

Building Resilience: 4 Tools to Assist Those We Serve & Ourselves



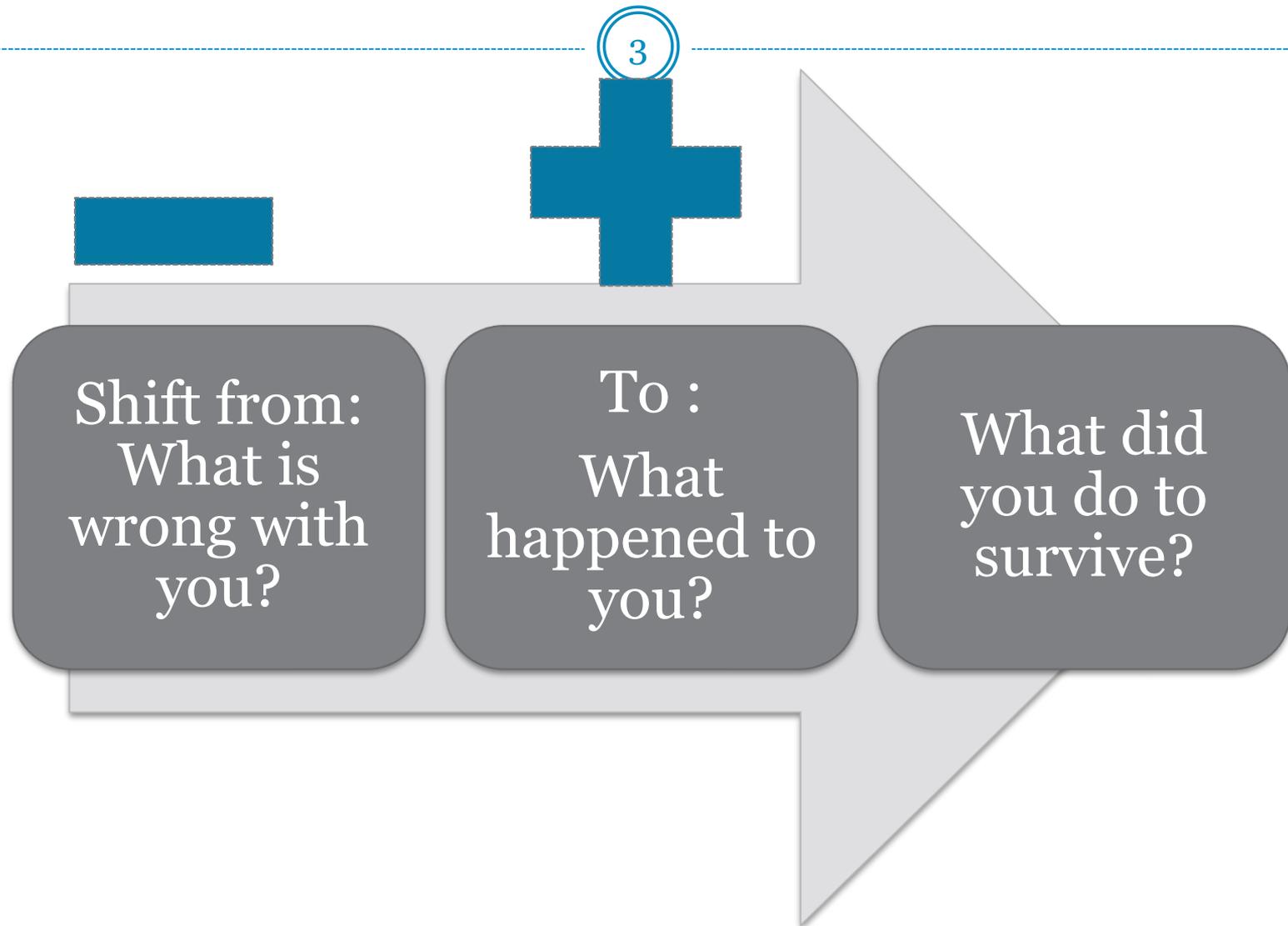
**PRESENTED BY:
THE OHIO DEPARTMENT OF
DEVELOPMENTAL DISABILITIES &
OHIO MENTAL HEALTH AND ADDICTION
SERVICES**

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Interventions in this training are being used as
part of
The Ohio Department of Developmental
Disabilities &
Ohio Mental Health and Addiction Services
Strong Families Safe Communities
Resilience Project

Trauma Informed Care



Adverse Childhood Experiences (ACE) Factors

Red = includes humiliation



ABUSE

HOUSEHOLD

- Psychological/Emotional
- Physical
- Sexual
- Emotional Neglect
- Physical Neglect (includes food insecurity)

- Substance Abuse
- Mental Illness
- Loss of a Parent
- Mother treated violently
- Imprisoned household member (a stigmatized loss)

“If we have someone who loves us—I don’t mean someone who indulges us, but who loves us enough to be on our side—then it’s easier to grow resilience, belief in self, and self-esteem.”

Maya Angelou

Why Resilience Matters

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- Impact on development
 - 50% of brain development occurs after birth (Putnam, 2004)
 - And continues to change over the life span (Doidge, 2008 & 2015)
 - Impact of trauma can be repaired!!(Siegel,2012; Cozolino,2006, 2010, 2014; Banks, 2014)

Why Build Resilience?

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- Statistics show up to 90% of people with Developmental Disabilities (Gentile & Gillig, 2012, NCTIC, 2013) experience trauma & toxic stress.
- Trauma Impacts the Entire Person including:
 - Behavior
 - Functioning levels
 - Cognitive processing
 - Mental Health
 - Physical Health

