

A Taste of Trauma: An Invitation to an Introduction for Reflection With Recommended Excursions

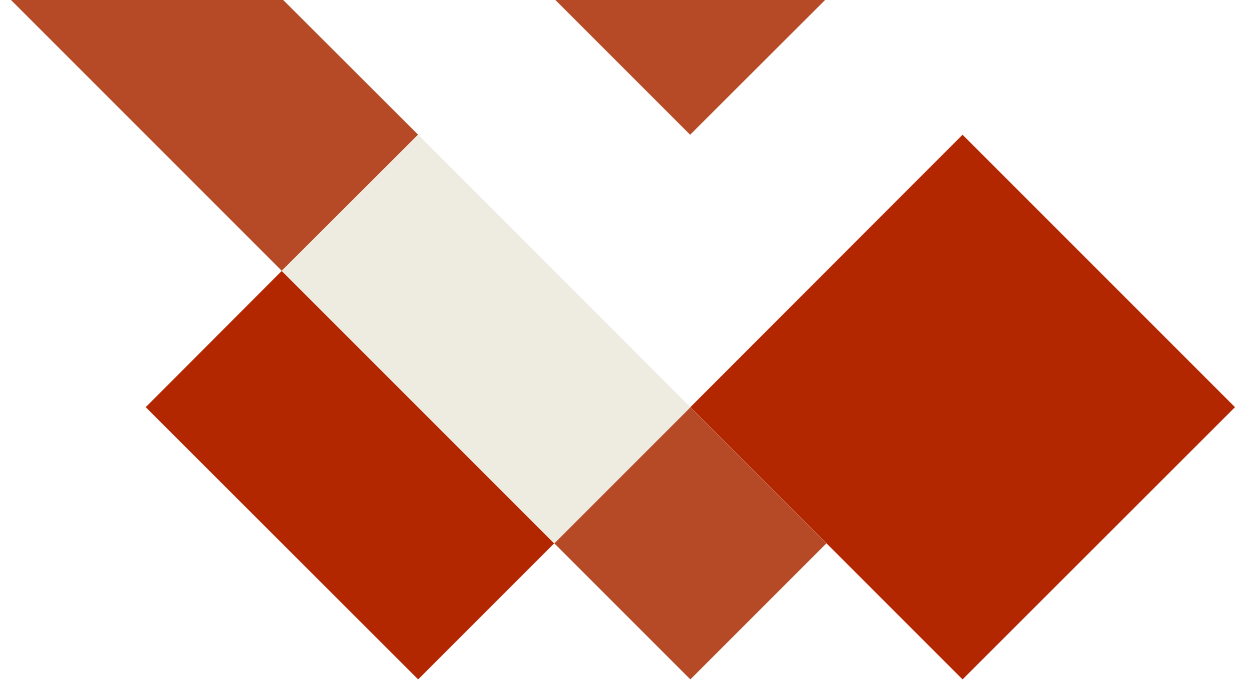
35th Annual Child Welfare Workshop

Fred N. Edell, LCPC, MA, M. Div.



Agenda

- Overview of Primary Concepts
- Explore References and Resources
- Development, Correlation, and Integration of Approaches
- Final tips & takeaways





***“Traumatic Events are
what happens to
you...Trauma is what
happens inside you...”
–Gabor Mate***

A Taste of Trauma (Exercise)

- **SIFT– Sensations, Images, Feelings & Thoughts**

Pharrell Williams, (A Taste of) Happy; [Pharrell Williams - Happy \(Video\)](#)

NF Mansion (A Taste of Trauma); [\(56\) Mansion - NF \(Lyrics\) - YouTube](#)

- Identifying SIFT elements, what was evoked in you?

Adverse Childhood Experiences (ACEs)/Adverse Life Events (ALEs)

Thinking back to NF's video...

- What events and ghosts are haunting NF ?
- Illustration of ACES:

SELF-REPORT TRAUMA HISTORY: In interviewing the child/adolescent, ask: *Sometimes people have scary or violent things that happen to them where someone could have been or was badly hurt or killed. Has anything like this ever happened to you?*

1. Provide a brief description of what happened:

Below is a list of other scary or violent things that can happen. For each question, check "Yes" if this has **happened to you**; check "No" if this **did NOT happen to you**.

