The Effects of Untreated Trauma
Trauma...It’s Visceral

- Trauma…it’s Sensory!
- Trauma…it’s cellular!
- Trauma...is not facts and figures
- Trauma is a SOUL WOUND
- Trauma...Hurts, Wounds, Immobilizes and frequently Re-traumatizes
- Traumas “coping skills” become Addictions
  - Such as dissociation, cutting, binging, purging, anorexia,
  - internet surfing, gambling, shopping,
  - love and sex addiction, alcohol and chemical dependency and other compulsive behaviors
THE INVITATION
by Oriah Mountain Dreamer

- It doesn’t interest me what you do for a living.
- I want to know what you ache for, and if you dare to dream of meeting your heart’s longing.
- It doesn’t interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.
- It doesn’t interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life’s betrayals or have become shriveled and closed from fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.
I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn’t interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.
I want to know if you can see beauty, even when it's not pretty every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, “Yes!”

It doesn’t interest me to know where you live or how much money you have. I want to know if you can get up, after a night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.
THE INVITATION

- It doesn’t interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

- It doesn’t interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

- I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.
TRAUMA

- Trauma is a painfully vivid emotional, visceral memory of perceived mortal terror or extreme duress, often hidden (sublimated), with potentially extreme feelings of guilt, shame and remorse (Moral Injury/Soul Wound) for what has happened. These experiences alter the individual’s vision of the world and their place in it.

- It clouds our life with relentless pain that can exacerbate aberrant and self-destructive behaviors.
FACES OF TRAUMA

- NATURAL DISASTERS: hurricanes, tornadoes, tsunamis, earthquakes and volcanic eruptions
- RANDOM ACTS OF VIOLENCE
- CAR ACCIDENTS
- FIRE
- WARS
- TERRORIST ATTACKS
The Scream – Faces of Trauma
The Shout – Images of Trauma
Natural Disasters
Fires
War / Military Atrocities
Trauma Attacks the Soul
Terrorism – 9/11
KIRK FRANKLIN

“PAIN WAS PREPARATION FOR MY DESTINY”
Trauma-Through a Child’s Eyes

- ABANDONMENT and NEGLECT
- ABUSE: PHYSICAL, EMOTIONAL, SPIRITUAL, CLERGY ABUSE
- GRIEF AND LOSS
- CHILDHOOD HEALTH ISSUES
- CHILDHOOD BULLYING
- CHILDHOOD SEXUAL ABUSE
- ADOPTION
- DIVORCE
- FINANCIAL ISSUES
Abuse – Physical / Emotional
Abuse – Spiritual and Clergy
Child Health Issue Trauma
Child Abuse – Physical & Sexual
Dr Phil says:

It takes 1000 “atta boys” to repair one negative remark!
MORAL INJURY...
SOUL WOUND

- Shame
- Guilt
- Remorse

- Not yours to carry but....
TRAUMATIC EVENTS ARE EXTRAORDINARY, not because they occur rarely, but rather because they overwhelm the ordinary adaptations to life. Unlike commonplace misfortunes, traumatic events generally involve threats to life or bodily integrity or a close personal encounter with violence or death. They confront human beings with the extremities of helplessness and terror, and evoke the responses of the catastrophe. The common denominator of trauma is feeling of intense fear, helplessness, loss of control and threat of annihilation.

--Dr. Judith Hermann, PhD
Another Definition

The perception of the individual and what that perception does to their belief system about the universe and their place in it.
Trauma Happens Every Day
• Trauma is generational and Intergenerational
LAYERING

- TIME AND SPACE CONTINUUM
- EVENTS OVERLAP
- SYNERGY
- CREATES CONFUSION, MISTRUST OF SELF.
- “FALSE MEMORIES”
Aurora
July 20, 2012

