

Trauma-informed care from a social justice and strength-based perspective

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By clicking the "P" icon below, you will find a copy of today's PowerPoint presentation:



Trauma-informed care from a social justice and strength-based perspective

To begin, let's recap the 10 fundamentals of trauma:

1. Safety and Stabilization
2. Front-loading, Choice and Curiosity
3. Connection and therapeutic alliance
4. Trust and honouring mistrust
5. "No bad parts"
6. Psychoeducation around trauma
7. Unpacking the challenging client
8. Trauma informed practice starts with us
9. Self care is not just bubble baths
10. Debriefing, supervision, practice centering ethics and collective care

Tip: Double-click the images in order to open and save them.

"When Experiencing overwhelm and Trauma"

by the Trauma Stewardship Institute



"Map of Managing Some One's Day"

By the Trauma Stewardship Institute

The Trauma Stewardship Institute's MAP FOR MANAGING ONE'S LIFE

When I wake up, I will protect my morning. I won't reach for: News, social media, work/school updates, anyone who needs me for anything. This helps me avoid being flooded by cortisol first thing.

Pema Chödrön says, "Death is certain, your time of death is uncertain. How do you want to spend your time?" Ask myself once a day, am I spending my time - in life - how I want to be? If so, how can I further support myself? If not, what concrete changes can I make?

6 days a week (unless medically advised against it), I'm getting my heart rate up and breaking a sweat. Thinking to myself: "Anything that has accumulated in my nervous system over the past 24 hours, may it be completely released so I can show up for this next 24 hours..."

How's my consumption? Need help with any of my addictions? Substances/screen time/coffee/constantly criticizing/adrenaline/being over scheduled/shopping, etc.?

When navigating a pandemic and systematic oppression and structural supremacy and the climate crisis and democracies in peril and my job/school, and caretaking and my life in general...

< REACTIVITY -> INTENTIONALITY
In the spirit of striving to Do No Harm, I will pause and think before I speak/post/tweet/reply/engage. Despite the negativity bias headwinds throughout society today, I will practice extending grace and humility, over & over + remember the merit of approaching life with a beginner's mind.

Sleep is critical. What is my bedtime tonight? How can I sequence my evening so I can shut it down by then & not get into sleep-deficit. Set a reminder to: Give all my electronics and screens their own bedtime, an hour before mine.

Engage in mindfulness to assist my nervous system in staying regulated and countless other health and mental health benefits. Tai chi, qi gong, yoga, meditation. ALL portable and accessible and even a few minutes here or there can provide the right scaffolding.

Decision fatigue & cognitive overload can be debilitating. Simplify my surroundings & my routines. Be mindful of hydration + glucose levels. Track when my mental acuity is high and maximize those times.

BLOOD PRESSURE + SYMPATHETIC NERVOUS SYSTEM ACTIVITY
IMMUNE SYSTEM + ELEVATED MOOD

Too much going on!

My brain feels broken!

What's going well? What am I grateful for? What am I psyched about? What can I thank? Repeat a-l-l day.

