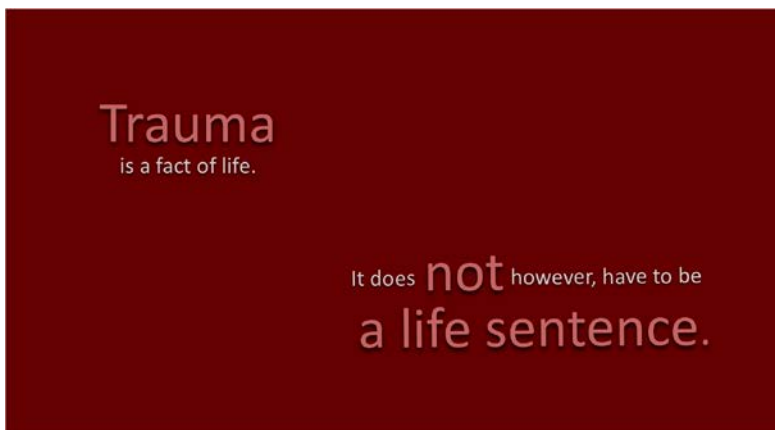


Trauma and PTSD

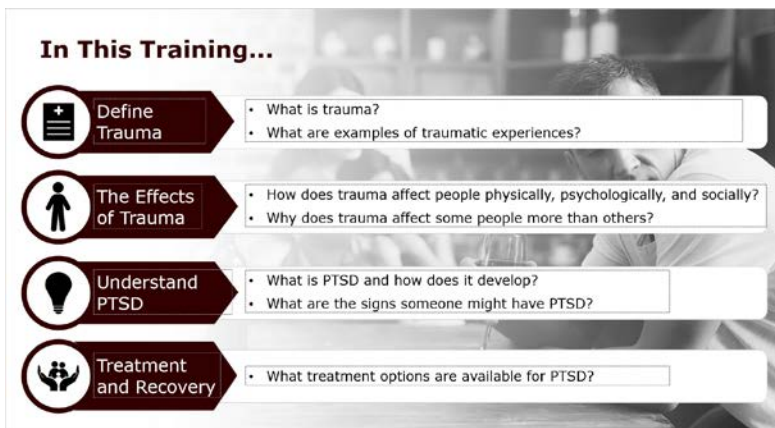
1.1 Welcome



1.2 Trauma is a Fact of Life



1.3 In This Training...




1.4 Definition

Trauma is...
any event that a person perceives as harmful or threatening and has a long-lasting effect on that person's well-being.

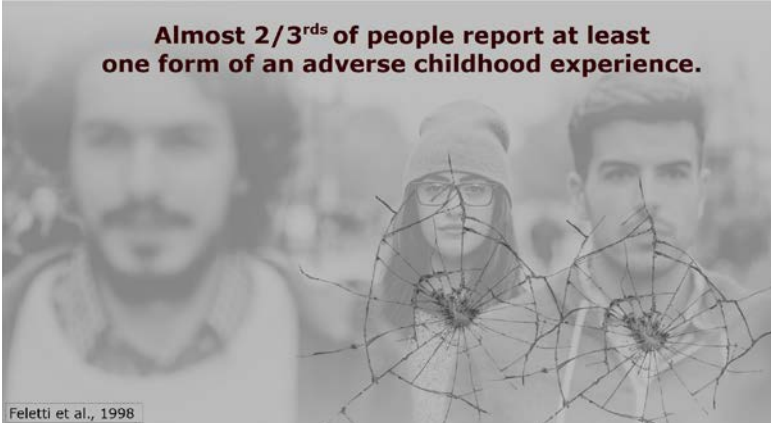
Trauma can...
happen at any age. A traumatic experience might happen once or be ongoing for years after the event.

We can overcome the consequences of trauma to have fulfilling and meaningful lives.



1.5 Adverse Childhood Experiences


Almost 2/3^{ds} of people report at least one form of an adverse childhood experience.