2. Were you in a disaster, like an earthquake, wildfire, hurricane, tornado or flood?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Were you in a bad accident, like a serious car accident or fall?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Were you in a place where a war was going on around you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Were you hit, punched, or kicked very hard at home? (DO NOT INCLUDE play fighting between brothers and sisters.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Did you see a family member being hit, punched or kicked very hard at home? (DO NOT INCLUDE play fighting between brothers and sisters.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Were you beaten up, shot at, or threatened to be hurt badly in your school, neighborhood or town?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Did you see someone who was beaten up, shot at or killed ?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Did you see a dead body (do not include funerals)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Did someone touch your private parts when you did not want them to?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. Did you see or hear about the violent death or serious injury of a loved one or friend?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Did you have a painful or scary medical treatment when you were very sick or badly injured?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Were you ever forced to have sex with someone when you didn't want to?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14. Has anyone close to you died ?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15. OTHER than the things described above, has ANYTHING ELSE ever happened to you that was REALLY SCARY OR UPSETTING ?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Trauma Symptom Reactions

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Here is a list of problems people can have after bad things happen. Please think about the bad thing that happened to you that bothers you the most now. For each problem **CIRCLE ONE** of the numbers (0, 1, 2, 3 or 4) that tells how often the problem happened to you **in the past month**, even if the bad thing happened a long time ago. Use the **Frequency Rating Sheet** to help you decide how often the problem happened **in the past month**.

HOW MUCH OF THE TIME DURING THE PAST MONTH...		None	Little	Some	Much	Most
1 _{E3}	I am on the lookout for danger or things that I am afraid of (like looking over my shoulder even when nothing is there).	0	1	2	3	4
2 _{D2}	I have thoughts like "I am bad."	0	1	2	3	4
3 _{C2}	I try to stay away from people, places, or things that remind me about what happened.	0	1	2	3	4
4 _{E1}	I get upset easily or get into arguments or physical fights.	0	1	2	3	4
5 _{B3}	I feel like I am back at the time when the bad thing happened, like it's happening all over again.	0	1	2	3	4
6 _{D4}	I feel like what happened was sickening or gross.	0	1	2	3	4
7 _{D5}	I don't feel like doing things with my family or friends or other things that I liked to do.	0	1	2	3	4
8 _{E5}	I have trouble concentrating or paying attention.	0	1	2	3	4
9 _{D2}	I have thoughts like, "The world is really dangerous."	0	1	2	3	4
10 _{B2}	I have bad dreams about what happened, or other bad dreams.	0	1	2	3	4
11 _{B4}	When something reminds me of what happened I get very upset, afraid, or sad.	0	1	2	3	4
12 _{D7}	I have trouble feeling happiness or love.	0	1	2	3	4
13 _{C1}	I try not to think about or have feelings about what happened.	0	1	2	3	4
14 _{B5}	When something reminds me of what happened, I have strong feelings in my body like my heart beats fast, my head aches or my stomach aches.	0	1	2	3	4
15 _{D3}	I am mad with someone for making the bad thing happen, not doing more to stop it, or to help after.	0	1	2	3	4
16 _{D2}	I have thoughts like "I will never be able to trust other people."	0	1	2	3	4
17 _{D6}	I feel alone even when I am around other people.	0	1	2	3	4
18 _{B1}	I have upsetting thoughts, pictures or sounds of what happened come into my mind when I don't want them to.	0	1	2	3	4
19 _{D3}	I think that part of what happened was my fault.	0	1	2	3	4
20 _{E2}	I hurt myself on purpose.	0	1	2	3	4
21 _{E6}	I have trouble going to sleep, wake up often, or have trouble getting back to sleep.	0	1	2	3	4
22 _{D4}	I feel ashamed or guilty over what happened.	0	1	2	3	4

What reactions was NF having to these events?

Were you able to observe: Intrusive Recollections, Avoidance / Numbing, Emotional Over/Under arousal and Negative thinking about self, world or others

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23 _{D1}	I have trouble remembering important parts of what happened.	0	1	2	3	4
24 _{E4}	I feel jumpy or startle easily, like when I hear a loud noise or when something surprises me.	0	1	2	3	4
25 _{D4}	I feel afraid or scared.	0	1	2	3	4
26 _{E2}	I do risky or unsafe things that could really hurt me or someone else.	0	1	2	3	4
27 _{D4}	I want to get back at someone for what happened.	0	1	2	3	4
With Dissociative Symptoms (Dissociative Subtype)						
28 _{A1}	I feel like I am seeing myself or what I am doing from outside my body (like watching myself in a movie).	0	1	2	3	4
29 _{A1}	I feel not connected to my body, like I'm not really there inside.	0	1	2	3	4
30 _{A2}	I feel like things around me look strange, different, or like I am in a fog.	0	1	2	3	4
31 _{A2}	I feel like things around me are not real, like I am in a dream.	0	1	2	3	4

Have some of these reactions lasted *at least one month*? ☐ Yes ☐ No

Excursion #1: What is Trauma?

