

Trauma and Recovery: The Right to Heal

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WITH GRATITUDE FOR THE MENTORS

▶ **John McGee**



▶ **Daisaku Ikeda**



▶ **Dave Hingsburger**





THANK
YOU!!!

A hand is shown holding a small green plant with several leaves. The background is a soft-focus scene of sunlight filtering through green foliage, creating a bokeh effect. The overall mood is peaceful and natural. A dark purple bar is at the bottom of the image, and a pink bar is at the top right corner.

**UNSEEN VIRTUE
BRINGS VISIBLE
REWARD**

**NICHREN DAISHONIN –
BUDDHIST TEACHER OF THE
13TH CENTURY**



STOP
AND
REFILL
YOUR
BUCKET!

Trauma in the World of Intellectual Disabilities

- ▶ McNally et al – People with intellectual disabilities are more vulnerable to psychological trauma than people without intellectual disabilities
- ▶ Gentile, J. – People with intellectual disabilities are often not diagnosed with post traumatic stress disorder when it is their most dominant condition
- ▶ Keesler – Trauma and PTSD are underdiagnosed and undertreated in adults with intellectual disabilities

Major Events

Little “t” Trauma

Sexual Abuse

Discrimination

Physical Abuse

Neighborhood
Violence

Neglect

Social Exclusion

Negative Events

