Beyond the Techniques

Strategies and Techniques to Help Women Successfully Heal from Trauma

Presented By

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Meditate and Relax

https://www.youtube.com/watch?v=wNYcqj8A1Tg

https://www.youtube.com/watch?v=PASC_bX8_Xs
Trauma is defined as when an individual person is exposed “to actual or threatened death, serious injury, or sexual violence” (American Psychiatric Association (APA), 2013, p. 271).
Three Most Common Traumas

1. Witnessing
2. Natural Disaster
3. Life Threatening Accident/Assault

Trauma Related Disorders

- Relative Attachment Disorder
- Disinhibited Social Engagement Disorder
- Posttraumatic Stress Disorder
- Acute Stress Disorder
- Adjustment Disorders

DSM-5, 2013
Understanding the Process of Trauma

Traumatic Event
Overwhelms the physical and psychological systems

Response to Trauma
Fight or flight, freeze, altered state of consciousness, body sensations, numbing, hypervigilance, hyperarousal

Sensitized Nervous System Changes in the Brain

Current Stress
Reminders of trauma, life events, lifestyle

Painful Emotional State

Retreat
Isolation
Dissociation
Depression
Anxiety

Self-Destructive Area
Substance Abuse
Eating Disorders
Deliberate self-harm
Suicidal actions

Destructive Action
Aggression
Violence
Rages

Adapted from Covington, 2003
Perceived Threat & The Brain

Orbitofrontal Cortex
Social/Emotional Center
Open to change throughout lifespan

Amygdala
Fight, Flight or Freeze

Hippocampus
Short-term memory
Cause and effect
Cortisol
Effects of Trauma

Painful Emotional States

Retreat
- Isolation
- Dissociation
- Depression
- Anxiety

Self-Destructive Actions
- Substance Abuse
- Eating Disorders
- Self Harm
- Suicide

Destructive Action
- Aggression
- Violence
- Rages

Covington, 2003
Percent Women and Men in Each Profile Group

- no events
- child phys
- adult phys & emot
- lifetime sexual abuse
- multiple events no rape
- adult stalking
- multiple events w/ rape
- few events

Women
Men
Women & Trauma

The World Women Live In...
The World Women Live In...
Keys to a Successful Healing Therapeutic Relationship

- Creating a Safe Environment
- Therapeutic Relationships
- Relaxation/Self Regulation
- Knowledge of women specific issues
- Cultural, Ethnic & Women Specific Issues
- Good, sound, clinical skills
Self Regulation/Relaxation

- Explore with the individual their stress reducing or calming techniques
- Introduce self soothing and other relaxing techniques
- Developing counseling rituals
- Help individual develop techniques outside of the counseling environment
Self Regulation/Relaxation

- Deep Breathing
- Pelvic floor exercise
- Peripheral vision
- Exercise
- Yoga techniques
- Meditation
The Therapeutic Relationship

• Listen!
• Genuine
• Respectful
• Knowledgeable
• Present in body and mind
• Mentally and emotionally healthy
I was 14 at the time of my mother and sister’s death. They both died in a car accident that I survived. My father became a single parent and I was just angry. I got in trouble in school a lot and would frequently skip school and just hang out in the neighborhood. Within a year I was molested by a neighbor several times and never told my dad. I got pregnant by my boyfriend but he went away to college and I was abandoned again.

Danni
Interventions & Techniques

1. Motivational Interviewing
2. Cognitive Behavioral Therapy (CBT)
3. Psycho-educational Techniques
4. EDMR
5. Relational Therapy
6. Expressive Art
Interventions & Techniques

Beyond Trauma – S. Covington

Seeking Safety – L. Najavitis

Mindfulness – D. Burdick
<table>
<thead>
<tr>
<th>Past Focus</th>
<th>Present Focus</th>
<th>Future Focus</th>
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<tr>
<td>Maintain safe environment</td>
<td>Develop coping skills</td>
<td>Awareness</td>
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<td>Reduce stress related to the experience by experiencing the trauma in the here and now</td>
<td>Correct faulty or irrational thinking</td>
<td>Integration</td>
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<tr>
<td>Examine the details without reliving the trauma.</td>
<td>And instill hope</td>
<td>And live!</td>
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Techniques Demonstration
Additional Suggestions

• Self awareness and supervision
• Continue to stay abreast of current research and gender specific issues
• For groups, single sex if possible
• Have staff or a unit that specialize in women specific issues
• Self care skills
So how are you sitting in that other chair?
For Additional Information and the Reading List

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