

Understanding Traumatic Stress: Strategies for Helping Children, Adolescents and Adults Heal

Janine D'Anniballe, Ph.D.
Director of Trauma Services,
Mental Health Partners



Mental Health PARTNERS

Healthy minds, healthy lives, healthy communities

Janine D'Anniballe, Ph.D.

Director of Trauma Services

Monday, April 8, 2019

The Stress-Trauma Continuum

- Normal
- Situational
- Traumatic



3

What is Trauma?

Shock Trauma:

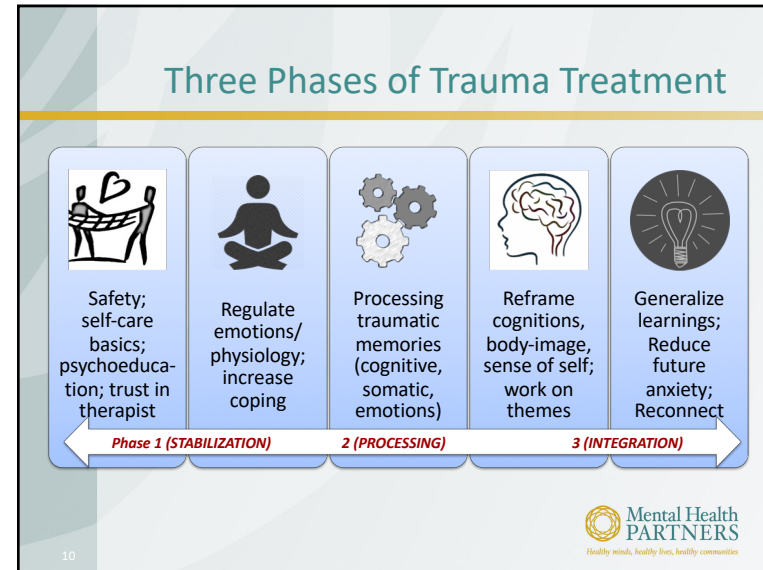
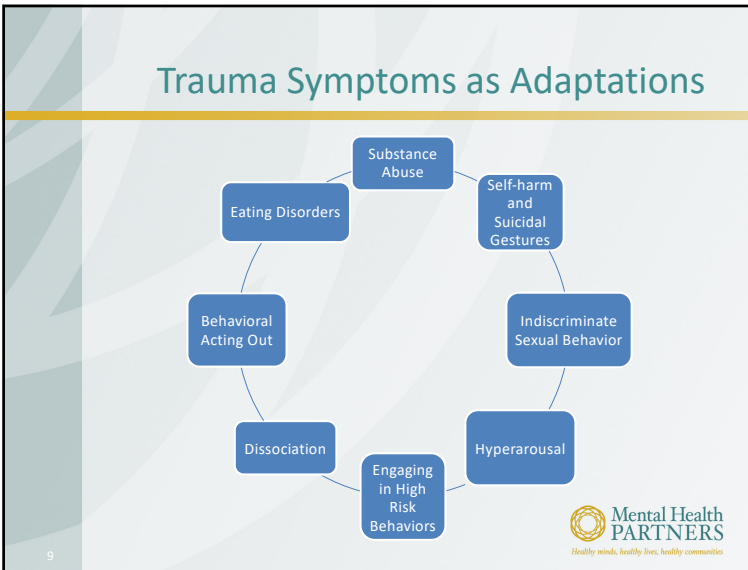
- Overwhelms ability to cope
- Danger to life or bodily safety
- A person is unable to bring body and mind back into balance after the event

Developmental Trauma:

- Chronic misattunement between child and primary caregiver
- Chronic abuse, neglect, or other adversity that disrupt attachment
- Comes with a unique set of symptoms that differ from PTS



4



- ### Evidence-based and Evidence-informed practices used at Moving Beyond Trauma
- EMDR (Eye Movement Desensitization and Reprocessing)
 - **TF-CBT (Trauma Focused Cognitive Behavioral Therapy)**
 - CPT (Cognitive Processing Therapy)
 - Somatic-based interventions
 - **Animal-assisted therapy**
 - **Trauma-informed yoga**
- 11
- Mental Health PARTNERS
Healthy minds, healthy lives, healthy communities

- ### Trauma Focused-CBT Components
- **Psychoeducation and Parenting Skills**
 - **Relaxation**
 - **Affective Modulation**
 - **Cognitive Processing**
 - **Trauma Narrative**
 - **In Vivo Desensitization**
- 12
- Mental Health PARTNERS
Healthy minds, healthy lives, healthy communities

Psychoeducation

Goals:

- Normalize child's and parent's reactions to severe stress
- Educate about psychological and physiological reactions to stress
- Instill hope for recovery
- Educate about the benefits and need for early treatment



