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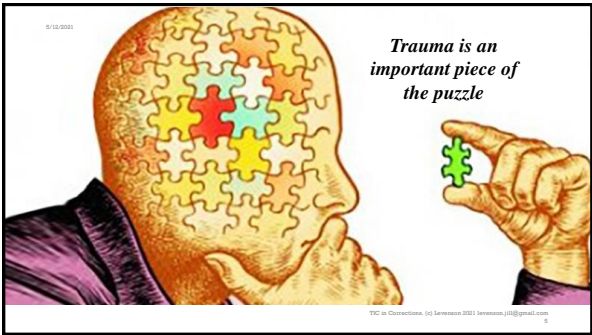
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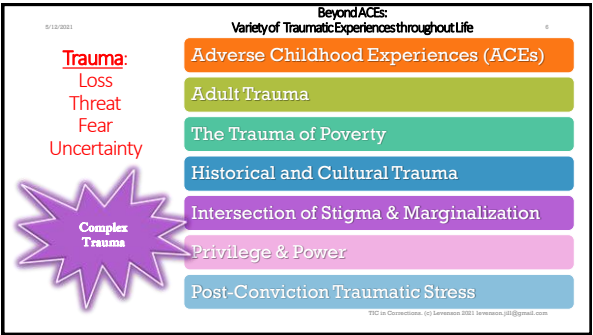
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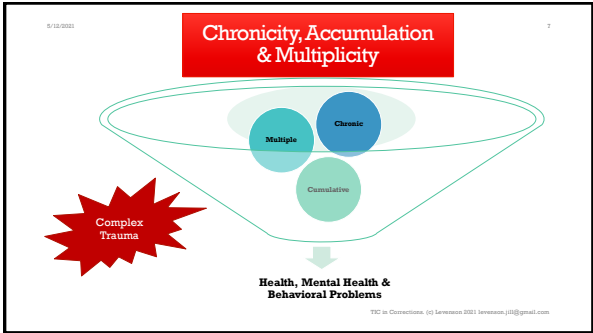
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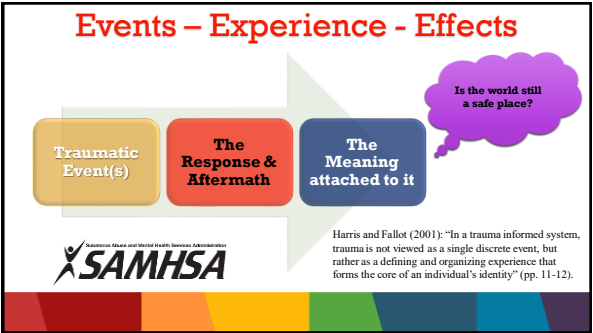
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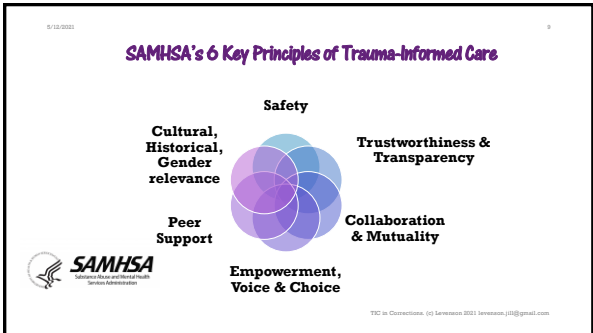
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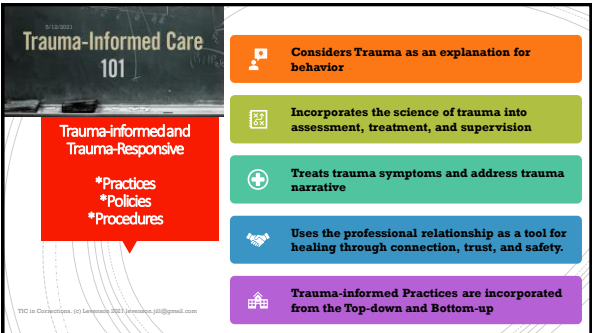
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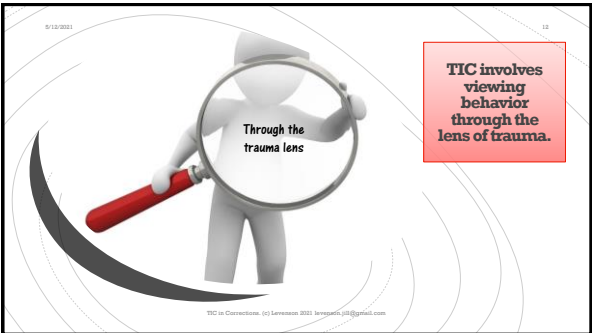
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This is your brain on trauma

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CRISIS

WEAK

STRONG

Hyper-Arousal:
Brain is always scanning for danger, ready for the next threat.