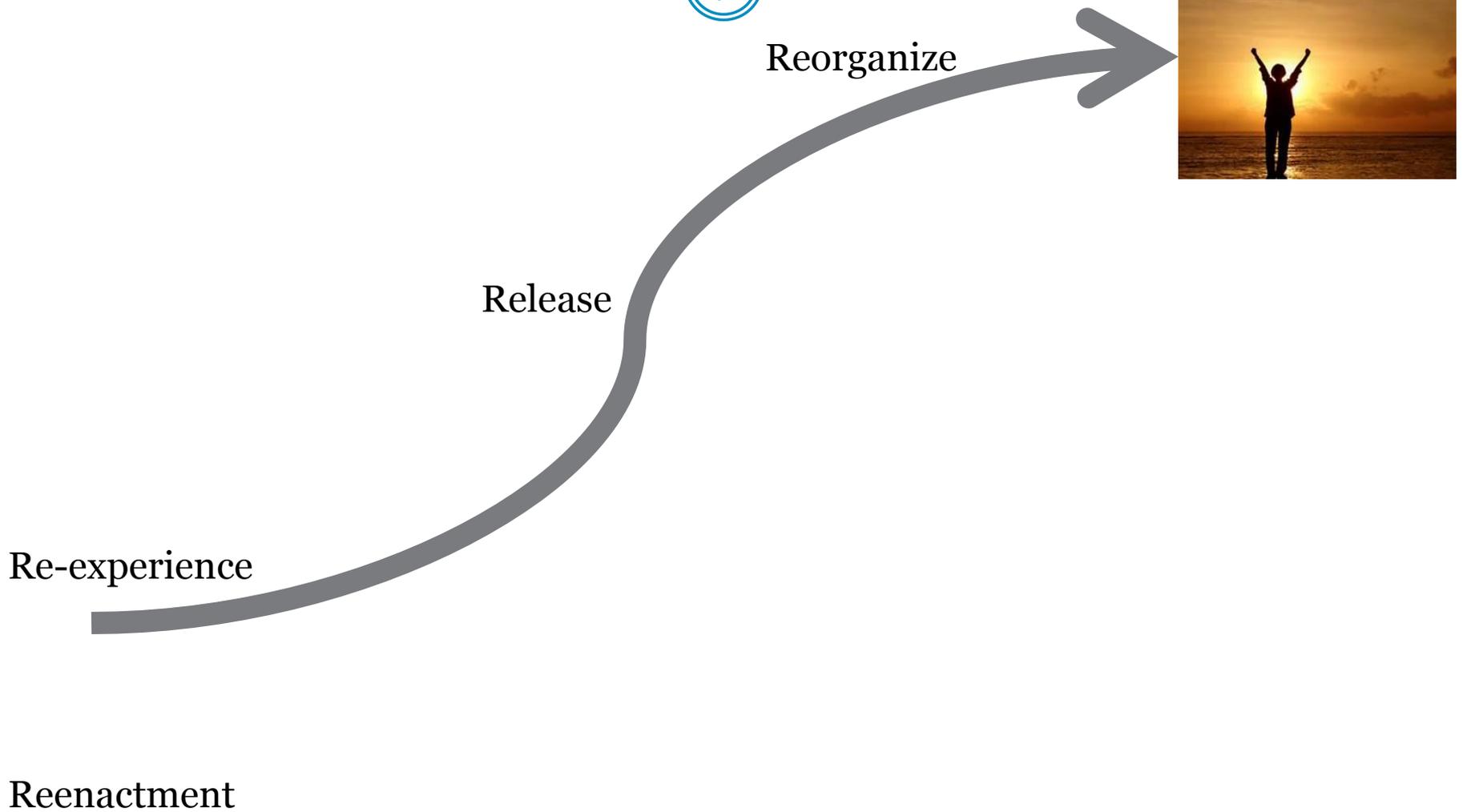
Resilience builds (in those we serve & ourselves) what is needed to release the effects trauma (**as listed above**) and toxic stress and **create** the life you want, not the one you are driven to recreate.

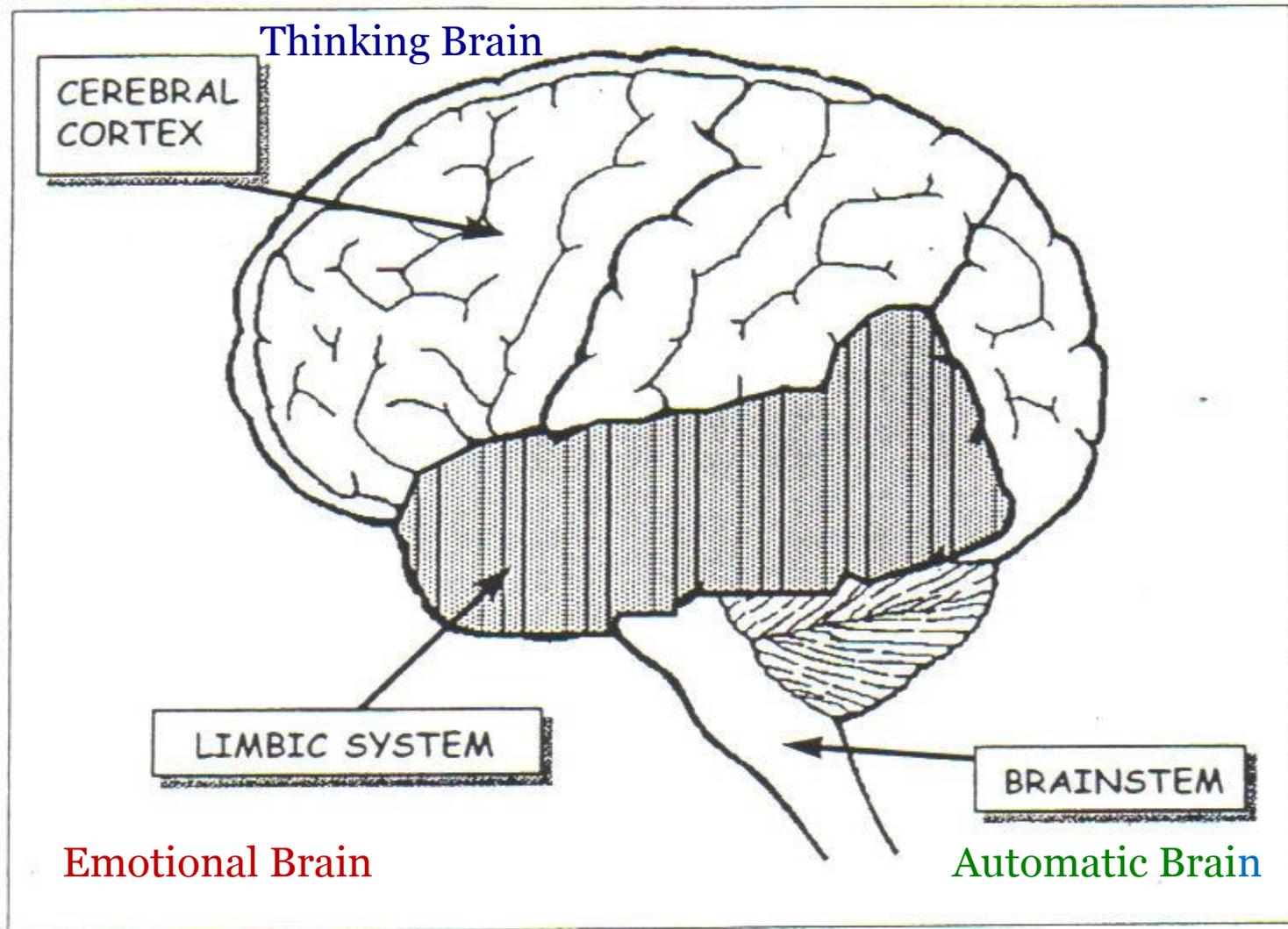
Resilience allows individuals to

1. Move on with their life.
2. Have a life that does not revolve around
 - The trauma
 - Recreating the trauma
 - Avoiding triggers
3. **Create** the life they want instead of what is familiar

