

Complex Trauma

How the Brain and the Body Respond

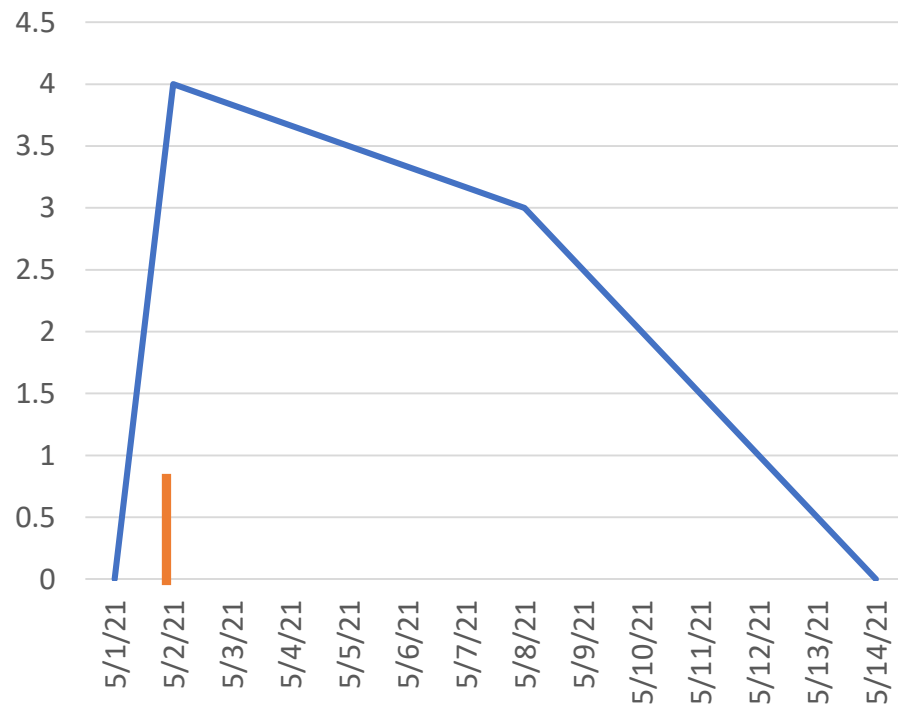


What makes trauma complex?

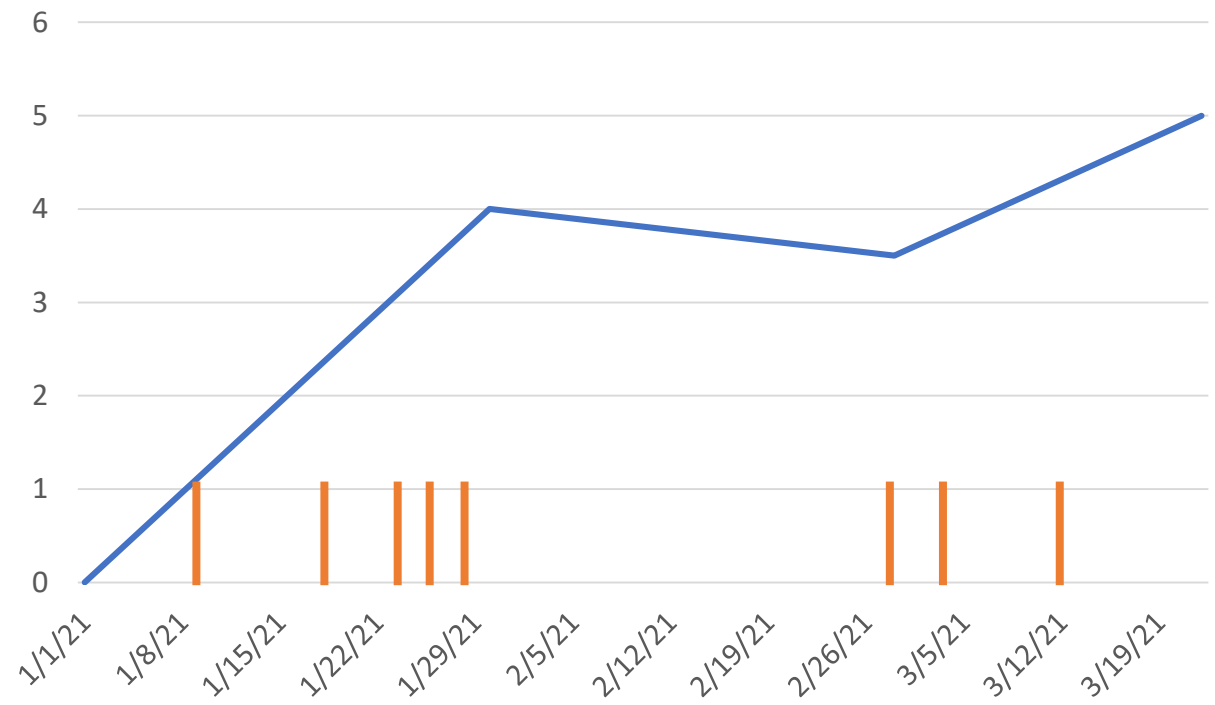
Simple Trauma	Complex Trauma
One time, limited duration	Repeated
One type, definable	Multiple types
	INTER_RELATIONAL
Medical trauma	Sexual abuse
Car accident	Physical abuse
Natural disaster	Emotional abuse
Death of a loved one	Neglect
	Bullying

