

MIMH

Present

*Trauma Informed Care: Ethical
Considerations*

Presenter

Mark Sanders, LCSW, CADDC

Trauma

We are a nation of Historical trauma survivors.

Lessons from History:

The Alcoholic Republic

"Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history."

Rationale

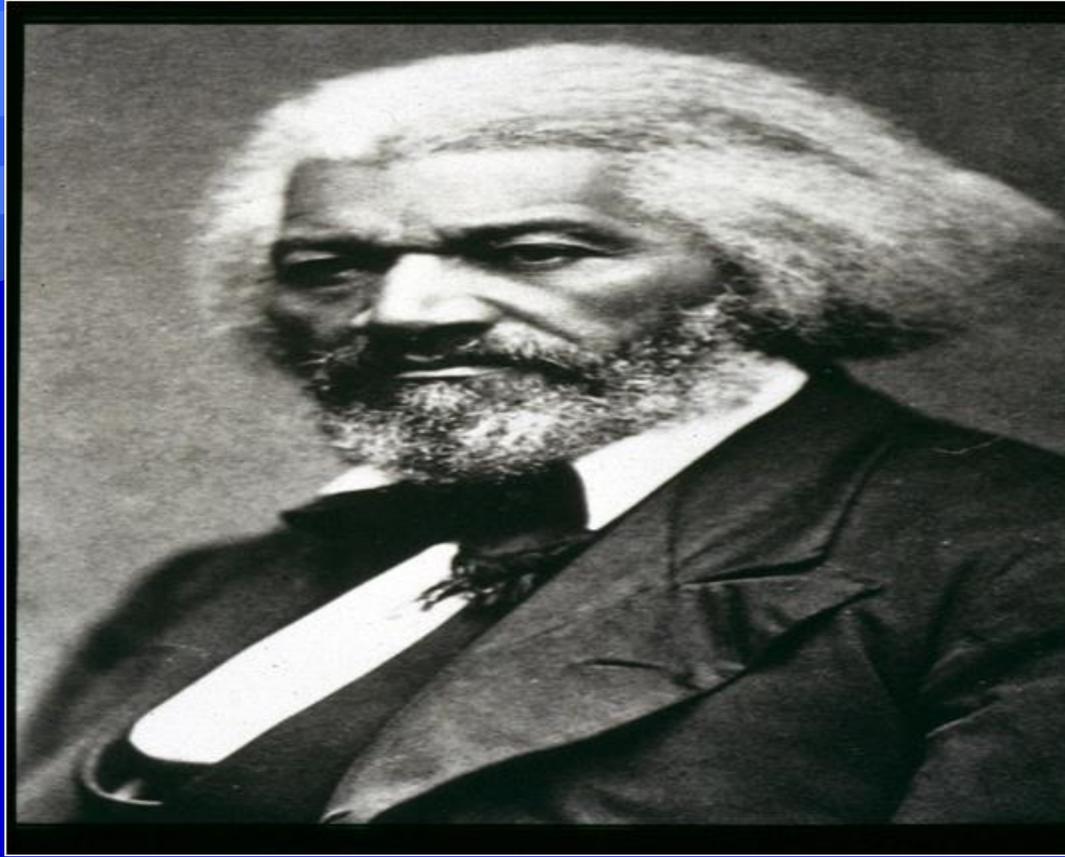
- *The British had all the tea*
- *Water was impure*
- *Milk spoiled easily*







Martha Washington
Leader of the Temperance Movement



"We can't stagger to freedom."

Frederick Douglass

Leader of the Black Temperance Movement

The Bill of Rights

The first 10 Amendments of the Constitution reflects all the things a trauma survivor would need to feel safe.

Amendment 1

Freedom of Speech

Amendment 2

The Right to Bear Arms

The Bill of Rights Continued

Amendment 3

You don't have to let soldiers live in your house.

Amendment 4

Nobody can search your body or your house unless they can prove to a judge there is a good reason to do so.



George Washington



Civil War

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.