Moving from Reenactment To Reorganization

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THREE BRAINS IN ONE

Cortex

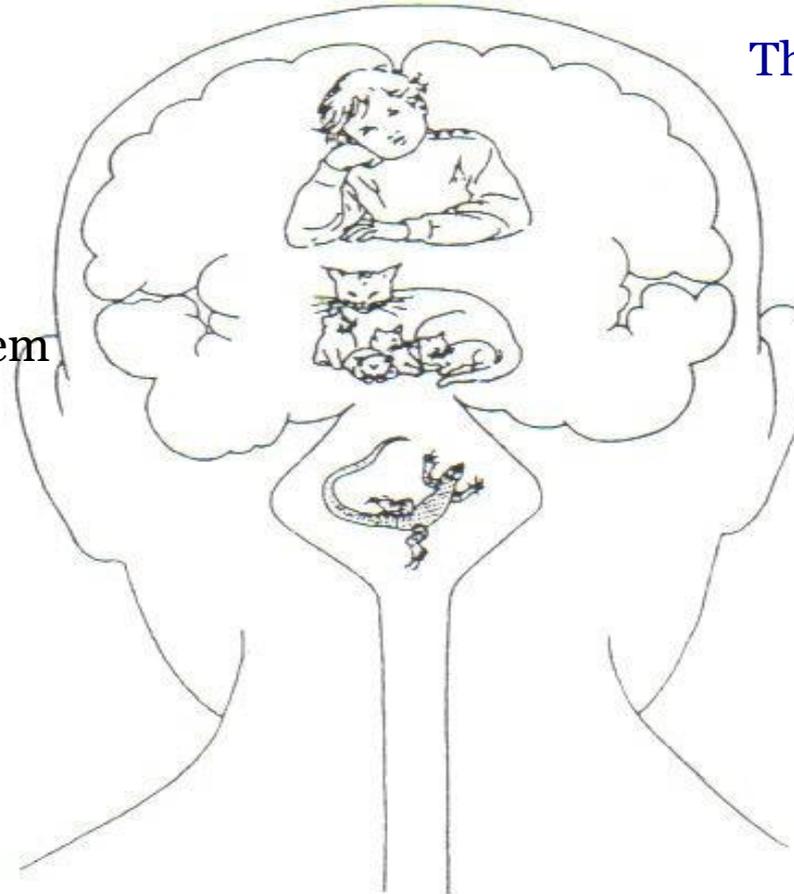
Thinking Brain

Limbic System

Emotional
Brain

Brain Stem

Automatic
Brain



Source: Jane M. Healy, Your Child's Growing Mind, 1987

Greetings from Your Cortex (Thinking Brain)

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The cortex:

1. plans
2. organizes
3. executes action
4. Helps regulate emotions

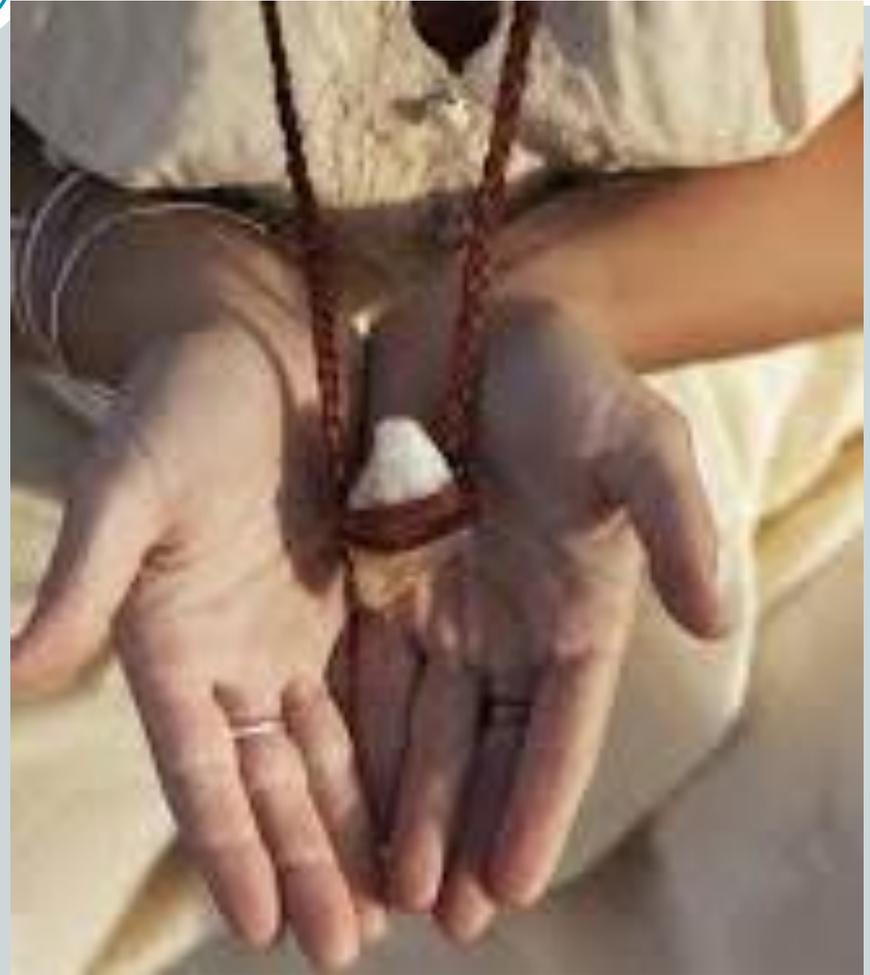
Greetings From Your Limbic System (Feeling Brain)

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Safety

Connection

Regulation



Greetings From Your Brainstem (Automatic Brain)

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When the Brainstem misfires autonomic responses
(things you do not think about) like:

Arousal

Bladder

Bowel

Digestion

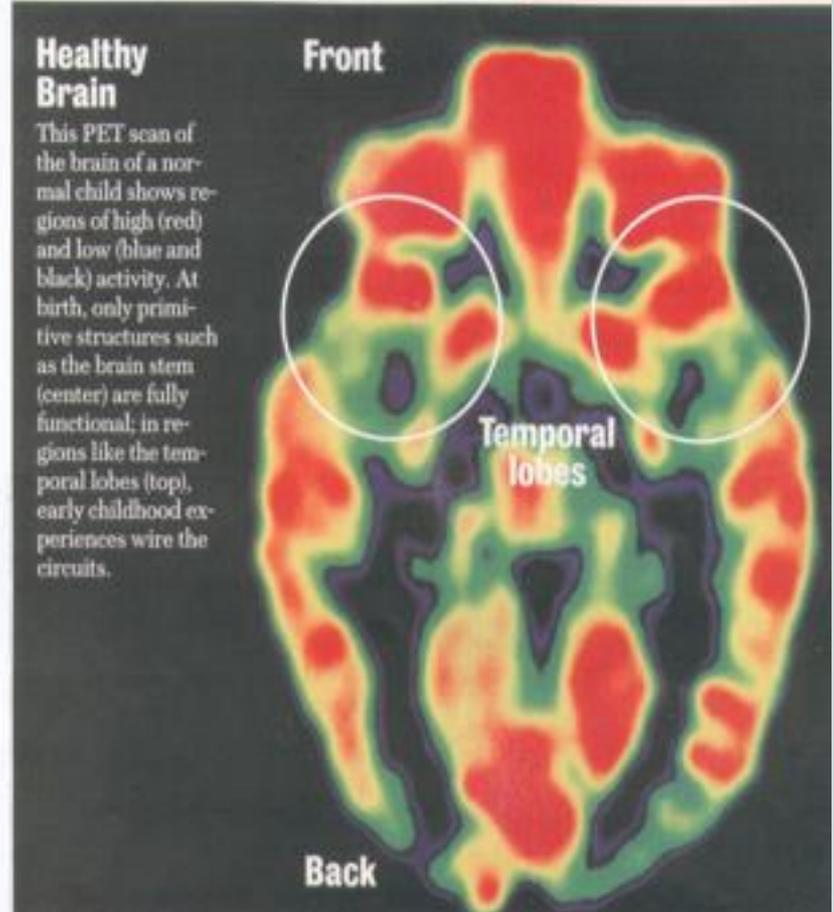
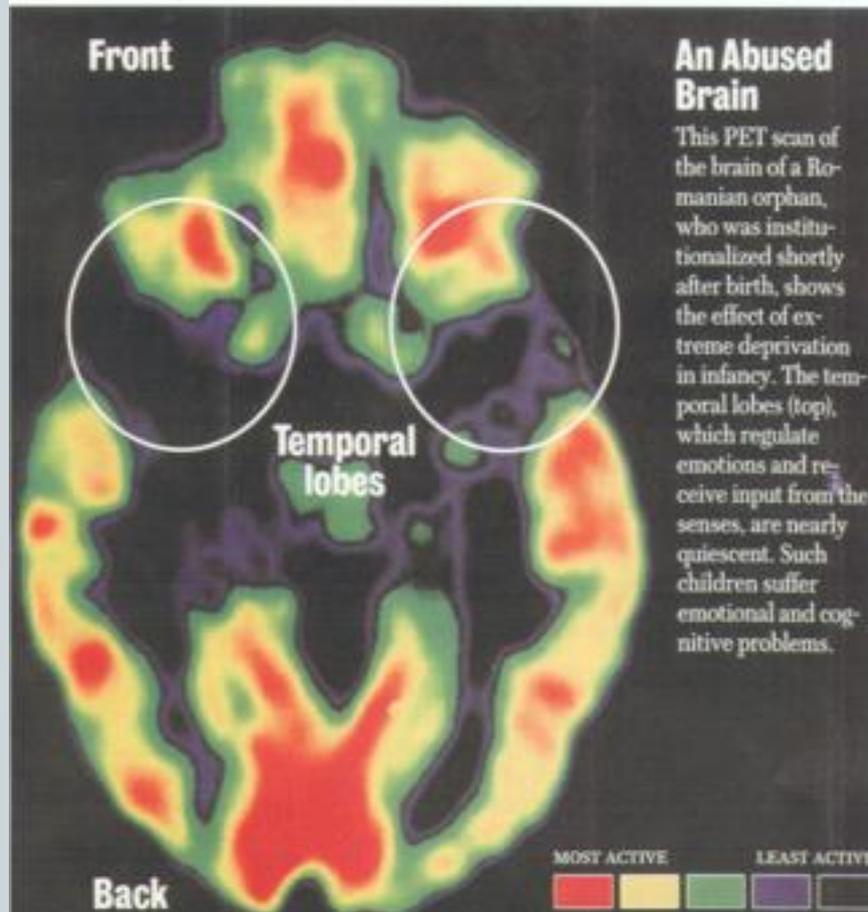
Perspiration

