

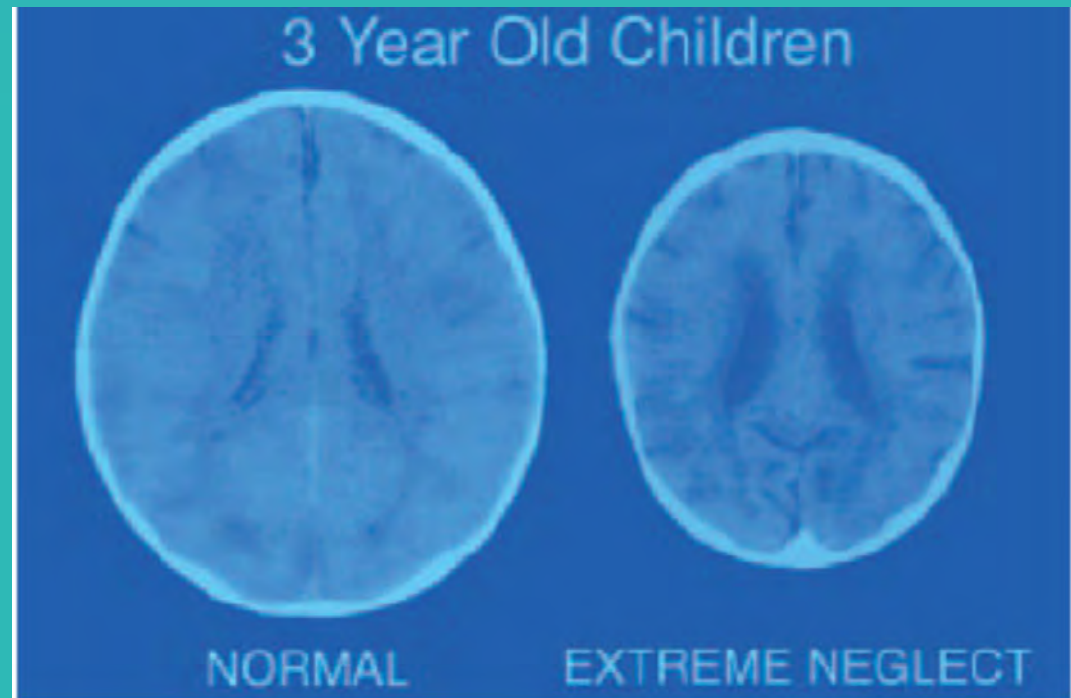
What's Trauma All About

**Child Bereavement,
Trauma
&
Emotional Wellbeing
Service**



Sharing the journey.....

Because early abuse impacts on the developing brain of these infants, it has enduring effects. There is extensive evidence that trauma in early life impairs the development of the capacities of maintaining interpersonal relationships, coping with stressful stimuli and regulating emotion.



B. Parry - Centre for Children & Families in the Justice System 2005

Life goes on but in two temporal directions at once, the future unable to escape the grip of a memory laden with grief”.

Langer (1991)

