non-judgmental

Seek to gather more information

- How can I help?
- What do you need?

Actively listen for the unmet need

Reflect and clarify to be sure you understand

Allow for silence

Allow expression of emotions

Always empower



# Grounding Exercises



Hold a pillow, stuffed animal or a ball



Place a cool cloth on your face, or hold something cool such as a can of soda



Listen to soothing music



Put your feet firmly on the ground



FOCUS on someone's voice or a neutral conversation



5-4-3-2-1 Game

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# Consider This...

## Proxemics

Our personal space

## Kinesics

Nonverbal messages we communicate via our body's posture and motions

## Para verbal Communication

Tone, volume and cadence of our speech



# If behavior escalates

Remain calm and centered

Avoid talking too much

Give individual their space

Respectfully set limits

- Clear and simple
- Reasonable
- Enforceable

Ask for help



ESCALATION



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# Extreme Behavior:

## Things to remember when nothing seems to work

1. The behavior is not about us!
2. Separate the problem from the person.
3. Resist reacting.
4. There is always another way.
5. Power struggles can be avoided and often result in no winners
6. Extreme behavior is challenging for everyone.



# Friendly and Fearless



Understanding bravery as “fearing less” rather than becoming truly “fearless.”

Increasingly moving toward “responding” rather than “reacting,” and expanding the space between stimulus and response, by calming the physical fears that arise in interpersonal situations.

Developing both inter- and intra-personal skills for effective relating.

Hanson, R. Being Well Podcast: Friendly and Fearless in Relationships. Retrieved from <https://www.rickhanson.net/being-well-podcast-friendly-and-fearless-in-relationships/>

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# Consider WAIT



## Why am I talking?

Coach yourself to calm down and keep focusing on the end in mind.

- What are the outcomes?
- What do I want to have happen?

Increase the space between a stimulus and a response

Strive to respond rather than react

Hanson, R. Being Well Podcast: Friendly and Fearless in Relationships. Retrieved from <https://www.rickhanson.net/being-well-podcast-friendly-and-fearless-in-relationships/>



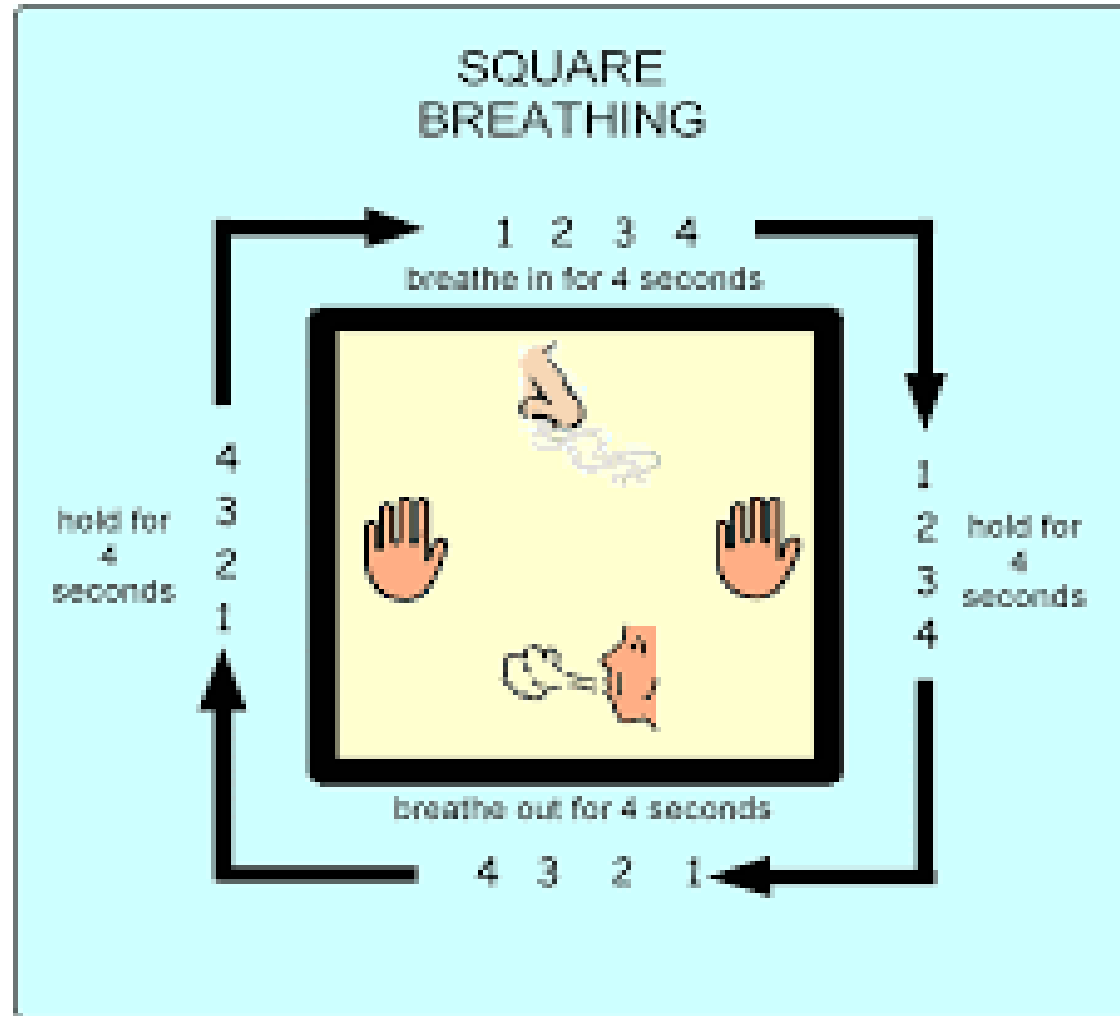
“In between every action and reaction, there is a space. Usually the space is extremely small because we react so quickly but take notice of that space and expand it. Be aware in that space you have a choice to make.”

