

TRAUMA AND ATTACHMENT ACROSS THE LIFESPAN

ON DEMAND

WORKSHOP AGENDA

Week One

I. Neurological Building Blocks

Neurotransmitters of connection
Cortisol vs. Oxytocin
The importance of touch
The Polyvagal system
Healthy attachment

Week Two

II. Defining trauma and attachment

Developmental vs. attachment trauma
Single-incident trauma
Common sources of trauma
Parenting Styles
Attachment Styles

Week Three

III. Trauma and Brain Development

Biopsychosocial model
Biphasic arousal model
Core organizers of experience

Week Four

IV. Relational Character Strategies and the DSM-V

Sensitive Strategies
Oral Strategies
Psychopathic Strategies
Industrious/Organizational Strategies

Week Five

V. Building the Resource Toolkit

Internal and External
Survival resources
Somatic resources
Creative resources

Week Six

VI. Critical Interventions

Proximity maintenance: Restructuring boundaries
Prosody: Modulating vocal intensity
Creating a secure therapeutic base
Creating a safe therapeutic haven
Validation: Connection before Redirection

LEARNING OBJECTIVES

- Learn the impact of trauma on the developing mind.
- Identify the key features of healthy attachment and its impact neurologically.
- Identify the key defensive survival strategies in trauma.
- Learn how relational character strategies are formed that can be effective adaptations to relationship disturbances.
- Develop strategies to address key disorders across the lifespan that are influenced by trauma and attachment disturbances (ADD/ADHD, Anxiety, Depression, PTSD, etc.)
- Develop strategies to address key personality disorders across the adult lifespan that are influenced by trauma and attachment disturbances (Antisocial, Borderline, Obsessive Compulsive Personality, etc.)
- Understand how to establish a safe therapeutic environment that reestablishes healthy boundaries, connected communication and vali-



EBONI WEBB
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Ebony Webb, Psy.D., HSP is a licensed psychologist and serves as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA).

She has practiced in numerous community settings including clinics that treat underserved communities of color, clients with developmental disabilities, and clients suffering from severe and persistent mental illness. She worked at the largest mental health clinic at the time in the Minneapolis/St. Paul area that specialized in treating clients diagnosed with Borderline Personality Disorder (BPD) with Dialectical Behavior Therapy (DBT). She has practiced DBT in community mental health centers and developed two special DBT-oriented treatment programs for clients with developmental disabilities and borderline-intellectual functioning.

Dr. Webb currently resides in Nashville, TN where she has been serving clients in her private practice, Kairos. She continues to specialize in individual and group DBT as well as cognitive-behavior strategies that address a myriad of clinical issues. She also offers special group therapies for adults and a dual-track of teen skills training that includes their parents.

She is currently working to adapt DBT for clients with severe and persistent mental illness (e.g. psychotic-based disorders).

**Trauma & Attachment
Across the Lifespan
Tools & Strategies to
Address Complex Clients**

**Week One
Neurobiological
Building Blocks**

**Breath Count
Mindfulness**

**After the out-breath you count one,
then you breathe in and out and count
two, and so on up to ten, and then you
start again at one.**

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- Understand how to establish a safe therapeutic environment that reestablishes healthy boundaries, connected communication and validates a client's survival journey.

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Often and often afterwards, the beloved Aunt would ask me why I had never told anyone how I was being treated. Children tell little more than animals, for what comes to them they accept as eternally established.

Rudyard Kipling

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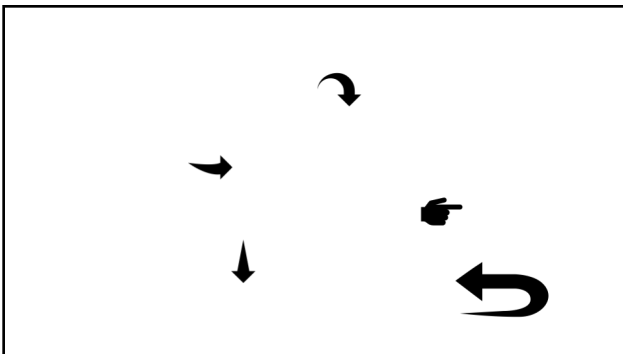
The Neurobiological Building Blocks of Trauma

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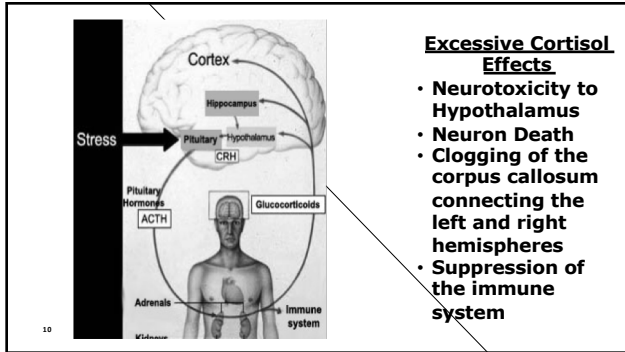
The vagus nerve is the largest nerve in the body and controls our body's ability to detect danger, sense safety, experience rest/relaxation, and connect socially. It is refined through connection from birth and innervation of touch.

