

MANAGING TRAUMA TRIGGERS

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WHAT IS A TRAUMA TRIGGER?

A *trigger* is something that sets off a memory tape or flashback transporting the person back to the event of her/his original trauma. She/he will react to this flashback, trigger with an emotional intensity similar to that at the time of the trauma.

WHAT IS A TRAUMA TRIGGER?

An internal or external stimulus that immediately induces a stress-based physical and/or emotional response based on a past traumatic experience.

Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

CORE ISSUES OF TRAUMA

What meaning and value you are giving the event?

- LACK OF CONTROL
- LACK OF SAFETY
- NOT BEING HEARD

QUESTION

A traumatic event is considered traumatic based on:

- a) a universal criteria.
- b) individual perception.
- c) a history of responses to the event.

TRAUMATIC EVENT

INVOLVES A TRAUMATIC
PICTURE

IS SUDDEN OR
UNEXPECTED

IS FORCEFUL OR
VIOLENT

IS PERCEIVED AS
OVERWHELMING OR
UNCONTROLLABLE

RESULTS IN FEELINGS OF
HELPLESSNESS, LACK OF
SAFETY (shame) AND
LACK OF CONTROL
(external)

DSM-V: POST TRAUMATIC STRESS DISORDER A. EXPOSURE

- Directly experiencing the traumatic event.
- Witnessing the event as it occurred to others.
- Learning that the traumatic event occurred to a close family member or close friend
- Experiencing repeated or extreme exposure to aversive details of the traumatic event (does not apply to exposure through electronic media unless the exposure is work related).

PTSD CRITERIA

(behaviors exhibited one month after the event)

- AVOIDANCE
- RE-EXPERIENCING
- NEGATIVE COGNITION
- HYPERVIGILANCE

**TRAUMA is the result of
a single traumatic event
or**


**accumulated from exposure
to the details of an event(s)**

Individuals with PTSD may be even more likely to see their PTSD symptoms get worse if they are exposed to reminders (triggers) that are similar to their trauma experiences.

