

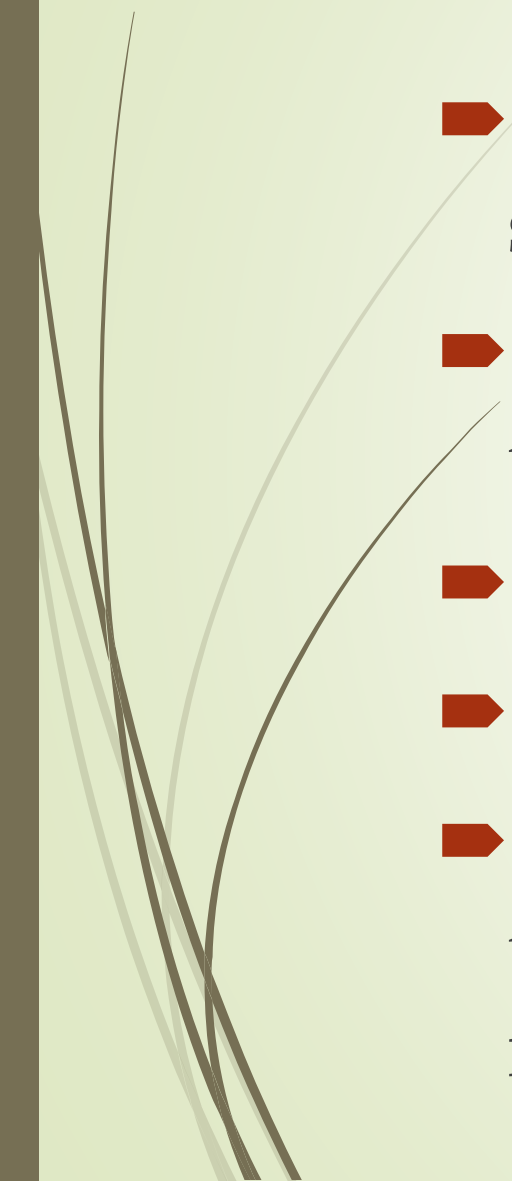
***“Home
Visiting and
Families Being
Trauma
Enlightened”***



Dr. Errol Bolden

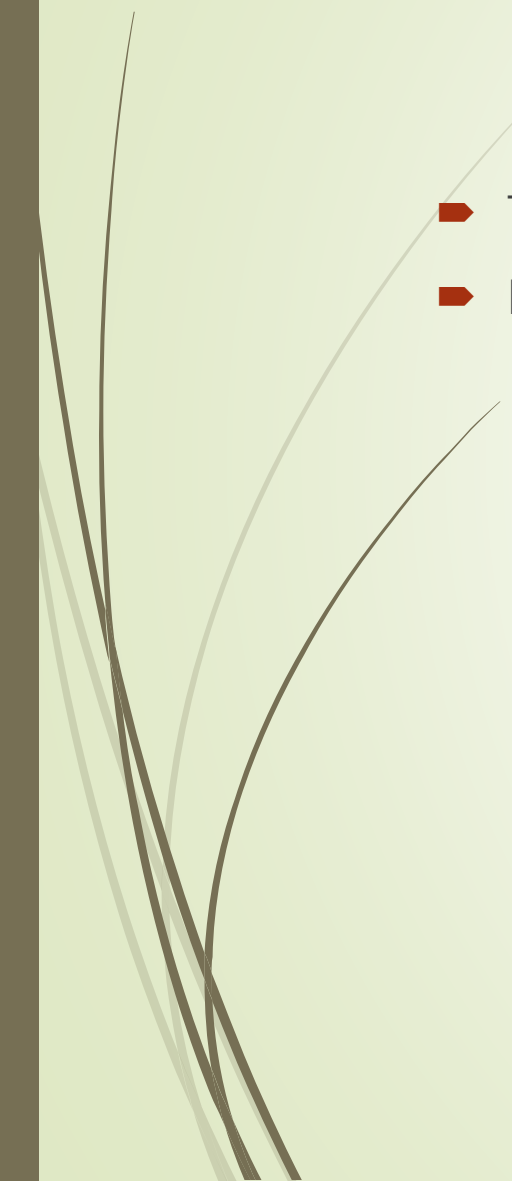


Workshop Outline

- Clinical features of disorders of trauma and stress
 - The etiology and risk factors of trauma triggered disorders
 - Grief and loss issues of clients
 - The importance of naming your emotions
 - Evidence-based treatments across the group of trauma and stressors-related disorders, including secondary stress
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Opening Exercise