What makes trauma complex?

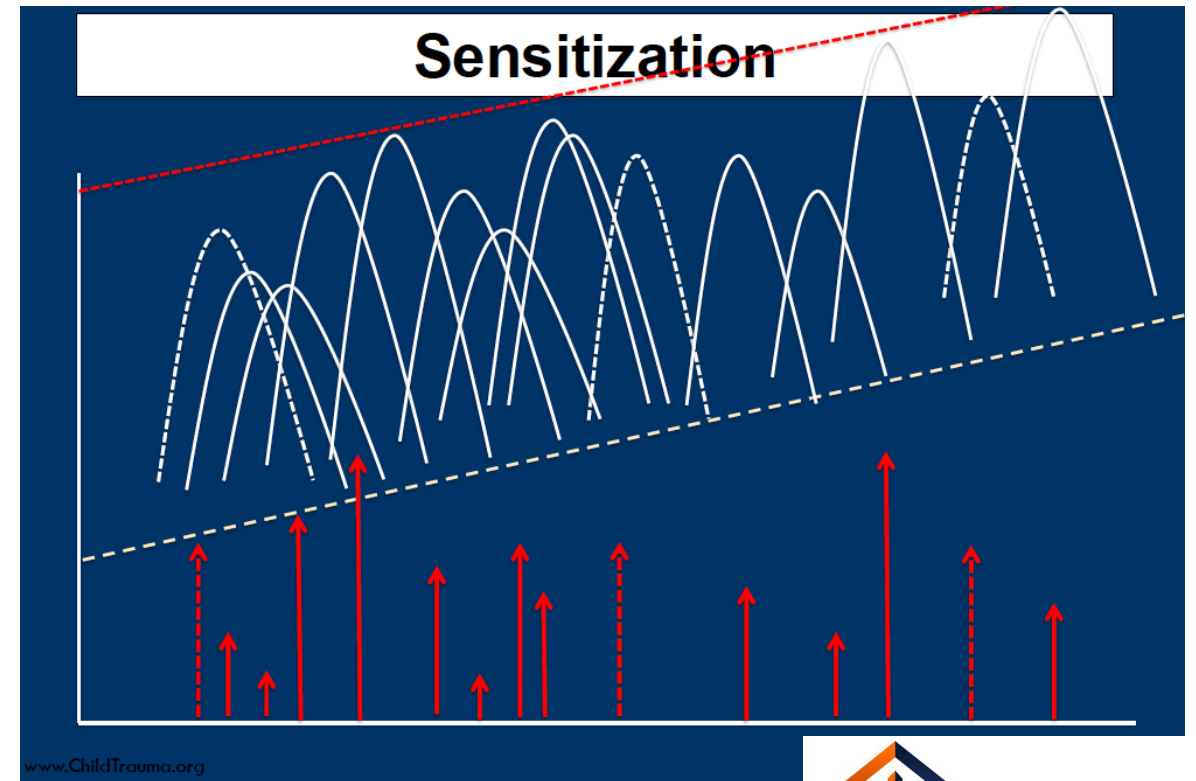
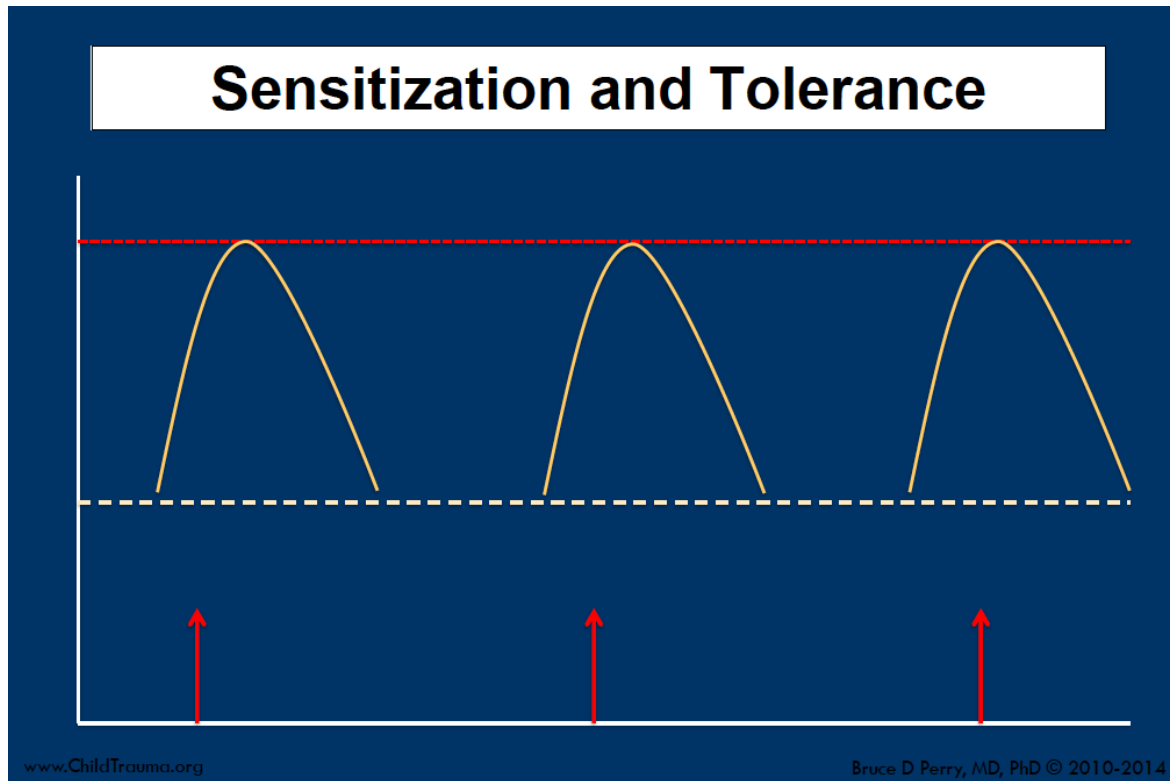
Simple Trauma



Complex Trauma



Why does complex trauma make life seem so much more traumatic?



Dr. Bruce Perry, Neurosequential Network

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What makes trauma complex?