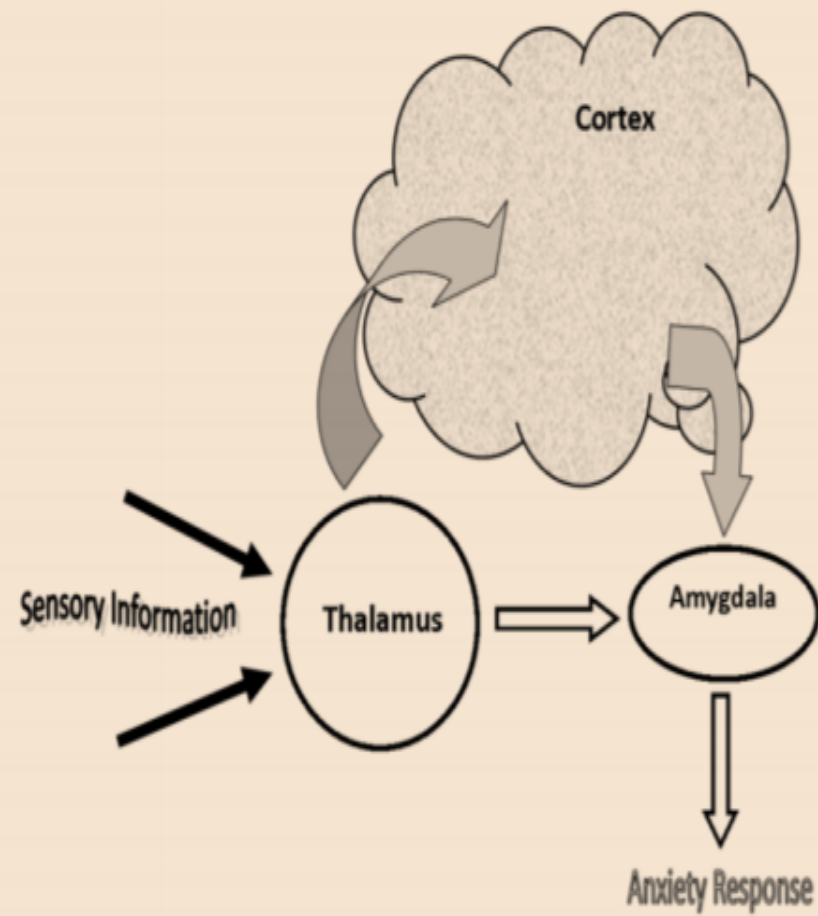
QUESTION

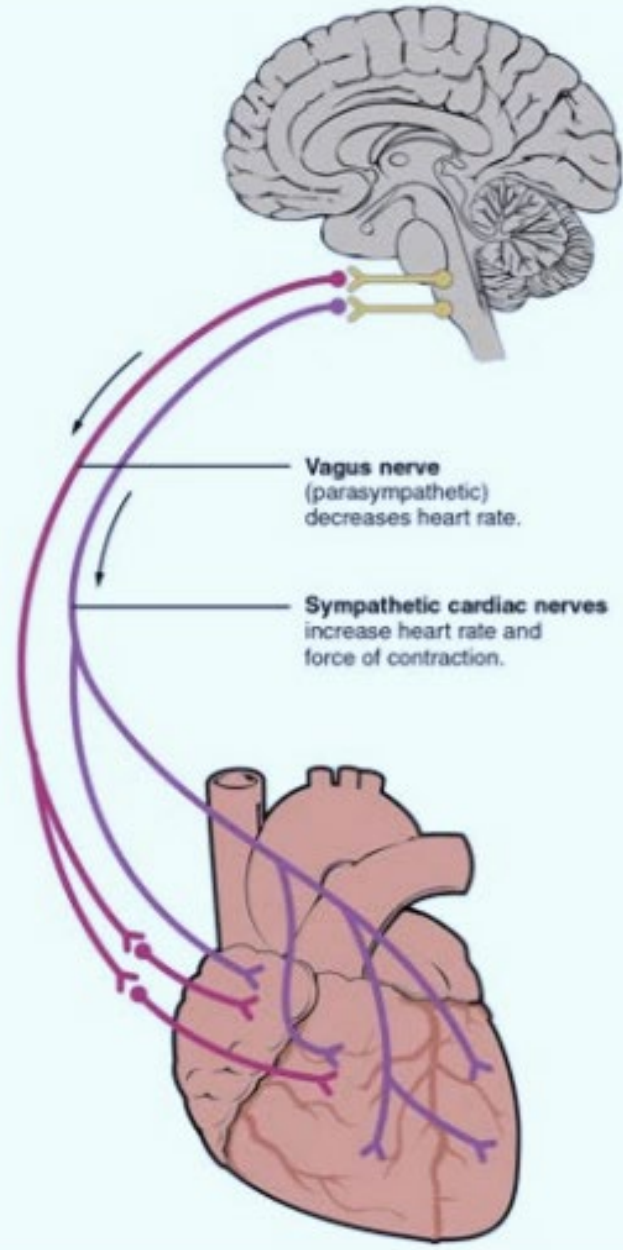
All triggers result in the same basic body/brain reaction.

TRUE or FALSE



Though commonly used to refer to the experiences of people with post-traumatic stress disorder (PTSD), the term "trigger" can also be used in the context of other mental health illnesses. This includes substance use disorders, eating disorders, and anxiety.

