

Welcome All!

Serving with a Trauma Responsive Lens

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Connecting

What is it like to be YOU
this morning?

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Trauma is Real. Together we can Heal.

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5 Core Convictions

Influence the stories you tell...

Impact the stories you hear...

Shift the things you do and ways you are with others...

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I. Trauma is stored in the *body*

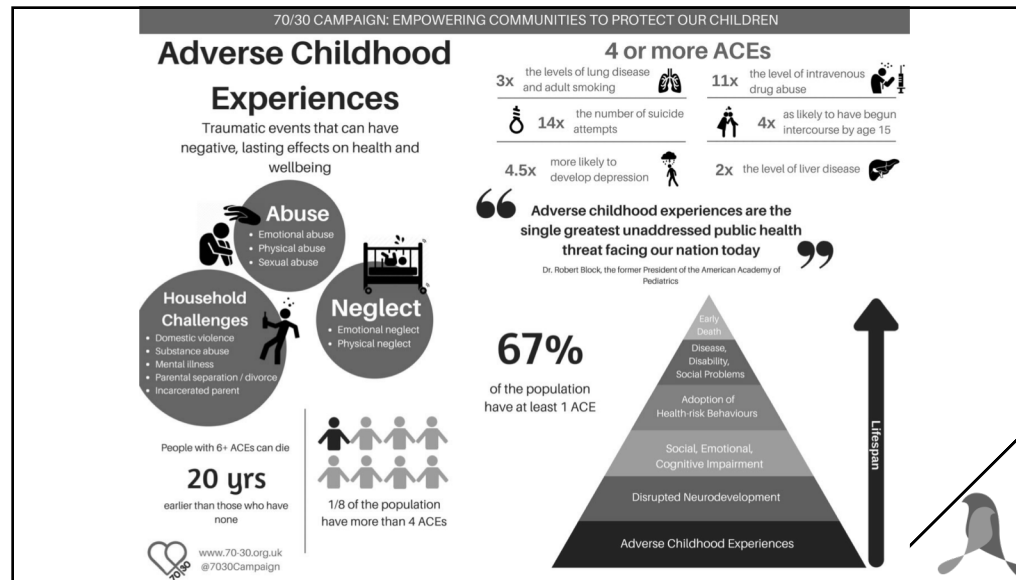


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1. Trauma is stored in the *body*.

- Bad memory vs. body memory
- Implicit vs. Explicit memory
- Trauma is stored in the body, therefore, healing must start with the body.

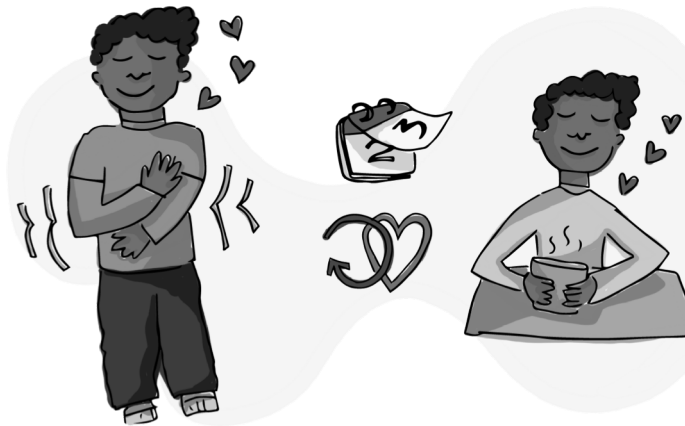
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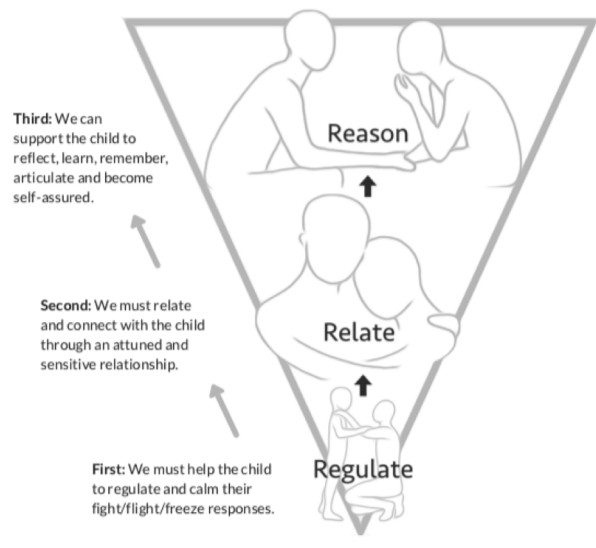
Things to DO, Ways to BE