1. A Good Resource for all things to do with understanding and healing Child Trauma is The National Child Traumatic Stress Network. This article is recommended as a start:

[What is Child Trauma? | The National Child Traumatic Stress Network \(nctsn.org\)](https://www.nctsn.org/what-is-child-trauma/)

2. The Removed Series; Videos found on : [Effects of Domestic Violence on Children - YWCA Genesee](#)

[\(806\) ReMoved - YouTube](#)

[\(806\) Remember My Story - ReMoved Part 2 - YouTube](#)

[\(806\) ReMoved #3 - Love Is Never Wasted - YouTube](#)

3. A Terrible Thing Happened: Apr 20, 2020, Ingham County Health Dept

<https://www.youtube.com/watch?v=DDgzX4b5xNI>

Some questions you could ask your child:

- What do you think the terrible thing was that Sherman saw? What else could it be?
- Why did Sherman need help?
- What helped Sherman the most?
- What things would help you?





Bear Lore and Physiological Roots of Trauma

“Black Bear don’t care, Brown Bear stand up tall and stare, Grizzly Bear, say a prayer...”

From an Unknown Bear Lore Master, quoted to me by a clinic client

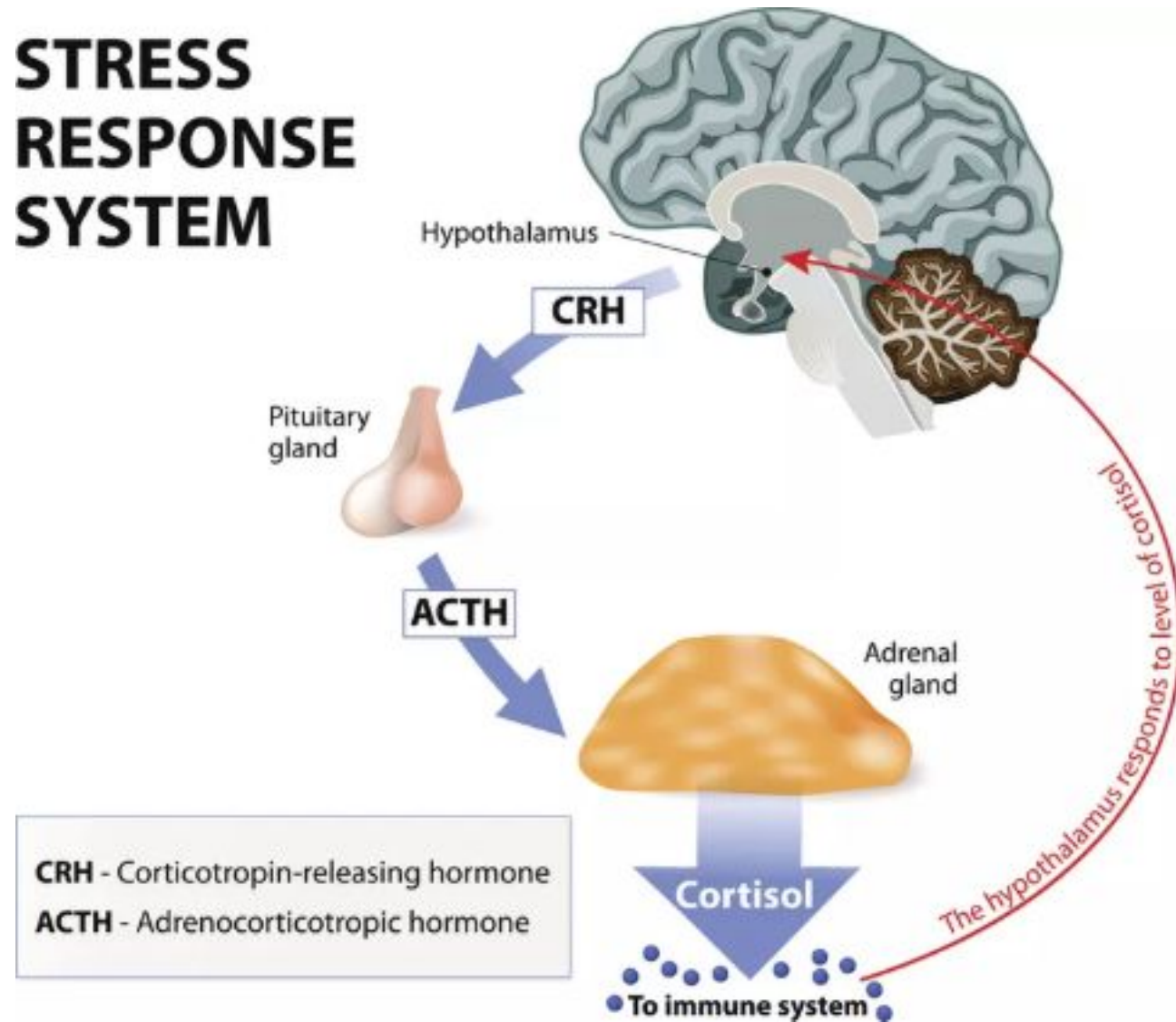
Hypothalamic-Pituitary-Adrenal-Axis

Toxic Stress Response (HPA)

You are walking in the woods and see a bear (perceived threat) ...