Effects:
Cognitive Processing
Self-Regulation

Everything is ok.

Aargh!

Prefrontal Cortex
Thinking/logic/
what to do/
evaluation.

Hippocampus
Regulates memory
and emotions.

Amygdala
Turns on fight or
flight, and stores
memories of the
event.

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Ways trauma may impact relational dynamics and behavior

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Hyper-vigilant
Easily offended
Over reactive
Aggressive
Provocative

Healthy coping
Good Boundaries
Problem Solving Skills

Fight

Face

Flight

Freeze

Avoid relationships
Avoid Intimacy
Self Medicate

Passive
Over compliant
Dependent
Can't set boundaries

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Understanding trauma is not just about acquiring knowledge.

It's about changing the way you view the world.

Sandra Bloom (2007)

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How does trauma translate into criminal behavior?*

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Understanding through the lens of trauma

Early conditioning experiences for maladaptive coping

Poor role modeling of healthy boundaries and coping skills

Learned behavior about power and control

Deprivation breeds entitlement

Beliefs about Self, Others, and the World

Limited Coping Strategies

Hyperarousal / Hypervigilance

Dysregulation

Attachment Disruption

Intimacy & Relational Deficits

Lack of Self-efficacy

Power & Control Needs

Affection, attention, value, worth, acknowledgement needs

Self-Medication for inner pain

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General Self-Regulation Challenges

Emotional Dysregulation

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Impulsivity

Decision Making

Cause & Effect

Judgement

Reasoning

Delayed Gratification

Structure, routine, & planning

Entitlement & boundaries

Self-Awareness

Threat response (F/F/F)

Distress Tolerance

De-escalation

Intensity of Emotion

Mindfulness & Relaxation (not!)

Mood instability

Self-medication

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Diagnostic Considerations & Case Conceptualization

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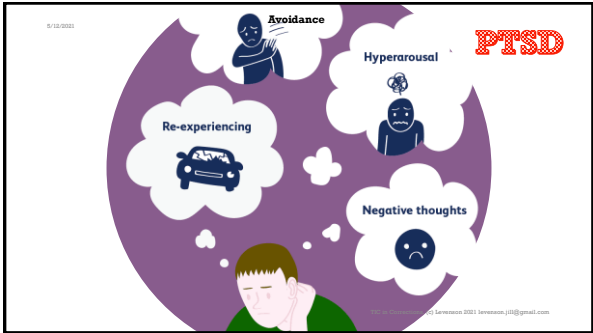
The medication isn't working!

Misdiagnosis or Labels:
ADHD
Bipolar Disorder
Antisocial/Conduct Disorder
Oppositional/Defiant
Depression/Anxiety
OCD
Addictions
Anger Management
Psychotic

SYMPTOMS OF TRAUMA

NIGHTMARES
FLASHBACKS
EMOTIONAL OVERHEATING
ADDICTIONS
DECREASED CONCENTRATION
DEPRESSION
SELF-DESTRUCTIVE BEHAVIOR
HYPERVIGILANCE
MISTRUST
ANXIETY
CHRONIC PAIN
WORTHLESSNESS
FEELING HOPELESSNESS
SHAME
NUMBING
LOSS OF INTEREST
LOSS OF SENSE OF SELF
HEADACHES
IRRITABILITY
PEELING UNREAL

18



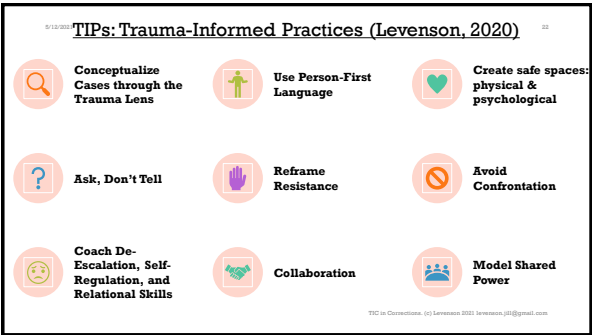
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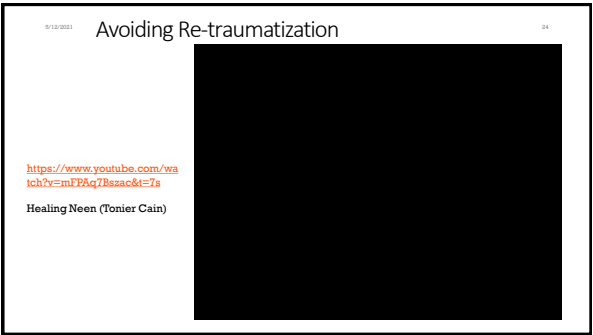
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Avoiding Re-traumatization