Exclusion from Family

Grief and Loss

Frequent foster care or
group home
placements and lack of
stability

Big T and Little “t” Traumas



LOVE ON THE
SPECTRUM

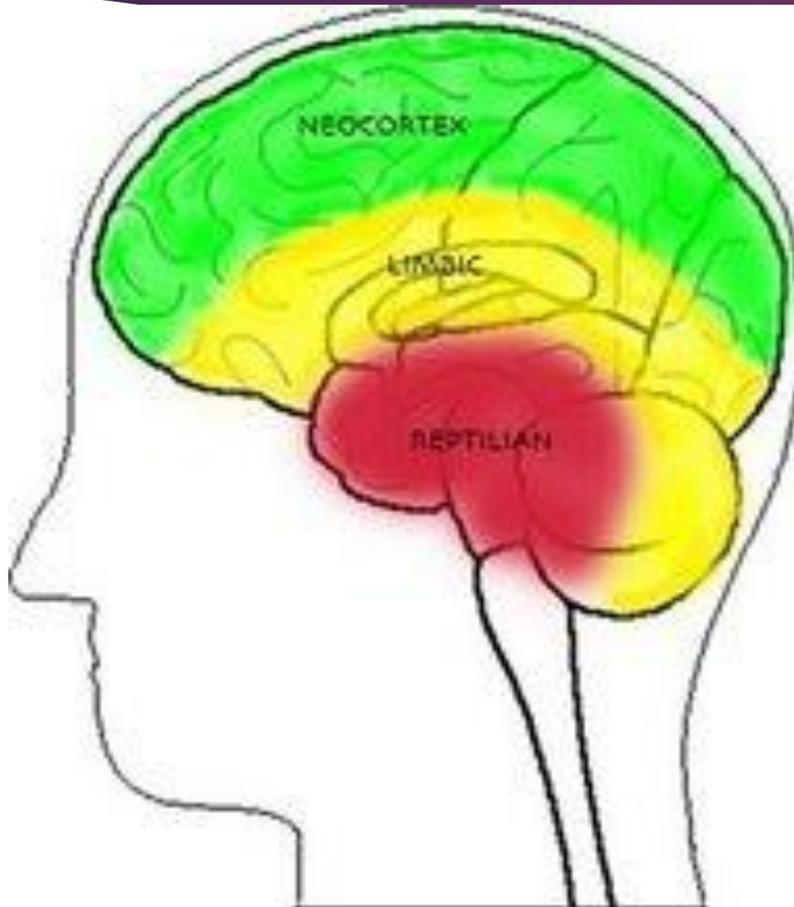




ASSUME TRAUMA

Psychological Trauma – Past is Present

10



The Triune Brain

Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

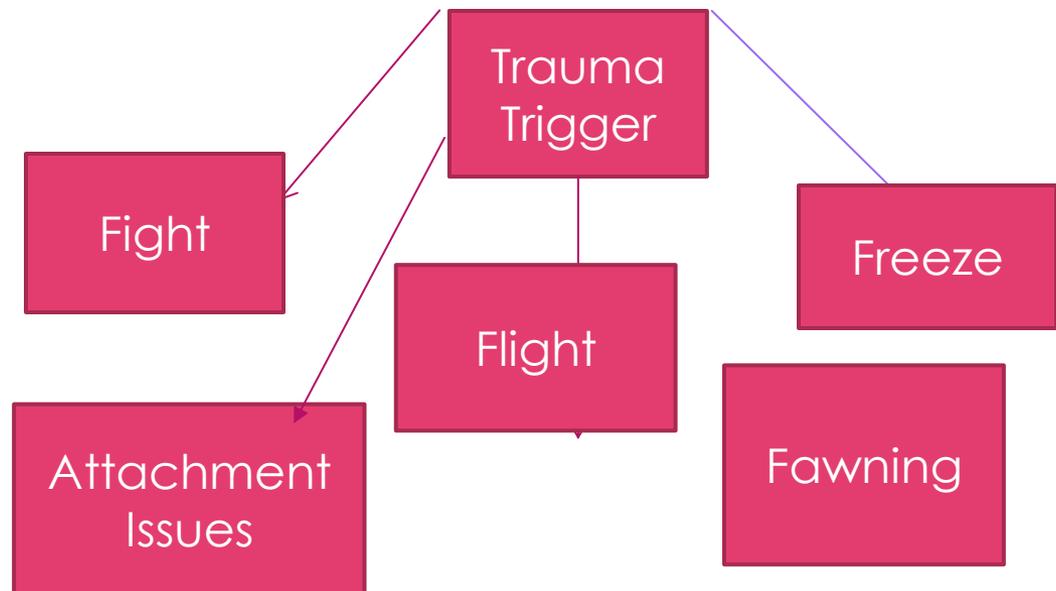
Brain Stem

The primitive brain: Self preservation, aggression

Trauma Responses

- ▶ Trigger Response – Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:

▶ Thinking he or she is in Danger!



Sometimes the “Behaviors” we
see are really symptoms of
Post-traumatic Stress Disorder

—

4 Areas of symptoms of PTSD

1. Re-experiencing (interfering with present to different degrees) –

- ▶ Intrusive Memories
- ▶ Nightmares
- ▶ Flashbacks- Person can disconnect from reality and be convinced he or she is being attacked, hurt or threatened due to a memory that becomes present

2. Avoidance –

- ▶ Blunted emotions/
- ▶ Shut down responses
- ▶ Person can become obsessive about details concerning self and safety
- ▶ Disconnection and withdrawal

Symptoms of PTSD Continued

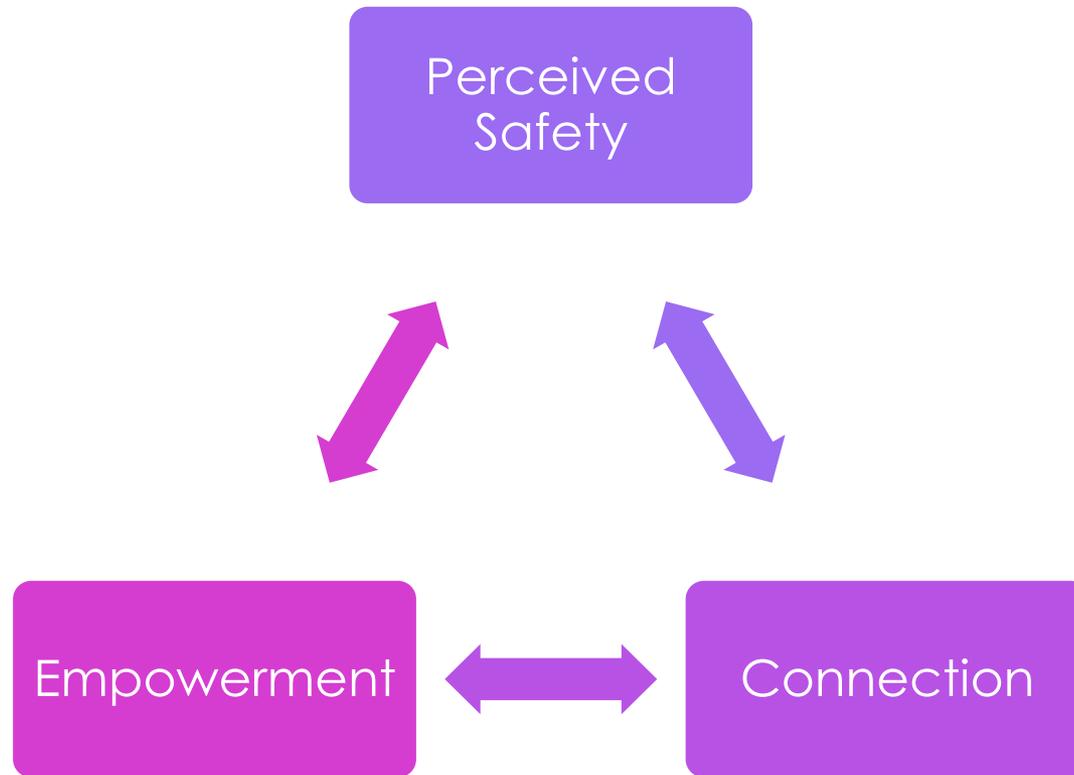
3. Negative Alterations in Cognition and Mood