On the Body Level: The 'grizzly bear of threat' visits over and over and over again. And what is meant to be adaptive, and lifesaving becomes maladaptive and life threatening. Or in the words of Gabor Mate, adaptive state becomes maladaptive trait

Consider: Brain Structure and Function, Hormonal and Immune Systems, The Genetically Predisposed Somatic Weak Link, Diathesis-Stress Model, Epigenetics



From: [Hypothalamic-Pituitary-Adrenal \(HPA\) Axis: Structure, How It Works, Function \(verywellhealth.com\)](https://www.verywellhealth.com/hypothalamic-pituitary-adrenal-HPA-axis-structure-how-it-works-function/)

Excursion #2: The Biology of How Trauma Develops and Survival Brain

2. Diathesis Stress Model

<https://study.com/academy/lesson/diathesis-stress-and-protective-factors-understanding-the-diathesis-stress-model.html#:~:text=There%20are%20three%20main%20components,from%20developing%20a%20mental%20illness>

3. Epigenetics: Toxic stress can turn on and off genes !!

<https://www.cdc.gov/genomics/disease/epigenetics.htm#:~:text=Epigenetics%20is%20the%20study%20of,bod%20reads%20a%20DNA%20sequence>.

4. Understanding Trauma: Learning Brain vs Survival Brain

1. How Childhood Trauma Affects Health Across the Lifetime (Note: Features an overview of The ACES Study)

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en



**A Taste of how what gets
under and into our skin,
blows our mind, derails
our growth and
development and ruins
our relationships with our
selves and others**

*I've got you under my skin
I've got you, deep in the heart of me
So deep in my heart that you're really a part of
me
I've got you under my skin*

--Frank Sinatra

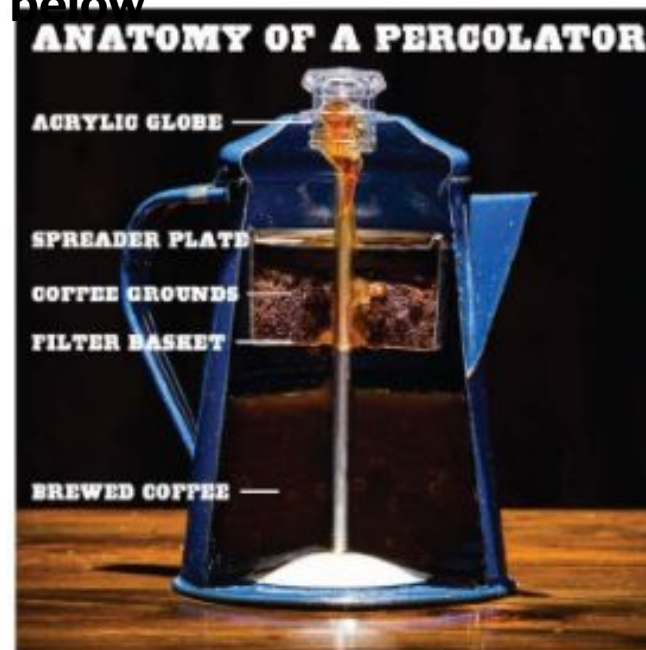
Humans and Systems Theory



Behold, the Human, beholding the Human Self: A Bio-Psycho-Social-Spiritual*/Existential Being

* If the term Spiritual is not palatable, please replace with: Existential Meaning Maker asking Ultimate Questions

Humans are a meta system comprised of open-ended systems that evolved out of one another; each system having properties which could not be predicted by the system below



Change in one system percolates to systems above and below, that are in constant dynamic, synergistic interaction

Percolation in The Psycho-social system: Cognitive Distortions, Trauma Survival Scripts and Arrested Development at life stage where trauma hits

(a) I hurt

(b) If I hurt something is wrong

(c) If something is wrong then someone has been bad

(d) Who: It's me or my parent and it can't be my parent because they hold up the world

(e) I am bad

(f) It's my fault

(g) I am not good enough, not lovable, not worthy

(h) In order to be accepted and not rejected I must do X

X = I must subordinate my feelings and needs to be who I think other people want me to be, to be good enough and earn their love. I must please, rescue and fix.

Percolation in the Spiritual System:

A proposed perspective for your consideration:

The Spiritual / Existential System can be looked at as Connection with the Ground of Being (Thank You Paul Tillich).