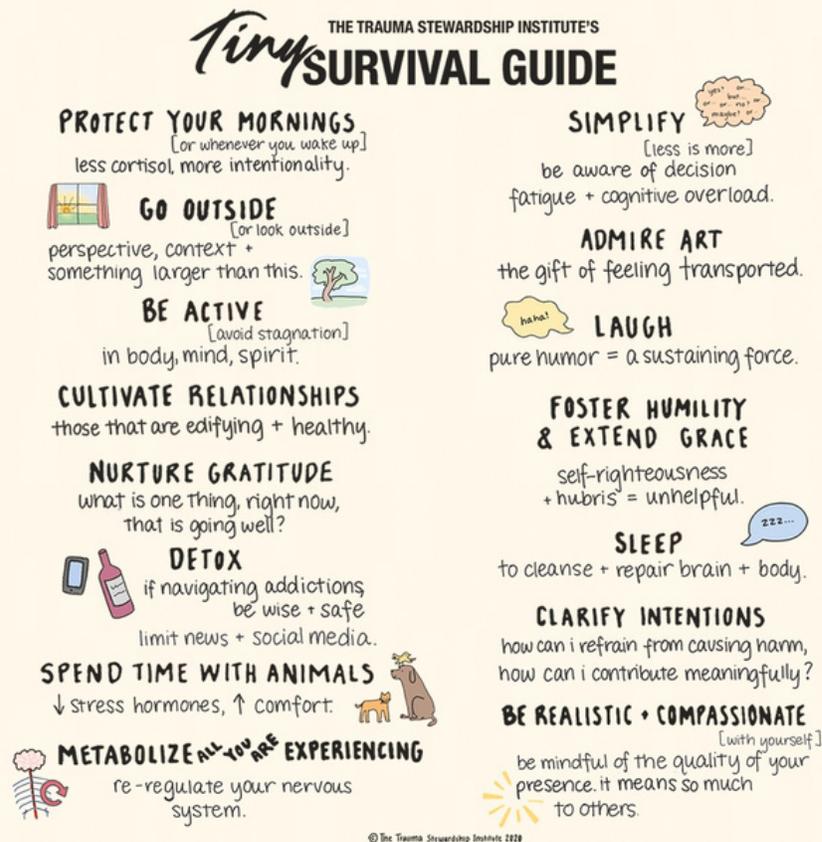
Have I done anything edifying for myself today? Actually connected with someone I care about? Taken a moment to laugh or find levity in a nourishing way? Be transported by art?

DAY

Our systems & structures have a moral mandate & an ethical obligation to create sustainable environments within which we work, learn, and engage. When they do, let us pause, notice + give thanks. When that's not the case, we can decide if/when/how to engage. While these choices may be fraught and complex, I hope refuge can be found in Howard Thurman's offering: "Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that, because what the world needs, is people who have come alive."

"A Tiny Survival Guide"

By the Trauma Stewardship Institute



Workbooks



By the Toronto Metropolitan University Office of Sexual Violence Support & Education