- Inter relational
- Power differential
- Identity
- Efficacy, competence



The Brain

Moral order, guilt

Perspective taking

Achieving goals

Relational permanence

Efficacy

Competence, confidence

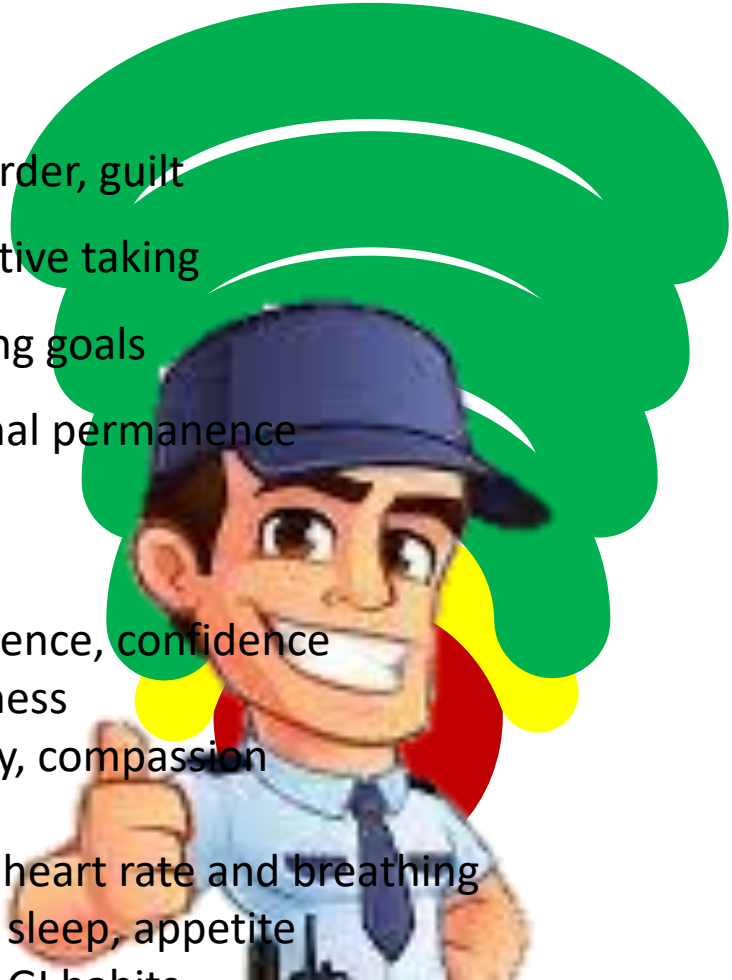
Worthiness

Empathy, compassion

Normal heart rate and breathing

Healthy sleep, appetite

Healthy GI habits



Shame

Flawed, worthless

Unlovable

Incompetent

Self centered

High heart rate and breathing

Muscle tension

Poor sleep, appetite

Poor GI habits





Social engagement
Empathy

Hopefulness
Purpose, goals

Guilt



Selfishness
Isolation

Sense of inferiority
Need for superiority

Shame

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Ventral



"The world is.
"I am.