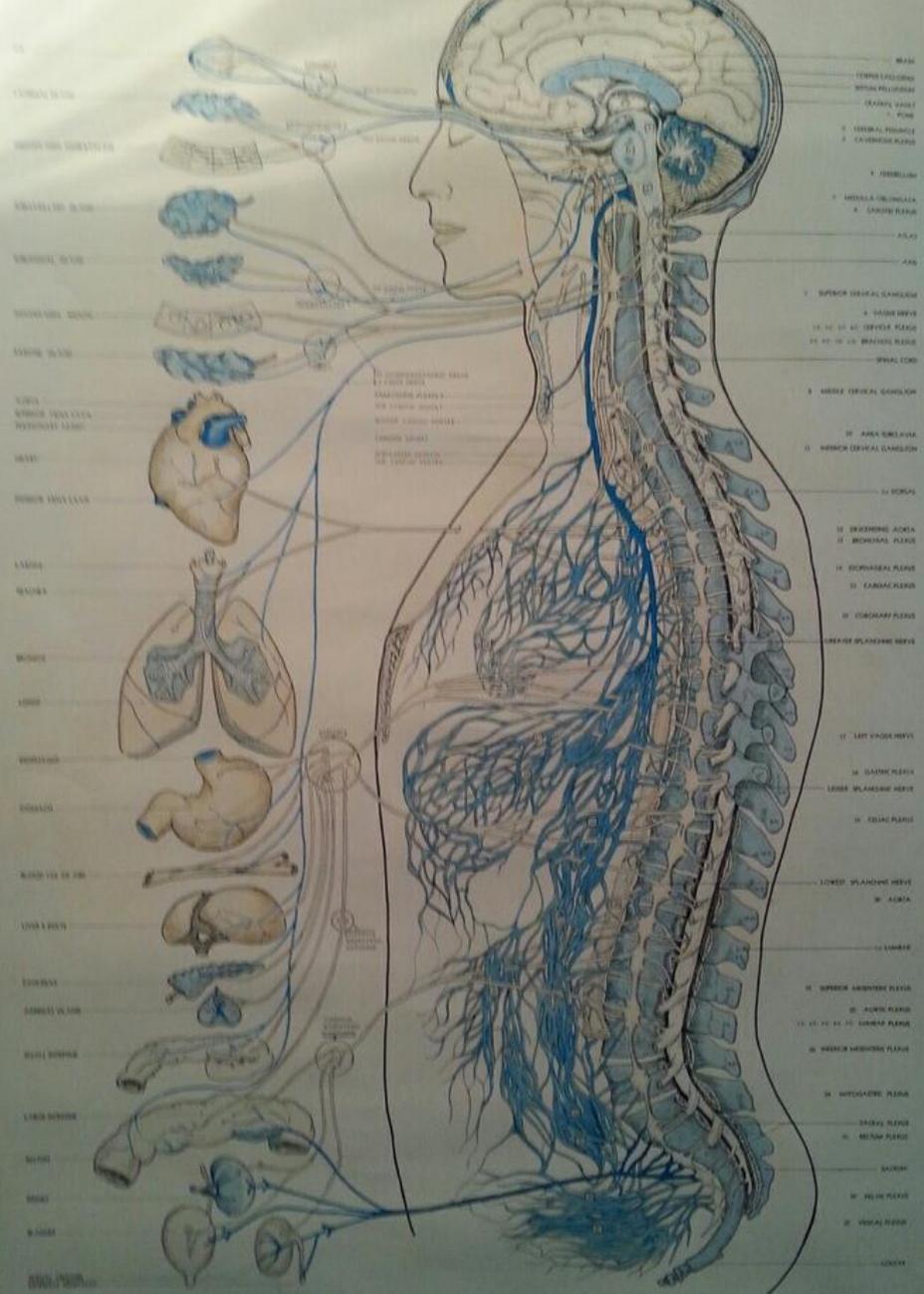
Breathing

Startle responses

Why Resilience Matters

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AUTONOMIC NERVOUS SYSTEM

Sympathetic - Yellow Parasympathetic - Green Cerebrospinal - White

More ACEs = More Adverse Effects



Behavioral Health Effects

- Smoking
- Re-victimization
- Teen pregnancy
- Poor job performance
- Violent relationships
- Alcoholism/Substance Abuse
- Depression
- Suicide

Physical Health Effects

- Fractures
- Chronic Obstructive Pulmonary Disorder (COPD)
- Heart Disease
- Diabetes
- Obesity
- Hepatitis
- Sexually transmitted diseases (STDs)
- Early Death

Additional IDD Factors Connected with **Humiliation**, Related to Higher Rates of Toxic Stress

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- Use of isolation to control behavior
- Naturally occurring isolation
- Lower levels of social skills and social support
- Experiences of learned helplessness
- Heightened family and maternal stress/depression
- Decreased adaptive coping styles
- Unrecognized trauma and abuse
- Low socioeconomic level

(Burke, 2013; Garner et al, 2012)

The Lose – Lose of Power Struggles

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If you WIN the Power Struggle...