This Ground of Being can be described as the dynamism that contains and infuses the web of interconnected interdependent life—

In this interconnected, interdependent web of life, each unique Part exists to receive life and what is life giving and love .. to give life, what is life giving and love to a different Other

Corollaries of this perspective:

Celebrating differences as life giving and conflict as inevitable and constructive

The Litmus Test of Love: Any religious, spiritual, or non-religious value-based world view or existential stance (e.g.: secular humanism) which has the outworking of love is valid and worthy of mutual wrestling

Regulation, Reality, Reprocessing & Re-creation are found in Inter and Intra Personal Relational Encounter

Life insists upon itself...the Universe is biased towards life, healing and fullness of life

Examples of The Fall Out of Trauma in the Spiritual System:

God / The Universe hates me and is punishing me

I am a mistake

My faith/ values are not strong enough

Nihilism

Excursion #3: What's Love Got To Do with It (Tina Turner)?

Percolation, Trauma and Time:

The trauma remains stuck in the emotional digestive track: Unprocessed and unintegrated from the past

This creates a present haunted by trauma ghosts

And a sense of a fore-shortened Future filled with Anxiety, Doubt, Pessimism and Discouragement

The dots are usually only loosely connected or not connected at all !!



A Taste of a Very Special Case, Bear of an ACE: Attachment Trauma

The Trauma Of Abandonment | Dr. Gabor
Mate <https://www.youtube.com/watch?v=P08>
OV6_I (11:01)

"Abandonment wounds leave us feeling like we need to hold-on, fearing disconnection, worrying about future disappointments and worrying about potential threats and losses, leaving us feeling perpetually insecure and doubtful in ourselves, in relationships and in the world." -Esther Goldstein LCSW

SIDEBAR 1: Framing the Invitation for Trauma Informed Therapy and Resourcing with Parent and Family Skills Training and perhaps Attachment Based Family Therapy to Parents

(I) Foundation Principles:

- (A) All people are good people
- B) Life happens to families and there is no dress rehearsal
- (C) People are doing the best that they can at any given moment
- (D) Yet people can change
- (E) Ideally it is parents changing first, that allow children and adolescents to change. For those nearing young adulthood or in adulthood, the relationship with yourself is primary focus for healing
- (F) It is unfair to hold your former self retrospectively accountable to the level of insight and skill development you now are acquiring.

(II) Parent and Family Skills Training/Attachment Based Family Therapy considerations

The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDxCentennialParkWomen (youtube.com)

- (1) Self Kindness
- (2) Identification with our common humanity
- (3) Mindfulness (Willingness to be with our suffering, so we can then give ourselves

(III) This may evoke questions like: What if parents cannot and / or will not change?

The Capacity to Give up on People; The School of Life
The Capacity to Give up on People

Surviving Trauma: Without Forgiveness, Can We Still Heal? | Tara Walker Lyons | TEDxHieronymusPark

Excursion #4: Recommended Gabor Mate Text

The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture

Gabor Maté MD (Author), Daniel Maté (Author, Narrator),
Penguin Audio (Publisher)

[Amazon.com: The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture \(Audible Audio Edition\): Gabor Maté MD, Daniel Maté, Daniel Maté, Penguin Audio: Audible Books & Originals](#)

*I am not affiliated or sponsored by Gabor Mate (I just like his work)

Excursion #6: It's all about attachment and what interfered with good enough parenting...

(I) The Attachment Theory: How Childhood Affects Life (May 30, 2018) by Sprouts
<https://www.youtube.com/watch?v=WjOowWxOXCg>

(II) [Understanding the Pain of Abandonment | Psychology Today](#)

(III) [How Unloving Parents Generate Self-Hating Children](#)

(IV) [The Dangers of the Good Child](#)

(V) [The Golden Child Syndrome](#)

(VI) Parentification https://www.youtube.com/watch?v=NQinqYpM_Ag

Trauma of Abandonment (Cont.)

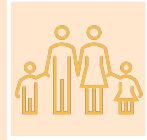
Often a Very Confusing Clinical Presentation:

ACEs considerations--“I had a good/untroubled childhood”

Contextual Considerations—Symptomology

Unconscious Considerations—Out of the awareness

Excursion #5: Some Diagnostic Variations on the Theme of Attachment Trauma



(I) Understanding PTSD in Families – Reactive Attachment Disorder – Broken and Brilliant Clips



(II) 12 Common Symptoms of CPTSD From Childhood (youtube.com) Home - The Crappy Childhood Fairy

- Misunderstood Neuro-Divergence (ADHD, ASD) or other childhood developmental conditions as ACES (and if rooted in trauma, adding insult to injury)
- Later Arrested Attachment through the Stages of psycho-social development (For example: Differences and Bullying)

The Good Child

The Golden Child Syndrome

Parentification

Basic Dynamics of Emotional Abandonment/Attachment Trauma

Trauma of Abandonment (Cont.)