Feletti et al., 1998

1.6 ACE Statistics

Most Common Adverse Childhood Experiences (ACE)



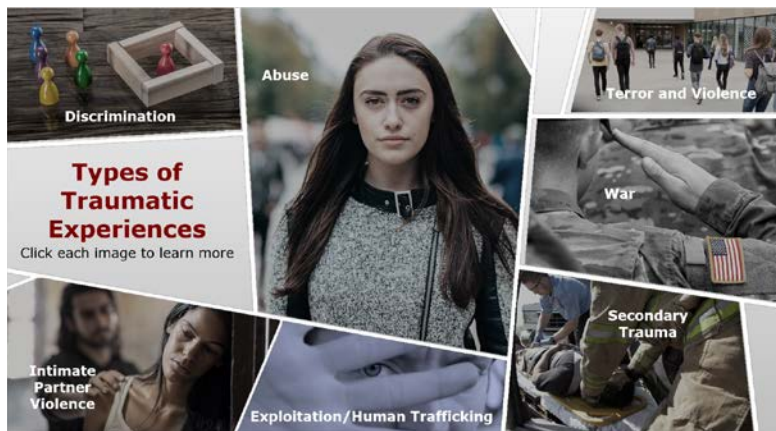
Abuse **Household Dysfunction** **Neglect**

[Click here to view the statistics](#)

Statistics Table (Slide Layer)

Most Common Adverse Childhood Experiences (ACE)			
ACE CATEGORY	WOMEN	MEN	TOTAL
ABUSE			
Emotional	13.1	7.6	10.6
Physical	27.0	29.9	28.3
Sexual	24.7	16.0	20.7
NEGLECT			
Emotional Neglect	16.7	12.4	14.8
Physical Neglect	9.2	10.7	9.9
HOUSEHOLD DYSFUNCTION			
Mother Treated Violently	13.7	11.5	12.7
Household Substance Abuse	29.5	23.8	26.9
Household Mental Illness	23.3	14.8	19.4
Parental Separation or Divorce	24.5	21.8	23.3
Incarcerated Household Member	5.2	4.1	4.7

1.8 Types of Trauma



1.9 IPV

Intimate Partner Violence (IPV)

- Abuse by a partner or spouse

Types of IPV

- Physical actions or threats
- Sexual:
 - Forced sexual activity
 - Participation out of fear
 - Humiliating or degrading acts
- Emotional threats, intimidation, control

IPV and Gender

- Higher rates among women

Globally, 30% of women report IPV in their lifetime.
(WHO, 2013)

1.10 Exploitation



Exploitation

- Type of sexual abuse
- Human trafficking
- Child prostitution or pornography

Labor Trafficking

- Children or adults
- Forced work or services
- Unhealthy or harmful conditions

1.11 Discrimination



Discrimination

- Racism and gender discrimination
- Long-term harm to emotional well-being

Microaggressions

- Verbal and nonverbal slights
- Hostile, negative, or degrading
- Intentional or unintentional

Discrimination prevents people from enjoying their human rights and dignity.

1.12 Terror



Terror and Violence

- Physical and emotional effects
- Ongoing fear for safety
- Fear of another event
- Long-term trauma for some

1.13 Abuse



Physical (Slide Layer)



Sexual (Slide Layer)



Emotional (Slide Layer)

Abuse



Physical Sexual Emotional Neglect

- Mental wounds from words or actions
- Effects
 - Difficulty concentrating
 - Moodiness
 - Nightmares
 - Guilt
 - Social withdrawal

Click each tab to learn more.

Neglect (Slide Layer)

Abuse




Physical Sexual Emotional Neglect

- Failure to meet critical needs of a child
- Failure to provide...
 - Supervision
 - Food or shelter
 - Medical attention
- Results:
 - Hopelessness
 - Lowered self-worth

Click each tab to learn more.

1.15 War



War

- Civilian and combat personnel
- Constant threat of death and injury

Post Traumatic Stress Disorder (PTSD)

- Military personnel:
 - Iraq over 14%
 - Afghanistan over 9%
- Civilian populations:
 - Syrian refugees over 33%

1.16 Secondary

Secondary Trauma

- Emotional stress from hearing about the trauma of another
- Affected Individuals
 - Case managers
 - Child welfare workers
 - First responders
 - Friends and family
- Decreased quality of life



1.17 Self-preservation

After a traumatic experience, the human system of self-preservation seems to go into permanent alert, as if the danger might return at any moment.