You are now associated with the person who had power over and hurt them.

If you LOSE the Power Struggle:

You are now associated with the person they felt was unable to protect them.

Resilience: Rebuilding a Traumatized Brain

“Most therapeutic change happens
outside of therapy.”
(Gaskill & Perry, 2014, p. 186.)

Top 5 Resilience Factors

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- **5. Autonomy (Agency)**
 - What decisions can I make for my life?
 - How do I define power?
 - ✦ Is it **power over** or
 - ✦ **power with** to have the **power to** achieve goals?
- **4. Self Esteem**
 - Sense of Self – Personal Preferences (likes & dislikes)
 - Sense of Self Worth – When do you feel loved and valued?
 - Sense of Self-efficacy –
 - ✦ How do you affect change?
 - ✦ How do I make things happen?
 - ✦ How do I use & how do I want to use my powers of influence?

The Five good things from mutually enhancing relationships

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1. Zest
2. Clarity
3. Increased sense of worth
4. Creativity/Productivity
5. Desire for more connection

Top 5 Resilience Factors

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- **3. External Supports**
 - Can be a person, pet, fantasy
 - Or a spiritual or other belief system
 - What is my system of meaning?
 - How do I make sense of my world?

- **2. Affiliation** (With a cohesive supportive group working toward a positive goal or recognition of your own acts that contribute to the greater good)
 - To what groups do I belong?
 - What are my circles of connection?

The #1 Resilience Factor is



YOU!!!

Positive Experiences with people outside the abusive environment, especially people in positions of authority

What Makes Me Me?

What makes me happy? (Sense of Self)

When do I feel loved? (Self-worth)

When do I feel proud? (Self-efficacy & worth)

When do I feel in charge? (Self-efficacy)

When do I feel safe? (Sense of self)

What do I do to be safe? (Self-efficacy)

What are my comfort foods, things, habits, people?
(Sense of self & self-worth)

How do I put my comfort things in my life? (Self-efficacy)

Safety First:

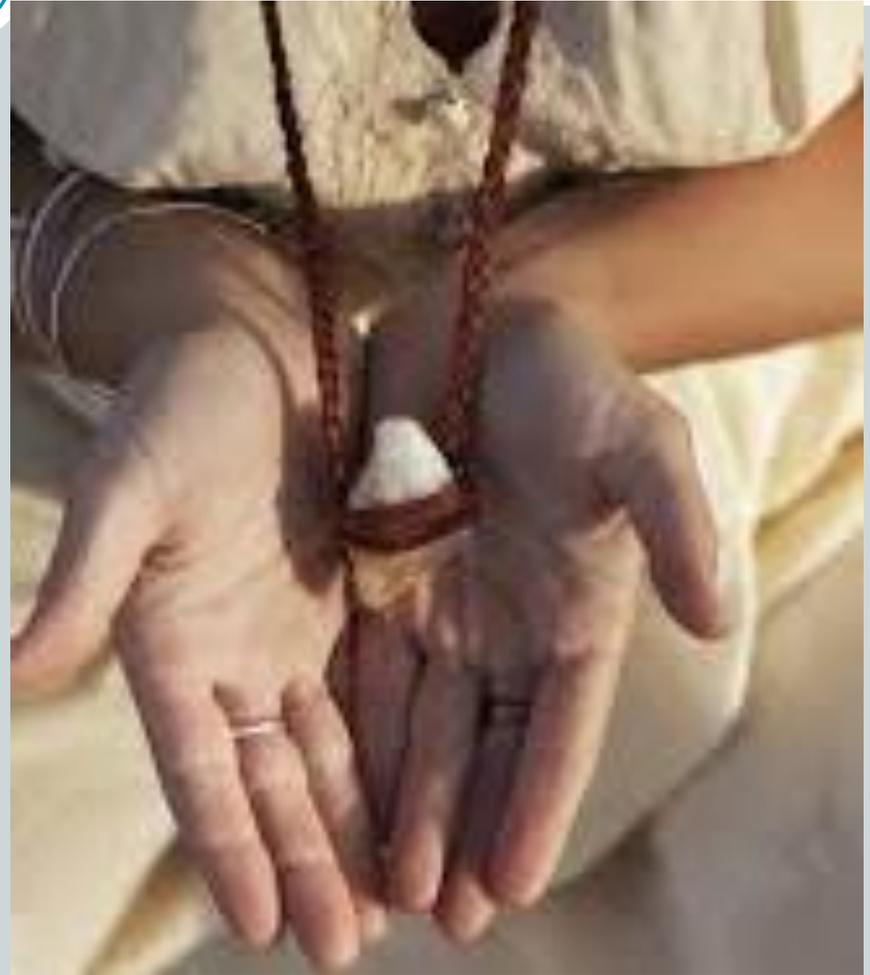
Greetings From Your Limbic System
(Feeling Brain)

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Safety

Connection

Regulation



Types of Safety

(Bloom, 2010)

Physical:

The ability to keep your body & others' safe from harm.

Moral:

Access to environments that support honesty and justice, & do not ask you to keep secrets for anyone.

Emotional:

Having access to environments where it is safe to express yourself & your feelings:

Social:

The ability to be safe in groups

Resilience Intervention # 1: Safety Script: Socializing without Shame

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This is a safe place,
and I won't let anyone _____
(name the behavior you want the individual to stop),
so I can't let you _____
(again name the behavior you want them to stop)
because this is a safe place.