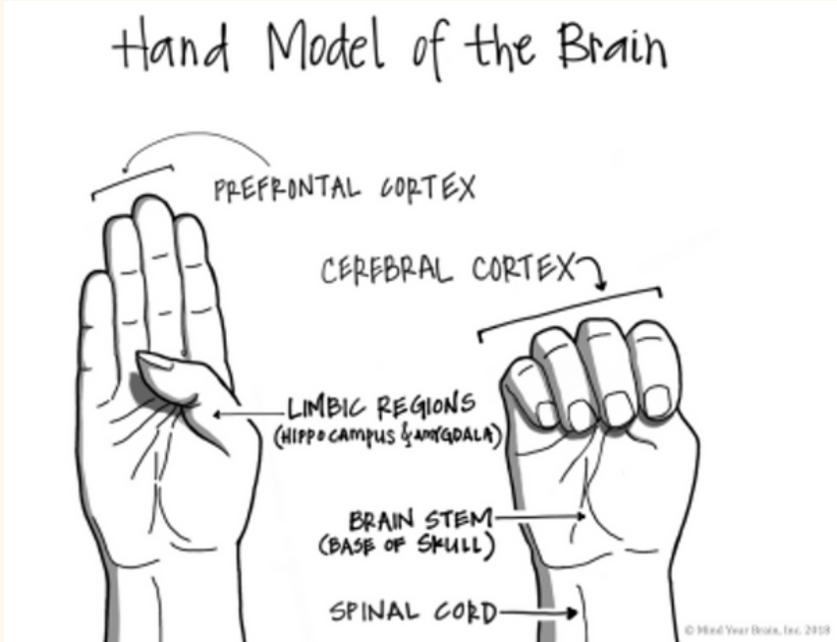


By Vikki Reynolds
Therapist, Activists, Instructor

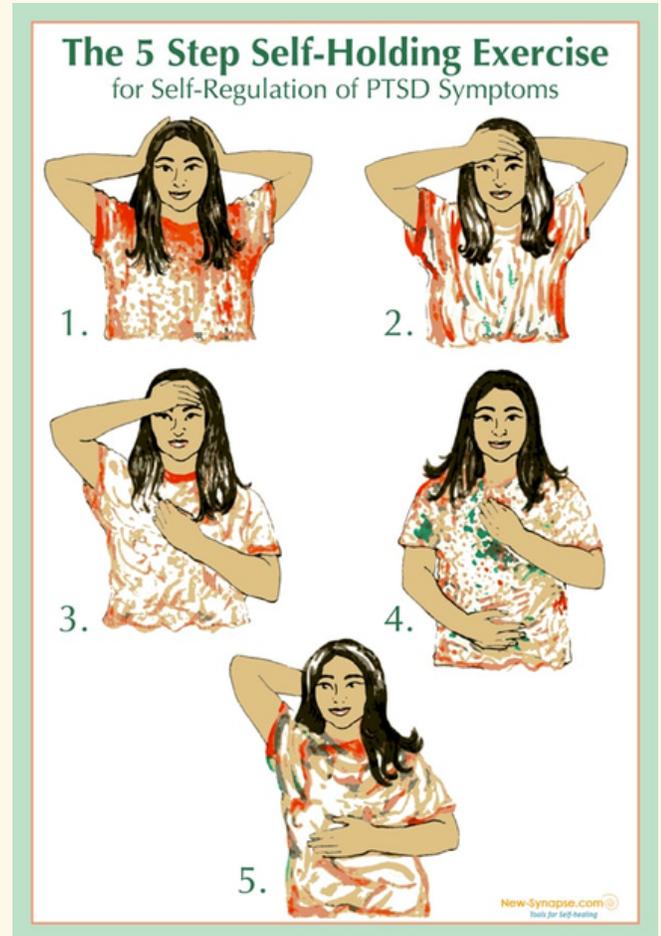
Karine Silverwoman 2023

Psychoeducational Graphics

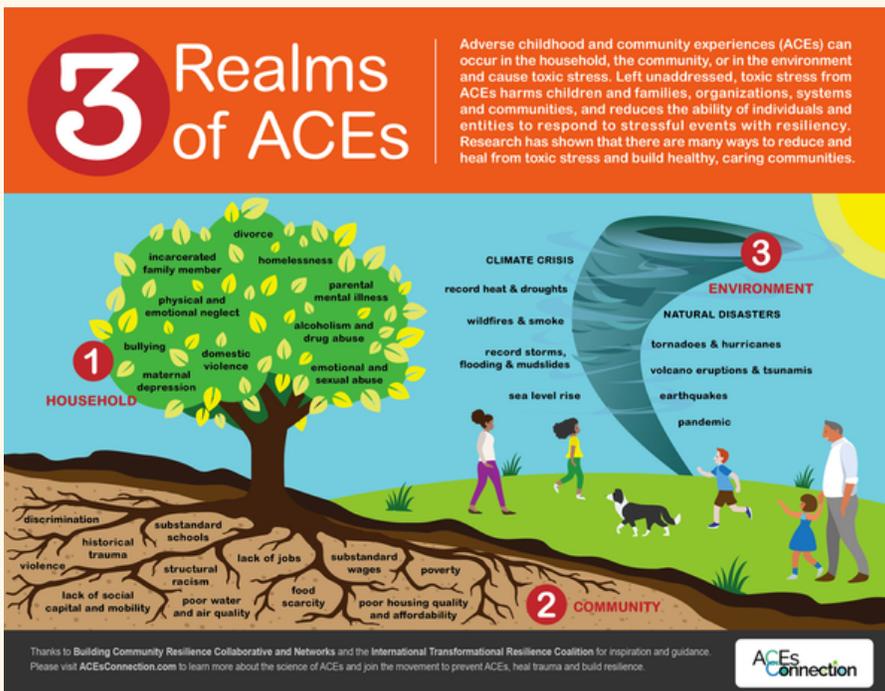
"Hand Model of the Brain" Created by Dan Siegel