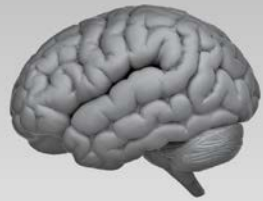


1.18 Effects of Trauma

The Effects of Trauma

Click each tab to learn how trauma affects every area of our life.

- Physical
- Psychological
- Occupational
- Relational
- Social



Social (Slide Layer)

Physical

Psychological


Occupational

Relational

Social

Social

- Disconnected feeling
- View of everyday situations
 - Risky
 - Dangerous
 - Uncertain
 - Unsafe
- Avoidance of social interactions



Occupational (Slide Layer)

Physical

Psychological

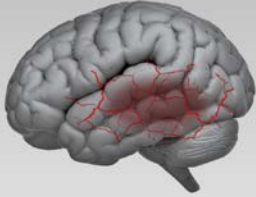
Occupational

Relational

Social

Occupational

- More workplace challenges
- Higher rates of absence
- More medical leave
- Impaired concentration
- Job difficulties
 - Lack of progress
 - Demotion
 - Prolonged unemployment
- Academic difficulties for young people



Relationships (Slide Layer)

Physical

Psychological

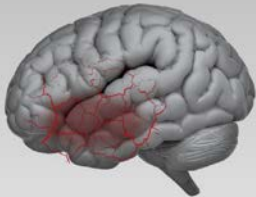
Occupational

Relational

Social

Relationships

- Severe strain
- Shame-related responses
 - Disconnection
 - Isolation
 - Withdrawal
- Older children
 - Substance use
 - Risky behavior
- Long-term, meaningful relationships possible



Psychological (Slide Layer)



Physical

Psychological

Occupational

Relational

Social

Psychological

Responses:

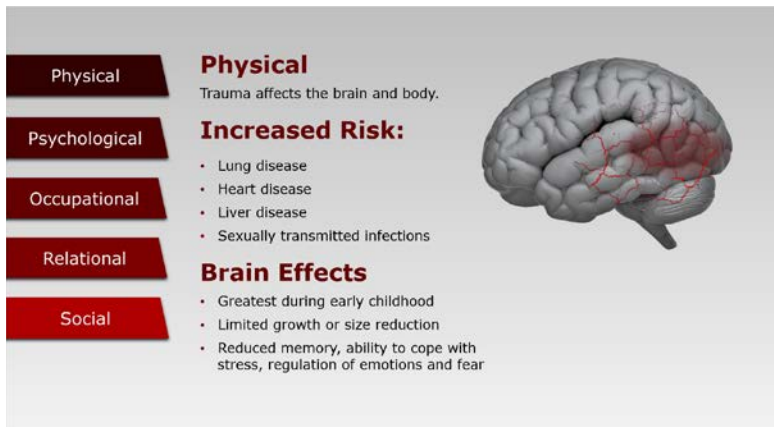
- Flight
- Fight
- Freeze

The Freeze Response

- Reduce our appearance as a threat
- Less noticeable in dangerous situations
- Involuntary



Physical (Slide Layer)



Physical

Psychological

Occupational

Relational

Social

Physical

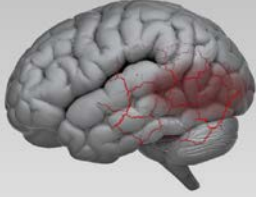
Trauma affects the brain and body.