-Rebecca Eanes

Van Horn, K. (2018). Realizing brain potential: a trauma-informed curriculum adapted with permission from the work of Bruce D. Perry and the Child Trauma Academy. North Wales, PA: Lakeside



# Breathing



# Learn to Rumble

A rumble is a discussion, conversation or meeting defined by a commitment to:

Lean into vulnerability

Stay curious and generous

Stick with the messy middle of problem identification and solving

Take a break and circle back when necessary

Listen with the same passion with which we want to be heard (Harriet Lerner)

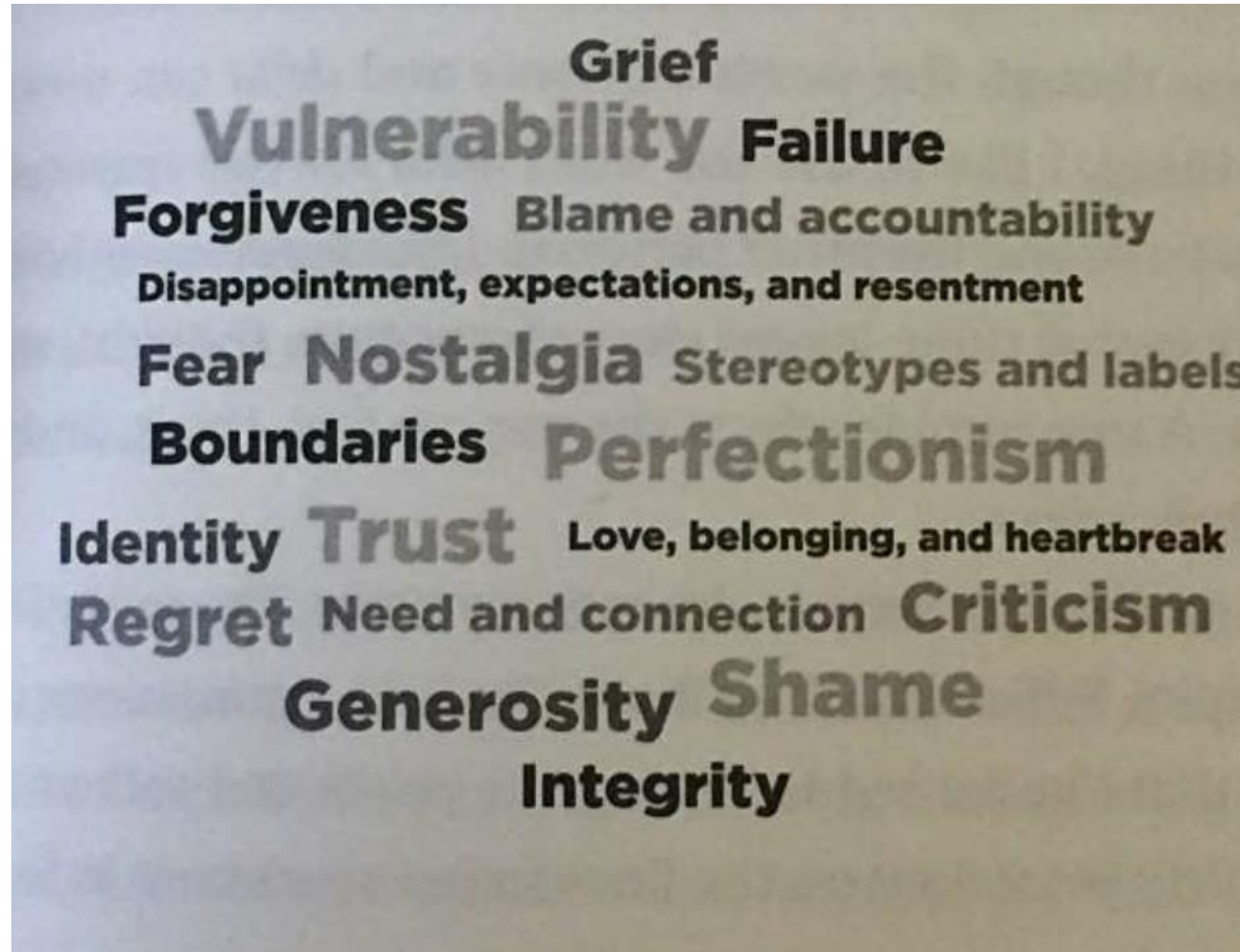
*Let's have a real conversation, even if it's tough.*