13

Parenting Skills



- TF-CBT views parents as central therapeutic agent for change
- Emphasize positive parenting skills (e.g., praise), enhance enjoyable child-parent interactions



14

Relaxation

- Reduce physiological manifestations of stress/PTSD
- Develop relaxation strategies for manifestations of stress (e.g., headache, stomachache, racing heart, etc.)
- Focused breathing/mindfulness/meditation
- Progressive muscle relaxation
- Physical activity: yoga, singing, dance, blowing bubbles



15

Affective Modulation



Feeling Identification

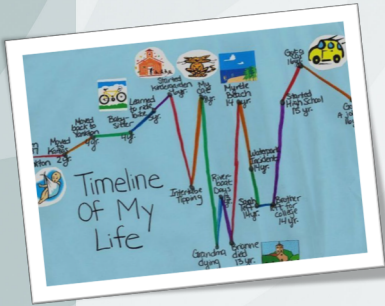
- Accurately identify and express a range of different feelings
 - Feeling faces
- Traumatized children may have restricted range of affect expression



16

Trauma Narrative

Reasons to directly discuss traumatic events:



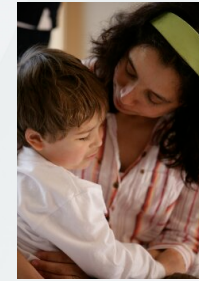
- Correction of distorted cognitions
- Identify and prepare for triggering events
- Contextualize traumatic experiences into life
- Resolve avoidance symptoms



17

Cognitive Processing

- Help children and parents understand the connections between thoughts, feelings and behaviors
- Help children and parents view events in more accurate and helpful ways
- Encourage parents to assist children in cognitive processing of upsetting situations



18

Cognitive Processing of Trauma

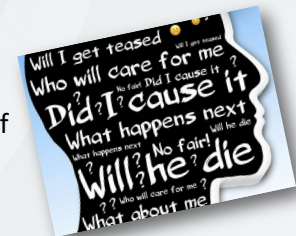
- Identify child and parent trauma-related cognitive distortions from trauma narrative
 - Example: it's my fault, I'll never be like other kids, she's lost her innocence, you can't trust any men, etc....
- Use cognitive processing techniques to replace these with more accurate and/or helpful thoughts about the trauma
- Encourage parents to reinforce children's more accurate/helpful cognitions



19

In Vivo Mastery of Trauma Reminders

- Mastery of trauma reminders critical for resuming normal developmental trajectory
- To be used only if the feared reminder is innocuous (not if it's still dangerous)
- Hierarchical exposure to innocuous reminders which have been paired with the traumatic experience



20

Trauma-Informed Yoga

- Addresses unique needs of trauma survivors
 - Need to feel safe, need to have control/choice
- Helps orient students to time and space; using senses to stay present
- Cultivates groundedness and centering; resourcing in physical body to help with disassociation/disconnection



21

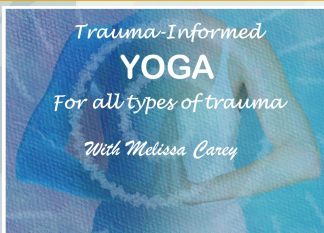
Trauma-Informed Yoga

- Resets physiology through mindful movement and breath
 - Increases GABA levels in the brain
 - Regulates blood pressure and insulin
 - Decreases oxidative stress in the cells
 - Boosts immune system



22

Trauma-Informed Yoga with Moving to End Sexual Assault (MESA)



Every Sunday for 8 Weeks
 March 31st through May 19th
 3:00—4:30pm

Soul Tree Yoga, South Studio
 1280 Centaur Village Dr. #7
 Lafayette, 80026

www.movingtoendsexualassault.org
 303-443-0400



23

Impact of Fielvel the Facility Dog

- Creates warm, friendly, welcoming environment
- Helps client engagement
- Helps clients emotionally regulate before/after therapy sessions



24




Impact of Fielvel the Facility Dog

- Used as a tool in therapeutic process (e.g. physical boundaries)
- Supports staff in self-care, and team-building
- Plays role in partnership development and marketing




What can YOU do to help Trauma Survivors?

- Start by believing
- Understand that symptoms are adaptations
- Avoid blaming
- Encourage positive coping skills (e.g., exercise, yoga, social support, time in nature)
- Get support for you if the trauma survivor is a close loved one
- Refer to community resources



26

Expert Community Resources



Moving to End Sexual Assault (MESA)
 Hotline: 303-443-7300
www.movingtoendsexualassault.org



Moving Beyond Trauma (MBT)
 To start services: 303-443-8500
www.mhpcolorado.org



27



Follow Fielvel on Instagram!
 @fielvelthefacilitydog

28

Contact Information



Janine D'Anniballe, Ph.D.
Director of Trauma Services
jdanniballe@mhpcolorado.org