Increased Risk:

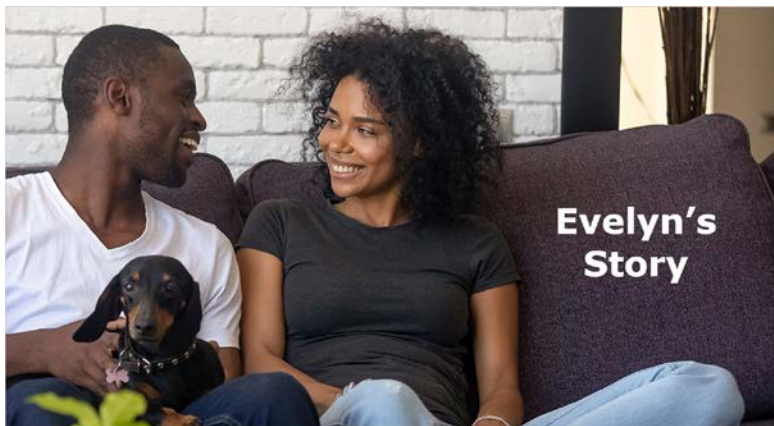
- Lung disease
- Heart disease
- Liver disease
- Sexually transmitted infections

Brain Effects

- Greatest during early childhood
- Limited growth or size reduction
- Reduced memory, ability to cope with stress, regulation of emotions and fear



1.20 Evelyn's Story



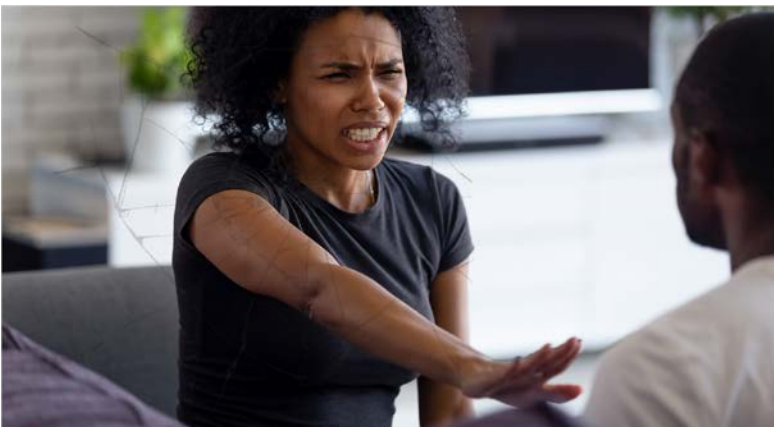
1.21 Changing for Fear



1.22 Drifting



1.23 Recognizing the Abuse



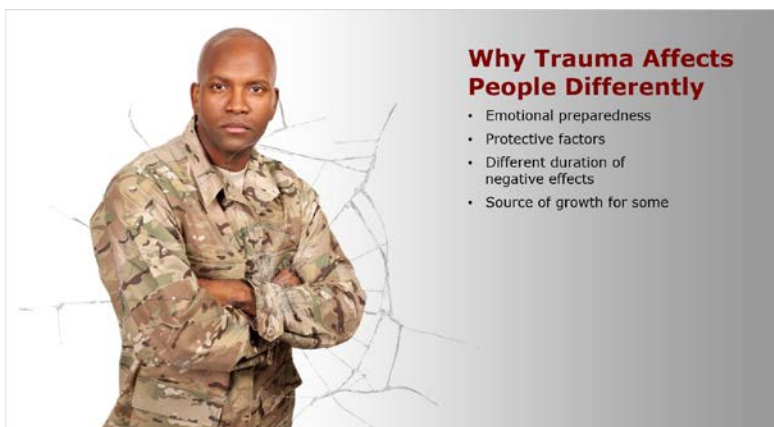
1.24 Escape and Recovery



1.25 Heartache Purged Layers...



1.26 People Affected Differently



Why Trauma Affects People Differently

- Emotional preparedness
- Protective factors
- Different duration of negative effects
- Source of growth for some

1.27 Resilience and Protective Factors



Factor 1 (Slide Layer)



Factor 2 (Slide Layer)



Factor 3 (Slide Layer)

Socio-economic Status

Resilience and Protective Factors

Factor 4 (Slide Layer)