Connecting Rules with Safety

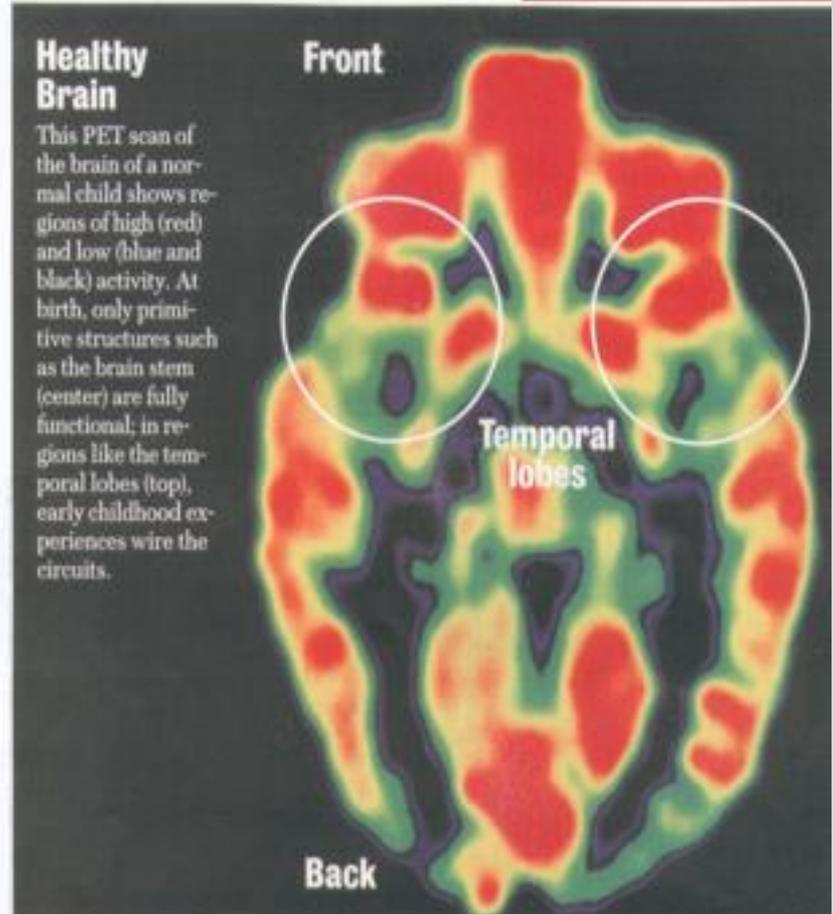
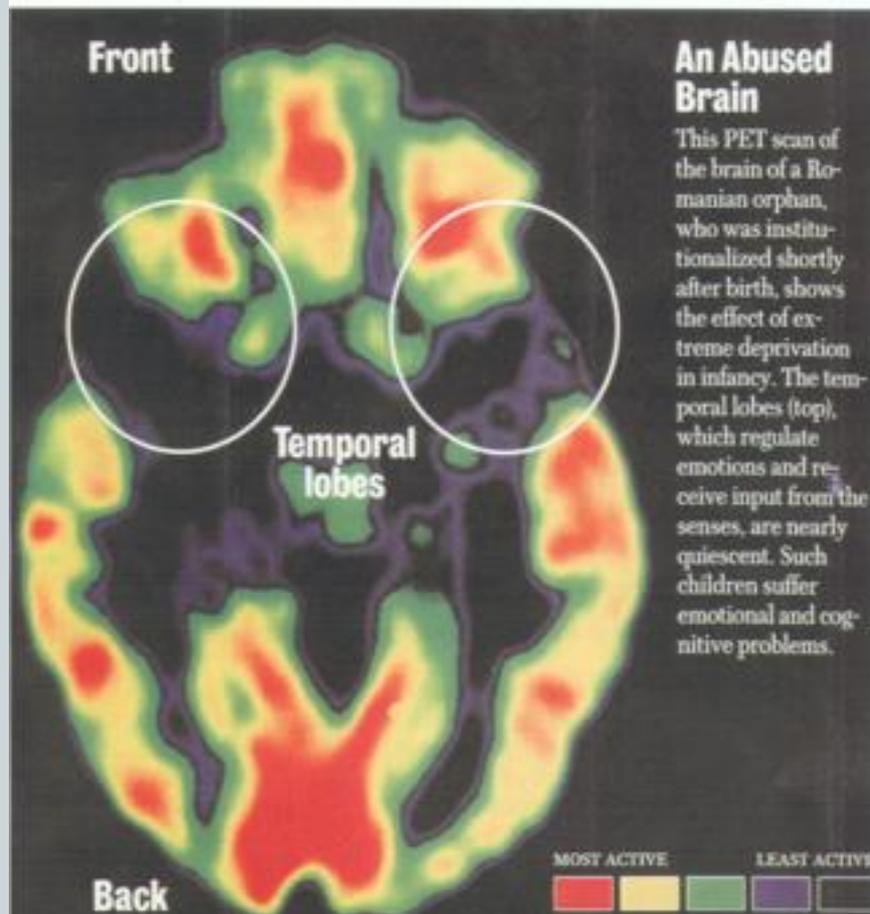
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Rule	How it keeps me safe

Rule	How it helps the family

Why Felt Safety Matters

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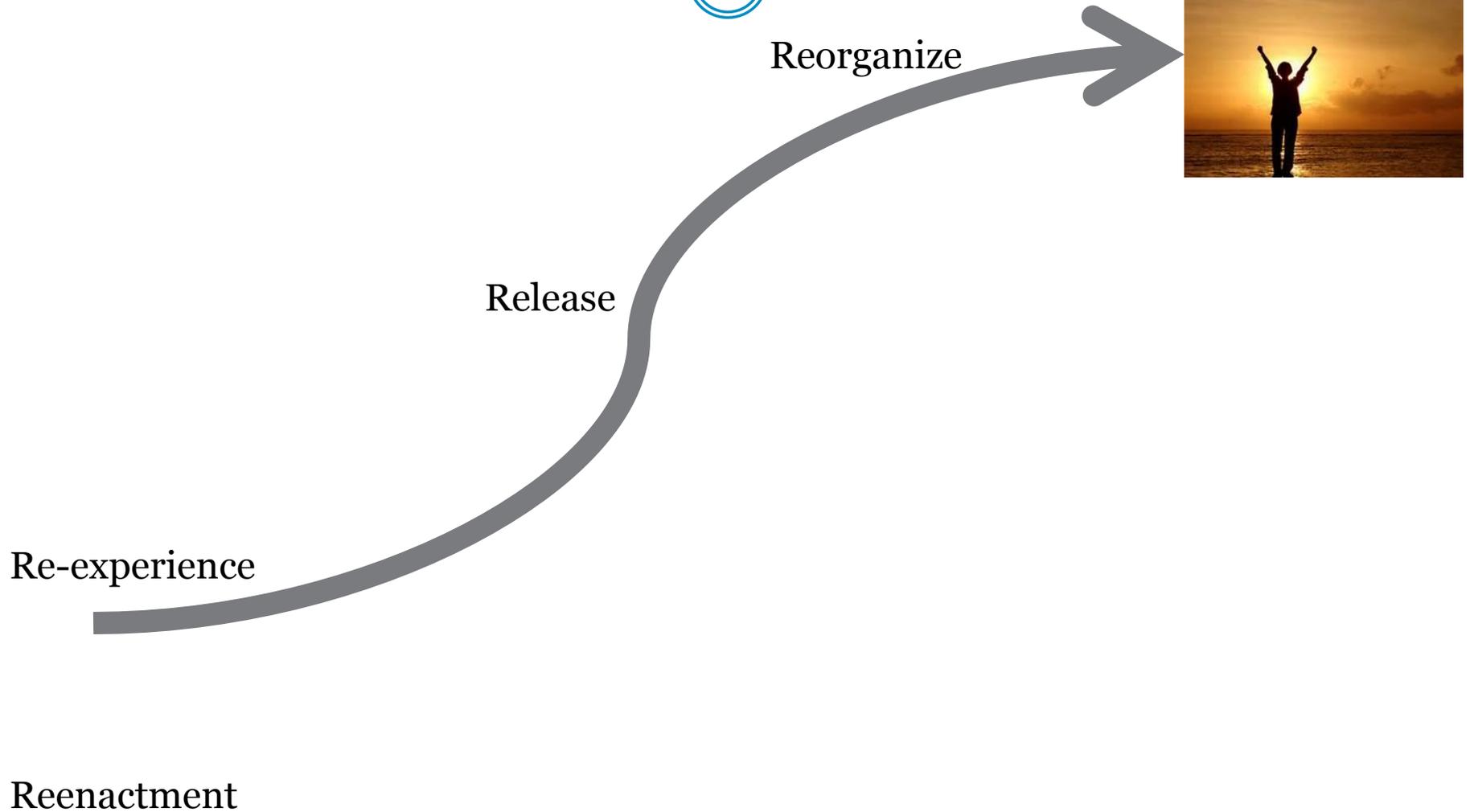
“You did then what you knew
how to do, and when you knew
better, you did better.”



