



From Trauma to Resilience

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In the end, children succeed because they feel they have a close relationship with others, feel valued in their communities, and have a sense of control over some aspects of their lives; children who are in trouble feel isolated, useless to society, and powerless.

-A Teacher's Guide to Understanding and Motivating Students



Factors that can influence wellbeing

- Economic Factors
- Generational
- Environmental
- Experiences
- Stress
- Brain Development





<https://www.youtube.com/watch?v=23jDxNOdDCk>





ACE Study

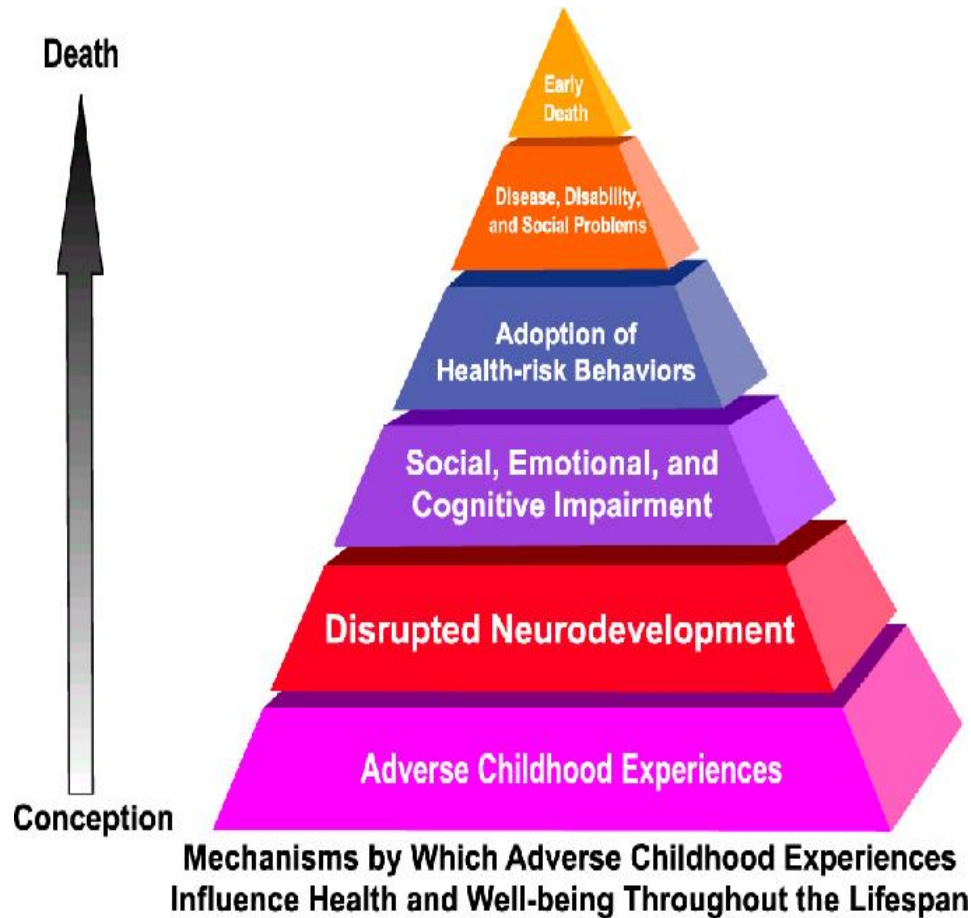
<http://www.cdc.gov/ace/>

- The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being.
- More than 17,000 participants (white, college educated, employed, with health insurance)
- Findings suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States.