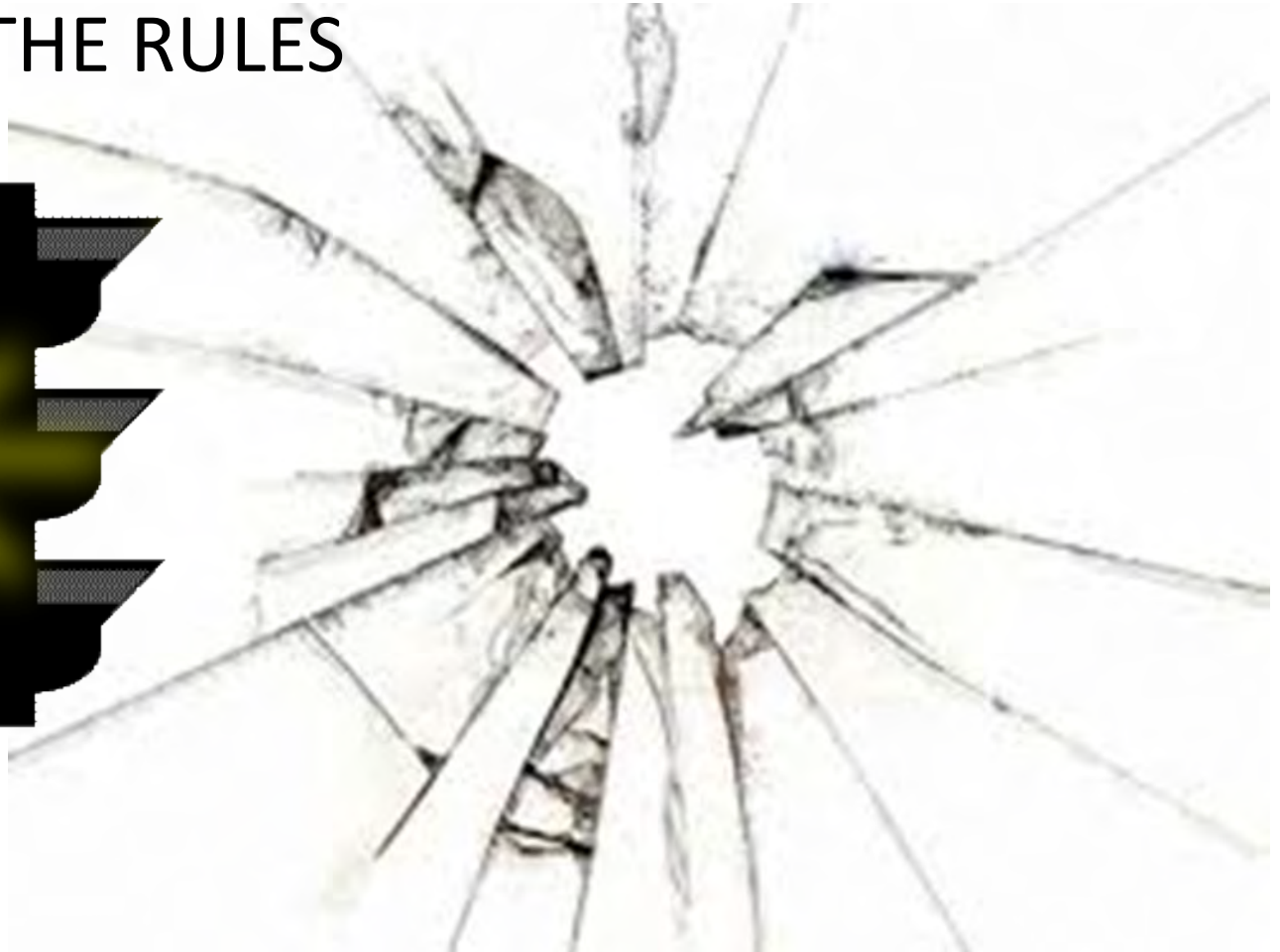
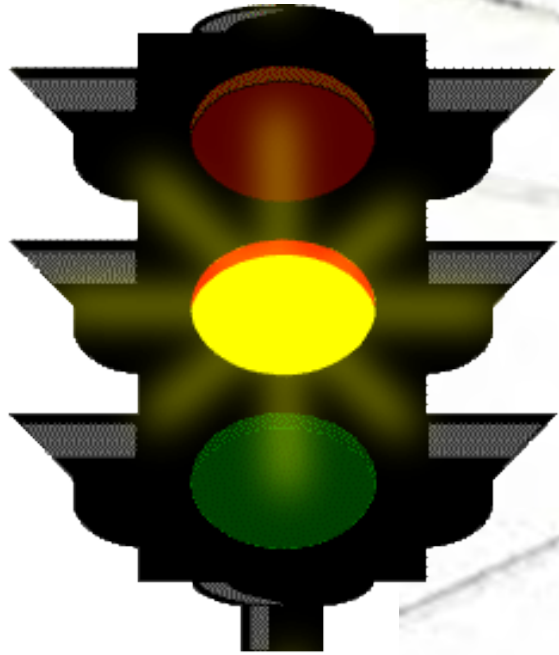
Traumatic Events or PTSD?



?MEANING?

Meanings

- BREAKING THE RULES



Children's Trauma

- Mental, Physical or Sexual Abuse
- Neglect
- Parental MH problems
- Painful medical procedures
- D.V., threats or conflicts witnessed by the child
- Discontinuity in the attachment process (death, adoption, hospitalisation)

