



# Trauma-Informed Primary Care: Fostering Resilience and Recovery



For the trainer:

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## Trauma and its Impacts

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## What is Trauma?

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

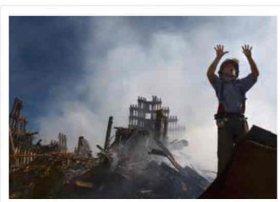
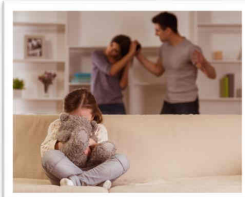
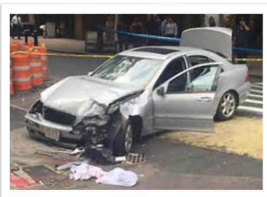
*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or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

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## Historical Trauma

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”

Yellow Horse Brave Heart, 2003

Rethinking Historical Trauma: Narratives of Resilience, Aaron R. Denham, 2008

Historical Trauma and Cultural Healing, University of Minnesota Extension <http://www.extension.umn.edu/family/cvfc/our-programs/historical-trauma-and-cultural-healing/>



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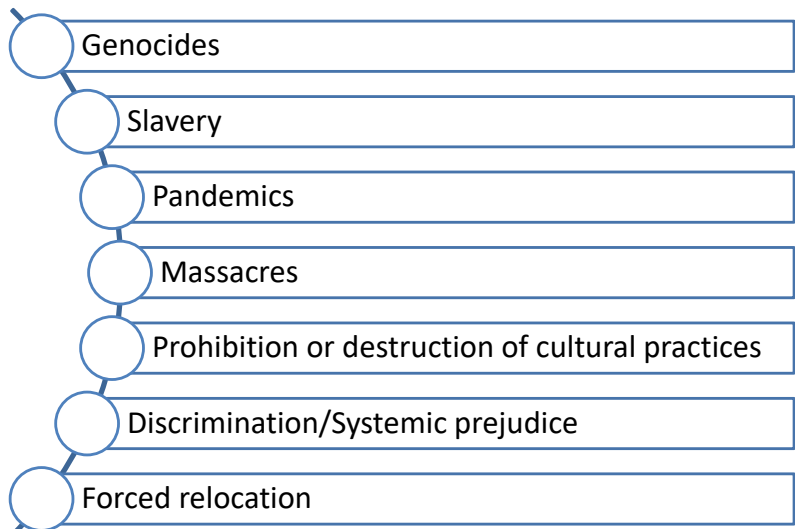
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## Intergenerational and Historical Traumatic Events



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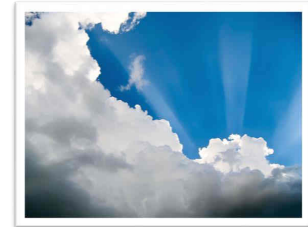


## Trauma Shapes our Beliefs



Worldview

Identity



Spirituality

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### Typical Development

- I live in a predictable & benevolent world
- I am worthwhile
- I am hopeful & optimistic about my future
- I have the ability to impact & change my life

### Trauma

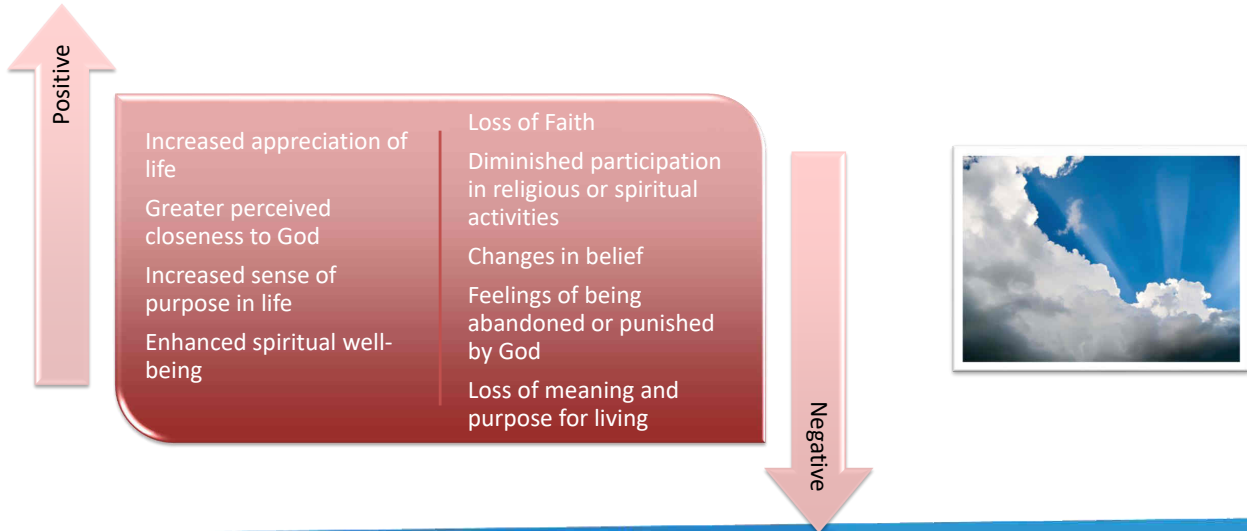
- People want to hurt me
- I am not safe
- I am afraid
- No one will help me
- I am not good/smart/ worthy enough for people to care about me
- It will never get better
- I need to establish personal power & control

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“People, especially if suffering from depression, lacking in confidence, etc. extremely, often view themselves far more negatively than would be objectively warranted.”

