




Helping Trauma Survivors Cope


How to Develop a Supportive Community


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

The Stress-Trauma Continuum

- Normal
- Situational
- Traumatic






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 is over

Developmental Trauma:

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

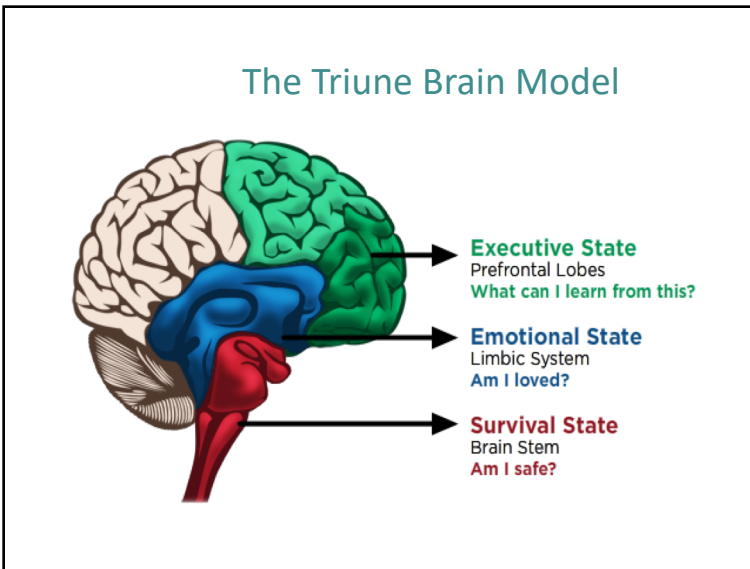
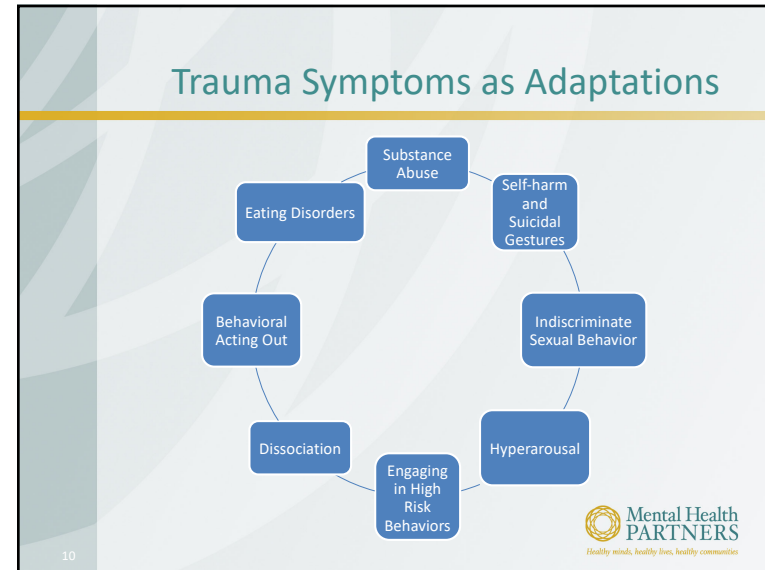
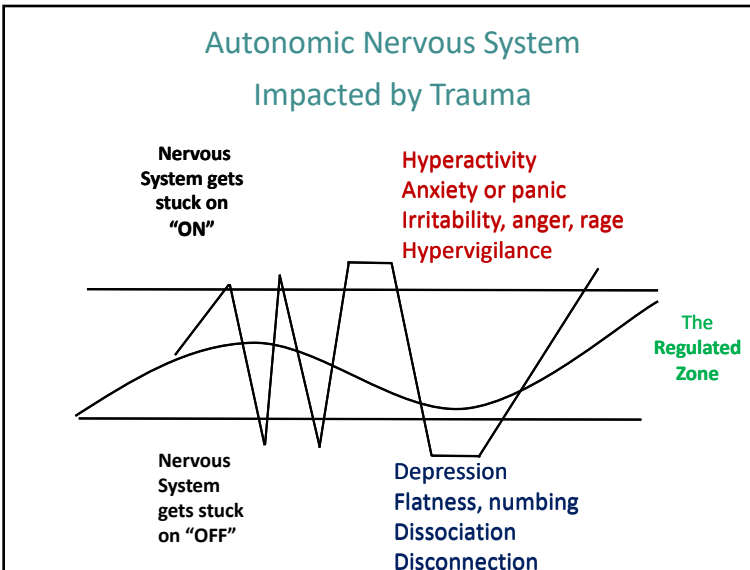