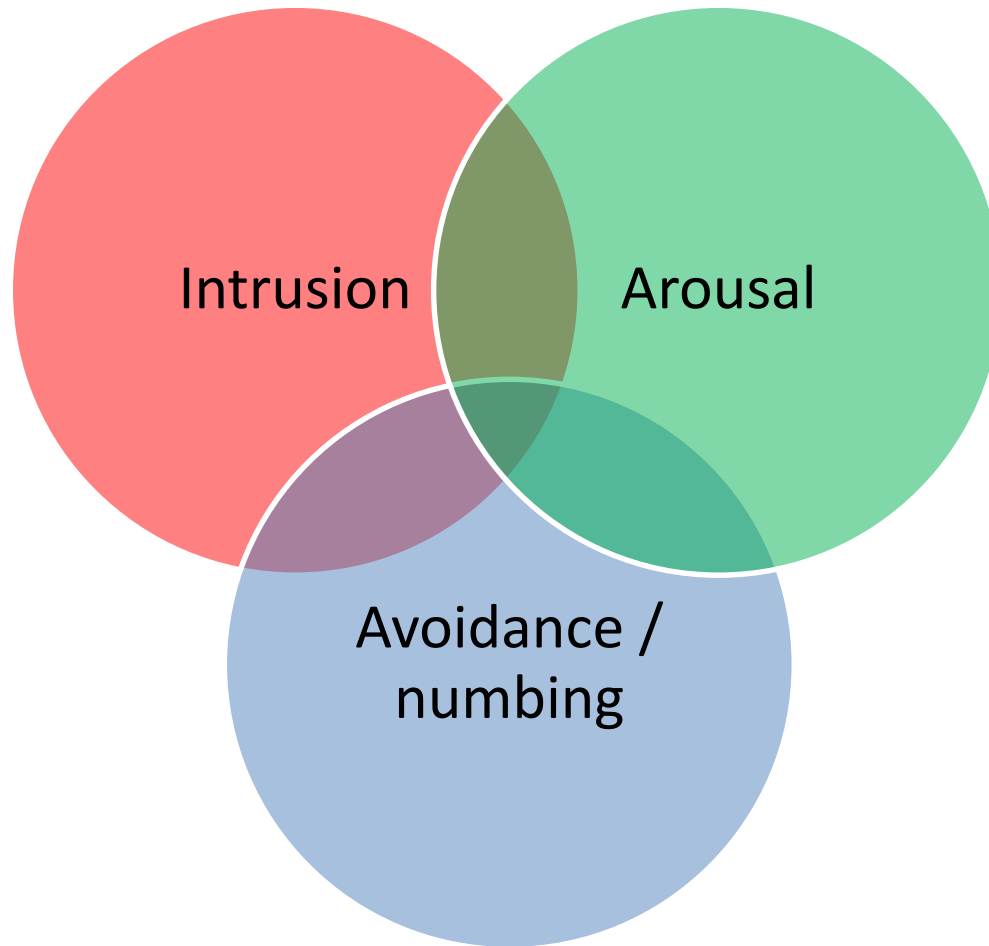


PTSD DX DSM-V

- Exposure, either directly or indirectly, to traumatic events (Previously had to register intense fear at the event).
- Intrusive symptoms
- Persistent avoidance
- Hypervigilance or hyperarousal
- *Persistent distorted cognitions re blame*
- *Persistent negative emotional state*
- *Reckless or self destructive behaviour*



SYMPTOMS



WHAT'S IMPORTANT?

- The Experience
- The Interpretation
- The Explanation
- The Reaction of the Environment, then and now.



Waking the Tiger

Negative appraisals

What is appraised

- It happened
- It happened to me
- Anger outburst
- Flashbacks
- Concentration problems
- Other peoples reactions

-VE Appraisal

- Nowhere is safe
- I attract bad things
- I am bad, I can't cope
- I'm going mad, I'll never get over this
- My brain is damaged
- Others think I'm weak
- No one can help