Trauma and especially Attachment Trauma Sets up vulnerability to re-traumatization in subsequent relationships

If not recognized and healed this is like a stone thrown into a pond that ripples from parent to child through the generations...

Excursion #7: Trauma, Re-enactment and Vulnerability to Re-Traumatization

(I) Signs of an Abusive Relationship - 8 Early Warning Signs of an Abusive Partner - Domestic Violence
<https://youtu.be/NnYwxSFt1Z4>

(II) [\(819\) The Hardest Person in the World To Break up With - YouTube](#)

(III) [A Helpful Way to Conceptualize and Understand Reenactments - PMC](#)

(IV) [The Secret That Almost Killed Me | Kirsten Johnson | TEDxSDSU](#)

A Taste of Assessment/Diagnostics

Do we need to fill a cavity (Adjustment Disorder) or to complete a Root Canal (Traumatic Stress)?



Flavor Themes of Comorbid Diagnoses

Trauma Umbrella:

- Manifestation / Specific iterations of trauma reactions
- Stress Diathesis effects (expression of genetic pre-disposition)
- Short term strategies to adapt and cope which take a life of their own and become maladaptive and create a whirlpool of long-term problems.

ADHD

Autism

Developmental Disorders

Sensory Processing Disorder

Anxiety Disorders

Depression and other Mood Disorders

OCD

Dissociative Disorders

Personality Disorders (trauma scripts)

Addiction

Conversion Disorders

Psychosis*

Excursion #8: **Illustrations of how trauma plays out in what just seems to be an anxiety problem**

On Disliking Oneself (Nov 27, 2019) by The School of Life

<https://www.youtube.com/watch?v=UfNQ9a4yNDA>

Self-Hatred & Anxiety (Dec 25, 2019) by The School of Life [Self-Hatred & Anxiety](#)

Excursion #9: Meet Johann Hari

Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions

Johann Hari (Author, Narrator)

[Amazon.com: Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions \(Audible Audio Edition\): Johann Hari, Johann Hari, Audible Studios: Audible Books & Originals](#)



*I am not affiliated or sponsored by Johann Hari (I just like his work)

**Excursion #10:
A taste of
what seems to
be trauma
flavored OCD
and recovery
with emphasis
on an
Acceptance
and
Commitment
therapy
constructs:**

Finding a reason for acceptance of the challenges and Un- comfortability of healing, to commit to change and recovery

As Good as It Gets
<https://www.youtube.com/watch?v=rrRI2QQKkl8>

**Excursion
#11:
Illustrations
of trauma
survival
scripts
playing out in
daily life:**

(I) Dating When You've Had a Bad Childhood by The School of Life

(II) People Pleasing-Are you a People Pleaser? And How to Stop Being a People Pleaser by Therapy in a Nutshell

(III) Enmeshment, Detachment, and Interdependence: Healthy Boundaries: Relationship Skills #12

(IV) What's your Story? Family, Addiction and the Brain | Dr. Melissa Vayda | TEDxHarrisburg

Excursion #12: Trauma and Addiction



(I) [How Childhood Trauma Leads to Addiction - Gabor Maté](#)

(II) from p.166; Chasing the Scream: The First and Last Days of the War on Drugs Paperback – March 1, 2016 by Johann Hari (Author)

“As I sat with Gabor over dinner in a Greek restaurant near the end of my time with him, I kept thinking: How should the facts he has uncovered change the way we think about the drug war?”

(III) [The Secret That Almost Killed Me | Kirsten Johnson | TEDxSDSU](#)

A Taste of Healing and Recovery



TF-CBT



EMDR



**Attachment Based
Therapies**

Excursion #13: General Overview of TF-CBT

What is TF-CBT?

The TF-CBT Road Map:

STAGE I: RESOURCING

Goals: Sx Management & Preparation for Trauma Narrative

(A) Safe Environment:

(1) Free from Abuse / Neglect / Safety Issues

(2) Healthy Relationships: Parent and Family Skills Training or Attachment Based Family Therapy for teens

(3) Self-Care & Healthy Lifestyle (Sleep, Exercise and Nutrition)

(4) Medical / Psychiatric Needs

(5) Contextual Attending that communicates caring through offer of comfort

(B) Psychoeducation; Knowledge is Empowerment

(C) Sx management for comorbid diagnoses (e.g.: ADHD)

(D) SUDS (Subjective Units of distress scale) Rating and The Window of Tolerance

(E) Relaxation Strategies

(F) Affective Training: Negative Feelings Are Your Friends

(G) Cognitive Coping: Untwisting Twisted, Reality Distorting Thinking

(H) Gradual Exposure to Trauma Type

(I) Other Tools if needed; e.g.: In-Vivo Exposure & Thought Stopping

Excursion #13: General Overview of TF-CBT (CONT.)

