

Trauma and Healthcare: Implications and Considerations

Ohio Institute for Trauma & Wellness
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Grounding Exercise



Objectives

- Provide definitions for the following:
 - Trauma
 - Trauma-informed care
 - Implicit Bias
- Identify impact of adverse childhood events on growth, development and symptom presentation
- Increase understanding of basic neurobiology of trauma
- Increase understanding of trauma response and identify 3-5 coping strategies
- Identify 2-4 considerations for managing trauma symptoms in healthcare setting
- Create plan for self care



Land Acknowledgement

We would like to acknowledge that the land we are meeting on today has long served as a site of meeting and exchange amongst Indigenous peoples.

Specifically, in the Central Ohio region, the land we occupy is the ancestral and contemporary territory of the Shawnee, Potawatomi, Delaware, Miami, Peoria, Seneca, Wyandotte, Ojibwe and Cherokee peoples.

We honor and respect the diverse Indigenous peoples connected to this territory on which we gather. We encourage each participant to increase their awareness of the historical and current realities of indigenous peoples in their local community.



About OTW

The Ohio Institute for Trauma and Wellness, LLC (OTW) was founded by Lisa Hayes, LISW-S, Tammy Moore, LISW-S and Suzi Rutti, LISW-S in 2019. The purpose of OTW is to provide high quality, socially conscious, culturally humble trauma-informed training, consultation and other services.

OTW strives to create safe spaces for professional curiosity, professional development, community engagement, equitable access, critical self-evaluation and increased cultural humility. OTW seeks to provide the community with trauma-informed trainings, consultation and other services that will enhance our community and ensure standards of practice.

OTW acknowledges the impact of trauma in our personal, local and global communities and is committed to continuous learning and trainings that increase the trauma competency of professionals serving these communities.

Our Core Values: OTW values diversity of community, identity and ideas. We seek to reflect those values in our work and in our community interactions.



ABOUT YOU

- INTRODUCE SELF
- ROLE
- INTENTION
- FUN FACT



What is Trauma?

What is your definition of trauma?



Trauma Definition

- Serious injury (actual or perceived) to self/witness serious injury or death of someone else
- Threats of serious injury/death (actual or perceived) to self or others
- Psychological harm/violation of integrity
- Powerlessness, helplessness, horror, fear, terror

(NCTSN, 2003)

Helplessness to protect yourself; Helplessness to protect someone else

Threat you are not prepared to handle

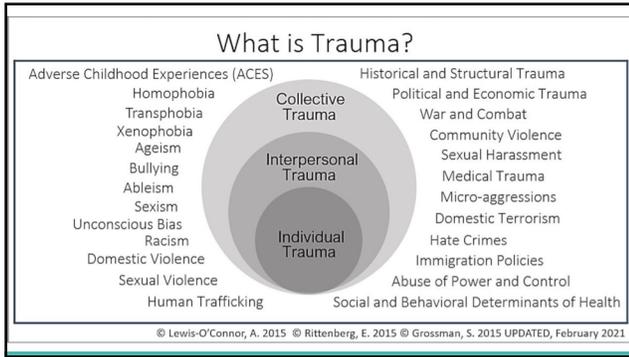
(O'Shea, 2012)



Types of Trauma

Acute	Chronic	Complex
<ul style="list-style-type: none"> • Unanticipated single events • Examples: school shootings, car accidents, homicides, traumatic losses 	<ul style="list-style-type: none"> • Long-standing or repeated exposure to extreme external events • Examples: physical abuse, sexual abuse, emotional abuse, neglect, domestic violence • War 	<ul style="list-style-type: none"> • Chronic • Interpersonal in nature, early onset with varied traumas • Betrayal trust (consider caregivers, family members) • Dissociative





- ### Examples of Trauma
- | | |
|---|---|
| <ul style="list-style-type: none"> Car Accident Natural Disaster Serious Medical Treatment Bullying/cyberbullying/school violence Community Violence Domestic Violence Emotional Abuse Physical Abuse Sexual Abuse Parent/Guardian Incarceration Civil war/ terrorism Suicide Poverty Systemic racism and oppression Immigration/ refugee / undocumented trauma Foster care/kinship care/adoption | <ul style="list-style-type: none"> Neglect Homelessness Exposure to Alcohol/Drugs Parent/Guardian with Mental Illness Sudden Death/Loss/Survivor suicide Robbery Kidnapping Witness to Death/ dying Birth Trauma/ perinatal trauma/ interrupted pregnancy Separation from Caregiver(s) Living unsafe communities Police targeting/ brutality (fear of or experience of) Intergenerational trauma Pandemic |
|---|---|
- (adapted from Childhood Trust Events Survey, 2009)
-

