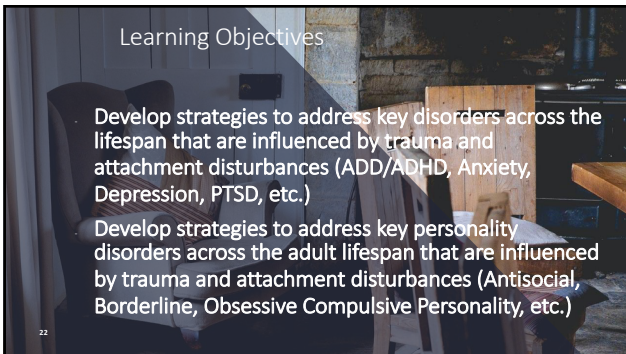




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1. Character strategies are not who our clients are but who they have had to become.
2. We utilize or “put on” our character strategy suits in order to obtain “relational goodies.”
3. The character strategies can be indicative of trauma with the sensitive strategies being the exception where trauma has occurred either in utero or during the first 2-3 years of life.

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Targeting Trauma-Informed Disorders Across the Lifespan

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Key Childhood to Adult Disorders

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Anxiety

- Anxiety is an adaptive response to threat (and the traumatized client expects threat)
- Validate the feelings and sensations as real and experientially work with the somatic experience that the feelings are intolerable
- Balance mindful acceptance of anxiety with relaxation and grounding skills (e.g., breathing, muscle relaxation, positive self-talk, self-soothing skills)
- Realign therapeutic environment that threatens to dysregulate your client

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Attention-Deficit/Hyperactivity Disorder

- Assess for history of Traumatic Brain Injury as recent studies indicate a correlation between trauma and ADHD (McIntosh, 2015)
- Hypervigilance resembles hyperactivity and might be easily misinterpreted (Littman, 2009)
- Focus on nutritional management strategies- hydration, omega-3 fatty acids, targeted amino acid therapy (TAAT) (Purvis et al, 2007)
- Assess for compromised parenting as impulsivity and compromised executive functioning inhibits proximity maintenance and structuring the environment appropriately (e.g. safe harbor)
- Target in-session activities that activate the observing mind and a restful mind state

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Oppositional Defiant Conduct Disorder

- Multifamily attachment interviews
- Bring a family therapist on the team and open up multifamily trauma skills training to all supporting family members
- If there is an extensive history of trauma, practice strategies of avoiding the word "no" as it sends the child out of his or her window.
- Keep child's world small and predictable with immediate consequences

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Attachment Disorders

- Stability first! Child must have skills to tolerate distress and remain in the window (e.g., work on grounding skills, distress tolerance, and emotion regulation)
- Incorporate emotion regulation strategies that hyper or hypoarousal patterns (e.g. aggressive connection or dissociated drifting to strangers)
- Develop healthy connective strategies through somatic exercises
- Teach boundaries and learning how to sense the body for child and parent



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Trauma Timeline (Keck)

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PTSD and Trauma

Utilize	Utilize "parts" work in sessions to identify dissociated emotions, thoughts and memories (Fisher, 2017)
Embody and model	Embody and model mindfulness skills
Utilize	Utilize somatic interventions should client leave the window
Incorporate	Incorporate Connected Child (Purvis, et al, 2007) work into work regarding discipline strategies (e.g. Trust Based Relational Interventions (TBR))

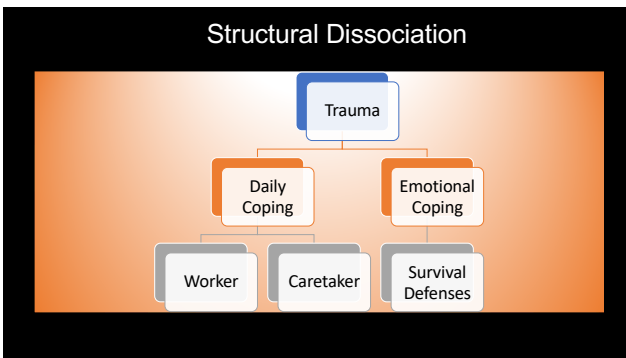
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Cortisol Fatigue

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




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PARTS WORK ACTIVITY:
INDUSTRIOUS
OVERFOCUSED PART



35

Eating Disorders and Alexithymia

- 2/3 report a lack of ability to identify emotions and will often somaticize experiences (Van der Kolk, 2015)
- Key Character Strategies: Oral (Dependent Endearing / Self-Reliant)
- Practice various levels of relational, emotional, psychological nourishment