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Experiences that are re-enacted in CJ, CW, and social services

- *Blaming or shaming*
- *Unseen or Unheard*
- *Judged*
- *Powerlessness*
- *Trapped*
- *Threatened*
- *Betrayed*

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Avoiding Re-traumatization

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Trauma triggers exist on a continuum & Professionals need to be aware... Here are just a few.

Can trigger dysregulation: Anger, anxiety, depression, substance abuse, poor coping, impulsivity, avoidance.

Touch

Medical procedures

Authority / Relational

Sensory

People, places, things

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Helping Relationships should Feel Safe

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Safe relationships are

- Predictable
- Consistent
- Non-shaming

Model respectful

- Boundaries
- Language
- Use of power

Take care not to reproduce dynamics similar to those in abusive families

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Therapy is different from justice.

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"You don't say much, but I'm told it's the therapeutic relationship that counts."

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Batterer

Sex Offender

Addict / Junkie / Drunk

He's Bipolar


Person who engaged in DV

Person who sexually abused

Person with an Addiction

He has bipolar disorder

Person-first Language:
Labeling the Behavior,
Not the Person

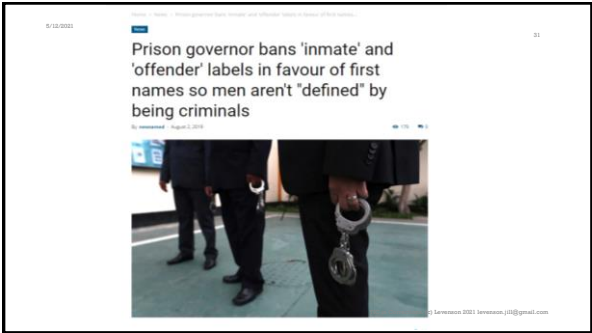


Dr. Gwen Willis:
Why do we label people by the very thing we don't want them to be?

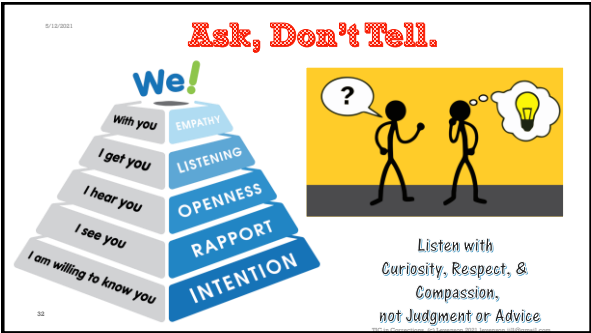
HELLO
I AM
what you
label me

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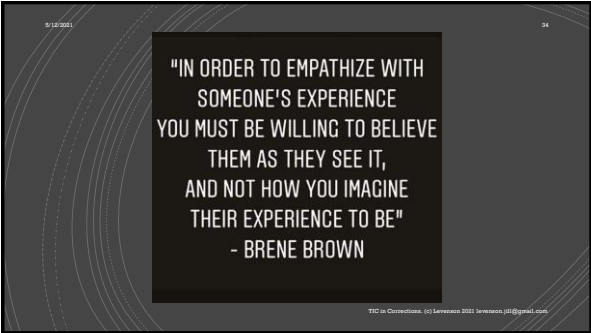
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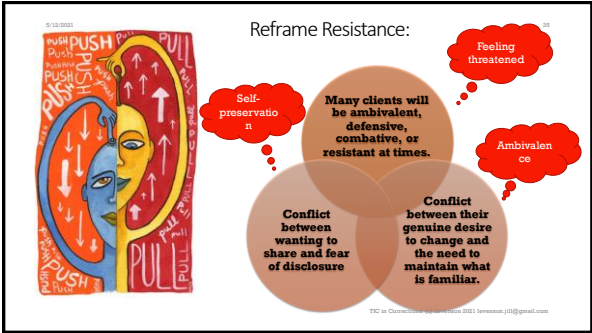
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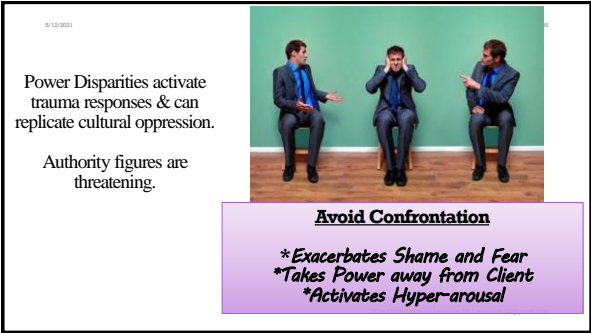
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Client storms out.