Examples of Traumatic Events

- Physical, sexual abuse, neglect
- Domestic violence
- Stalking
- School or gang violence
- Severe motor vehicle accidents
- Serious medical conditions
- Military combat
- Immigration
- Natural disasters
- Chronic experiences of oppression or marginalization
- Witnessing or hearing about the above







High Arousal (Fear) = Impaired Prefrontal and Insular Cortex

- Stress chemicals disable the mid and prefrontal cortex and the lower, more primitive parts of the brain takes over ->
- Language centers of the brain may go offline
- Instead of fighting or fleeing, one may freeze
- Memory may fragment

FIGHT

FLIGHT oohhaha!

FREEZE

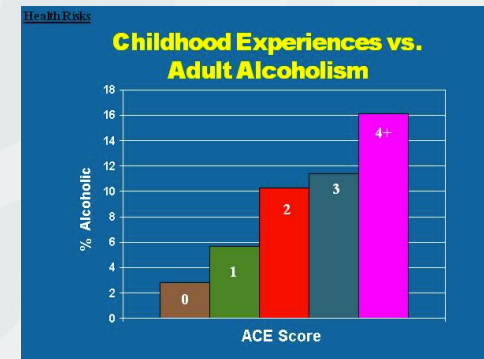
Adverse Childhood Experiences (ACEs)

- Recurrent, severe physical or emotional abuse or neglect
- Sexual abuse
- Growing up in household with:
 - Alcohol or drug user
 - Member being imprisoned
 - Mentally ill, chronically depressed or institutionalized member
 - Mother being treated violently
 - Both biological parents absent



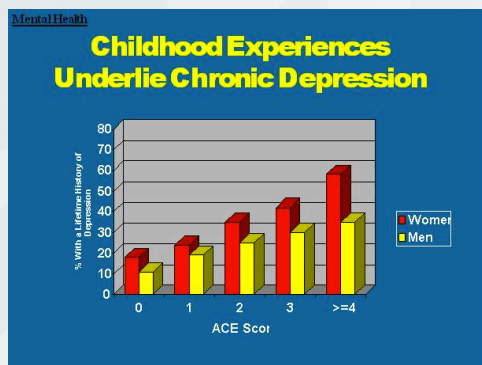
13

Trauma's Connection to Substance Abuse

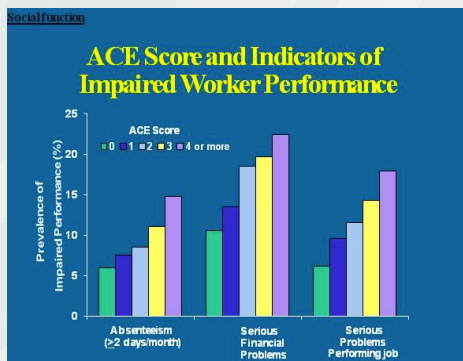


14

Trauma Underlying Other Mental Health Issues



15



16

Shifting the Paradigm

Instead of asking:

“What is wrong with you?”

A trauma-informed approach asks:

“What has happened to you?”



17

A Blast from Our Past...



“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

–Mr. Rogers



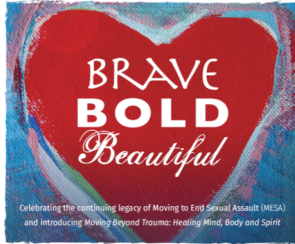
18

Look for the Helpers



20

Support Survivors who are Brave, Bold, and Beautiful



Thursday, April 5th from 5-7:30pm
 Mental Health Partners
 1333 Iris Ave, Boulder

Join us for an evening full of multi-media experiences to honor the evolution of advocacy against sexual assault and learn more about the Moving Beyond Trauma treatment program!

Learn more & RSVP:

Email: info@movingtoendsexualassault.org

Call: 303-443-0400

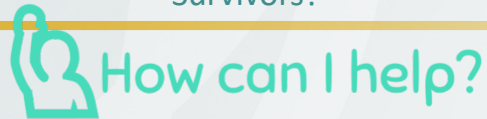
Visit: <http://movingtoendsexualassault.org>

Regulation Strategies to Regulate the Nervous System after Trauma

- Meditation
- Mindfulness practices (Mono-tasking)
- Yoga
- Slow, conscious breathing
- Learning new things
- Connecting with safe people and/or animals



What can YOU do to help Trauma Survivors?



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



Contact Information

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