- ▶ Turn to the person beside you and ask, “How are you doing?”
 - ▶ Note the response to your question
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How Do Theorists Define Trauma

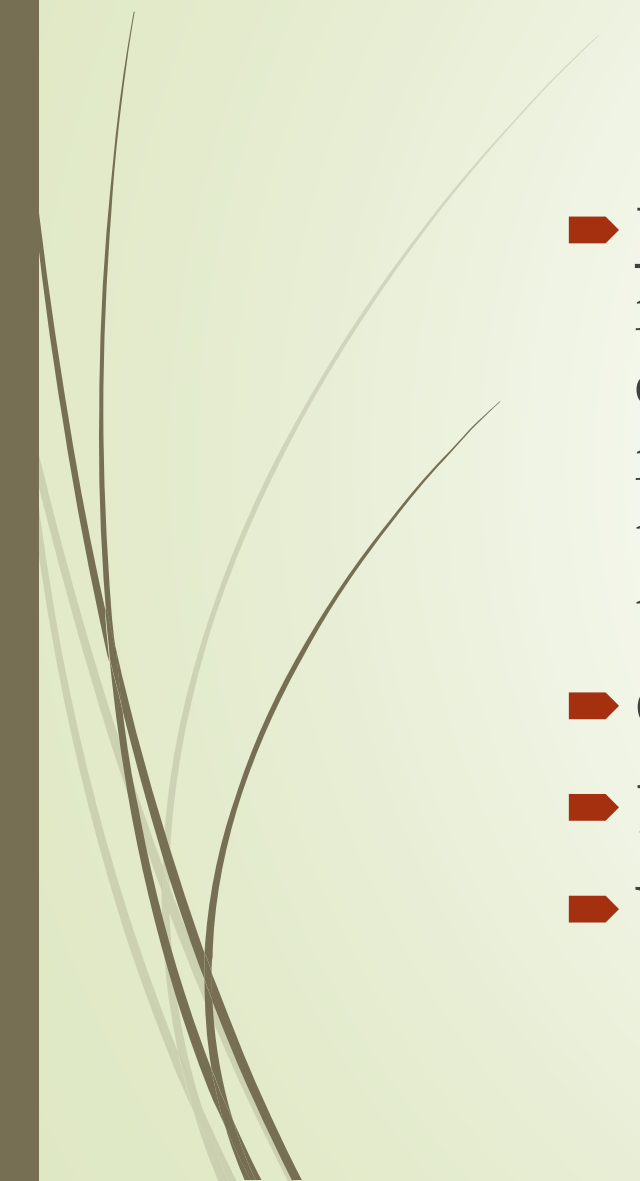
- Most experts agree that *trauma* is something that overwhelms an individual's ability to function adequately.
- Individuals vary in responses, as an incident that may produce symptoms of traumatic stress in one individual, may not for another.
- Traumatic events may manifest itself in negative behaviors, such as insomnia, poor appetite, depressed personality, substance abuse, irritability, etc.