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SLAM!

I bet I'm not the first one to tell you that you're kind of scary when you're mad.

What's in that for you?

Gets people to acquiesce to what he wants.

Gets people to "come after him" and shows him that someone cares.

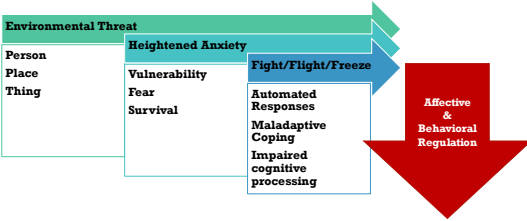
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Recognize Need for De-Escalation

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Environmental Threat

Person
Place
Thing

Heightened Anxiety

Vulnerability

Fear
Survival

Fight/Flight/Freeze

Automated Responses
Maladaptive Coping
Impaired cognitive processing

Affective & Behavioral Regulation

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Try to neutralize power struggles & model shared power

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Client gets mad.



"Your expectation that others won't respect your wishes seems to be causing you to talk louder, which means that you haven't been able to hear me agree with you."

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A cartoon titled 'FRUIT GROUP THERAPY' showing various fruits with speech bubbles. A lemon says 'I'm afraid if people see my insides they'll see how sour I am'. An apple says 'I feel that something is eating away inside me'. A banana says 'I'd like to pull back my skin and show my true self'. A bunch of grapes says 'I'm afraid I'm going to be pulled apart'.

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Peer Support

A diagram showing five stylized human figures in different colors (red, yellow, green, blue, purple) sitting around a white circular table. Below the diagram is the text '(less confrontation)'.

(less confrontation)

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- Decreases isolation
- Validates experience
- Allows mentorship
- Education / information
- Shared humanity
- I'm not alone!
- Somebody gets me!
- I can get help and also help others!

A hub-and-spoke diagram with 'Peer Support' in a central yellow box. Eight surrounding circles are connected to it: Teamwork, Trust, Inspiration, Exchange, Assist, Support, Success, and Share. A hand is shown holding a pen, pointing at the 'Assist' circle.

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A row of four bottles of 'Soap' in red, green, purple, and yellow. Below them, a hand is shown holding a fan of US dollar bills.

A photograph of a toilet stall. A sign on the wall says 'Take one if you need one' with a smiley face. Two baskets on the floor are filled with used toilet paper.

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Build Resilience:
Dealing with Crises Effectively, Coping Skills, & Adapting to change.

A circular infographic with 'RESILIENCE' in the center. Surrounding it are eight segments: GOAL SETTING WITH REALISTIC expectations, SELF ESTEEM, LEARNING from their MISTAKES, Understanding and ACCEPTANCE of their own strengths and weaknesses, SELF-CONTROL, WILLINGNESS to face DIFFICULTIES rather than AVOID PROBLEMS, OPTIMISTIC Thinking PATTERNS, and SOCIAL SKILLS TO SEEK ASSISTANCE from OTHERS. Other segments include problem SOLVING SKILLS and Ability to RECOGNISE their own EMOTIONS and those of others.

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Two main TIC goals:

A flowchart showing the relationship between TIC goals. A red box labeled 'Case Conceptualization' has an arrow pointing to a box labeled 'Understand maladaptive behavior through the lens of trauma'. From this box, an arrow points to a box labeled 'Avoid Re-traumatizing'. A red box labeled 'Trauma Informed Responses' has an arrow pointing to the 'Avoid Re-traumatizing' box. A large red arrow points from 'Case Conceptualization' down to 'Avoid Re-traumatizing'.

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A 3D white figure holding a large red question mark. A thought bubble next to it contains the text 'Questions & Discussion?'.

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TRAUMA INFORMED RESPONSES AND THE CORRECTIONAL JUSTICE SYSTEM
A Virtual Forum on Traumatic Injury and Recovery
March 10, 2021

Please use this link or scan the QR code to complete the evaluation and receive your certificate and PCE information:
<https://tinyurl.com/TranslatingTrauma>



For follow up questions, please email betsy.bell@dca.virginia.gov



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