STAGE 2: TRAUMA NARRATIVE

(A) Medium for Surfacing:

- (1) Cognitive Distortions &
- (2) Associated Trauma Survival Scripts

(B) Structure of Trauma Narrative

- (1) Introduction
- (2) Chapter for each trauma type
- (3) Three levels for each chapter
 - (a) Tell the story of what happened to you
 - (b) Filling in details, feelings and thoughts
 - (c) Surfacing Cognitive Distortions and associated Trauma Survival Scripts
- (C) Reprocessing Cognitive Distortions

STAGE 3: SAFE RE-ENGAGEMENT (or RECONNECTION) WITH LIFE

Sharing the rewritten narrative with a parent who can be a witness to the transformation and gives validation and praise. The parent then becomes a coach for their child's management of negative feelings as signals of need for in trauma survival script /out of script discernment and using new patterns of helpful thinking, feeling and acting

- **TF-CBT can be enhanced with other models for Children, Adolescents and Teens and Contextualized for Adults**

Excursion #14: How the TF-CBT Model can be enhanced with other approaches for kids and/or contextualized for Late Teens and Adults:

(I) Resourcing From the Bottom-Up Approach with Grounding and Body Work:

(A) DBT Skills

(B) Applied Poly-Vagal Theory / Somatic Therapies

(II) Recognizing that TF-CBT incorporates the essence of some major stand-alone therapies for adults

(A) From Acceptance and Commitment Therapy: Willingness

(B) Prolonged Exposure

(C) Cognitive Processing Therapy

(III) Come on baby, let's do the twist !!:

(A) The IFS twist

Other Treatments

EMDR

Parent and Family Skills Training
(with emphasis on Attachment)

Attachment Based Family Therapy



Excursion #15: Recommended Parent and Family Skills Training Texts

Russel Barkley

Your Defiant Child: Eight Steps to Better Behavior Second Edition by Russell A. Barkley (Author), Christine M. Benton (Author)

Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship by Russell A. Barkley (Author), Arthur L. Robin (Author), Christine M. Benton (Contributor)

* (1) The titles (defiant) may be off putting so it may need to be framed more compassionately for parents (seems to the Presenter to be in the Love and Logic Neighborhood)

Dan Siegal

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition by [Daniel J. Siegel](#) (Author), [Mary Hartzell](#) (Author)

Ken Ginsburg

Raising Kids to Thrive: Balancing Love With Expectations and Protection With Trust by Kenneth Ginsburg (Author)

Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth Ginsburg (Author), Martha Jablow (Author)

Congrats—You're Having a Teen!: Strengthen Your Family and Raise a Good Person by Kenneth Ginsburg (Author)

Lighthouse Parenting: Raising Your Child With Loving Guidance for a Lifelong Bond by Kenneth Ginsburg (Author)

Reaching Teens by Kenneth Ginsburg (Author)

Excursion #16: Alternative Treatments

* Still being Researched & Developed some are somewhat Controversial and considered by many at this point to be Last Ditch Efforts... Stay Tuned...

9 Life Changing Treatments for Treatment Resistant Depression (video)

1. Electroconvulsive Therapy (ECT)
2. Transcranial Magnetic Stimulation (TMS)
3. Ketamine
4. Vagus Nerve Stimulation
5. Psilocybin
6. Stellate Ganglion Block (SGB)
7. Fecal transplants
8. Metabolic treatments
9. Cold Water immersion

Other Alternative Treatments with Limited Evidence

Crystals and Gemstones.

Homeopathic medicine: Uses highly diluted substances to “treat” conditions

Energy Healing (e.g., Reiki):

Essential Oils (Aromatherapy):

Magnet Therapy (Static Magnets):

Herbal Supplements Without Evidence: Examples include St. John's Wort (for severe depression), kava, or ginkgo biloba, which lack consistent research or are known to interact with medications.