Sympathetic



*"The world is \$%<!!!!!!
"I am /&%#\$!!!!!!*

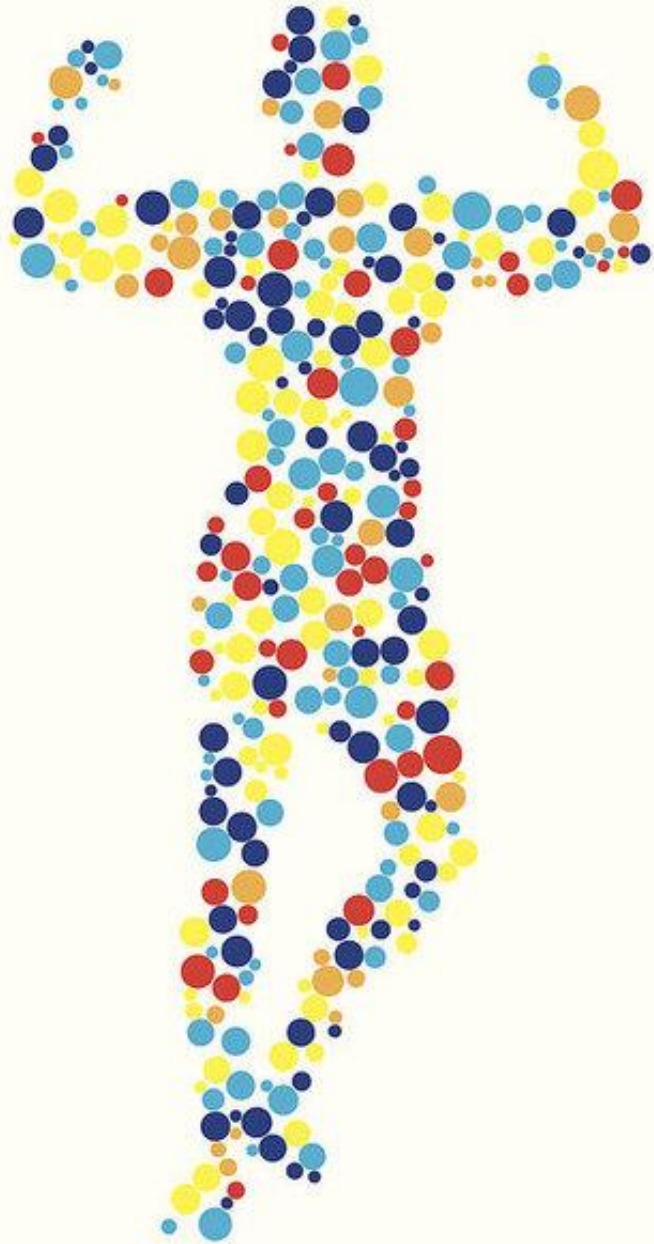
Dorsal



"The world
"I

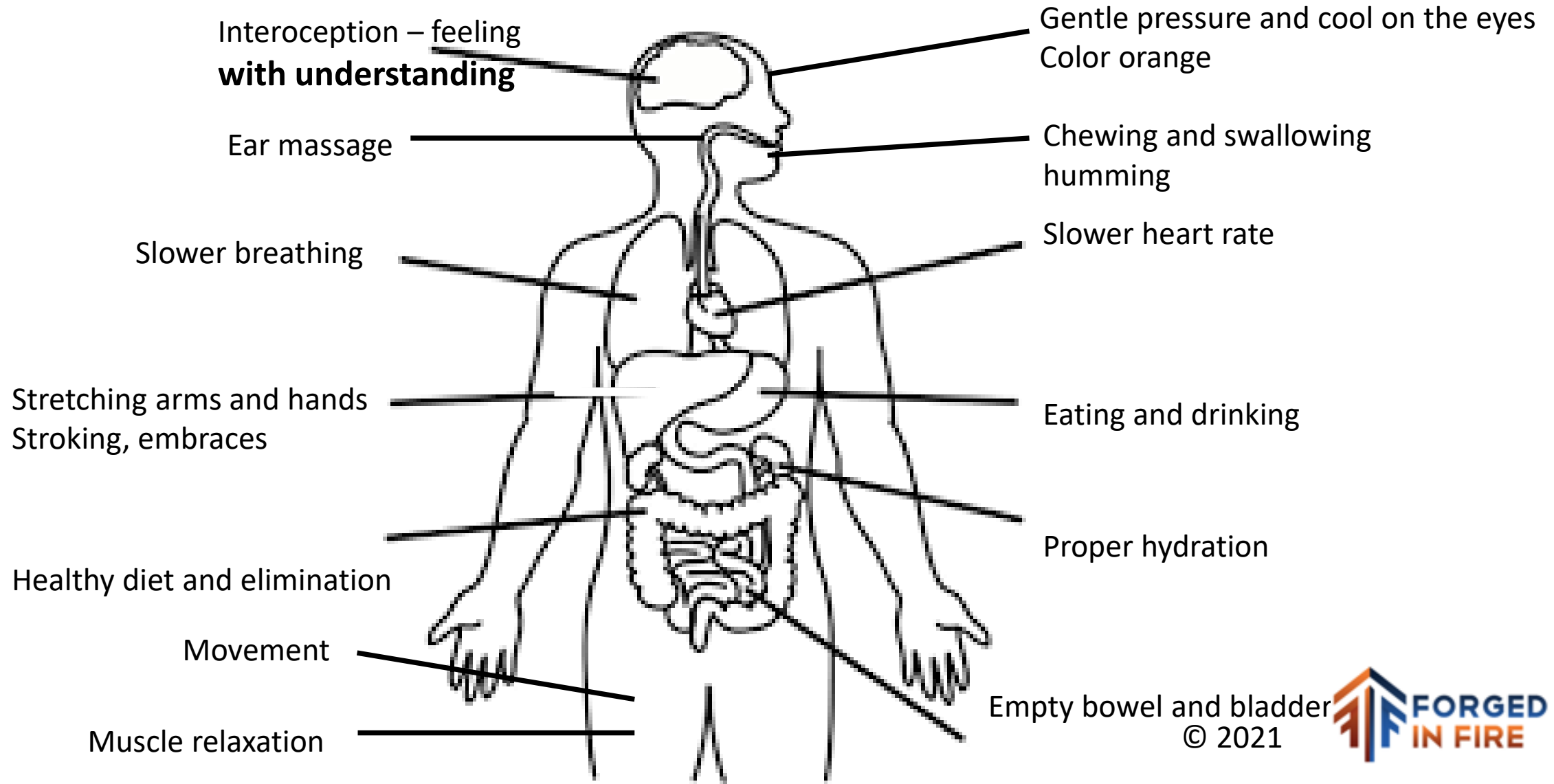


“Safety is the treatment.”
Dr. Stephen Porges



What are internal cues of safety?

Internal Cues of Safety





What are
environmental
cues of safety?

Cues of Safety - Environmental

- Desk arrangement, individual seating
- Temperature
- Windows
- lighting
- Visual clutter
- Personal items from students
- Auditory background noise
- Area for regulation
- Hallway congestion and clutter
- Cafeteria congestion, chaos
- Bathroom procedures
- Plants
- fish tanks



What are inter-relational cues of safety?

Inter-relational Cues of Safety

Perceive and
Attune

Make Sense
Normalize

**P
A
C
E**

Respond with empathy

Empathy Blockers



- Sliver lining the situation
- Fixing, advising, opining
- Interrogating

4 Elements of Trust

Consistency

Competence

Communication

Compassion

Mutual understanding of each other's intentions
Appreciation of the other's needs and desires



3 LEVELS of TRUST

IN RELATIONSHIPS



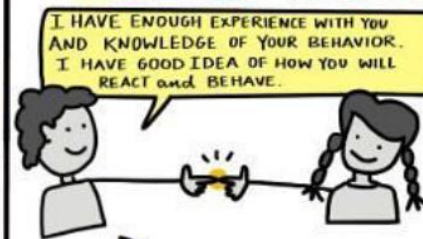
1 DETERENCE BASED TRUST



Rules that govern our behavior
Most BASIC LEVEL OF TRUST
e.g.

LAWS in society
CONTRACTS in business
POLICIES in organizations

2 KNOWLEDGE BASED TRUST



I KNOW YOU HAVE MY BEST INTEREST IN MIND..

THAT YOU WILL DO WHAT YOU SAID YOU'LL DO..