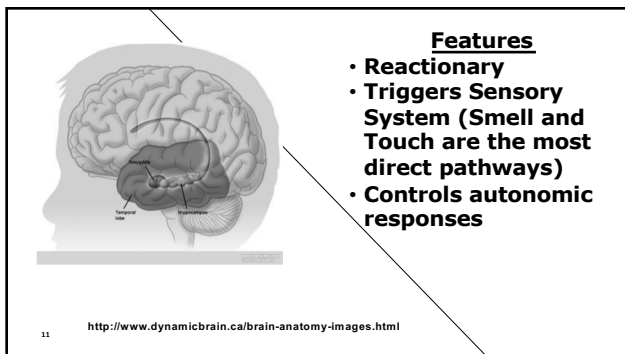
The Polyvagal Theory (Porges, 2011)

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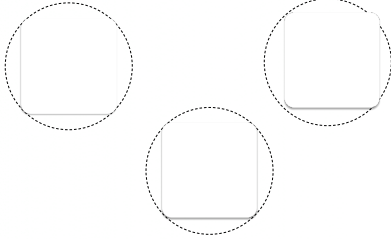
Acute Response to Threat Study

| Hyperaroused Continuum | Rest (Male Child) | Vigilance (crying) | Resistance (Freeze) | Defiance (posturing) | Aggression (hitting, spitting) |
|------------------------|---------------------|--------------------|---------------------|------------------------|---|
| Dissociative Continuum | Rest (Female Child) | Avoidance (Crying) | Compliance (Freeze) | Dissociation (Numbing) | Fainting (checking out, mini-psychosis) |
| Primary Brain Areas | Neocortex | Subcortex | Limbic | Midbrain | Brainstem |
| Cognition | Abstract | Concrete | Emotional | Reactive | Reflexive |
| Mental State | Calm | Arousal | Alarm | Fear | Terror |

"In the brains of people who have been abused, the genes responsible for clearing cortisol were 40% less active"
(Morse &Wiley, 2012)

Acute Response to Threat; (Perry, Pollard, Blakely, Baker & Vigilante, 1995). Adapted from study results for teaching.

What Happens During A Stress/Trauma Response?



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Neuroception




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Essential Developmental Target:
Self-Regulation


Dyeregulation



Co-regulation




Self-regulation



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Social Engagement System

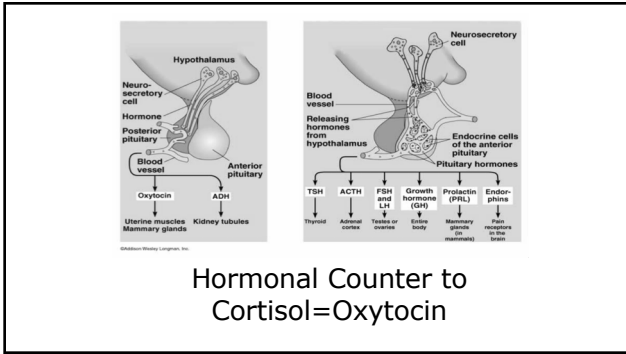
- Eye-gazing
- Language
- Prosody
- Touch
- Proximity

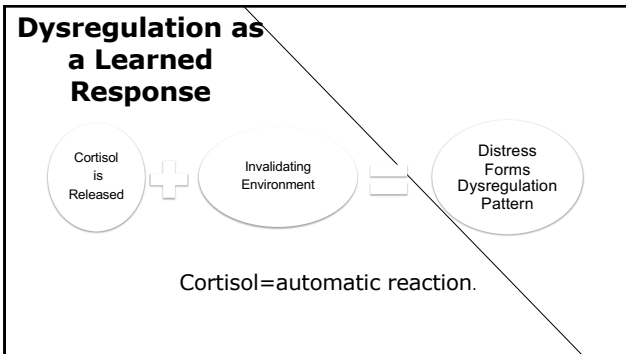


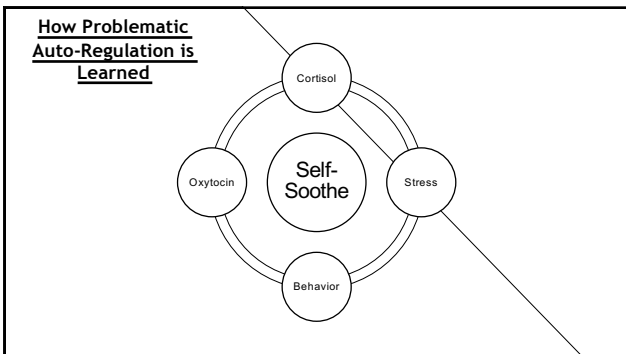
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Stress Management
Our Body's Natural Defense

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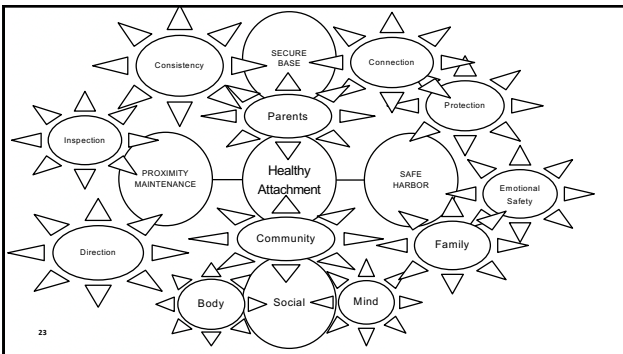




**Treatment Targets to Increase
Oxytocin Without Problem
Behaviors**

Activities

- . Hugs
- . Sing in a choir
- . Give a back rub/foot rub
- . Hold a baby
- . Stroke a dog or cat
- . Perform a generous act
- . Pray
- . Make positive eye contact
- . Breath work
- . Listen without judgment
- . Positive touch
- . Proximity
- . Laugh/Dance



**See You Next
Week!**

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Thank-You For Your Time!

www.thevillageofkairos.com

The Village of Kairos is a privately owned practice located in Nashville and Franklin, Tennessee. Trauma and other developmental wounds often show up as anxiety, depression, personality disorders, and a variety of diagnosis. At The Village of Kairos, our therapists are master-doctoral practitioners specializing in trauma-focused therapies and interventions so that our clients find hope, help and how-to's in order to build a life worth living.

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