September 11 Memorial

The National Residue of Our Historical Trauma

- *More guns than people*
- *One of highest homicide rate in the world*
- *The highest imprisonment rate in the world*
- *Leads the world in cigarette smoking*
- *Leads the world in illicit drug*

Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action

Columbine High School



Sherman School Shooting



Parkland School Shooting

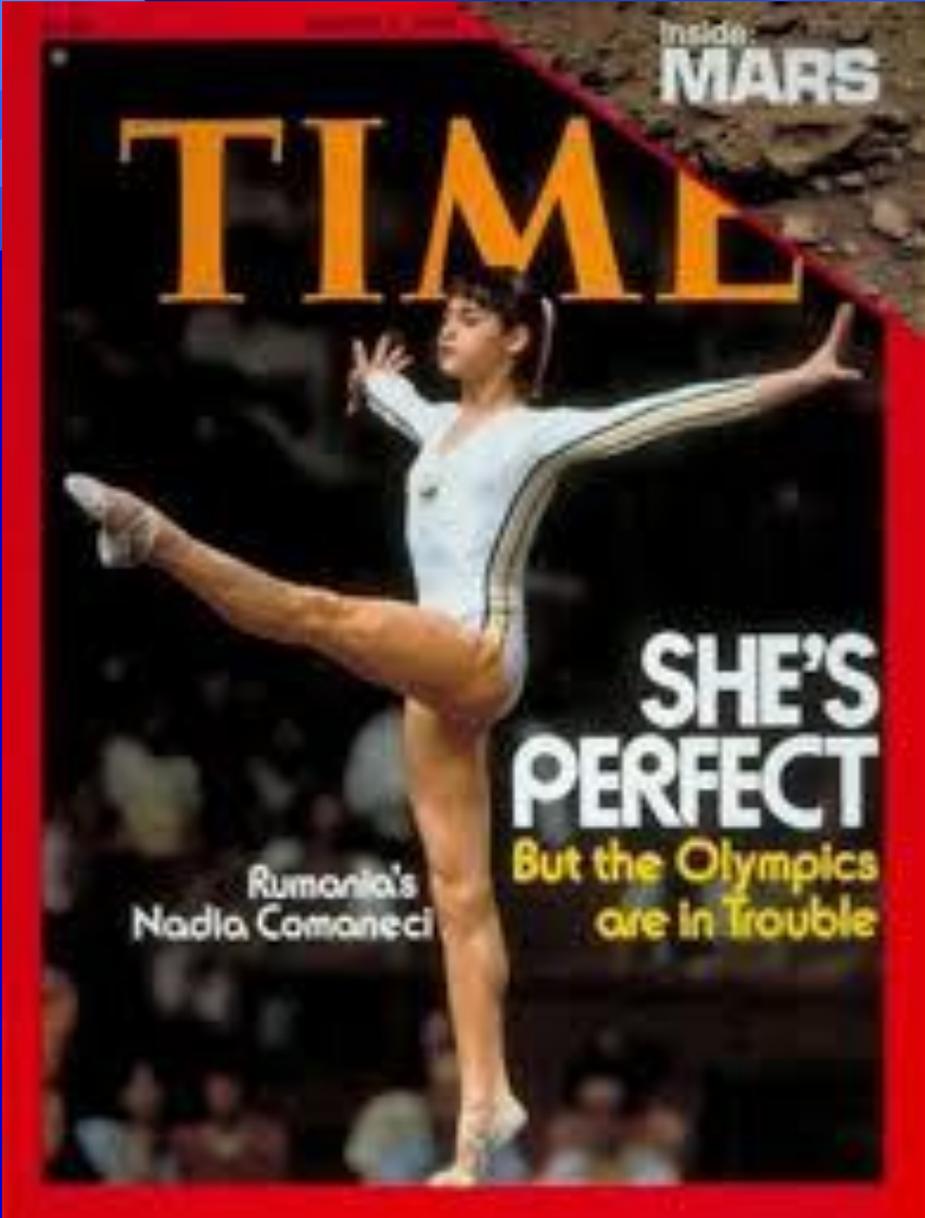


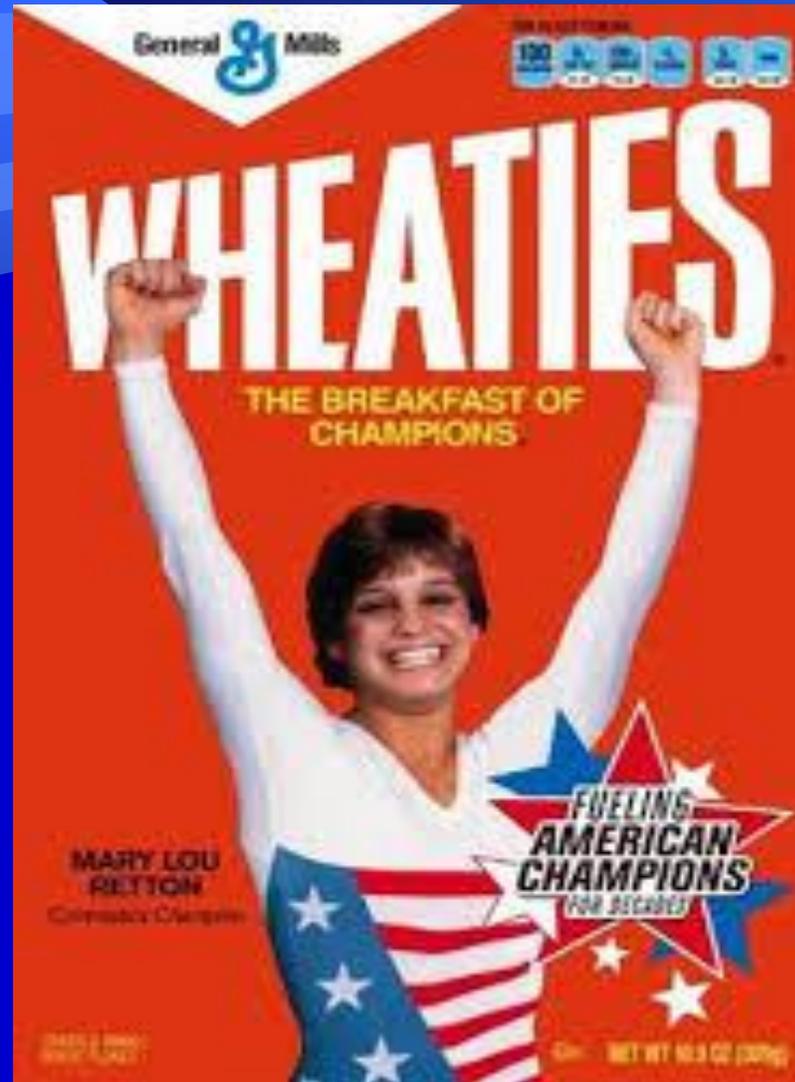
Sandy Hook Elementary School











Mary Lou Retton

Because of our insatiable appetite for drugs for the treatment of our unresolved trauma, reducing the supply will not stop Americans from getting high.

Much of the fentanyl coming into the United States comes from China, through the mail and legal points of entry.



Al Capone



Bugs Moran

During the War on Drugs on the 1930's the biggest drug dealers were not gangs, they were government agents who took bribes.

Source: Chasing the Scream



"A bold, creative, and compassionate work."
—SHARON SALZBERG, *New York Times* bestselling author of *Real Happiness*

It Didn't Start With You

HOW INHERITED FAMILY TRAUMA
SHAPES WHO WE ARE AND
HOW TO END THE CYCLE

Mark Wolynn



Tuskegee Experiment





GOING FROM THE PROJECTS TO PH.D.