- Movement
- Upregulating
- Down Regulating
- Pay attention, intentionally
 - What's here now?
 - Name it to Frame it

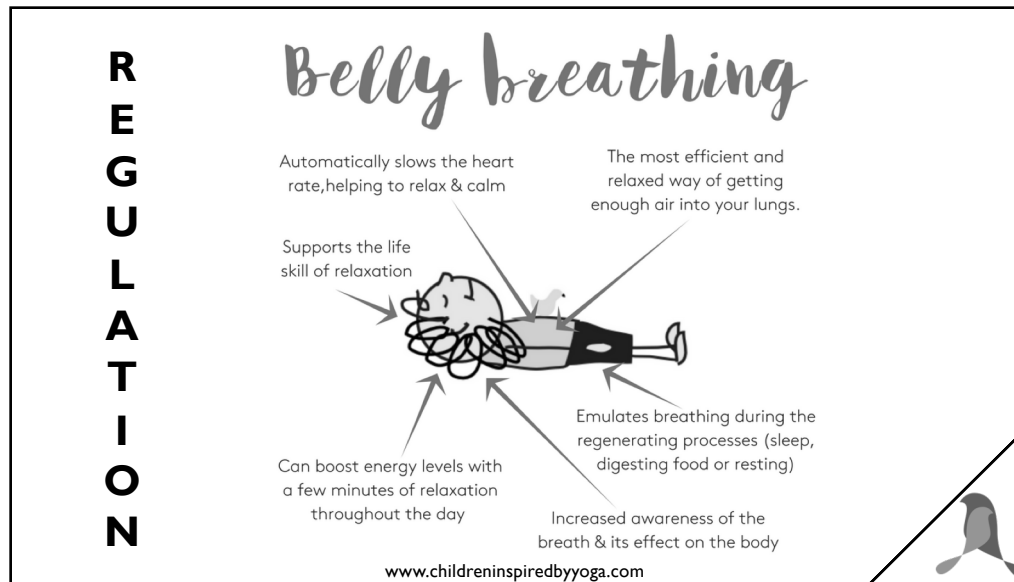
2. Regulation is a *practice*



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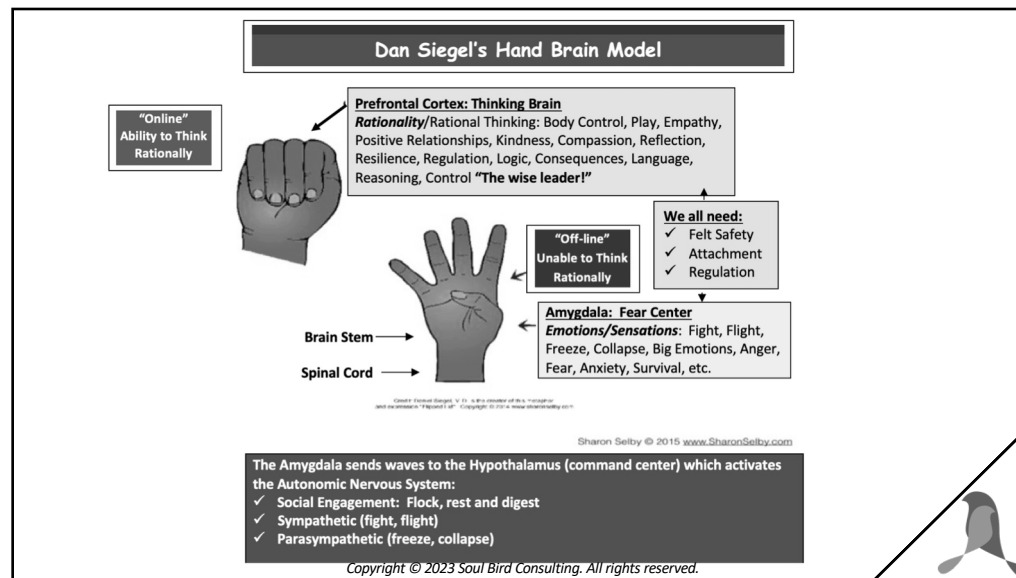
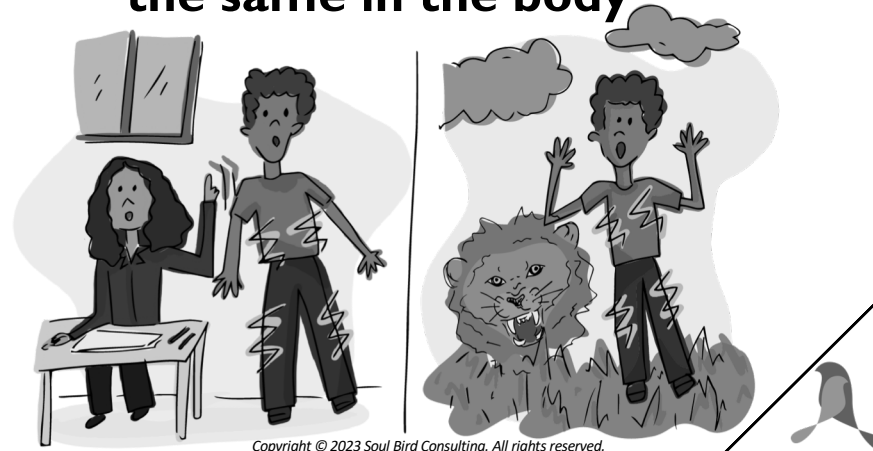
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Things to DO, Ways to BE

- Belly Breathing
- Ritual and Routine
- Discharge the Distress
 - YES!
- “That makes sense to me... you make sense to me...”
- *Roots and Wings activity*

3. Perceived threat and real threat *feel* the same in the body



Things to DO, Ways to BE

- Connect before you Correct
 - Mirror the emotional state
 - Help me feel less alone in my pain
- Create more visuals for plans, expectations, future experiences
 - Predictability is soothing
 - Plan for the unpredictable moments!
- *Anger Onion reflection practice*

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4. Trauma symptoms are survival strategies



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4. Trauma Symptoms are *Survival Strategies*.

“Whatever we did to survive the trauma-fighting, running, freezing-those were behaviors that kept us alive. However, when the threat is over we often see these survival strategies at work.”

- Mary Vicario, Finding Hope Consulting

- Flock
- Flee
- Fight
- Freeze
- Faint (submit)

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Things to DO, Ways to BE

- Anger Onion reflection and discussion practice
- What can we do instead?
 - Safe mobility
 - Safe stillness
- “This affects me, but it’s not about me”
 - Am I full?
 - HALT

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5. Healing happens in *relationship*



5. Healing Happens in *Relationship*

- Trauma doesn't happen in isolation, neither does healing- both happen in relationship.
- Independence is a myth
- Power *with* vs. Power *over*
- Relationship with SELF and others

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Things to DO, Ways to BE

- Affirmation practice
 - A-Z
- Gratitude Journal or Jar
- Sitting in the Pause
- Relational vs. procedural
- Growing Resilience

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MUCH GRATITUDE

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