Reaching Out

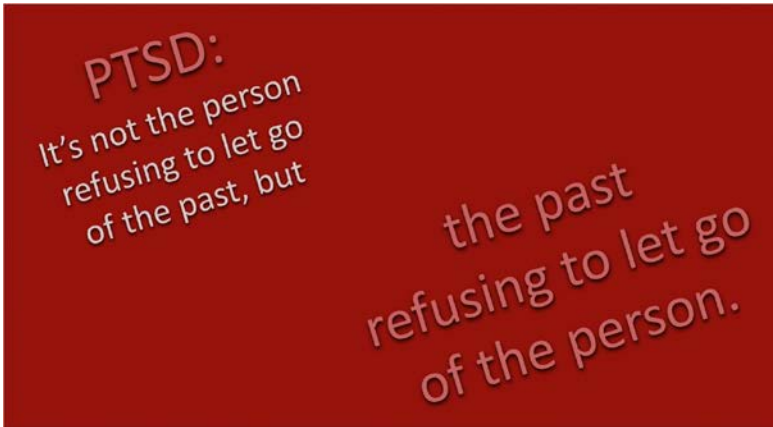
Resilience and Protective Factors

Factor 5 (Slide Layer)

Coping

Resilience and Protective Factors

1.28 It's Not the Person, It's the Past



1.29 Facts About PTSD



1.30 Factors v. Symptoms

(Drag and Drop, 0 points, 1 attempt permitted)

PTSD Factors: Why it Develops	Sort the factors and symptoms related to PTSD by dragging the boxes below into the spaces on the sides.	PTSD Symptoms: How it Appears
Drop here	Helplessness or extreme fear after an event	Drop here
Drop here	Lack of social support after an event	Drop here
Drop here	Extra stress after an event	Drop here
Drop here	Pre-existing mental health condition	Drop here
	Experiencing flashbacks	Drop here
	Avoiding places/ events	Drop here
	Thinking or mood problems	Drop here
	Difficulty sleeping	Drop here

1.34 Recovery Options


Counseling Medication Group Support

Recovering from Trauma

Click each tab to learn more.

Counseling (Slide Layer)


Counseling Medication Group Support



Talking to a counselor is often one of the routes toward recovery. This can be done in individual or group settings, depending on what the survivor is comfortable with and needs. Thankfully, there are many different methods of counseling that are specific to treating trauma and have been effective. Counseling for trauma might include teaching on emotional regulation, safety, coping skills, behavior management, and managing trauma reminders.

Medication (Slide Layer)


Counseling Medication Group Support



Sometimes medication can be helpful for a person who has experienced trauma. Some individuals seek help and healing from both a psychiatrist who can provide a medication and a counselor or therapist while they journey toward recovery.

Group Support (Slide Layer)

Counseling Medication **Group Support**



The experience of talking to and receiving support from others who have survived trauma can be healing and empowering. Peer support, and even group therapy, can provide validation, letting the survivor know that they are not alone in the journey of recovery. Group support for trauma can also be a rich source of knowledge, allowing the survivors to learn coping skills from one another and serve as a way for the survivor to help others on similar journeys (Tull, 2018).

1.36 Meet Jacob



1.37 Finding Help



1.38 Having Hope



1.39 Reaching Out



1.40 Directions




1.41 Question 1

(Text Entry, 10 points, 1 attempt permitted)

List three types of trauma a person might experience.

1.
2.
3.



Question 1 of 5

Correct (Slide Layer)

List three types of trauma a person might experience.


1.
2.
3.

Good Thinking!

While a person can experience many different types of trauma, some common types may be:

- Abuse
- Discrimination
- Exploitation/Human Trafficking
- Intimate Partner Violence
- Secondary Trauma
- Terror and Violence
- War

[Click here to proceed](#) ➔



Question 1 of 5

1.43 Question 2

Identify protective factors that lead to resilience.
Select all that apply

- A supportive and nurturing family
- Financial stability
- Seeking help from others
- Learning coping strategies
- Seeing a counselor



Question 2 of 5

Correct (Slide Layer)

Identify protective factors that lead to resilience.
Select all that apply.


Good Thinking!