-MAYA ANGELOU

Moving from Reenactment To Reorganization

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Reenactment

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Is intense, joyless repetitive behavior that is connected with some aspect of the trauma.

This is done in an “unconscious” (automatic/visceral) manner.

The person is not aware of it or why they do it, since it’s driven by a implicit (visceral) memory, not “conscious” thinking memory.

Re-experience:

When the individual is able to

1. Share their story or how they feel.
2. Feel heard. (Reflect Honor Connect)
3. Does not feel guilty for having caused the event.

“Everything that happened to you as a child,
happened TO YOU, you did not cause it.”

-Tonier Cain

And when an individual shares their trauma... What do I do?

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Shift from:
What is
wrong with
you?

To :
What
happened to
you?

What did
you do to
survive?

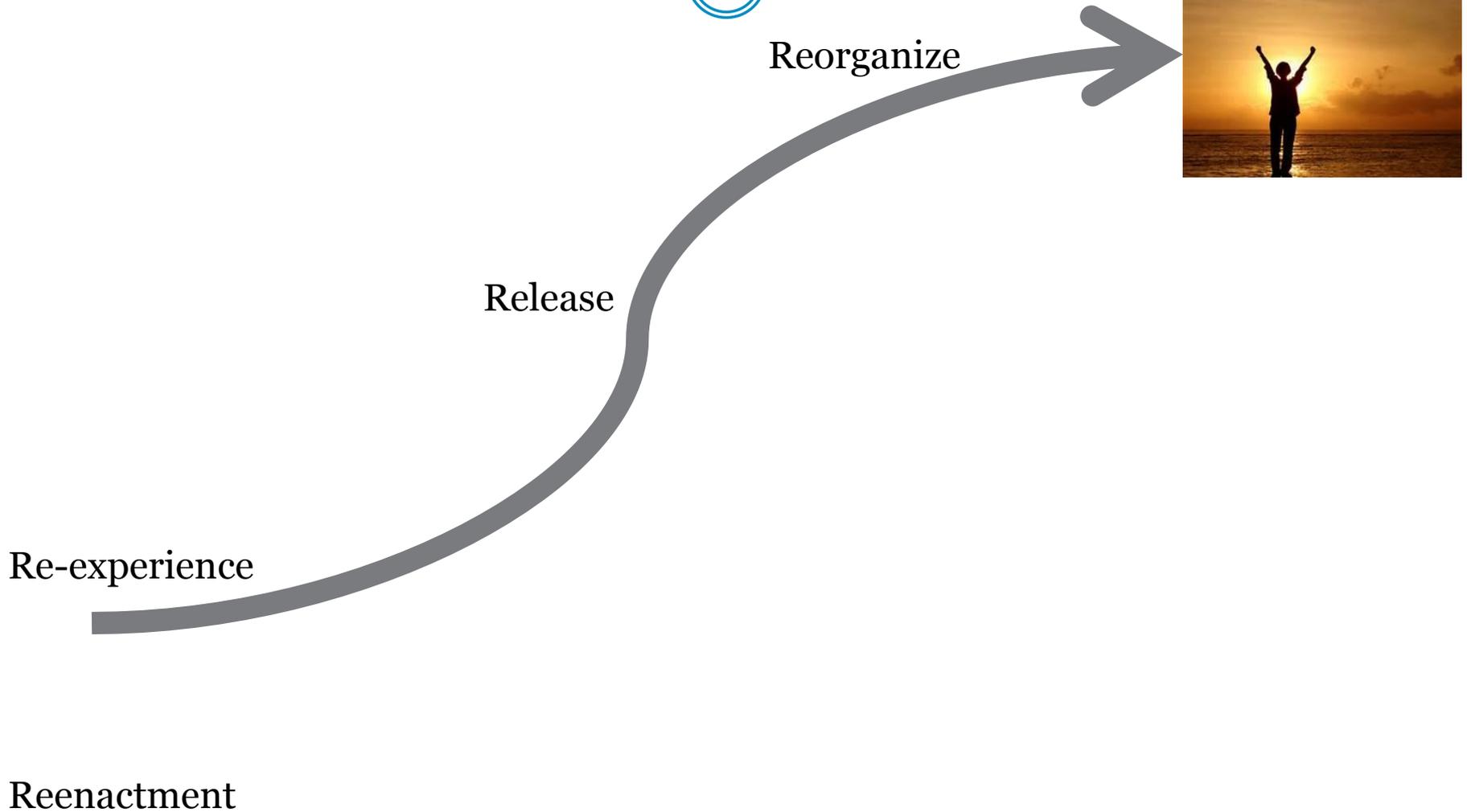
Resilience Intervention #2: **Reflect Honor Connect**

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- **Reflect** back with compassion what you heard the person say.
- **Honor** their courage for surviving and sharing.
- **Connect** with safety, supports and what they would like the future to look like.

Moving from Reenactment To Reorganization

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Releasing is when the individual is able to

1. Viscerally, “understanding” that the experience occurred in the past and no longer reacts to triggers. (Going from 1-100 decreases & may eventually end)
2. No longer feels devastated by the memory of the event. (For example, nightmares stop.)

The Anger Onion

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In the brain...

Irritation = Fear

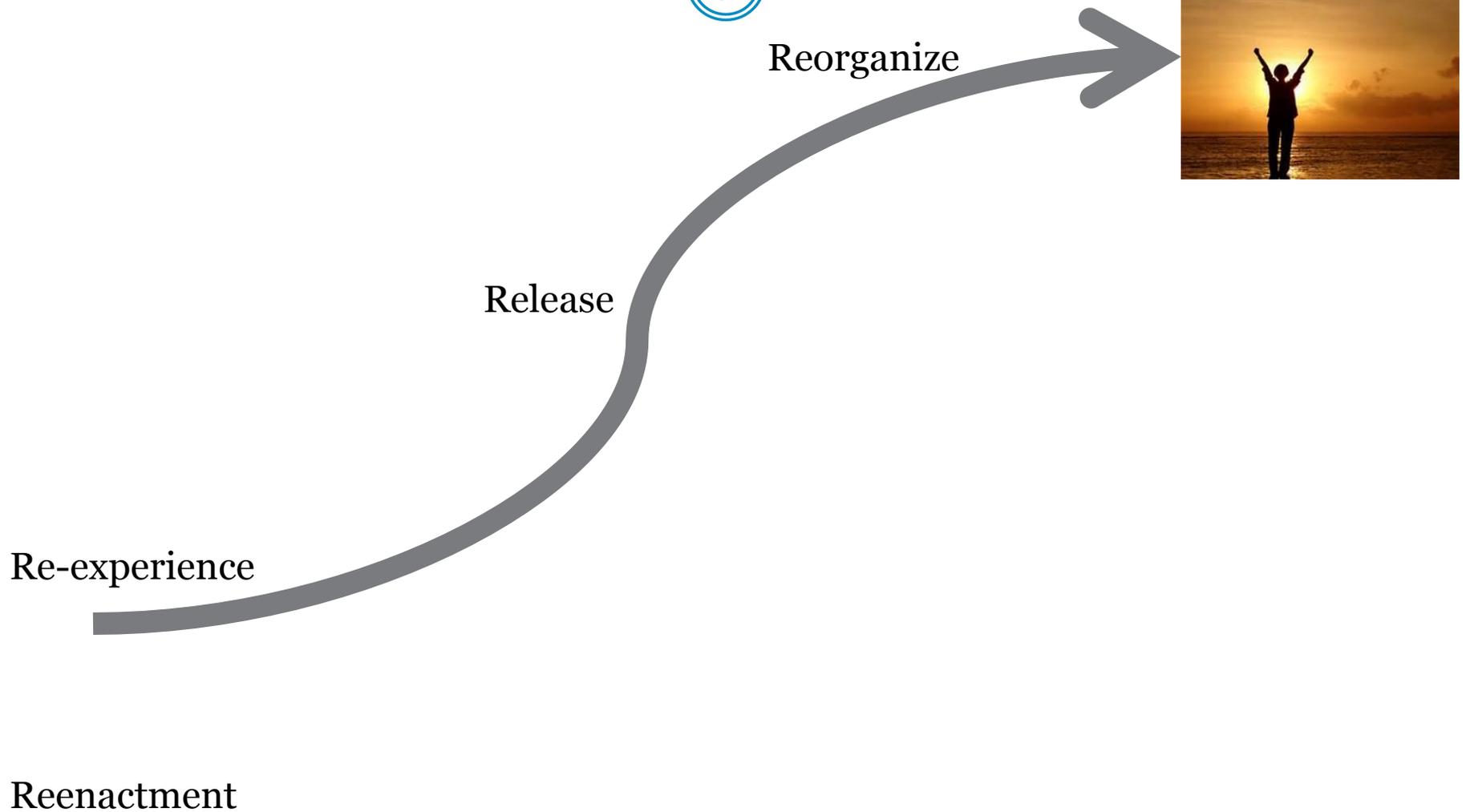
(Forbes & Post, 2007)