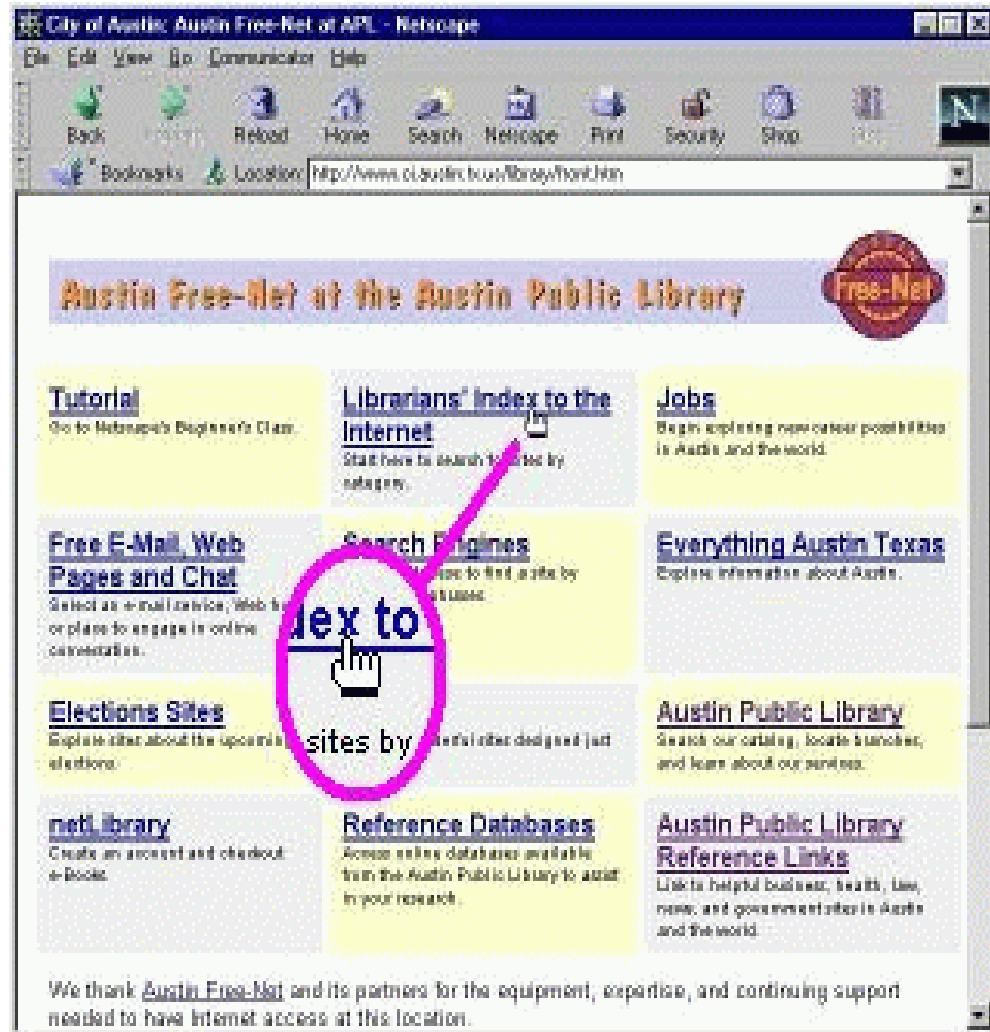
Radar Exercise: Attentional Biases



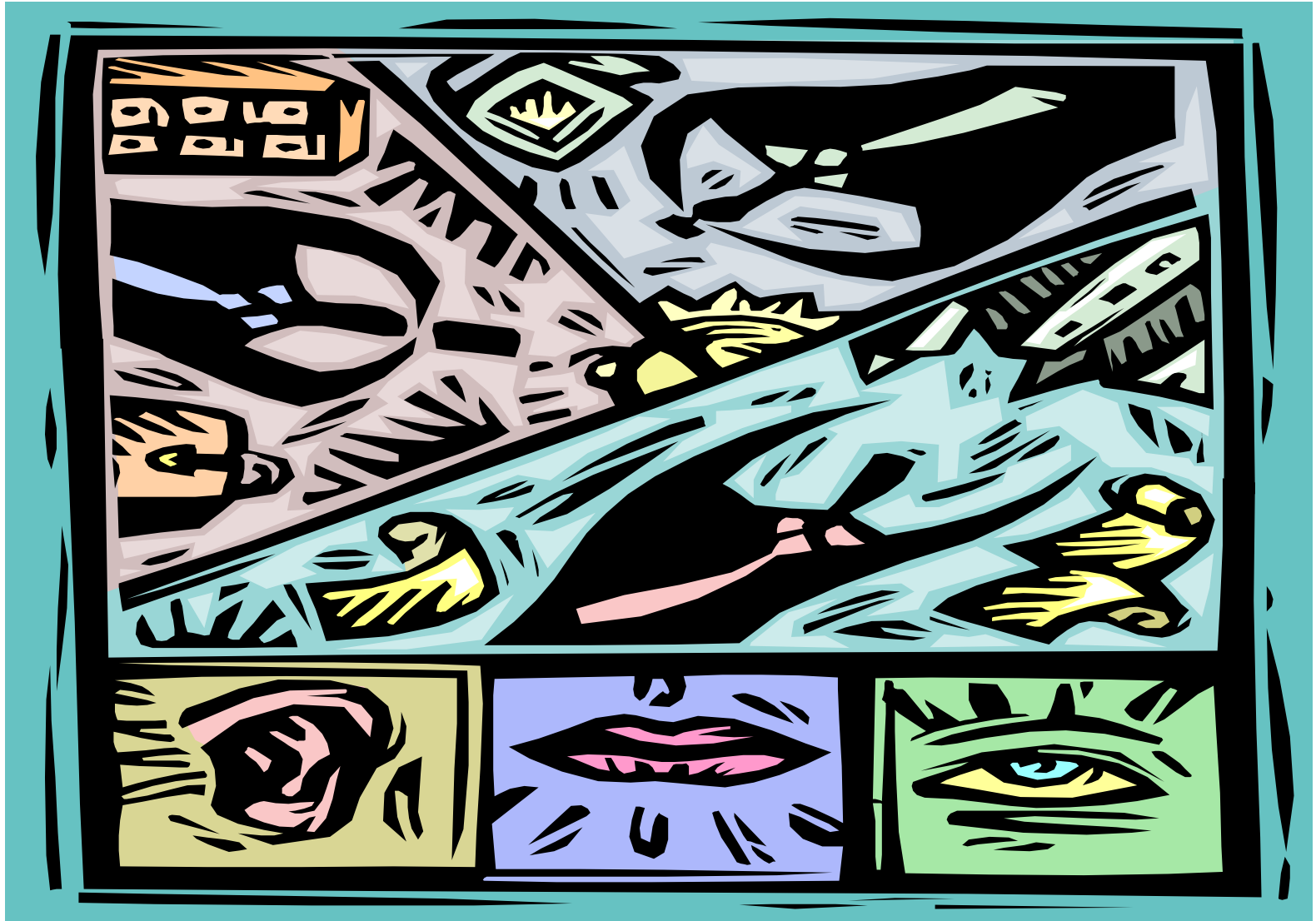
Internal Working Model

- The world as either safe or not, general view
- It helps shape personality and way of interacting with other people.
- This is continually being revised

Memory



Traumatic Memories



Brain Indigestion???



THE BODY KEEPS THE SCORE

THE BODY KEEPS THE SCORE

*Mind, Brain and Body in
the Transformation of Trauma*



*'Fascinating, hard to put down, and filled with