I FEEL SAFE ENOUGH TO TRUST YOU IN EVERYDAY DEALINGS

WE EXPERIENCE THIS MOSTLY IN OUR DAY-TO-DAY PROFESSIONAL RELATIONSHIPS

3 IDENTITY BASED TRUST

most intimate level of TRUST
BASED ON THE UNDERSTANDING OF HOPE, DREAMS, GOALS, AMBITIONS, FEARS AND DOUBTS

INCREASED transparency & vulnerability
and it was not misused

LOYALTY, ACCEPTANCE, UNDERSTANDING

reserved for most important people in life

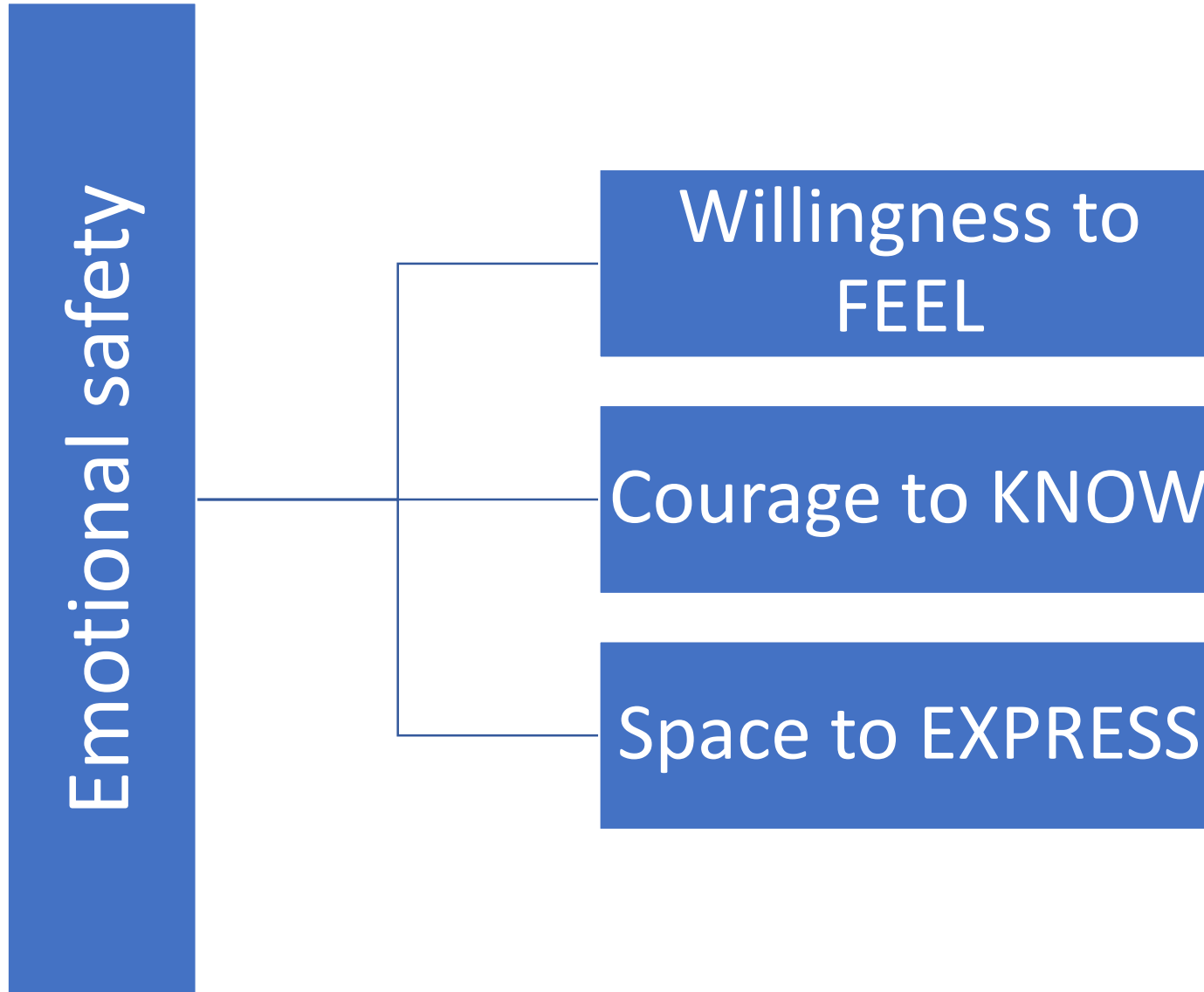
BUT WITH PROPER BOUNDARIES IN PLACE THIS LEVEL OF TRUST CAN UNLOCK PRODUCTIVITY, CREATIVITY and PERFORMANCE IN ORGANIZATIONS



What are
emotional
cues of
safety?