Effects of Trauma

- During WWII, this phenomena was called “Shell shocked”, today it is known as posttraumatic stress syndrome
- The concept of trauma and stress related mental disorders is not new, it can be traced to Sigmund Freud
- Freud proposed that traumatic events and loss were the underlying cause of many disorders including depression, schizophrenia, hysteria
- Other theorists relate trauma to anxiety, eating disorders, sexual dysfunction, and



Trigger Factors

- **Biological and genetic determinates**. Researchers have focused on biological factors (brain activity), personality, childhood experiences, social support, multicultural factors (Hispanic American seems to be more vulnerable to trauma than other cultural groups), and severity of the trauma
 - **Combat**
 - **Disasters** (natural or manufactured)
 - **Victimization** (sexual assault, terrorism, torture)
- 




Purpose of An Assessment

- Assessment is the investigation and determination of variables affecting an identified problem or issue that may occur at individual (micro), family (mezzo), or environment (macro) level
- Assessment refers to gathering relevant information about a problem so that decisions can be made about what to do to solve it



Purpose of An Assessment

- Identifies clients needs
 - Identifies client strengths
 - Sets the stage for the planning, and
 - Developing an individualized plan for intervention (treatment plan)
- 



Key Factors in Assessing Trauma Cases



Trauma History:

1. Type of trauma
2. Frequency of trauma
3. Perpetrator
4. Location of occurrence(s)



Key Factors in Assessing Trauma Cases



Reactive symptoms:

1. Behavioral responses to the traumatic event
2. Risk for suicide and homicide



Key Factors in Assessing Trauma Cases

➤ **Biopsychosocial History**

1. Health status
2. Mental health status
3. Familial relationships
4. Environmental factors – will current environment support or exacerbate the trauma

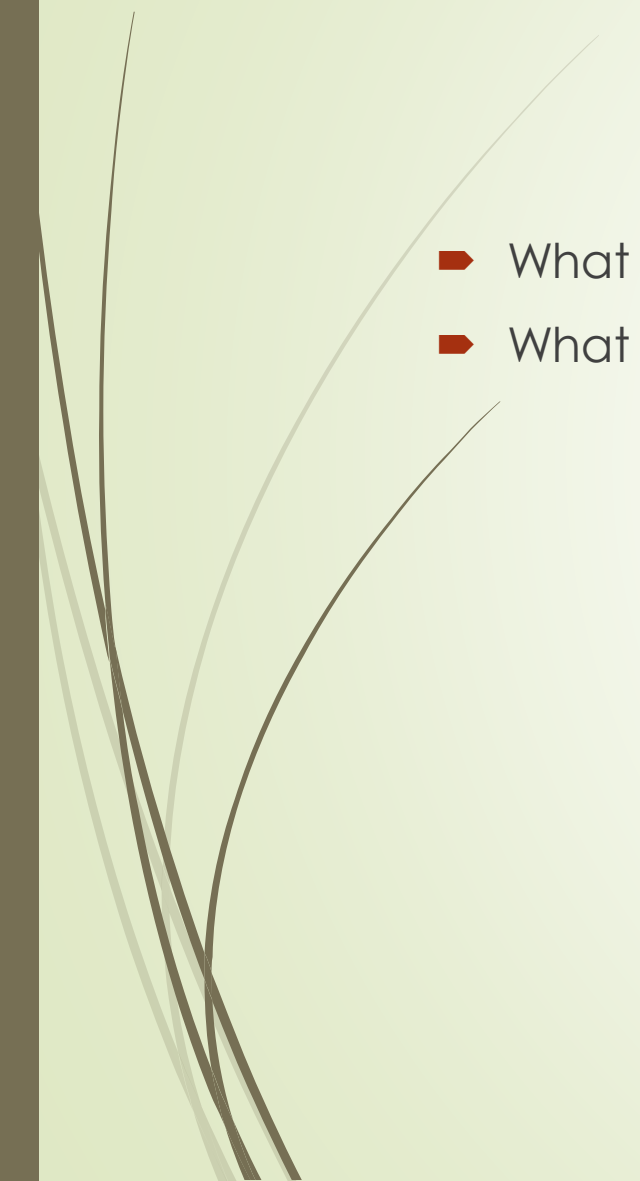


Assessment Instruments for Trauma

- ▶ Columbia-Suicide Severity Rating Scale
[http://www.integration.samhsa.gov/clinical-practice/Columbia Suicide Severity Rating Scale.pdf](http://www.integration.samhsa.gov/clinical-practice/Columbia%20Suicide%20Severity%20Rating%20Scale.pdf)
- ▶ UCLA PTSD Index http://www.nctsn.org/nctsn_assets/pdfs/mediasite/ptsd-training.pdf
- ▶ Risk Management Scale: Homicide and Suicide
<http://socialwelfare.berkeley.edu/sites/default/files/users/gregmerrill/Assessing%20client%20dangerousness%20to%20self%20and%20others%2C%20stratified%20risk%20management%20approaches%2C%20Fall%202013.pdf>