*It's an intention setter and a behavioral cue or reminder*

Brown, B. (2018). *Dare to lead: Brave work. Tough conversations. Whole hearts.* New York: Random House.



# Rumbling Topics



FEEDBACK TOOLBOX

# *Rumble Language*

- \_\_\_ The story I make up
- \_\_\_ I'm curious about
- \_\_\_ Tell me more
- \_\_\_ That's not my experience
- \_\_\_ I'm wondering
- \_\_\_ Help me understand
- \_\_\_ Walk me through that
- \_\_\_ What's your passion around this
- \_\_\_ Tell me why this doesn't fit/  
work for you



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# Remember Grounded Confidence

Grounded confidence = rumble skills + curiosity + practice

“This is hard and awkward, and uncomfortable. I may not know how it’s going to turn out, but I am strong and have practiced what it takes to create and hold the space for this.”

Brown, B. (2018). *Dare to lead: Brave work. Tough conversations. Whole hearts.* New York: Random House.



# Be mindful of the story we make up

*The most*  
**DANGEROUS STORIES**  
WE MAKE UP ARE THE  
*narratives that diminish our*  
**INHERENT WORTHINESS.**  
WE MUST RECLAIM  
**THE TRUTH**  
ABOUT OUR  
LOVABILITY, DIVINITY, *and*  
*creativity.*



Brown, B. (2018). *Dare to lead: Brave work. Tough conversations. Whole hearts.* New York: Random House.







# And remember self-care



**Chat Box:** What are some of your self-care ideas?



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# Coping with Stress and Fear

Stay informed—but don't obsessively check the news

Focus on the things you can control

- Plan for what you can
- Ground yourself when you start to feel “what-ifs” spiraling

Stay connected—even when physically isolated

- Emotions are contagious, so be wise about who you turn to for support

Take care of your body and spirit

- Be kind to yourself
- Maintain a routine as best you can
- Take time out for activities you enjoy
- Get out in nature, if possible
- Find ways to exercise
- Avoid self-medicating
- Take up a relaxation practice
- Help others (it will make you feel better)



# HOW TO DEAL WITH STRESS AND ANXIETY

## MIND



### Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?



### Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



### Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



### Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



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[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

Anxiety and Depression Association of America. (2018). Tips to Manage Anxiety and Stress. Retrieved from <https://adaa.org/tips>.

# BODY



## Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



## Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



## Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



## Exercise daily.

Exercising can help you feel good and maintain your health



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# ACTION



## Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

# 10

## Slowly count to 10.

Repeat, and count to 20 if necessary.



## Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



## Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



## Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. [www.mhascreening.org](http://www.mhascreening.org)



## Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

To access webinars, blogs, and other tools to help you manage stress and anxiety visit:  
[www.adaa.org](http://www.adaa.org)



[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

Anxiety and Depression Association of America. (2018). Tips to Manage Anxiety and Stress. Retrieved from <https://adaa.org/tips>.

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# Remember



Everyone reacts differently to stressful situations



Take care of yourself and your community



Know the facts to help reduce stress



Take care of your mental health

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories
- Take care of your body
- Make time to unwind
- Connect with others



# Resources

[www.7cups.com](http://www.7cups.com)

<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section1>

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

<https://adaa.org/tips-manage-anxiety-and-stress>

<http://mentalhealthchannel.tv/episode/youre-wired-for-anxiety-and-youre-wired-to-handle-it>

<https://www.youtube.com/watch?v=4Bs0qUB3BHQ>

<https://www.neurosequential.com/covid-19-resources>