Transcending My Geography



DR. YVETTE L. PYE



Adverse Childhood Experiences ACE's

Before age 18 (10 ACE's)

- *Abuse (physical, emotional, sexual and/or neglect)*
- *Exposure to parental domestic violence*
- *Parental mental illness or Substance Use Disorder*
- *Parental separation or divorce*
- *Loss of a parent through death, deportation, incarceration*

Results

- *Compared to an ACE's Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder*
- *A score of 5, the person is 10 times more likely to develop a Substance Use Disorder*
- *Life expectancy of a person who scores 6 is age 60 (monitoring)*

Results Continued

- *Each ACE increases Opioid relapse rates by 17%*
- *Each visit to a Trauma Informed program reduces relapses by 2%*

*Dr. Karen Derefinko
University of Tennessee*

You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Every Helping Professional Has an Ethical Responsibility to Advocate for Trauma Informed Care

A brief history

- *Freud*
- *World War I*
- *World War II*
- *Vietnam War*
- *Modern Addictions Treatment*
 - *Heavy confrontation*
 - *Poor boundaries*
 - *Treating chronic illnesses as acute*
 - *Discharge for confirming the diagnosis*
 - *Not treating trauma*

Ethical Responsibility Continued

- *HIV Movement*
- *Mental Health Treatment – from asylums, shock treatment, lobotomies to person centered care*
- *The Women's Movement*