"5-Step Holding Exercise" By PACEs Connections



"3 Realms of Adverse Childhood Experiences" By PACEs Connections



Tip: Remember to double click the image to maximize and download them

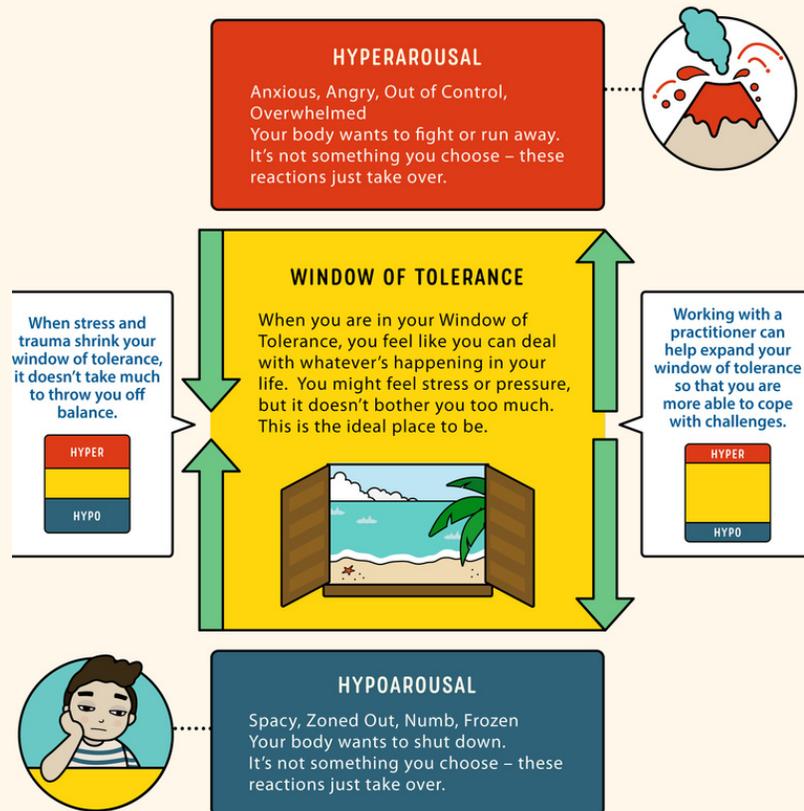


Psychoeducational Graphics

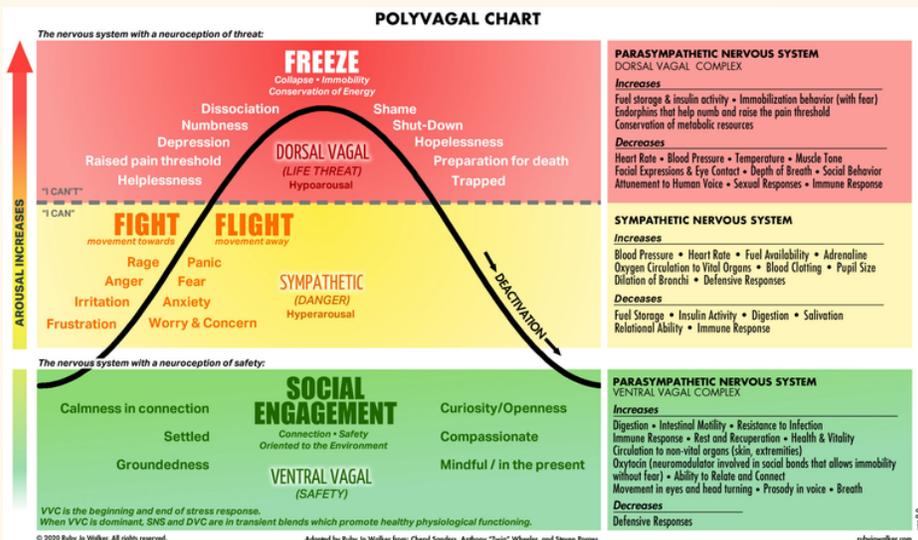


"Trauma Responses"
-Graphic by Dr. Justine Grosso

How Trauma Can Affect Your Window Of Tolerance



"Window of Tolerance"
-By the National Institute for the Clinical Application of Behavioural Medicine



nicabm
www.nicabm.com

"Polyvagal Chart"
-Adapted from Ruby Jo Walker

Psychoeducational Videos

Remember: double Click the images to play!