-David Hosier

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## The Amazing Brain



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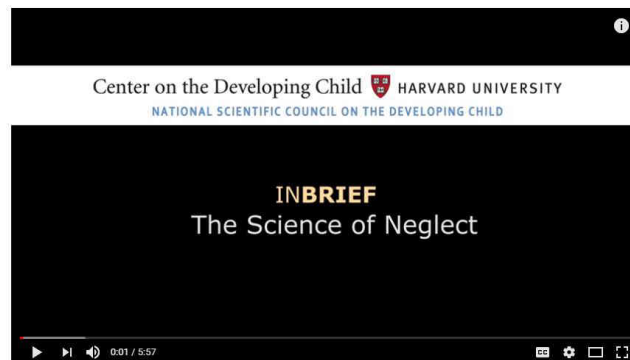
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## The Science of Neglect



<https://www.youtube.com/watch?v=bF3j5UVCSCA>

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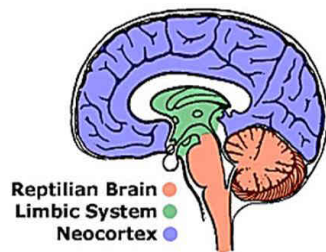




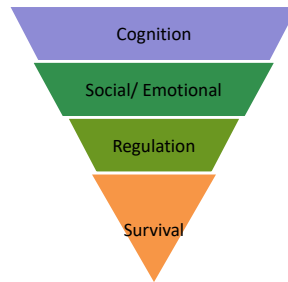
## Trauma-Informed Primary Care: Fostering Resilience and Recovery



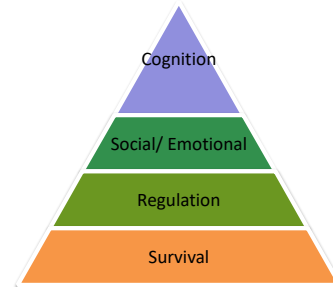
### Impact of Trauma on Brain Development



Typical Development



Developmental Trauma



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### Use Dependent Development

The more a neural system is  
activated, the more that system  
changes to reflect that pattern of  
activation

*Dr. Bruce D Perry, 2004-2015*

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## Survival Mode Response



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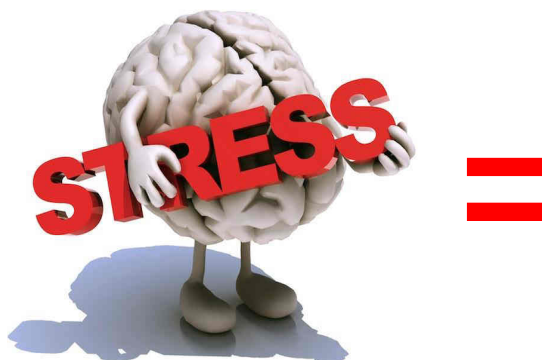
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## Survival Mode Response



Inability to

- Respond
- Learn
- Process

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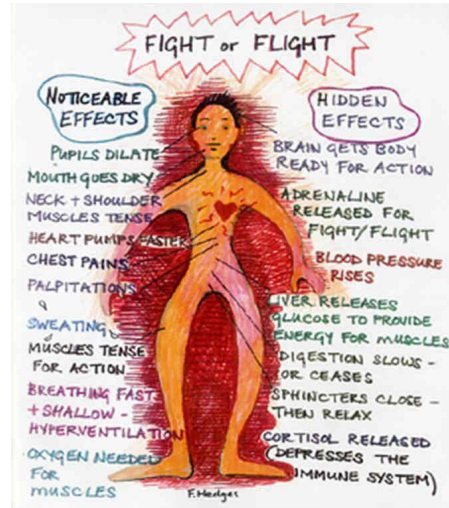




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### Trauma's Impact on the Body



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### Impact of Trauma on Behavior Triggers

#### External reminders of traumatic event

- *Smell*
- *Sound*
- *Sight*
- *Touch*
- *Taste*

#### Internal reminders of traumatic event

- *Emotions*
- *Thoughts*

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### What's Sitting in the Room from Trauma

Fear	Anger	Defiance		Difficulty concentrating	
	Difficulty forming relationships			Aggression	
Physical Illness	Guilt			Low self-esteem	Disrupted Mood
Sleep problems				Avoidant behavior	
Perfectionism	Persistent irritability			Dissociation	Traumatic grief
Shame	Hyperarousal			Sensory sensitivity	
Inattention			Trauma re-enactment	Regressive behavior	
	Need to control	Mistrust	Depression		

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### Results in Vicious Loop



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<https://www.youtube.com/watch?v=IOeQUwdAjE0>

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With a table partner discuss the content discussed:

- 1) *Do you see any of these things reflected in individuals you serve?*
- 2) *What have you done that has helped any of these individuals be more successful?*

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