Psychic Healing/Mediums:

Color Therapy

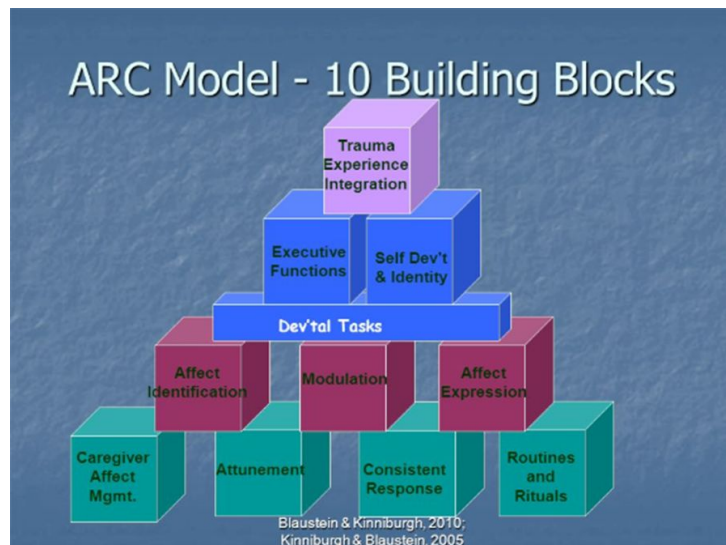
Negative Ion Therapy

Earthing or Grounding

Excursion #17: Some Useful Over-Arching Trauma Informed Frameworks for Programs / Agencies / Systems of Care:

(I) ARC: Model for hierarchy of targeted interventions

[ARC® Attachment, Self-Regulation, and Competency - Attachment and Trauma Treatment Centre for Healing \(ATTCH\) Niagara \(attchniagara.com\)](#)



(II) Insofar as Regulation and Competency, consider how The Boston University Center for Psychiatric Rehabilitation Formula is friendly to being adapted for a trauma informed approach:

(A) Client's Overall Rehabilitation Goal (ORG) = Environments of Choice for Living Learning, Working and Socializing

(B) Success in ORG = Supports + Skills + Clinical Stability

(C)

Stage of Treatment	Supports	Skills	Clinical Stability
Assessment	Resource	Functional	Clinical
Diagnosis	Targeted People, Places and Things	Prioritized Critical Skills	DSM V Psychodynamic Formulation Choice of Focus
Intervention	Case-Management: Resource Linkage, Modification or Creation	Direct Skill Teaching Skill Programming	Therapy Medication

Excursion #17: **Useful Over-Arching Trauma Informed Frameworks for Programs / Agencies / Systems of Care (Cont.)**



(I) Again..

Reaching Teens (**really all People**)
Approach

From: [Reaching Teens | By Dr. Ken Ginsburg - Fostering Resilience](#)

Not a Taste of Orange Marmalade but a Conclusion: It's Holographic, the whole is reflected in the parts

Conversation partners, Gabor Mate and Johann Hari are helping us to see that:

Ultimately trauma is a reflection and manifestation of a sick world, that disconnects us from ourselves, the planet and others. Healing / recovery are re-connection with our authentic selves (free from being in survival mode acting out of trauma survival scripts) and others in genuine and healthy community.



SIDEBAR 2: The Spiritual/Existential System Revisited

For many of us this season has religious and / or spiritual significance. So please find a Side Bar for further reflection on recovery (the words redemption/ re-creation seems apropos here) and spirituality as perhaps a conversation for another day:

(Thank You, my brother Otis—who is always present in these conversations)

[Buber In Ten Minutes](#)

Religion: derived from the Latin, religiō, meaning to re-bind, or connect

- Re: to do again, to connect again to re-connect
- Ligio: like ligaments, what connects the parts

Spirituality: derived from Latin word spiritualitas, meaning “the breath of life”

Conclusion: Hearting Recovery as Coming Down to Joy

Perhaps a Taste of Orange Marmalade After All

There is no doubt that choosing to attend trauma training reflects the fact that you have already put out the welcoming mat for trauma informed care. Let's increase appreciation and intentionality about what we is already in our hearts.

Art is a mirror to the Heart. And Van Morrisons song, Coming Down to Joy gives us a hearted image of Recovery: [\(32\) Van Morrison - Down To Joy \(Official Video\) - YouTube](#)



Final takeaways

EVOKING

“Living into A Brand-New Story”

“Feeling so good”, “Feeling the Glory "and so,
“Gratitude”

“Something so profound, I cry out loud”

Paddington - Marmalade Scene



Thank you

I give thanks for this community of practitioners and agencies and the opportunity to be a part of it... one of a multitude of lights that shine into the darkness of our times.

Blessings comrades in this season of the lengthening of days, the warmth of light, and celebration that remembers and hopes for freedom, that brings healing and the renewal of love and life.

May we receive it, to amplify and reflect it.

Deep Shalom, Fred

Postlude: Be Your Own John Keating and in so doing, a John Keating for others !!

[Dead Poets Society \(1989\) - Trailer HD Remastered](#)

A Special Call Out of Thanks to Elizabeth McLaren for her assistance in developing this training both as a comrade in clinic practice, clinical conversation partner and for graciously making the power point !!



FINI