Trauma and the Incredible Hulk – Jacob Ham



Trauma and the Incredible Hulk

48K views • 5 years ago

Jacob Ham

In this video, I talk about my favorite metaphor for trauma that I use with nearly all of my trauma patients during therapy. It's a great ...



What type of radiation created the Hulk?

1 moments



prentisemphill • Follow



prentisemphill Somatic Centering

Somatic centering practice to keep us present and feeling.

For the last few days I've been rushed with grief, with rage and with love for all us doing the transformative work of liberation. This is a practice that helps me to feel all of it, to include even these feelings into what I know. And it helps me to keep becoming who I need to be to meet this moment. When we center it sharpens our perception, which reveals choice, which makes the actions we take more aligned. ❤️

119w



43,479 views

JUNE 17, 2020

Good and centering in depth so feeling

Prentis Hemphill
on
Somatic Centring



How childhood trauma affects health across a lifetime | Nadine Burke Harris



How childhood trauma affects health across a lifetime | Nadine Burke Harris

5.7M views • 7 years ago



Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated ...

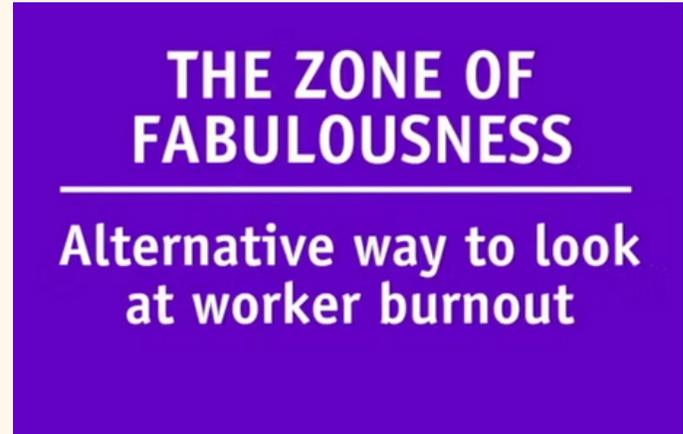
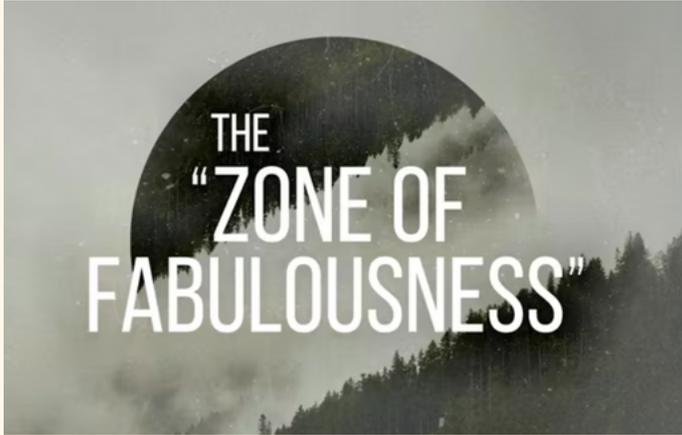
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Childhood Trauma | The Adverse Childhood Experiences Study | Adverse Childhood Experiences |... 6 moments

Psychoeducational Videos

Vikki Reynolds on the "Zone of Fabulousness" and Resisting Burn Out



Resisting Burnout With Justice-Doing Part 1: Collective Care & Ethical Pain

12K views • 4 years ago



Part 1 of Vikki Reynolds' (PhD RCC) professional development presentation for the BC Settlement and Language S



