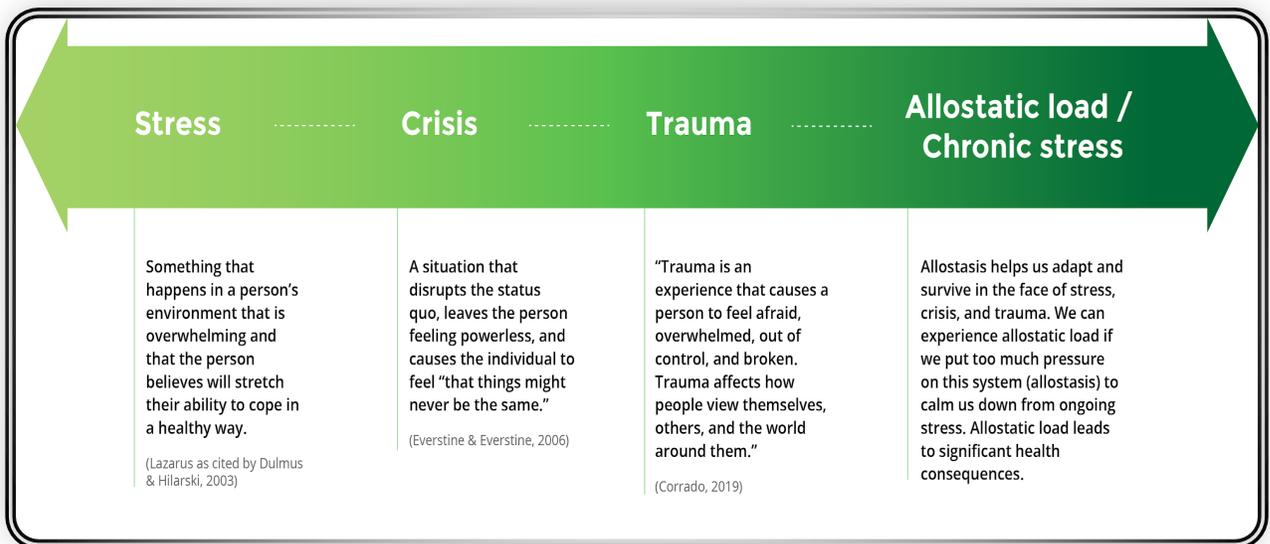




TRAUMA AND YOUTH Dr. Meagan Corrado

1. Understanding Trauma

- Defining trauma
 - **There are many different ways of defining trauma:**
 - The word *trauma* comes from a Greek word that means injury or wound. (Ford & Courtois, 2009).
 - The injuries or wounds that happen as a result of trauma can be physical, psychological, and/or emotional.
 - “Trauma is any event or experience (including witnessing) that is physically and/or psychologically overwhelming” (Courtois, 2014).
 - “Trauma is an experience that causes a person to feel afraid, overwhelmed, out of control, and broken. Trauma affects how people view themselves, others, and the world around them” (Corrado, 2019).
 - When you are in a dangerous situation and become flooded with thoughts and feelings (Blum, 2003).
 - When a surprising event happens or almost happens that threatens your life and safety and makes you feel afraid and out of control (Cohen, Mannarino, & Deblinger, 2006).



- Types of trauma (Courtois, 2014)
 - Impersonal trauma
 - Interpersonal trauma
 - Attachment trauma/relational trauma
 - Betrayal trauma



- Secondary Trauma
- Institutional trauma
- Identity trauma
- Community trauma
- Complex trauma
- Chronic trauma
- Who does it effect?
 - A study of almost 1,700 inner city children and teenagers showed that **HALF** of them had experienced violence, **HALF** of them had a family member that had experienced violence, and **HALF** had experienced an unexpected death of someone they were close to (Breslau, p. 534).
 - A study of 337 New York City high school students found that **62%** of them had experienced or witnessed violence (Moses, p. 25).
 - A study of 1,029 adults between the ages of 18 and 65 was conducted in Atlanta. **87.8%** of the participants had experienced a trauma. The majority of the study participants identified as African American (Gillespie et al., 2009).
 - A study of 5,653 participants found that **41.1%** of the adults in the study had experienced at least one trauma. The majority of the study participants identified as Caucasian (Forman-Hoffman et al., 2016).
- How does trauma change people?
 - You feel broken. You don't know who you are anymore
 - Your thoughts, feelings, and memories are all over the place
 - You are not living up to your potential
 - You have trouble in relationships
 - You think and act differently

2. Trauma healing





- Post-Traumatic Growth
- Neuroplasticity
- Resilience
- Reparative Experiences
- Additional Considerations
 - a. Control/choice
 - b. Safety/holding environment
 - c. Relational connection
 - d. Empathic neutrality
 - e. Trust/suspicion
 - f. Re-enactment
 - g. Use of self/vulnerability
 - h. A desire to rescue/building autonomy
 - i. Balance between boundaries and flexibility

3. Your Role in Trauma Healing

A. Empathy & Validation

- Mirror neurons enable us to feel the same emotions that are experienced by those around us (Iacoboni, 2008).
- We do not have to actually experience pleasure or pain ourselves in order for our own brains and bodies to respond (Iacoboni, 2008).
- Mirror neurons help us understand the emotions of other people by some form of inner imitation. (Iacoboni, 2008).
- Mirror neurons enable us to feel what others feel so that we can connect with and understand their experiences.
- Validation can be defined as the act of recognizing and affirming the validity or worth of a person's emotions (Noll, 2017).
- When we validate others' emotions, we help the person name the feeling and also give them permission to feel (Sorensen, 2017).

B. Safety

- Safety includes physical, psychological, social, and moral components (Bloom, Foderaro, & Ryan, 2006).
- It is important to remember that safety looks different for every individual.
- Allow those you work with to tell you what helps them feel safe.



- Boundaries
- Consistency/routines
- Open communication
- Physical proximity
- Physical layout of the space
- Development of a plan for crisis situations

C. Creativity

A teal-to-blue gradient banner with the word 'CREATIVITY...' in white, uppercase letters. Below the banner are four circular icons with corresponding text descriptions.

- Gives voice to experiences that trauma survivors don't have the words to express
- Helps people to contain/hold their experiences
- Gives trauma survivors hope
- Helps us sort through our experiences and come to a deeper understanding of who we are and where we fit in the world.

4. Resources & Links

- www.storiezguide.com
- <https://www.youtube.com/channel/UCi0yLA7sxRuVeP00V2NBsbQ>
- It's Not You, It's What Happened to You (Christine Courtois)
- Healing the Fragmented Selves of Trauma Survivors (Janina Fisher)
- www.nctsn.org
- www.istss.org
- www.ctipp.org