- ### Preverbal Trauma
- Lack of prenatal care
 - Traumatic birth
 - Neglect/ Abuse
 - Physical Abuse
 - Sexual Abuse
 - Witnessing Abuse
 - Early Surgeries/ Hospitalizations/ Medical issues
 - Foster Care/ Adoption- multiple placements
 - Caregiver's untreated mental health/ addiction issues
 - Failure to thrive/ deprivation
 - Separation from primary/ biological caregivers
 - Poor attachment
 - Unwelcomed pregnancy/ birth
 - Generational trauma
-

Victim Identification

- Primary
 - Directly witnessed/experienced event
- Secondary
 - Received 1st hand account
 - Community workers/1st responders/School staff
 - Members of impacted community
- Tertiary
 - Vicarious traumatization
 - Re-traumatization*
 - Populations with culturally/population specific trauma history
 - Refugee/war exposure
 - Hate crimes
 - Police brutality



Adverse Life Experiences

- It is all trauma
- ACE Study
 - 10 Questions including instances of
 - Verbal, physical, sexual, emotional abuse
 - Neglect
 - Parental separation or incarceration
 - Parental untreated mental health
 - Household alcohol and drug addictions
 - Caregiver violence
 - Compares current adult health status to childhood experiences decades earlier

<https://cls.unc.edu/wp-content/uploads/sites/3019/2016/08/From-ACESTOOHIGH-ACES-and-Resilience-to-Resilience.pdf>

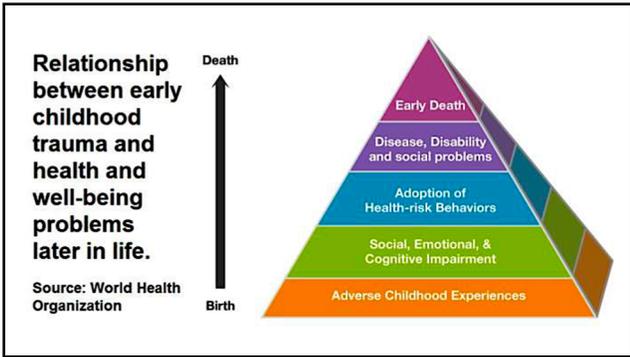


ACE Study Key Findings:

• Presence of 1 or more adverse childhood experience increased likelihood of a person experiencing the following:

- Alcoholism
- COPD
- Depression
- Fetal Death
- Health-related quality of life
- Adolescent pregnancy
- STI's
- Smoking
- Suicide attempts
- Illicit drug use
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Early initiation of sexual activity
- Unintended pregnancies





Adverse Life Experiences

- <https://www.youtube.com/watch?v=95ovIJ3dsNk>

Hand Model of the Triune Brain (Siegel, 2010)

Dan Siegel's handy brain anatomy model

English, 2016

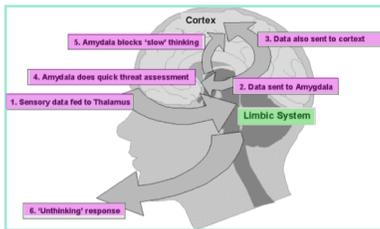
Triune Brain, Cont.



<https://www.youtube.com/watch?v=f-m2YcdMdFw>



Brain's Response to trauma



Six Steps to Unthinking Response

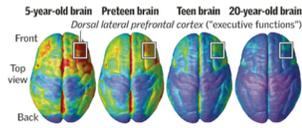
1. Sensory input
2. Data sent to amygdala
3. And cortex at the same time (longer route to cortex)
4. Amygdala assesses threat of sensory stimuli
5. Amygdala blocks slow thinking process in cortex
6. Unthinking Response



Brain Development and Cognitive Function

Judgment last to develop

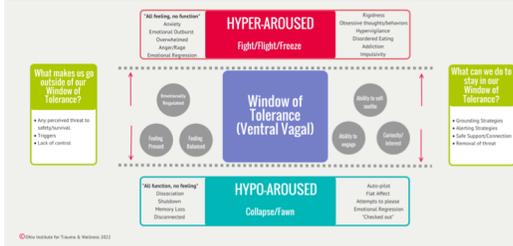
The area of the brain that controls "executive functions" — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:



Sources: National Institute of Mental Health; Paul Thompson, Ph.D., UCLA Laboratory of Neuro Imaging; Thomas McKay | The Denver Post



Window of Tolerance



Trauma Symptoms

Hyperarousal

- "All feeling, no function"
- Anxiety/ panic
- Increased heart rate/ breathing
- Sweating, shaking, physical response
- Outwardly upset
- Visibly emotional
- Difficulty attuning to details, facts, etc.

Hypoarousal

- "All function, no feeling"
- Apparently normal personality
- Low affect range-can be misinterpreted as indifference
- Dullness of senses
- Numbness
- Slow, shallow breathing



“Bottom Up” Processing



Our primary survival need is to regulate our body and brain. A unregulated/ symptomatic person does not have access to relational or complex reasoning skills.

Perry, B., 2010



Identifying Trauma Symptoms in Your Work

- Maladaptive response
 - i.e. self-injury, impulsivity, sexualized behaviors, combative behaviors
- Hyper or Hypo arousal
 - i.e. irritable, limited eye contact, lethargic, “disinterested”, rapid speech, hypervigilance, high startle response, sensory sensitivity
- Avoidance of stimuli
 - i.e. treatment refusal, communication avoidance, disruptive behavior
- Negative alterations in cognitions and mood
 - i.e. self-loathing statements, “black and white” thinking, reactivity
- Intrusion
 - i.e. flashbacks, increased triggers, nightmares, poor sleep
- Dissociation/ Numbing
 - i.e. checking out, non-linear history, sensorimotor retardation
- Difficulty engaging in activities of daily function
 - i.e. missing work/school, isolation, disrupted primary relationships



Grounding Strategies (Handout)

Calming (hyper arousal)

- Deep breath
- Warm drink/tea
- Soft, low lighting
- Soft textures
- Rocking, slow movements

Alerting (hypo arousal)

- Strong scent
- Sour/minty candy
- Bright lights/ colors
- Cool air/ water/ room
- Physical movement



Sample Grounding Kits

- Stress ball
- Fidgets
- Mints
- Sour candy
- Essential oils
- Pictures
- Notebook
- Crayons
- Bubbles
- Yoga Deck
- Feelings chart
- Stop sign



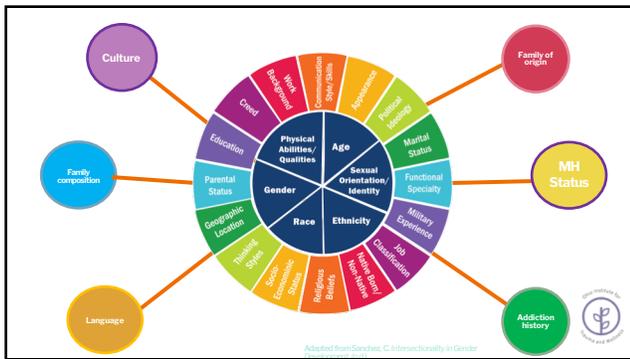
Questions?

Trauma and Intersectionality

Intersectionality

- Intersectionality; the complex and cumulative way that the effects of different forms of discrimination (such as racism, sexism, and classism) combine, overlap, and yes, intersect—especially in the experiences of marginalized people or groups.
(Merriam-Webster Dictionary, n.d.)
- Term coined by feminist legal scholar Kimberlé Crenshaw in 1989
- Acknowledgement that members of marginalized groups may not find language for their experiences in the lexicon of the majority/dominant culture
- Language is not neutral.
- Importance of creating opportunities for self identification/reporting





Transgenerational Trauma

What does it mean?

Ancestral experiences impacting future interactions AND gene expression in future generations. Transgenerational or Intergenerational. Can show up biologically, socially, mentally or emotionally.

What are the symptoms?

Lack of trust
Anger/irritability
Insecurity
Anxiety
Depression



Race Based Traumatic Stress

Mental and emotional injury caused by encounters with racial bias, ethnic discrimination, racism, and hate crimes

Any individual that has experienced an emotionally painful, sudden, and uncontrollable racist encounter is at risk of suffering from race based traumatic stress injury

In the U.S., Black, Indigenous People of Color (BIPOC), are most vulnerable due to living under a system of white supremacy.

