

Trauma in the community

Darryl Tonemah PhD.

Sovereignty



Why trauma?

- What where when why how

What I'm down with

Once the brain recognizes new processes, it
can rewire actual environmental and somatic
experience

Levine- Somatic Messages

Van Der Kolk- The Bottom UP

Mate-When the Body Says no

Scaer-The Body Bears the Burden

Siegel- The Low Road

Porges-Safety

My own research and experience

Many other researchers

Lets call it Overwhelm

What is Trauma

- The sense of overwhelm stored in us for the purpose of survival.

-Tonemah

- Overwhelm is not released until we feel safe. Otherwise it stays charged for the purpose of survival.

- If we could have thought our way out of it we would have by now

- Saying CALM DOWN is very different than teaching someone how to be calm.

Its Shocking!

The brain itself is changed by stress

- “What fires together, wires together”
- Complex process of “sculpting” the brain, converting experience into neuronal changes
 - Cortisol, Brain-Derived Neurotrophic Factor (BDNF)
 - Chronic stress and depression:
 - shrink the hippocampus and prefrontal cortex
 - ↓ Memory, selective attention, executive function/decision making
 - potentiate growth of the amygdala
 - ↑ Fear/hypervigilance, anxiety, aggression

Schacter

4 horsemen

- Hyperarousal
- Constriction
- Dissociation
- Numbing

- Trauma is the unfinished cycle of energy, it is stored in our nervous system. We've learned a lot from animal research on why Zebras don't get ulcers. (Sapolsky, 1994)
- Trauma is in the constriction (lack of options) and incompleteness of the cycle
- We think too much! Don't rationalize fear, shame, blame

- Since the early 1990s brain imaging tools have started to show us what actually happens inside the brains of traumatized people. This has proven essential to understanding the damage inflicted by trauma and has guided us to formulate entirely new avenues of repair
- It affects our innermost sensations and our relationship to our physical reality. This imprint is key in how the individual survives in the present

- Trauma results in a fundamental reorganization of the way the mind and brain manage perceptions. It changes not only how we think and what we think about but also our very capacity to think. We have discovered that helping victims of trauma find the words to describes what has happened to be helpful. The act of telling the story doesn't necessarily alter the automatic physical and hormonal response

-Van Der Kolk

- Of bodies that remain hypervigilant. For real change to take place, the body needs to learn that the danger has passed and to live in the reality of the present.

The event is over the trauma is in
me

Sailing the 7 C's of Trauma Work

- Calm
- Caring
- Confident
- Competent
- Consistent
- Chameleon Like
- Culture

Tools

- Vagal Tools
- Getting to Know the Body-Leaning into it
- Toes to Knows
- Flute breathing
- Support
- Safety

Lets take care of each other

D