

# CHILDHOOD TRAUMA & PTSD

## REFERENCES FOR PRESENTATION AT BROCTON SYMPOSIUM 3/14/23

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

“A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.”

## SIX KEY PRINCIPLES OF a Trauma Informed Approach

1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment, Voice & Choice
6. Cultural, Historical, and Gender Issues

## SAMHSA'S CONCEPT OF Trauma & Guidance for a Trauma -Informed Approach

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

<https://www.nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>

<https://www.cdc.gov/violenceprevention/childabuseandneglect/resources.html>

<https://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma>

<https://www.nimh.nih.gov/health/publications/children-and-mental-health#pub9>

<https://www.childtrauma.org/>

“The real source of client suffering is disconnection. Our goal should be to help people connect to themselves and others around them, so they can finally experience the truth within themselves.”

Dr. Gabor Mate (<https://drgabormate.com/>)

<https://www.nctsn.org/>

<https://www.nctsn.org/resources/child-trauma-toolkit-educators> (Duke, UCLA)

## THE LEARNING CENTER

Offers FREE continuing education (CE) credits and e-learning resources including Psychological First Aid, Trauma and Race, how to use the Child Trauma toolkit (<https://learn.nctsn.org/>)

Using an *ecological approach* to **promote resilience** in development among children who experience trauma assumes that there are multiple levels of influence on a child’s development –the individual, parent, family, school, community, and culture–which may increase or decrease a child’s risk for and response to experiencing trauma. These influences are often referred to as **risk and protective factors**.

## PROTECTIVE FACTORS

- Nurturing & Attachment
- Knowledge of parenting/child & youth development
- Parental Resilience
- Societal Connections
- Concrete support for parents
- Social & emotional competence of children

<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/protective-factors-toolkit/>

<https://tia.torontomu.ca/healthfulness/social-determinants-of-health/> (*Thriving in Action Online*)

“Not every student needs individual therapy, but many need opportunities to increase their resilience, build new skills, and connect with one another.” psychologist Carla McCowan, PhD

## RESILIENCY TRAINING HOW YOU OVERCAME DIFFICULTIES...

- a. What did you **DO**?
- b. What **BELIEFS** about yourself and others guided you?
- c. **WHO** helped you?
- d. **HOW** did they help you?
- e. **WHAT** else helped you?
- f. With qualities within yourself & supports in your environment, **HOW** have you done as well as you have?

from The Resiliency Training Program by Nan Henderson ([www.resiliency.com](http://www.resiliency.com))

### OTHER RESILIENCE RESOURCES

#### American Psychological Association

<https://www.apa.org/topics/resilience/building-your-resilience>

Resilience Guide for Parents and Teachers and resources

<https://www.apa.org/topics/resilience/guide-parents-teachers>

<https://www.apa.org/act/resources/fact-sheets->

### ACES RESOURCES

<https://www.acesaware.org/wp-content/uploads/2019/12/Chapter-2-Trauma-and-Trauma-Informed-Care.pdf>

90 minute training on ACES – there are education-specific modules as well as faith-based modules.

<https://vetoviolence.cdc.gov/apps/aces-training/#/#top>

### REMEMBER – Risk is not destiny!

<https://drarielleschwartz.com/the-vagus-nerve-and-eye-movements-tools-for-trauma-recovery-Dr-Arielle-Schwartz/#.ZAY11nbMKUk> (how eye movement can facilitate health)

## SIX KEY PRINCIPLES OF a Trauma Informed Approach

*I invite and encourage you to write each in your own words:*

- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment, Voice & Choice
- Cultural, Historical, and Gender Issues

school framework

[https://www.nysteachs.org/\\_files/ugd/10c789\\_3d12cc09fa824c3798a8180a4b9cf0f3.pdf](https://www.nysteachs.org/_files/ugd/10c789_3d12cc09fa824c3798a8180a4b9cf0f3.pdf)

**What can you control?** You can make a plan, break down messages, give permission for a break, say you care, talk to others, ask for help, link to support... some other steps to consider:

\*Set and follow limits \*Monitor behavior \*Create Consistency & Predictability \*Establish Routines  
\*Provide Choices \*Build & Utilize Structure \*Link & Connect

<https://www.stanfordchildrens.org/en/topic/default?id=post-traumatic-stress-disorder-in-children-90-P02579#:~:text=What%20are%20the%20symptoms%20of,disturbing%20memories%20during%20the%20day>

If you'd like this handout electronically (live links), scan the QR Code or please email Rachel M Ludwig at [mesmerr@chqgov.com](mailto:mesmerr@chqgov.com)



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