powerful case histories ... the most important series of
breakthroughs in mental health in the last thirty years'*

NORMAN DOIDGE, AUTHOR OF THE BRAIN THAT CHANGES ITSELF

BESSEL VAN DER KOLK



- Trauma robs you of feeling you are in charge of yourself, the challenge is to recover your ownership of your body and your mind.
- Become calm and focussed
- Maintain this calm to triggers
- Be fully alive and engaged in the present
- Do not have to keep secrets from your self about how you survived.

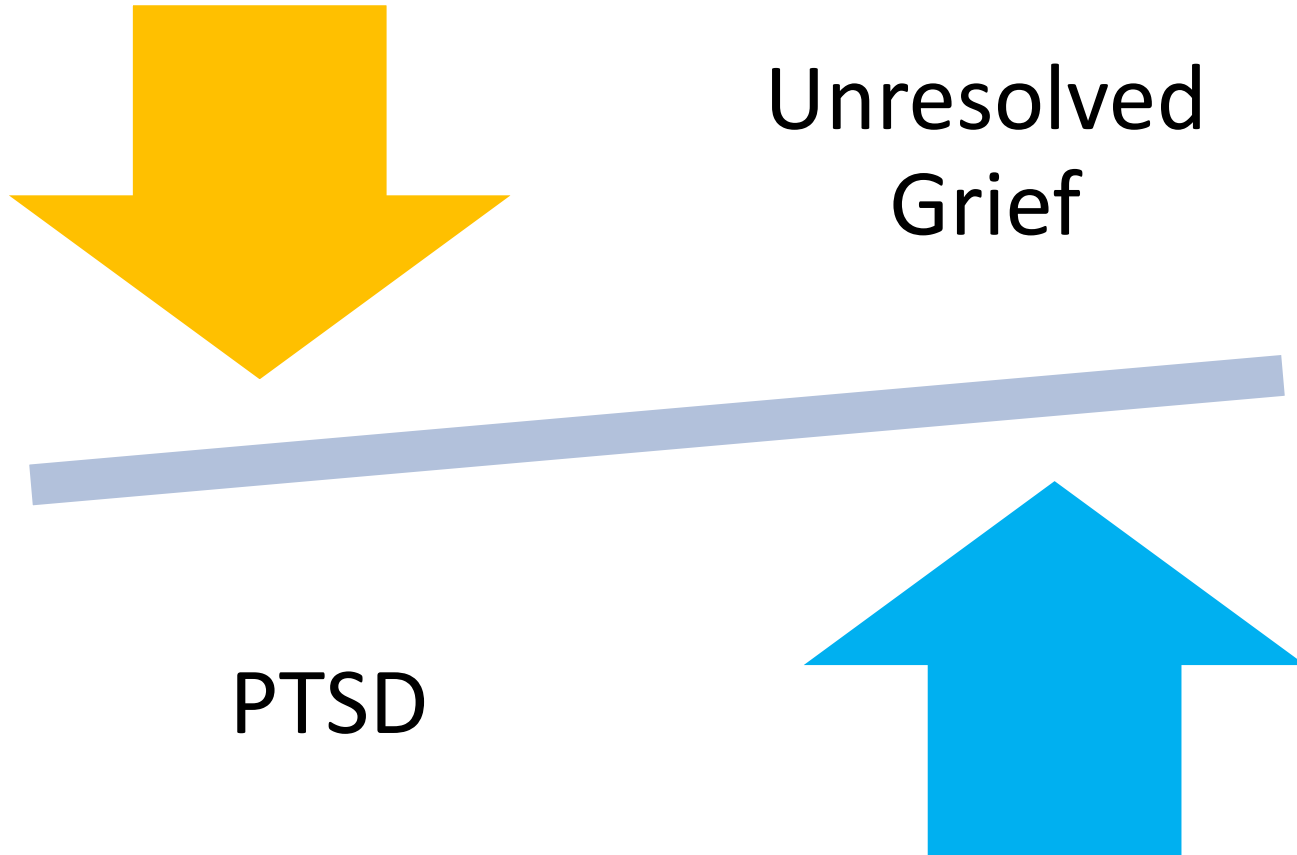
Bessel van der Kolk. (2014)