TANAGER PLACE

YOUR CHILD : OUR FOCUS

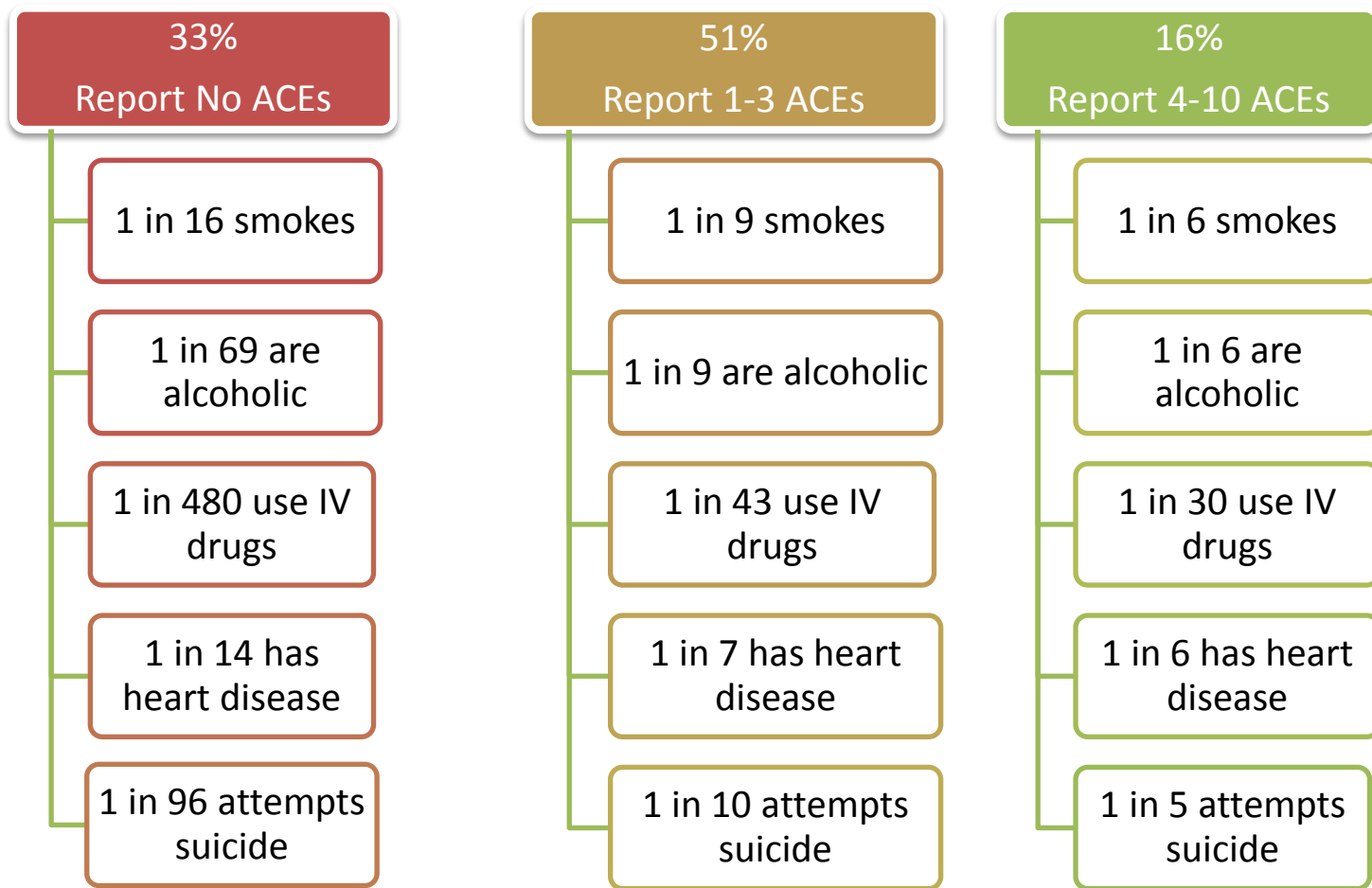


- Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
- Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
- Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Try to or actually have oral, anal, or vaginal sex with you?
- Did you often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
- Did you often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
- Were your parents ever separated or divorced?
- Was your mother or stepmother: Often pushed, grabbed, slapped, or had something thrown at her? or Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
- Was a household member depressed or mentally ill or did a household member attempt suicide?
- Did a household member go to prison?



TANAGER PLACE

YOUR CHILD : OUR FOCUS





What is Trauma?