Resilience and Protective Factors can be:

- A supportive and nurturing family
- Financial stability
- Seeking help from others
- Learning coping strategies
- Seeing a counselor

Click here to proceed →

Question 2 of 5



Incorrect (Slide Layer)

Identify protective factors that lead to resilience.
Select all that apply.

Let's Review.

Resilience and Protective Factors can be:

- A supportive and nurturing family
- Financial stability
- Seeking help from others
- Learning coping strategies
- Seeing a counselor

Click here to proceed →

Question 2 of 5



1.45 Question 3

What are two major areas of a person's life that may be affected by trauma?

1.

2.

Question 3 of 5



Feedback (Slide Layer)

What are two major areas of a person's life that may be affected by trauma?

Good Thinking!


The effects of trauma can impact a person's life physically, psychologically, emotionally, professionally and socially. It can also place a severe strain on relationships.

1.

2.

[Click here to proceed](#) ➔

Question 3 of 5



1.47 Question 4

(Pick One, 10 points, 1 attempt permitted)

Trauma usually affects people in the same way, and there's not much difference between the way most people deal with it.

True

False

Question 4 of 5



Correct (Slide Layer)

Trauma usually affects people in the same way, and there's not much difference between the way most people

That's Right!


Trauma doesn't affect everyone the same way. While some experience the negative effects for years, others seem to move through trauma at a faster pace and can even talk about their experiences as a source of personal growth.

True

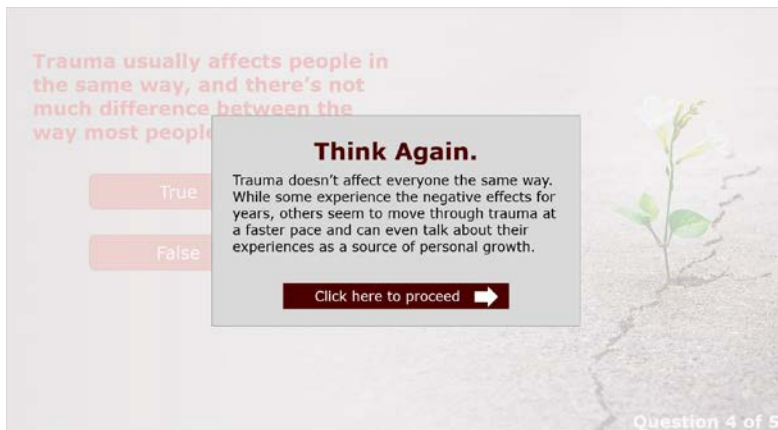
False

[Click here to proceed](#) ➔

Question 4 of 5



Incorrect (Slide Layer)



Trauma usually affects people in the same way, and there's not much difference between the way most people

Think Again.

Trauma doesn't affect everyone the same way. While some experience the negative effects for years, others seem to move through trauma at a faster pace and can even talk about their experiences as a source of personal growth.

Click here to proceed →

Question 4 of 5

1.48 Question 5

(Pick Many, 10 points, 1 attempt permitted)



What are some signs and symptoms a person might show after surviving a traumatic experience? Select all that apply

- Not sleeping well
- Depression
- Suicidal thoughts
- Easily startled
- Disconnected from others

Question 5 of 5

Correct (Slide Layer)



You've Got It!

Symptoms that may indicate trauma include:

- Problems with sleep
- Anger
- Disconnection or withdrawal
- Depression
- Anxiety
- Flashbacks
- Chronic feelings of being unsafe
- Suicidal thoughts (Sweeton, 2013)

Click here to exit course →

Question 5 of 5

Incorrect (Slide Layer)

What are some signs and symptoms a person might experience after a traumatic experience?

Not sleeping

Depressed

Suicidal thoughts

Easily startled

Disconnecting from others

Consider This.

Symptoms that may indicate trauma include:

- Problems with sleep
- Anger
- Disconnection or withdrawal
- Depression
- Anxiety
- Flashbacks
- Chronic feelings of being unsafe
- Suicidal thoughts (Sweeton, 2013)

[Click here to exit course](#) →

Question 5 of 5