Resisting Burnout With Justice-Doing Part 2: "Trauma" & Resistance

5.7K views • 4 years ago

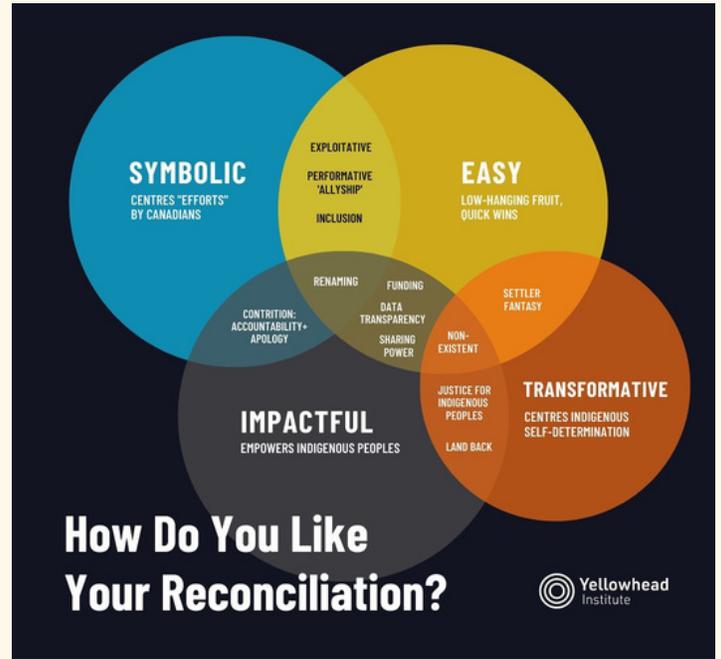
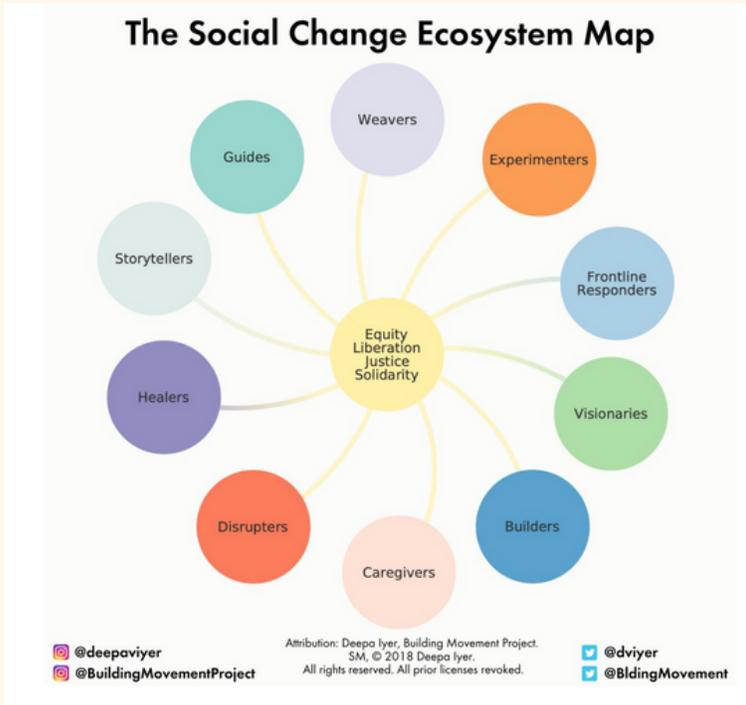


Part 2 of Vikki Reynolds' (PhD RCC) professional development presentation for the BC Settlement and Language