April 20, 1999
Childhood Abuse
...then

Domestic Violence
...now
“Simple” Trauma

- Epidemiologic studies show that prevalence of trauma and posttraumatic stress disorder (PTSD) is substantial in modern society. Most people will experience a traumatic event at some point in their life, and up to 25% of them will develop the disorder. Demographic and socioeconomic factors also play a role in the risk for exposure to traumatic experiences and subsequent PTSD. Psychiatric history, both personal or in family members, increases the likelihood of being exposed to trauma and of developing PTSD once exposed. Traumatic exposure and PTSD have an impact on the individual's health, health care service utilization, and general functioning. Such effects provoke a considerable economic burden not only for those persons experiencing trauma and PTSD, but also for the health care system and society as a whole.

Characteristic of DESNOS

trauma which involves interpersonal victimization, multiple traumatic events, or events of prolonged duration.

Disturbances in six areas of functioning are required for the diagnosis:

1. Regulation of affect and impulses;
2. attention or consciousness;
3. self-perception;
4. relations with others;
5. somatization; and
6. systems of meaning.
“Simple” Trauma

“Two factors are essential to understanding traumatic experience: how far our systems are stretched and for how long.”

Patrick J. Carnes Ph.D. – The Betrayal Bond
“Complex” Trauma

- Some trauma experiences are relatively minor, but they happen every day. The hurt accumulates. Many acts of child neglect, for example, in themselves are not that serious. Every parent has moments of not being able to cover all the bases. A consistent pattern of neglect however, creates incredible anxiety in a child and leaves serious life long wounds.

- Trauma by accumulation sneaks up on its victims.”

Patrick J. Carnes Ph.D. – The Betrayal Bond
Trauma...It's Visceral

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- Trauma...it's cellular!
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“In response to threat, the organism can fight, flee, or freeze. These responses exist as parts of a unified defense system. When fight and flight responses are thwarted, the organism instinctively constricts as it moves toward its last option, the freezing response.”

Peter A. Levine – Waking the Tiger
“As it constricts, the energy that would have been discharged by executing the fight or flight strategies is amplified and bound up in the nervous system. In this emotional and anxious state, the now frustrated fight response erupts into rage; the frustrated flight response gives way to helplessness.”

Peter A. Levine – Waking the Tiger
# Trauma Coping Responses

**The Post Traumatic Stress Index**

<table>
<thead>
<tr>
<th><strong>TRAUMA REACTIONS</strong></th>
<th>Current reactions to past trauma.</th>
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<tr>
<td><strong>TRAUMA REPETITION</strong></td>
<td>Repeating behaviors or situations that parallel your early trauma experiences.</td>
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<td><strong>TRAUMA BONDS</strong></td>
<td>Connections (being loyal, helpful, supportive) to people who are dangerous, shaming, or exploitive.</td>
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<td><strong>TRAUMA SHAME</strong></td>
<td>Feeling unworthy and having self-hate because of your trauma experiences.</td>
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<td><strong>TRAUMA PLEASURE</strong></td>
<td>Experiencing pleasure in the presence of extreme danger, violence, risk, or shame.</td>
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<td><strong>TRAUMA BLOCKING</strong></td>
<td>A pattern exists to numb, block out or overwhelm feelings that stem from trauma in your life.</td>
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<tr>
<td><strong>TRAUMA SPLITTING</strong></td>
<td>Ignoring traumatic realities by dissociating or “splitting” off experiences or parts of self.</td>
</tr>
<tr>
<td><strong>TRAUMA ABSTINENCE</strong></td>
<td>Depriving yourself of things you need or deserve because of your past trauma.</td>
</tr>
</tbody>
</table>

*Post Traumatic Stress Index (Carnes, The Betrayal Bond – 1997)*
Doing something self-destructive over and over again usually something that took place in childhood and started with a trauma:

Reliving a “story” from the past.

Engaging in abusive relationships repeatedly.

Repeating painful experiences, including specific behaviors, scenes, persons and feelings.

Doing something to others that you experienced as an early life trauma.