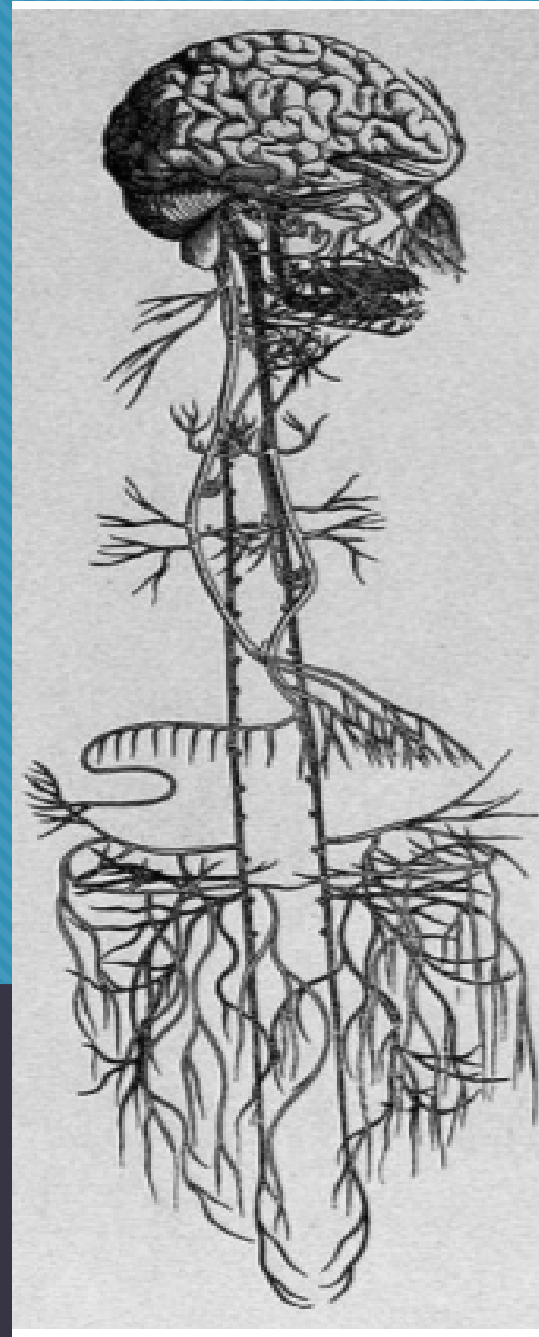




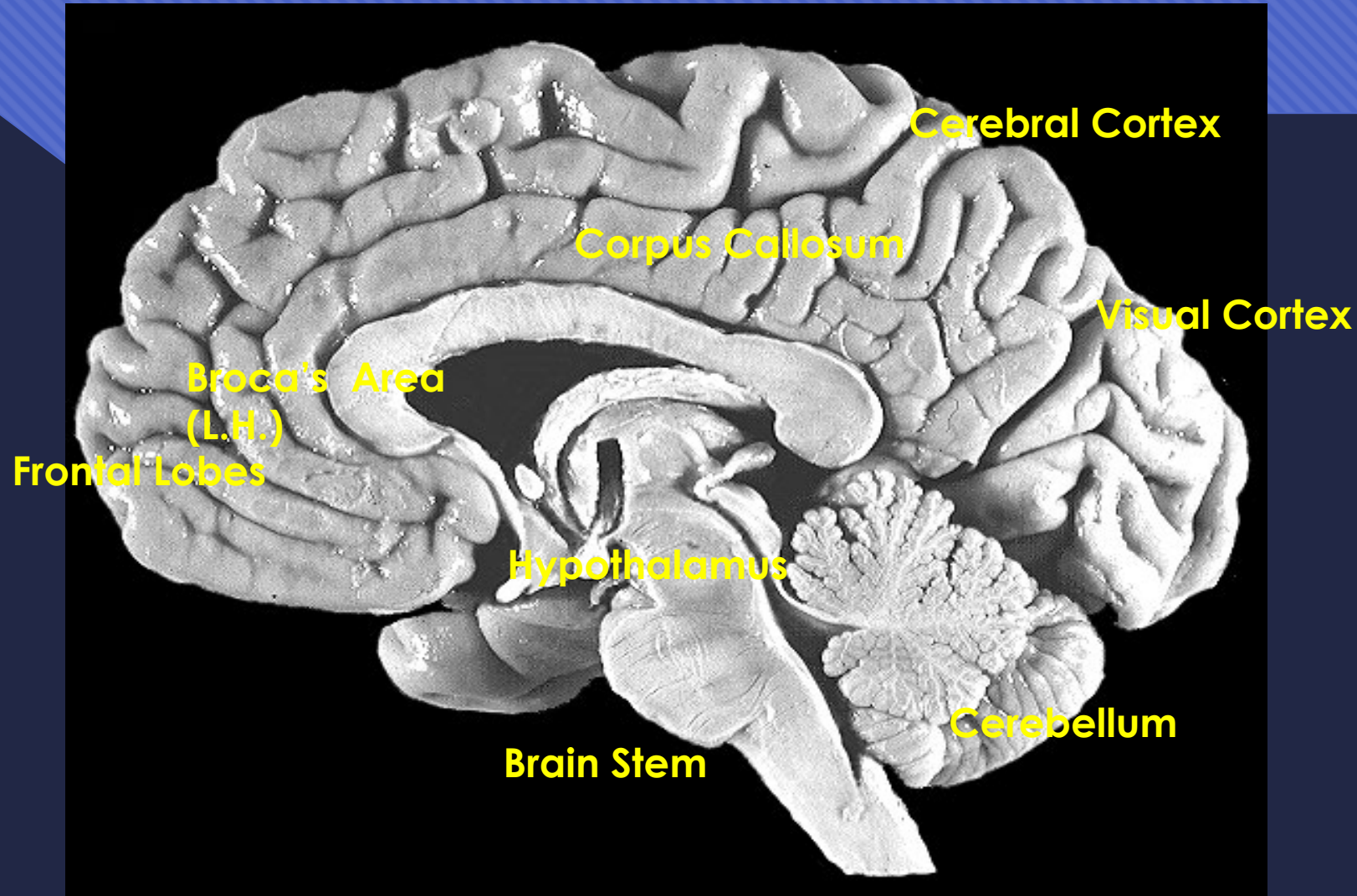
SOCIAL RESPONSE
VOICE, FACIAL
MUSCLES, EYE MOVEMENT