Tasks for Grieving Children

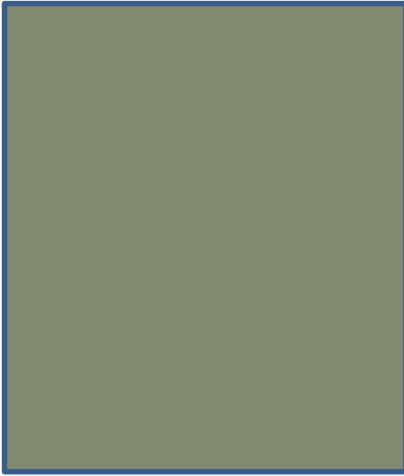
- Experience the deep pain
- Accept the permanency
- Accepting the totality of the loved one (good and Bad)
- Converting the relationship from interaction to memory
- Incorporating aspects of the loved one into self identity
- Committing to new relationships
- Re-establishing health developmental trajectory
 - Wolfelt (1991)

Separation from parents during childhood trauma predicts adult attachment security and post-traumatic stress disorder (Bryant et al 2017)

Childhood Traumatic Grief

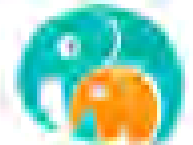


Intrusive Images

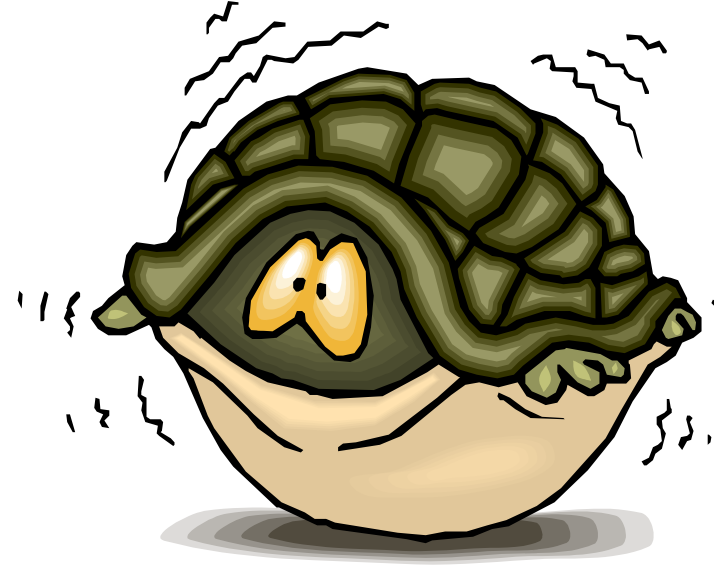
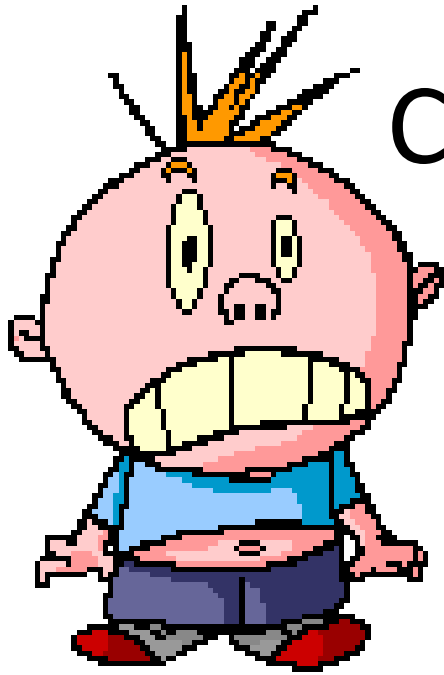