- Any experience that leads a person feeling hopeless, helpless, fearing for their life/survival/safety.
- This experience can be real or perceived
- Occurs on a sensory level.
- No score card when it comes to trauma



ReMoved

<https://www.youtube.com/watch?v=lOeQUwdAjE0>

**Experience
becomes
Biology**





The Brain and ACES/Trauma

- Body holds memory
- Stored through sensory experiences – means that it's not something that we can make sense of or talk about
- Every one handles this differently – all about how our body interpreted the experience
- Top Down vs. Bottom Up

Private Logic – How adversity can wire the brain and how connection, nurturance and being empowered can rewire it...

- External messages and experiences become internal realities.
- Learn patterns based on environment.
- Shapes how we see self, others and the world around us.

<https://www.youtube.com/watch?v=3weU3tST3EM>

Meeting babies needs vs. kids needs





Behavior as communication...paradigm shift in the way we view children and how we meet their needs

Maslow's Hierarchy of Needs



No such thing as a bad kid or bad person



Why do some humans do well despite the adverse experiences they have had?



RESILIENCE



Resilience

- While we can't take away what has happened and we might not be able to change what is happening, we **CAN** help foster resilience in every interaction!
- Resilience can be fostered, enhanced and grown. We can always cultivate neural pathways of resilience rooted in adaptive ways of being.





- Let's color together!!





Lambert's Common Factors Model...

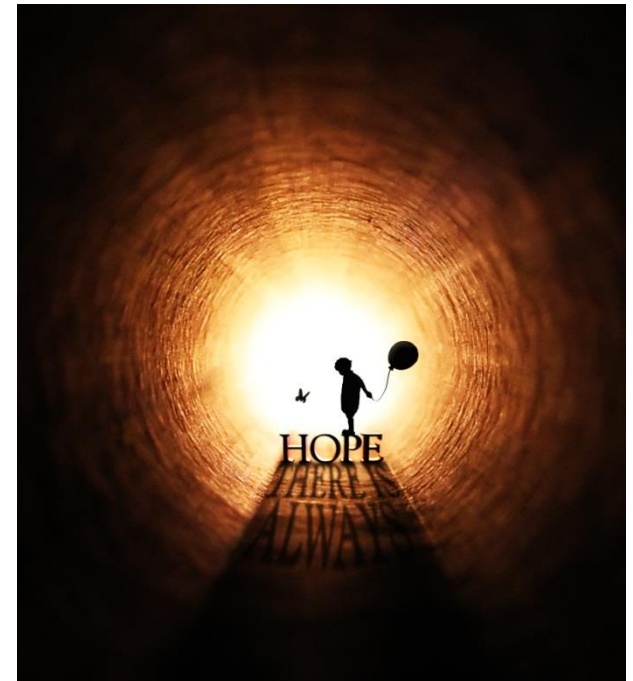
YOU are the intervention!





Conditions for well-being...

1. *Safety*
2. *Connection and Belonging*
3. *Meaning and Purpose*
4. *Efficacy*





Safety

- Physical, emotional and mental safety.
- A state in which conditions that could cause harm are controlled in order to preserve health and well-being; a sense of stability and security.



Connection & Belonging

- A state in which a person is linked or associated with something else and experiences a sense of fitting in or feeling like they are important.
- We are hardwired for connection.
- Understanding pain language and social pain.



Meaning and Purpose

- A state in which you feel a sense of direction, determination and fulfillment.
- Not “Everything happens for a reason” but “In everything, I can find my meaning and purpose.”