Advocacy

- *Within our agencies and field*
- *Allied Fields*
- *The broader community*

What it Takes to be a Great Advocate for Clients

- *Passion*
- *Courage*
- *Faith*
- *Love*
- *Inspirators*



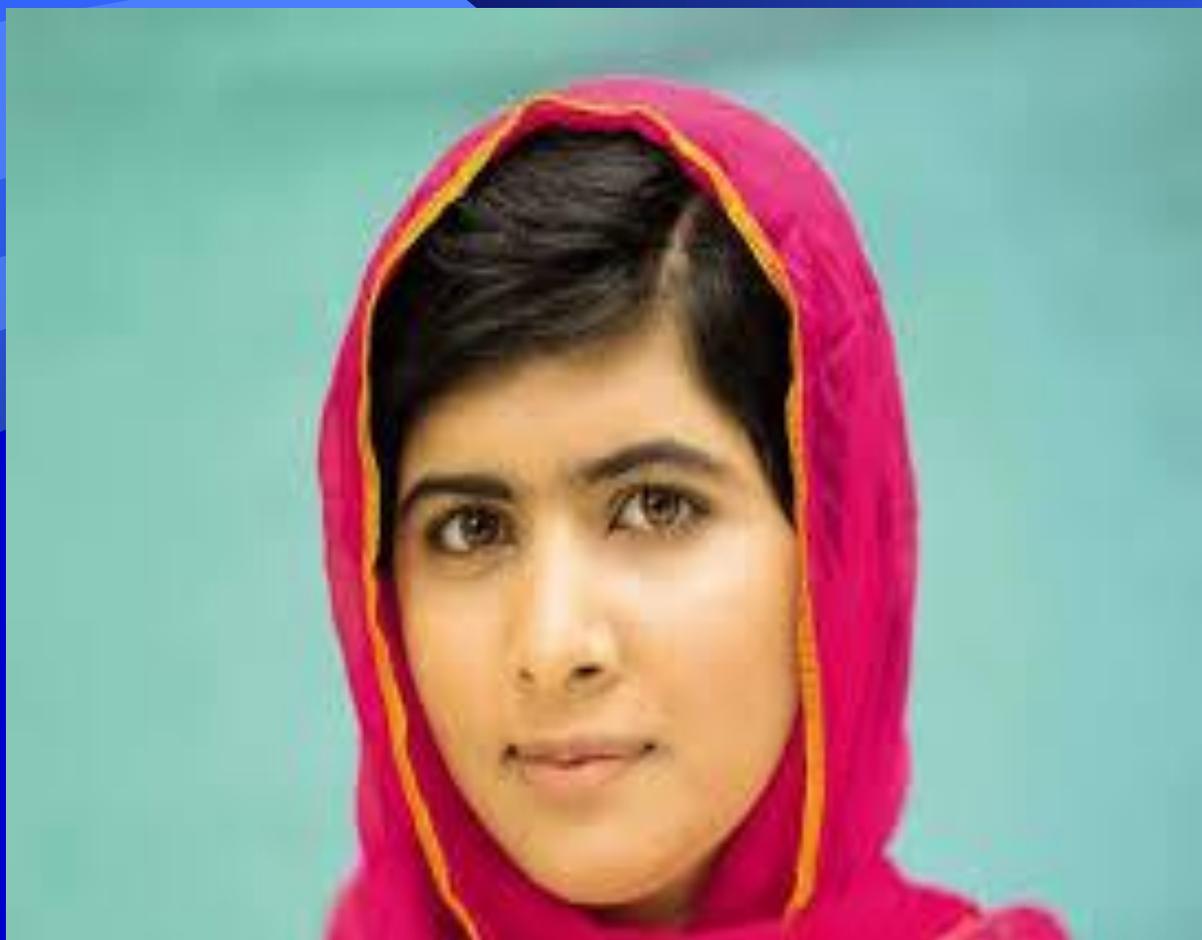
Gandhi



Dr. Martin Luther King



Pee-wee Reese



Malala Yousafzai

*We Have an Ethical Responsibility to
Learn and Utilize Multiple Evidence
Based Practices*

*CBT is the most common evidence based
approach to treating traumatic stress
disorders.*

We have an ethical responsibility to become aware of community influenced approaches to treating traumatic stress disorders.

Historical Trauma

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma

- Brave Heart, 2000



Historical Trauma Features

- *Loss of culture*
- *Survivor guilt*
- *Depression*
- *Traumatic stress symptoms*
- *Numbing*
- *Low self esteem*

Historical Trauma Features Continued

- *Historical unresolved grief*
- *Substance use*
- *Suicidal ideations*
- *Traumatizing others at the micro and macro levels*

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"Mighty Be Our Powers reminds us that even in the worst of times, humanity's best can shine through."

—ARCHBISHOP DESMOND TUTU,
Nobel Peace Prize Laureate, 1984

HOW SISTERHOOD,
PRAYER, AND SEX CHANGED
A NATION AT WAR

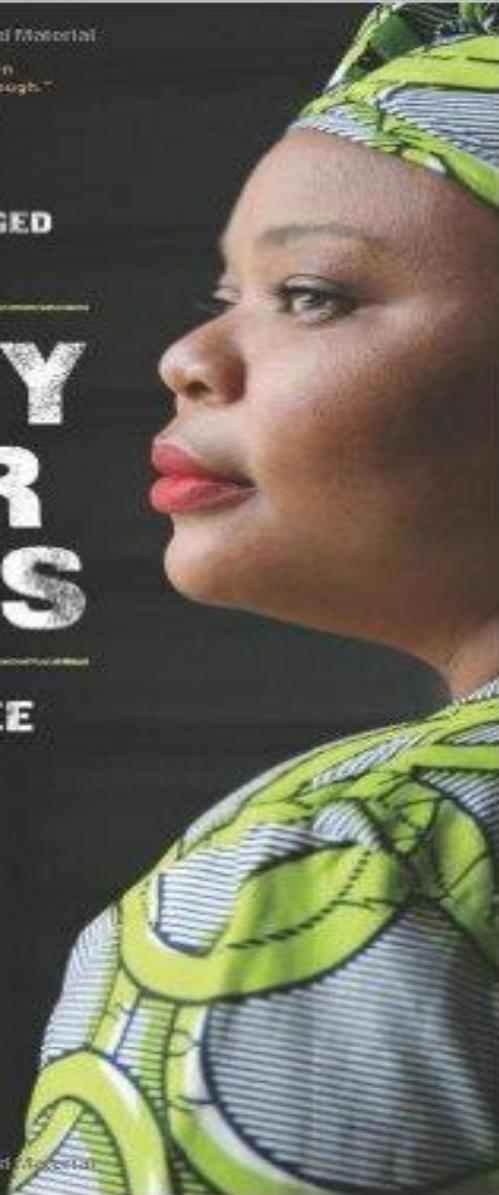
MIGHTY BE OUR POWERS

A MEMOIR

LEYMAH GBOWEE
with CAROL MITHERS

WINNER
of the
NOBEL PEACE
PRIZE

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NEW YORK TIMES BESTSELLER

"An astonishing book... about suffering and dignity, death and resurrection, one of my favorite books in years. It is lovely and tough and tender beyond my ability to describe and left me in tears of both sorrow and laughter." —Anne Lamott, author of *Grace (Eventually)*