Complex Trauma and Children

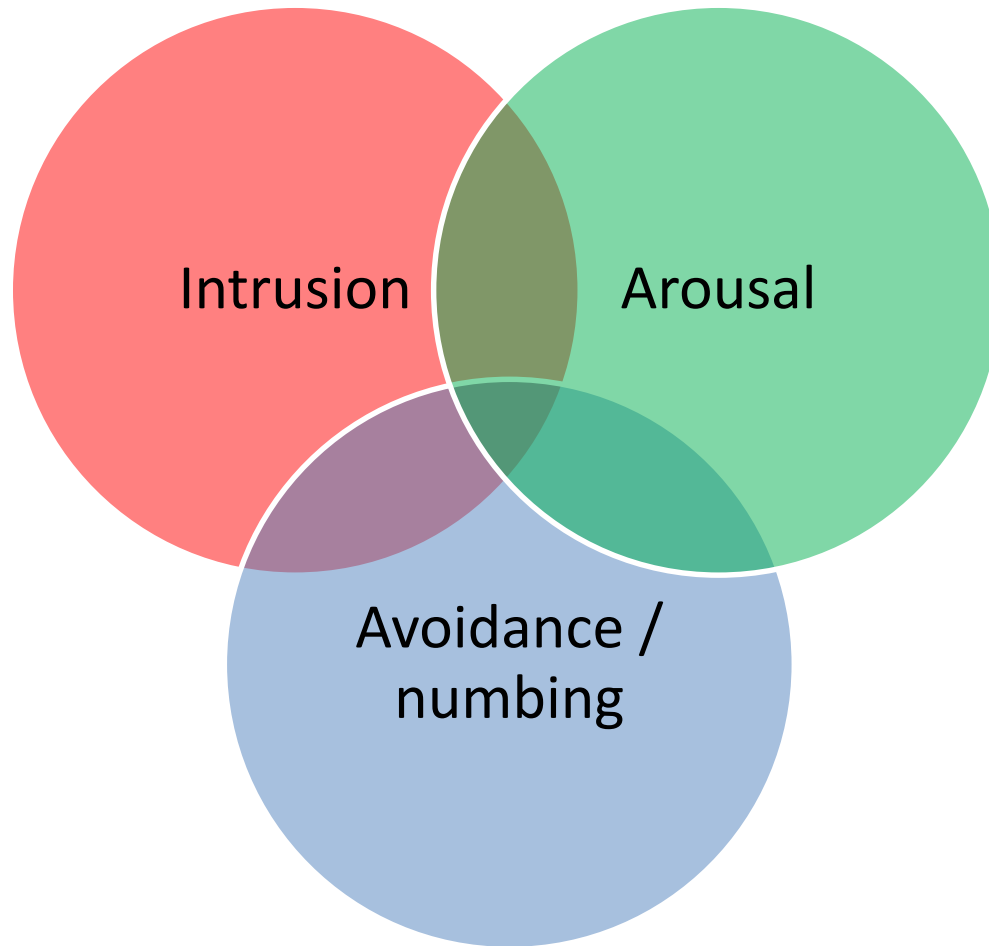
- Multiple or Chronic Events
- Developmentally adverse
- Interpersonal
- Often within the care giving system
- Developmental Trauma Disorder
- Trauma creates a vulnerability to learning, neurodevelopmental problems and adult Mental Health problems