Efficacy

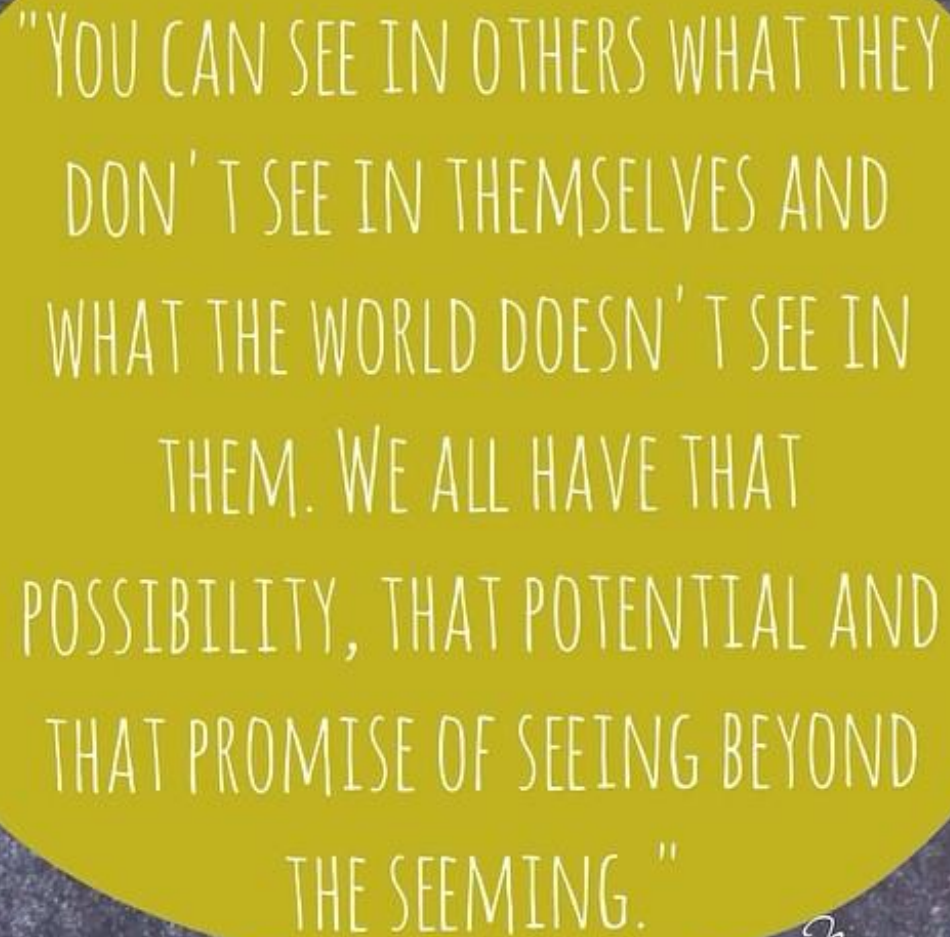
- The ability to achieve and feel a sense of self-actualization and mastery.
- We have a sense of control within our world when...
 - Others honor our thoughts, feelings, and perceptions.
 - We feel heard, seen, and accepted for who we really are.
 - We feel capable, courageous and that we matter.



Resilience is not something you have or don't have.

We can all grow our resilience. Adults cultivate the resilience of children through every healthy interaction you have with them.



A quote by Maya Angelou is centered within a large, solid yellow circle. The background of the entire image is a dark, textured surface, possibly a night sky or a close-up of a rough material. Above the quote, there is a small yellow decorative element consisting of a horizontal line with arrowheads at both ends. The quote itself is written in a light yellow, all-caps, sans-serif font, arranged in seven lines.

"YOU CAN SEE IN OTHERS WHAT THEY
DON'T SEE IN THEMSELVES AND
WHAT THE WORLD DOESN'T SEE IN
THEM. WE ALL HAVE THAT
POSSIBILITY, THAT POTENTIAL AND
THAT PROMISE OF SEEING BEYOND
THE SEEMING."

- Maya Angelou

YOU MATTER WE NEED YOU!





References and Resources

- EMDR and Beyond
- TLC – Trauma Loss in Children & Starr Global Network
- Heather Forbes – Help for Billy
- ACES 360
- Adlerian Play Therapy; Dr. Terry Kottman
- National Resilience Institute; Dr. Mollie Marti
- Dr. Dan Siegel
 - Parenting From the Inside Out
 - The Whole Brain Child
 - Mindsight
 - No Drama Discipline