Cues of Safety – Emotional

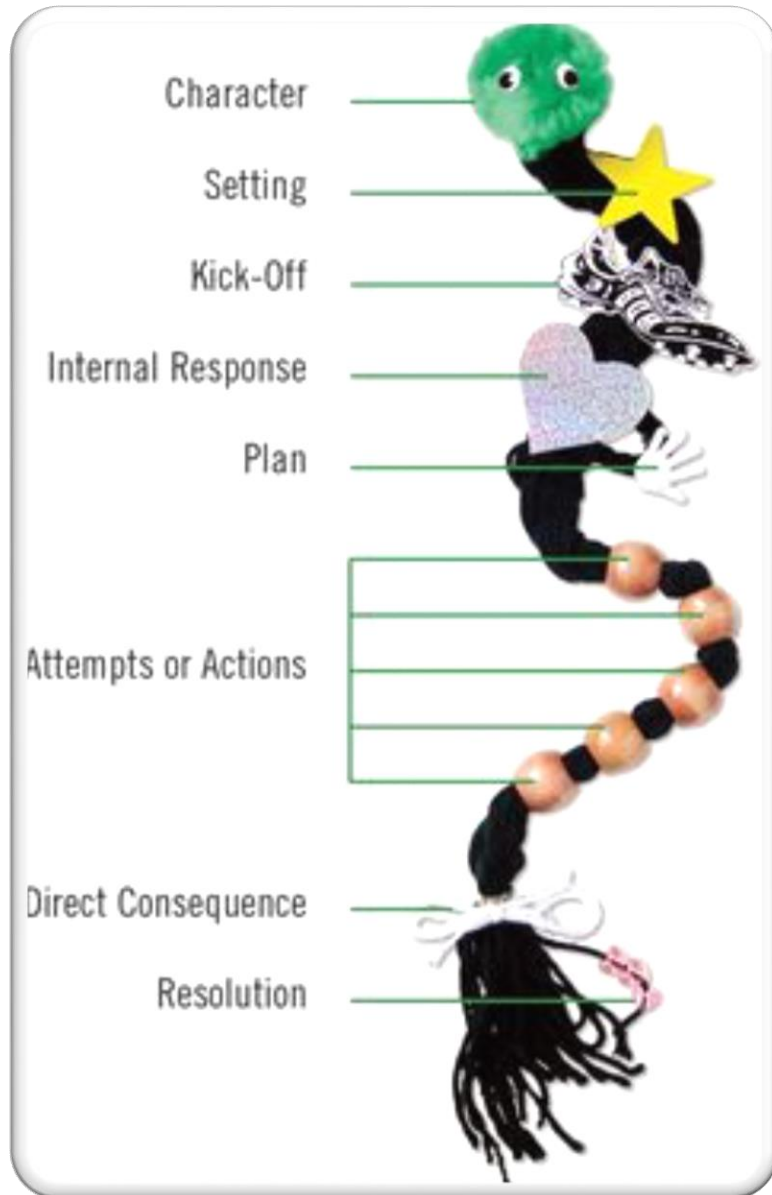


Willingness to Feel

- **Cue “Notice”**
- Calm, unflappable presence
- Emotions are like house guests
- Slowly bringing awareness to the body and changes in the body
 - Progressive muscle relaxation
 - Heart rate monitoring
 - Noticing before lunch compared to after lunch
 - Notice before a brain refuel break compared to after break



Courage to know



- [Name it to tame it](#), bring left brain logic to right brain awareness
- Adult or child retell the experience creating a timeline, Social Thinking behavior maps
- Restorative and community circles
- Journaling
- Drawing or painting the experience

Space to Express

A holding space



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