Childhood Symptoms



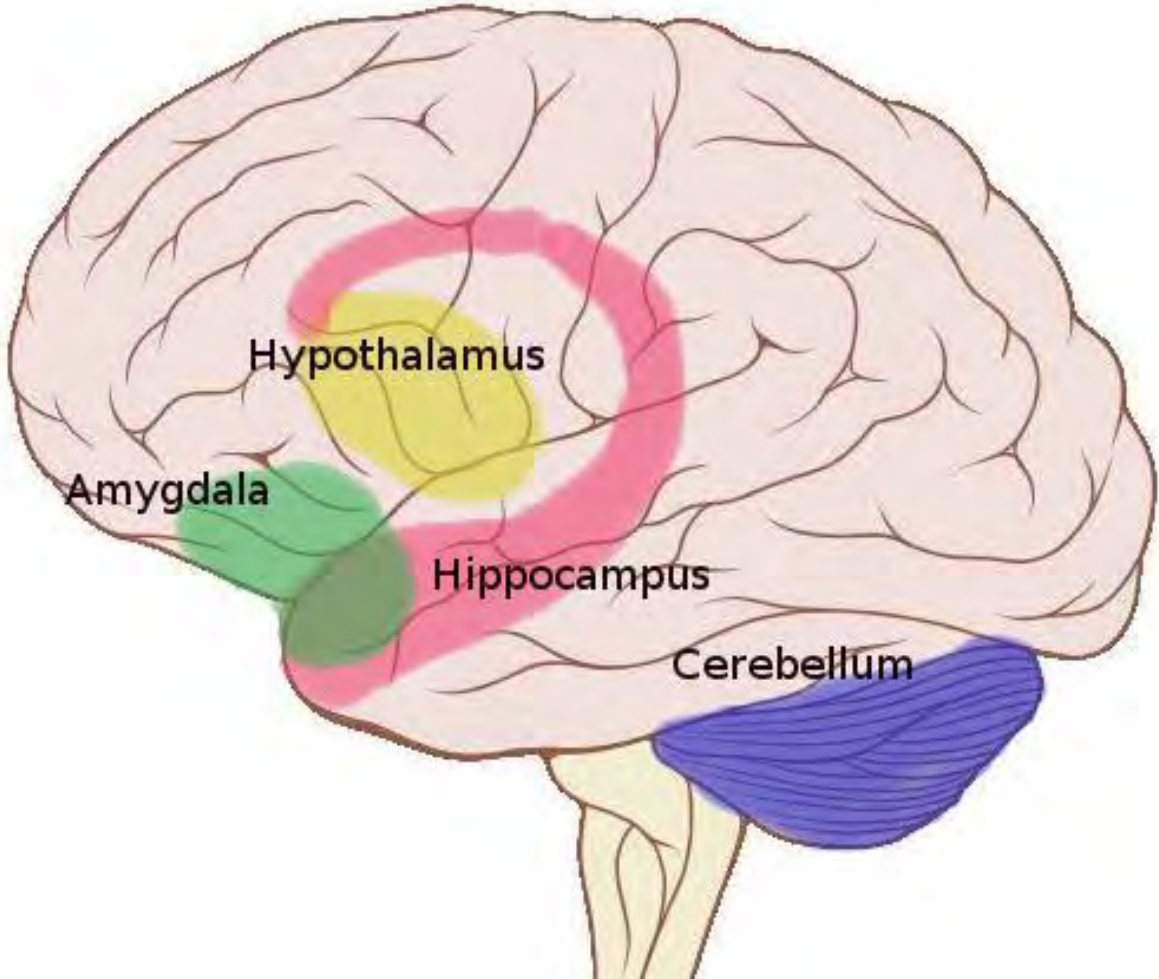
SYMPTOMS



Triggers



RED ALERT



THE ANSWER

IS

AVOIDANCE?

Keep it all in

You know your problem
You keep it all in
You know your problem
You keep it all in

Midnight, a husband getting ready to fight
A daughter sleeps alone with the light
Turned on, she hears but
Keeps it all in

Just like that murder in '73
Just like that robbery in '62
With all these things that have happened to me
I kept them all in

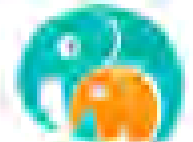
Controversies / Urban Myths

- Traumatic events always cause PTSD **FALSE**
- Exposure to trauma is rare **FALSE**
- Children are too young to understand so wont be effected **FALSE**
- It is best to just avoid thinking about the trauma **FALSE**
- Your memory will just fade over time **FALSE**



Treatment

- Safety
- Trust
- Affect Regulation
- Containment
- Trauma Focussed CBT,
- EMDR,
- Narrative work.
- Recreational group, Music Therapy.



What can I do?

- Be clear of the symptoms of trauma
- Do not offer debriefing
- Support family to reconnect with their life
- Offer psych-education re symptoms and maintenance factors.
- Offer trauma focussed intervention if available
- Protect yourself



References/resources

- Smith, P. et.al. (2010). *Post Traumatic Stress Disorder. Cognitive Therapy with Children and Young People*. London: Routledge
- Van Der Kolk, B. (2014). *The Body Keeps the Score*. London: Penguin
- www.rcpsych.ac.uk/healthadvice/.../posttraumaticstressdisorder.aspx
- Emdrassociation.org.uk
- Levine, P. (1997) *Waking the Tiger*. CA: North Atlantic Books
- www.nice.org.uk/guidance/cg26