Patrick Carnes
Trauma…It’s Visceral

— "Regarding trauma, pathology can be thought of as the maladaptive use of any activity (physiological, behavioral, emotional, or mental) designed to help the nervous system regulate its activated energy. Pathology (i.e., symptoms) becomes, in a sense, the organism’s safety valve. The valve lets off just enough pressure to keep the system running.”

Peter A. Levine – Waking the Tiger
When we get too close to feeling or revisiting the trauma and we aren’t striving for trauma resolution, to avoid traumatic pain, people will run from trauma by acting out in other compulsive behaviors.

Unresolved Trauma and Feelings Surrounding Unresolved Trauma

Response is to avoid Looking at the trauma

We perceive too much fear, shame, guilt, sadness; nightmares; controlling memories around the trauma
“In part, trauma repetition is an effort by the victim to bring resolution to the traumatic memory. By repeating the experience, the victim tries anew to figure out a way to respond in order to eliminate the fear. Instead, the victim simply deepens the traumatic wound.”

Patrick J. Carnes, Ph.D. – The Betrayal Bond
Show and Tell: Effective Therapeutic Methods

- Building trust –
  The small group experience

- Telling and sharing the story
  (the secrets)

- “Normalizing” the experiences

- Building from Self-Hate to Self-Love

- From Victim to Survivor to “Thriver” to Recovering Human Being
What to do?

- Listen without judgment!
- BELIEVE!
- Trust yourself as a clinician.
- Learn more about chronic relapse and trauma.
- Evaluate the level of your client’s ability to function “at this time” in the world.
- Evaluate the likelihood of relapse (is 28 days enough?)
- What kind of support is there for your client?
What do I need to do?

- Trust your intuition!
- Be compassionate.
- Listen
- Educate yourself

DO YOUR OWN WORK!!
Insight Assignments

- Timeline(s)
- Trauma Egg
- Love Letters
- Body Map
- Collages
- Angel Egg
- When Grief Came Knocking
- The Inner Critic
- Walk of Life
Therapeutic Interventions

- EMDR
- Hypnotherapy
- DBT...Mindfulness
- Cognitive Behavioral Therapy
- Somatic Experience
- Task Centered Therapy/SLA/Patrick Carnes
- Grief Therapy
- Psychodrama
- Brain Mapping/ Neuro-Feedback
Art and Experiential

- Masks
- Goddess Day/Hero Day
- Choose a Goddess/Hero... why?
- What qualities? Save yourself!
- Capes and Crowns
- Quests and Scavenger hunt
- Ropes course, canoeing ...
Somatic Activities

- Massage
- Acupuncture
- Breath work
- Equine/animals
- Ecology therapy
- Yoga/ Mindfulness meditation
- Labyrinth
- Building Community
Trauma Treatment

- Must be visceral
- Must be sensory
- Must be cellular
- Must build trust
- Must create safety
- Must not judge
- MUST WITNESS!!
- Must build community
- Must create intimacy
- Must demand integrity
- Must/Should include the Family
- TAKES TIME...SOMETIMES A LONG TIME!
Opening up the trauma
Trauma Resolution
Now I need your golf cart!
Another Woman's Story

The trauma story creates the addiction story at both ends of the spectrum, deprivation to addiction.
Trauma Resolution
I'm Flying With Broken Wings
It's Going To Take Time For Them To Heal
But Until Then
I'm Flying With Broken Wings
When They Are Healed, I Can Soar The Skies
And No One Can Take That Freedom Away From Me
But For Now
I'm Flying With Broken Wings

IN THE MOMENT
UNRAVEL the trauma story.

www.therefuge-ahealingplace.com
UNDERSTAND the addiction story.

The Refuge
Trauma Treatment in a Safe, Healing Environment.
www.therefuge-ahealingplace.com
CREATE the Recovery story.

The Refuge
Trauma Treatment in a Safe, Healing Environment.

www.therefuge-ahealingplace.com