You will see or feel anger,
aggression, risk taking &
self-injurious behavior...
rather than sadness or fear



Moving from Reenactment To Reorganization

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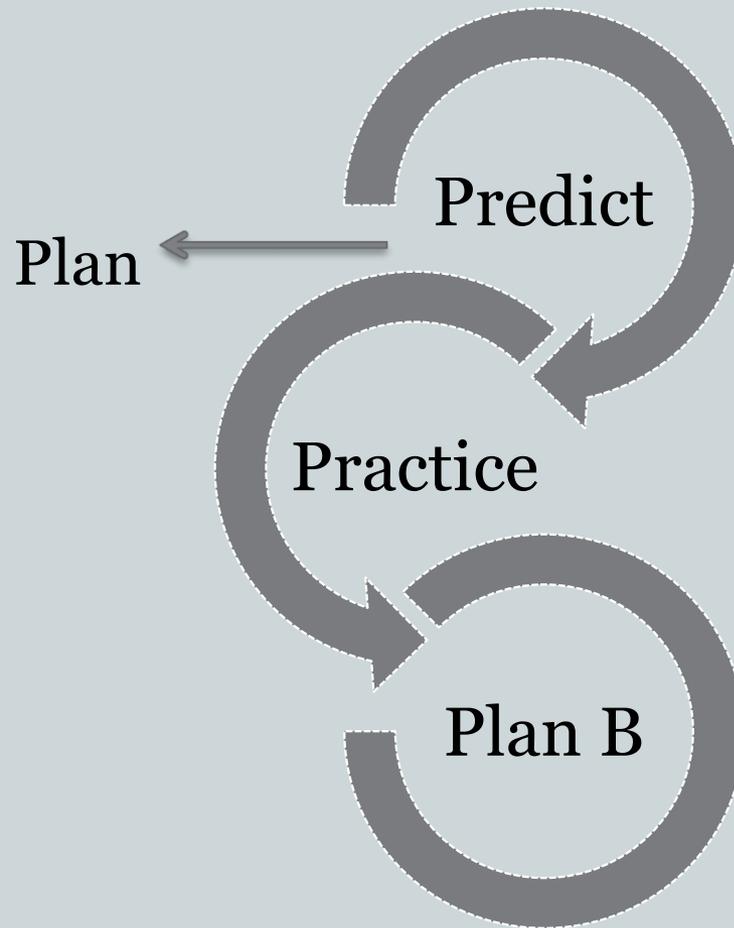
Reorganizing allows individuals to

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2. Have a life that does not revolve around
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Resilience Intervention # 3

The 4 P's

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“You heal, but not by yourself”



-TONIER CAIN

Affirmations For Rebonding

Clarke, J., & Dawson, C. (1998). *Growing up again parenting ourselves, parenting our children* (2nd ed.). Center City, MN.: Hazelden.

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- Jean Clark and Connie Dawson(1989 & 1998) looked at what messages someone should receive at each developmental stage to help them feel **safe** enough to **attach and regulate** throughout the lifespan.
- They then developed ways for individuals to provide those affirmations for themselves.
- Since 50% of our brain is formed by our interactions with others, **to build resilience** explore ways to deliver those same messages to those you serve.
- To address where resilience may have been missed due to trauma or toxic stress, focus on affirmations for the ages connected with the trauma.

Resilience Intervention # 4

Affirmations For Rebonding

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Affirmations for Being (ages birth – 6 months)

1. I'm glad you are alive.
 2. You belong here.
 3. What you need is important to me.
 4. I'm glad you are you.
-
1. You can grow at your own pace.
 2. You can feel all of your feelings.
 3. I love you and I care for you willingly.

Re-affirmations for Being (A way to receive missed messages)

1. Great to see you - Happy to see you.
2. Glad you're here.
3. What you need matters or I really want to understand what you are telling me because it matters.
4. You're an important part of the team. You have something to offer.
5. This is a safe place to make a mistake
6. This is a safe place to feel all your feelings.
7. I really enjoy our work together.

Resilience Intervention # 4

Affirmations For Rebonding

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Stage Four – Identity & Power From about 3 to about 6 Years

1. You can explore who you are and find out who other people are.
2. You can be powerful and ask for help at the same time.
3. You can try out different roles and ways of being powerful.
4. You can learn the results of your behavior.
5. All of your feelings are okay with me.
6. You can learn what is pretend and what is real.

Re-affirmations for Identity & Power

1. You are finding out what you like & what other people like.
2. You know how to help others & how to let others help you.
“You seem to really like X, and you’re really good at it!”
3. You are deciding what you want & who you ask to help you get it. (Agency)
4. “When you do... what happens next???” Chart out steps in a first – then manner. First you do this, then this happens....
5. You are figuring out what is real & what you wish was real.

Resilience Intervention # 4

Affirmations For Rebonding

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Stage Six -Identity, Sexuality and Separation

1. You can know who you are and learn and practice skills for independence.
2. You can learn the difference between sex and nurturing and be responsible for your needs and behaviors.
3. You can grow in your female or maleness and still be dependent at times.
4. I look forward to knowing you as an adult.
5. You can develop your own interests, relationships, and causes.
6. You can learn to use old skills in new ways

Re-affirmations for Identity, Sexuality & Separation

1. You know what you want & how to take care of yourself.
2. You know the difference between caring for someone (affection/nurturance) & meeting sexual desire.
3. You can be an adult & still work with other people to meet your needs.
4. I enjoy working with you & watching you grow.
5. You know what you like to do, people you feel safe with & what is important to you.
6. Things you learned a long time ago you are using to help in new ways.

Contact Info for Additional Training or Program Development

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