Grief and Loss: The not so Silent Killer

- What are some grief and loss issues that a pregnant woman might face?
 - What are some issues that a mother of young children might face
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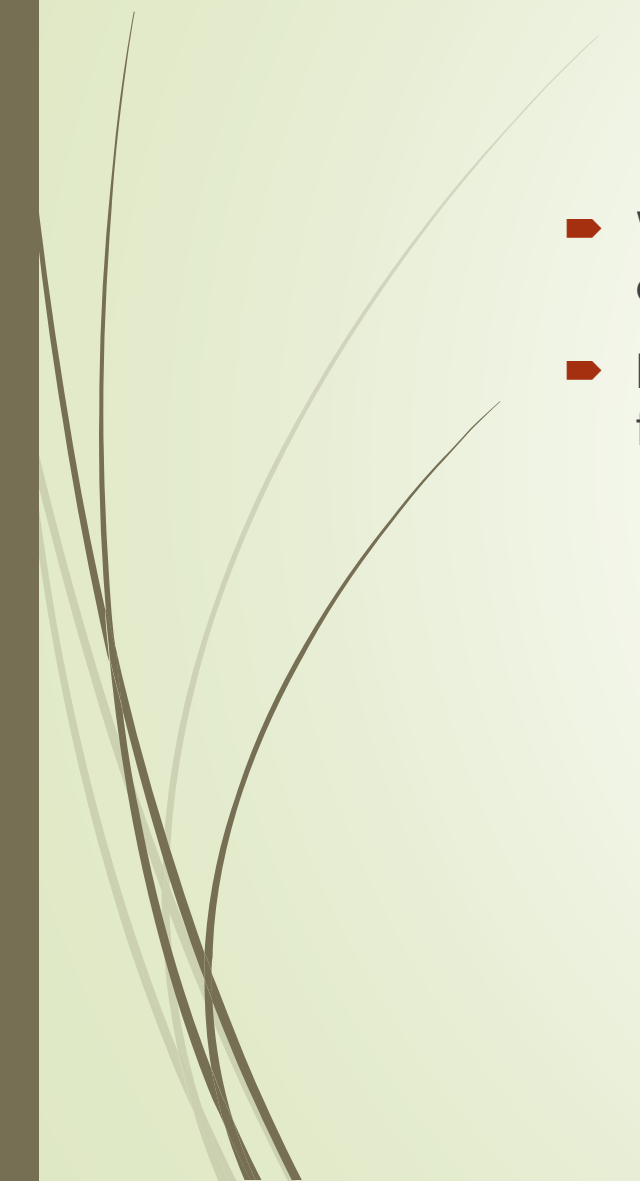


\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$ Fines
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➤ How many of you have a lot of fines?