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Depression

- Depression in trauma happens when survival strategies are frustrated, making hope difficult and leading to greater passivity.
- Validate the mood, especially given lack of positive experiences (reduces secondary guilt and shame).
- Focus on activating responses in the body.
- Build mindfulness practice.
- Build in self-care and emotion naming and resourcing skills
- Key Strategy: Burdened Enduring

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you're in a whole different state of mind

bloom time

SOUL COLLAGE CARD ACTIVITY

—C.S. LEWIS, in a letter to Mary Willis Shuburne

we are better things ahead than any we leave behind

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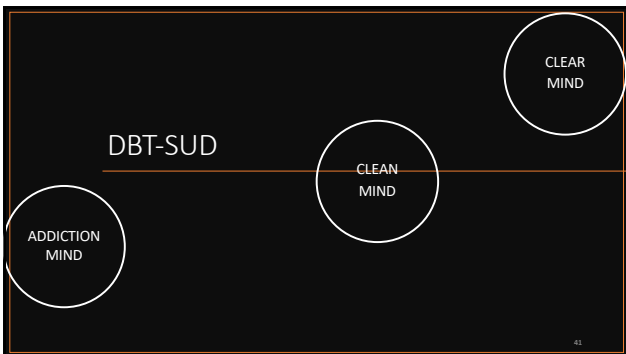
SUBSTANCE ABUSE AND DEPENDENCE

- Validate needs and challenge means of meeting those needs
- Increase mindfulness of urges and then shift to external focus
- Decrease environmental triggers
- Increase distress tolerance and emotion regulation to deal with withdrawal and urges

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Addiction and Trauma
 Approximately 2/3 of all addicts report experiencing some form of physical or sexual trauma during childhood. (Dualdiagnosis.org)

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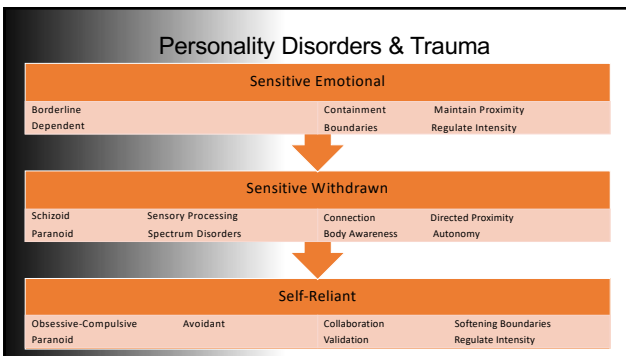


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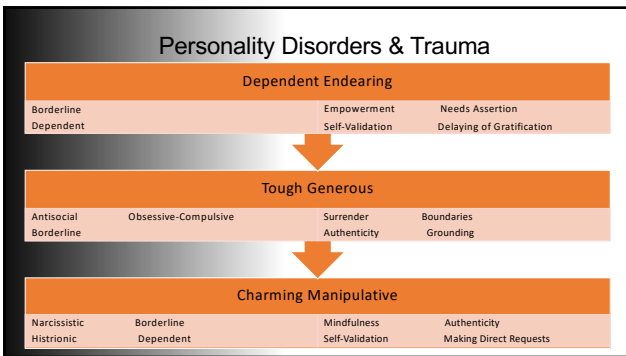
Emotion Dysregulation: The “Core” Deficit of Personality Disorders

- Many causes of emotional sensitivity (e.g., attachment problems, loss, trauma, invalidation)
- Connected to neurochemistry although mediated by psychological factors
- High emotional arousal predicts increased susceptibility in the future due to kindling effects
- Emotion dysregulation leads to escape and avoidance behaviors in BPD and other personality disorders

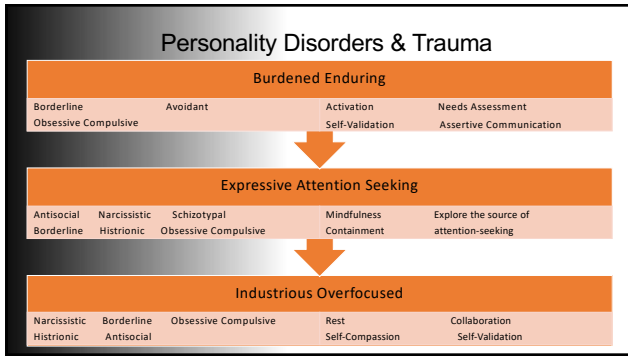
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