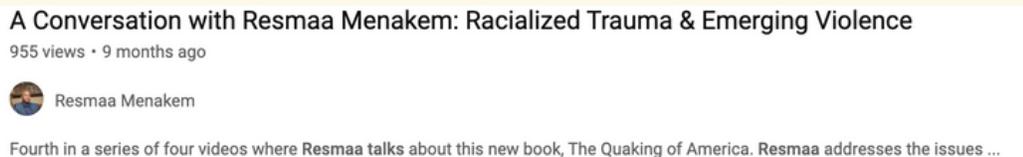
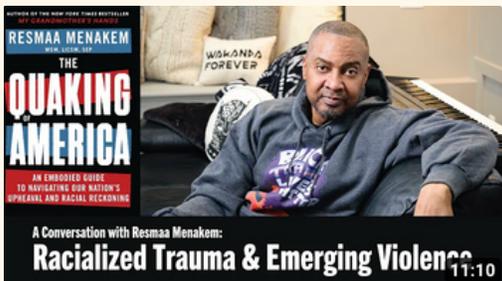
The Most Radical Way to Heal: Internal Family Systems with Dr. Becky Kennedy
We Can Do Hard Things with Glennon Doyle

Another World is Possible



"What is your dream of a liberated future?"
Reflections with Lama Rod Owens

A Conversation with Resmaa Menakem: Racialized Trauma & Emerging Violence



Suggested Readings: Books

- The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma. *Bessel van der Kolk.*
- The Body is Not An Apology: The Power of Radical Self-Love. *Sonya Renee Taylor*
- Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More. *Vikki Enns.*
- Decolonizing Trauma Work: Indigenous Stories and Strategies. *Renee Linklater*
- The Future is Disabled: Prophecies, Love Notes and Mourning Songs. *Leah Lakshmi Piepzna-Samarasinha*
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies. *Resmaa Menakem*
- No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model. *Richard C. Schwartz*
- Oppression and the Body: Roots, Resistance, and Resolutions. *Christine Caldwell, Lucia Bennett Leighton*
- The Pain We Carry: Healing From Complex PTSD. *Natalie Y. Gutiérrez*
- *Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation.* *Deb Dana and Stephen W. Porges.*
- *The Politics of Trauma.* *Staci K. Haines.*
- *Transforming the Living Legacy of Trauma: A Workbook for Survivors and Therapists.* *Janina Fisher.*
- Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror. *Judith Lewis Herman.*
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.* *Laura van Dernoot Lipsky.*



- What Happened to You? Conversations on Trauma, Resilience and Healing. *Bruce D. Perry & Oprah Winfrey.*
- What My Bones Know. A Memoir of Healing From Complex Trauma. *Stephanie Foo*
- The Wisdom of the body: Finding Healing, Wholeness, and Connection through Embodied. *Hillary L. McBride*

Suggested Readings: Articles & Chapters

- Tuck, E. & Yang, K. W. (2012). "Decolonization is not a metaphor".
- Kahn, F. (2015) "Caring for Yourself is a Radical Act: Self-Care Guide for Youth Working in Community."
- Linklater, R. (2014). "Colonialism, Indigenous Trauma and Healing." *Decolonizing trauma work: Indigenous Stories and Strategies*, pp. 19-50 Fernwood Press: Halifax.
- Mingus, Mia (2012). "On Collaboration: Starting With Each Other" *Leaving Evidence*.
- *Reclaiming Power and Place: : The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls.*
- Reynold, V. (2019). "The Zone of Fabulousness: Resisting vicarious trauma with connection, collective care and justice-doing in ways that centre the people we work alongside." *Association for Family and Systemic Therapy*, pp. 36-39
- Reynolds, V. Riel Dupuis-Rossi, R & Heath, T. (2021). *Inspiring Believed-in-Hope as an Ethical Position: Vicarious Resistance & Justice-Doing. Journal of Contemporary Narrative Therapy*, 2021, Release 1, p. 2-18.
- *Fawn: The Trauma Response That Is Easiest to Miss by Janae Elisabeth (2022)*
- Truth and Reconciliation Commission of Canada (2012). "Calls to Action".

Visit my website for additional resources

karinesilverwoman.com/resources

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