Tattoos on the Heart

THE POWER OF
BOUNDLESS COMPASSION



Gregory Boyle
Founder of Homeboy Industries

Winner of the 2011 PEN Center USA Literary Award for Creative Nonfiction

The Healing of Historical Trauma

- *Mass Mobilization*
- *Personal and Collective Mourning*
- *Redefining and returning to culture*
- *Achieving a new harmony*
- *Community revitalization and celebration*

White and Coyhis

Alkali Lake-95% Recovery
whitebison.org

24 -7 - 365 Terror

Dispelling the Myth

- *500 murders annually*
- *40,000 annual births in Chicago*
- *2.7 million residents*

Dispelling the Myth Continued

- *9 million residents of Cook County*
- *112 murders in Englewood over last 20 years*
- *73 thousand residents of Englewood*
- *Actual life expectancy is 70 and 73*

3 Waves of Trauma Informed Treatment

First Wave

- *Psychodynamic Approaches*
Judith Hermann
- *Safety*
- *Remembering and mourning*
- *Reconnection*
 - *Finding a survivor mission*
 - *Striving to reach your potential*

Second Wave

- *Cognitive Behavioral Therapies*

Third Wave

- *Experiential Approaches*



*September 11th survivors were asked
what helped them most with their trauma*

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*
- *Dance*



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Agency's Have an Ethical Responsibility to Create Trauma Informed System of Care

A trauma informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up. In a trauma informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.

The First 5 Minutes of Contact

- *A warm greeting*
- *Pictures on the wall*
- *Magazines in the waiting room*
- *A short wait*
- *An inviting waiting room*
- *Positive service energy*

Principles of Trauma Informed Care Continued

- *Parallel Process- How we treat each other impacts how we treat clients*
- *Do no harm*

Do No Harm

- *Avoid heavy confrontation*
- *Use person first language*
- *Avoid stigmatizing language*
 - *Addict*
 - *Dopefiend*
 - *Dirty drop*
 - *Clean*
- *Natural consequences rather than punishment*

Do No Harm Continued

- *Client is in charge of disclosure*
- *Missing details are ok*
- *One experience can stand for many*
- *Healthy boundaries*

Types of Family Boundaries

- *Loose- everyone is doing their own thing, no one is aware of what's going on with other family members*
- *Enmeshed- family members are too close*
- *Healthy- everyone is allowed the 5 freedoms*

The Five Freedoms

- *To think what you think rather than what you should think*
- *To feel what you feel rather than what you should feel*
- *To want what you want rather than what you should want*
- *To see what you see rather than what you should see*
- *To imagine your own self actualization*

The Goal is: Differentiation of Self

The ability to establish healthy boundaries when the system is pushing you towards enmeshment. This involves:

- *Assertiveness*
- *The ability to say no*
- *Emotional preparation*
- *The ability to observe rather than react*
- *A healthy family of choice*

Emotional Cut Offs

How individuals distance themselves from enmeshment without doing the work of differentiation of self.

- *Drug use*
- *Homelessness*
- *Discontinuation of medication*
- *Prison*
- *Caller ID*
- *Go to war*

Emotional Cut Offs Continued

How individuals distance themselves from enmeshment without doing the work of differentiation of self.

- *Joining a gang or a cult*
- *An addictive relationship*
 - *Smothering*
- *Suicide*

Do No Harm Continued

- *Paternalism*
- *Discharge for confirming the diagnosis*
- *Keeping clients in therapy too long*
- *Treating aftercare as an afterthought*
- *Dual relationships*
- *Sexual exploitation*
- *Professional desertion*
- *Guard against burnout and compassion fatigue*

Sign of Compassion Fatigue

- *Loss of energy*
- *Loss of hope*
- *Loss of idealism*
- *Spiritual distress*
- *Shift in your world view*
- *Depersonalization*

Depersonalization

Compassion Fatigue Protective Factors

- *Laughter*
- *Feelings of appreciation*
- *Team cohesion*
- *Outlets to discuss traumatic experiences*

Trainers' Contact Information

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