Mental Health America, 2022

Trauma in Healthcare Setting

Implicit Bias in Healthcare

VIDEO

https://www.osmosis.org/learn/Implicit_bias

Implicit Bias is...
Attitudes, Stereotypes, & Beliefs
 that can affect how we treat others

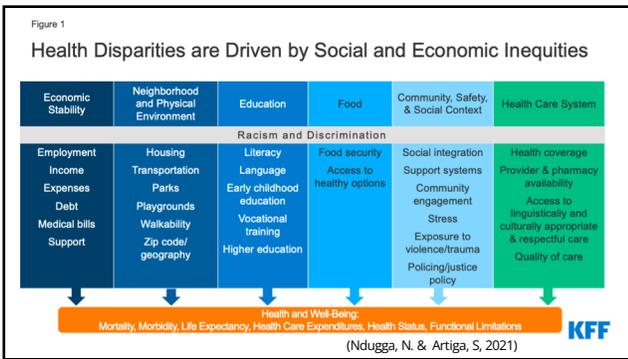
based on categorizations such as...

Implicit bias runs contrary to our stated beliefs. We can say that we believe in equity (and truly believe it). But then unintentionally behave in ways that are biased and discriminatory.

<https://implicit.harvard.edu/implicit/aboutus.html>

Adapted from @D99Marcelle

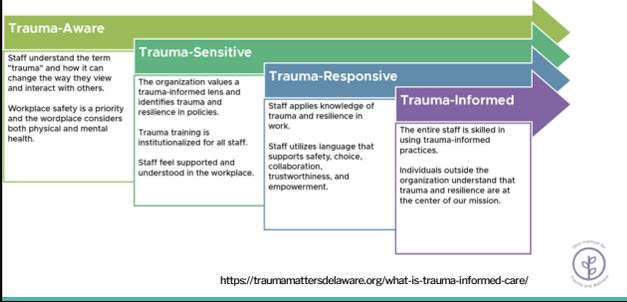
Discussion:
What is your response to idea that implicit bias impacts healthcare delivery?



REACTIONS: SMALL GROUP DISCUSSION

WHAT NOW?

Moving Towards a Trauma-Informed Approach



Considerations: First Contact

- Phone call
 - Ask if it's ok time to talk
 - Inform of time needed
 - Review logistics
 - Give options
 - Only ask what is needed
- Physical Space
 - Consider trauma informed set up
 - Place grounding items throughout
 - Privacy
- Exam rooms
 - Who is in room?
 - Listen, validate, give plan
 - Consider history, family composition, community
 - Impact of psychosocial needs



Considerations: Screening

- What is your screening process
- Give choices
- When and where these are done
- Informed consent
 - Mandated reporting
 - Outcome
- Have educational materials available
 - Consider access
 - Safety
 - Literacy
- Have resources posted throughout clinic



Considerations: Assessment

Discussion: What are you doing well? What can you change?

- Have plan to address trauma response
- Validate, support and empower
- Offer chaperone
- Ask permission and consent at every step
- Trauma focused interventions
- Acknowledge power dynamic

Considerations: Ongoing Care

What can you offer in house?

- Case management
- Check-ins
- Access and education to resources

What are community resources?

- Network and connect with local organizations
- Get to know partners
- Advocacy

Referrals and Specialty Care



Self-Assessment

- Professional Quality of Life Scale: Compassion Satisfaction and Compassion Fatigue (PROQOL) Version 5 (2009)
 - https://www.proqol.org/uploads/ProQOL_5_English_Self-Score.pdf
- Reactions
 - What surprised you?
 - What did not surprise you?
 - How can you use this with your clients?
 - What do you think you can/need to change?

Practical Ideas

How to apply this to your work

- Bottom up approach
 - Considerations for how/where you are meeting
 - Regulate
 - Relate
 - Reason
- Assume trauma history
 - Trauma informed coping strategies
 - Have sensory modulation strategies ready
- Behaviors as adaptations
 - Not a person's identity
 - Trauma response
- Advocate
 - Less punitive more trauma focused
 - Trauma treatment
- Establish and maintain trust
 - Allow for mistakes; show empathy
 - Do what you say you're going to do
 - Give choices



Questions?