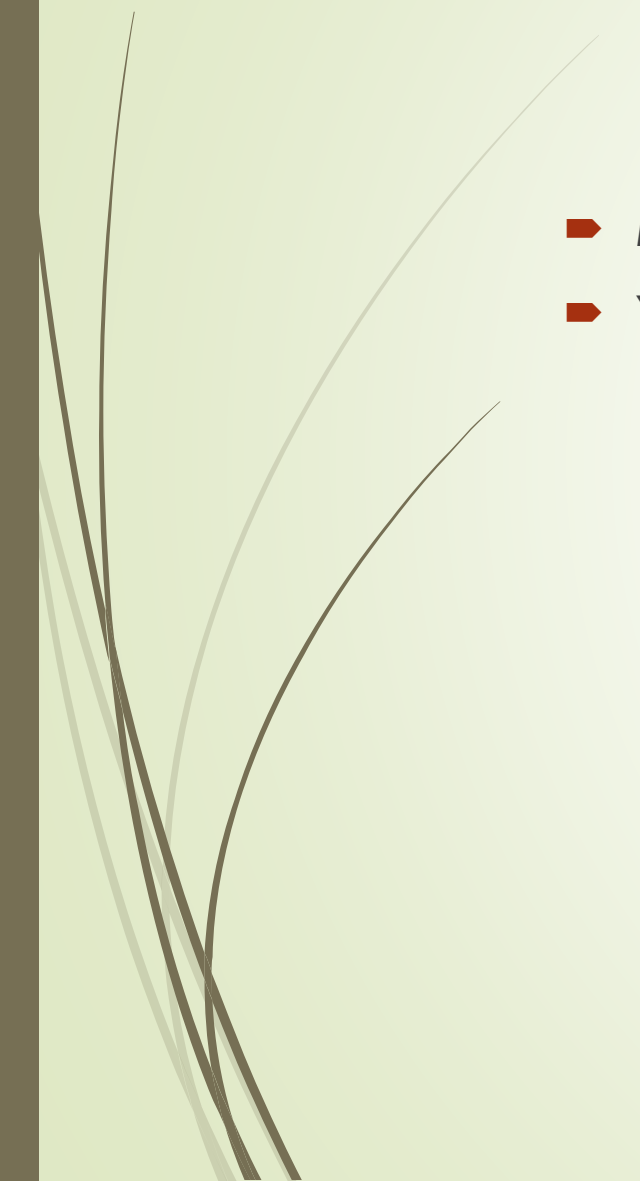


Check your response?

- ▶ What is likely to be the most popular response to question: How are you doing?
 - ▶ How likely do you think that it is the most accurate assessment of their feelings?
- 



My Duffle bag

- My burden
 - Your burden
- 



My Personal Battle

- ▶ How are you feeling after hearing my personal battle?
- 



Naming Your Emotions

- ▶ The Importance of Naming your Emotions
 - ▶ Sharing what we are feeling in simple terms helps us to better contain and manage even the most difficult emotions?
 - ▶ By naming them out loud, we are effectively taking responsibility for them, making it less likely that they will spill out at the expense of others over the course of a day.



What early childhood services might also be doing

- ▶ Having conversations with children and reading stories about feelings
- ▶ Describing and labelling emotions and linking emotions to behaviors during everyday experiences (e.g. asking children how they are feeling after their block tower has just been knocked over)
- ▶ Encouraging children to talk about their feelings
- ▶ Helping children to be calm and manage their feelings
- ▶ Teaching children about considering their feelings others (e.g., showing how to comfort a child who has fallen over).



Assessment Instruments for Trauma

- Psychosocial Assessment
 - Psychiatric Evaluation
- 



Evidence-Based Treatment for Trauma

- Therapeutic intervention for troubled survivors typically varies from trauma to trauma.
- Psychotropic medication may be utilized to manage problematic symptoms
- Psychodynamic therapy (“talk-therapies”), in conjunction with medication to gain perspective on their painful experience, and return to productive life




Evidence-Based Treatment for Trauma

- Family therapy
- Group therapy
- The military has found that a computerized *attention-control training* program significantly reduced combat veterans' preoccupation with, or avoidance of threat and attendant PTSD symptoms.



Evidence-Based Treatment for Trauma

- *Most importantly*, the survivors need immediate support and warmth
- Do not pressure the survivors to talk, rather encourage them to share their feelings, *even* the worse with you



Secondary Trauma Among Social Workers

- Bride (2007) stated that social workers are increasingly being called on to assist survivors of childhood abuse, domestic violence, violent crime, disasters, and war and terrorism. It has become increasingly apparent that the psychological effects of traumatic events extend beyond those directly affected. Secondary traumatic stress (STS) is becoming viewed as an occupational hazard of providing direct services to traumatized



What is your Community of Care?



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