HEART/LUNGS
OXYGENATION/
CIRCULATION

SUB-DIAPHRAM
DIGESTION, EXCRETION,
REPRODUCTION



BILATERAL BRAIN



SIGHT

SOUND

SMELL

TOUCH

TASTE

BEHAVIOR/HABIT

EXTERNAL TRIGGERS

THOUGHTS

FEELINGS

MEMORIES

SUBCONSCIOUS

UNCONSCIOUS

MUSCLE TENSION

PAIN

INTERNAL TRIGGERS

QUESTION

What is actually triggered (activated)?

- a) Expectations / fear of the future.
- b) Sensations of the here and now.
- c) Memories of the past.



**WHAT IS
TRIGGERED?**

**MEMORIES
SENSE-
CENTERED
EMOTIONAL
BODY**

COPING WITH TRIGGERS

Being prepared.

- KNOW WHAT YOUR TRIGGERS ARE - NAME THEM. THIS HELPS TO GIVE A SENSE OF CONTROL.
- DEVELOP A SPECIFIC SELF-REGULATION/SELF-SOOTHING PLAN.
- PRACTICE THE PLAN BEFORE BEING TRIGGERED.
- INCLUDE OTHERS TO HELP SUPPORT YOU AND THE PLAN.

IMMEDIATE RESPONSE

Focus is on the experience.

1. Be mindful – bring yourself back into the present moment.
2. Be grounded – root yourself in the moment through the five senses/ bi-lateral movement.
3. Be aware – break down the trigger; what was it? Was it internal or external? What happened in your body? What were you thinking and/or feeling?
4. Be supported – engage with someone.
5. Be self-supporting – don't judge.

QUESTION

Therapies which encourage the individual to mentally re-visit the traumatic event are recommended for managing traumatic triggers.

TRUE or FALSE


MANAGING TRIGGERS

Focus is on the trauma.

- Avoidance
- Try multiple or practice exposures.
 - Break your response down;
 - Thoughts
 - Feelings
 - Behaviors.
- Change the meaning.
- Create positive triggers.

CHANGING MEANING AND VALUE

Increasing client's confidence in their ability to get rid of repetitive negative thoughts and feelings, reducing internal cues and sense of present danger.



Assisting client to formulate goals according to one's current situation and resources rather than focusing on the goals that the traumatic event has violated.

Enabling client to identify any positive consequence of the of the traumatic event.

Using exposure or narrative to desensitize traumatic memories and memory fragments.

TRAUMA-BASED COGNITIVE BEHAVIORAL THERAPY (CBT)

**EYE MOVEMENT DESENSITIZATION AND REPROCESSING
(EMDR)**

TRAUMATIC INCIDENT REDUCTION (TIR)

THERAPEUTIC APPROACHES

THANK YOU

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