- ▶ Persistent negative-trauma related emotions
 - ie. fear, horror, anger, guilt and shame
- ▶ Constricted emotion – inability to express positive emotion
- ▶ Alienation and withdrawal from others
- ▶ SHAME

4. Arousal –

- ▶ Easy to startle
- ▶ Agitated – can lead to property destruction
- ▶ Periodically Combative
- ▶ Impulsive
- ▶ Also associated with reckless or self-destructive behavior

Ingredients Necessary for Post traumatic Recovery



Best Technique Ever: **LISTENING**

- ▶ Hearing
- ▶ Validating feelings
- ▶ Reflecting
- ▶ Paraphrasing
- ▶ Giving Empathy
- ▶ Being Present
- ▶ Not advising
- ▶ Not instructing
- ▶ Not shaming

The Healing Power of Relationships



Harvard's Men's Study

ROBERT
WALDINGER –
PRINCIPLE
INVESTIGATOR

Memory Box





The Right to Heal !

Post Traumatic Growth

TEDESCHI AND CALHOUN



3 Critical Factors For Post-Traumatic Growth



Relationships



Purpose



Engagement

Carol Dweck
Studies-

The Growth
Mindset



Developing a Growth Mindset

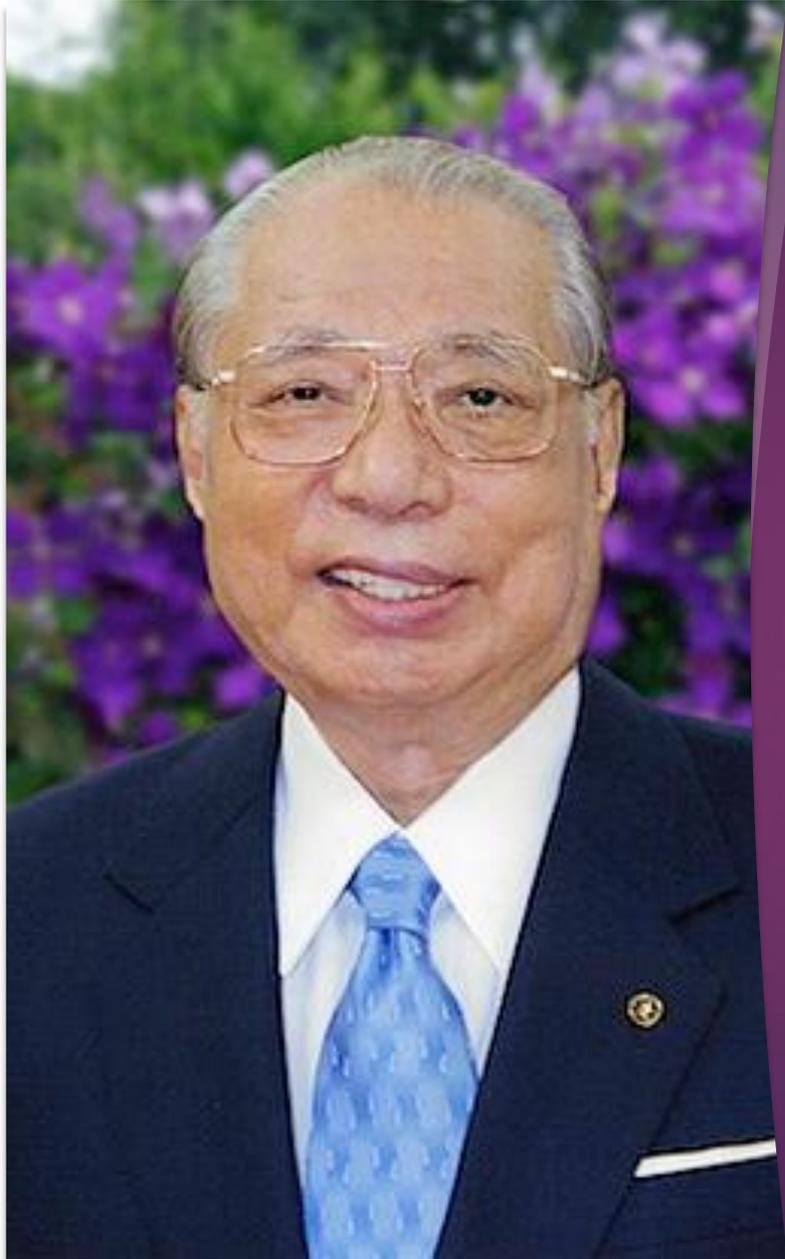
Fixed Mindset

- People believe they are born with certain abilities that can't change. Fear of failure can prevent them from progressing.
- Labels
- Limitations
- Stigma
- Caregiving

Growth Mindset

- People believe they can learn and improve with practice. They understand that effort makes them stronger, leading to higher achievement.
- Embracing new challenges
- Pushing past limits
- Higher expectations
- Celebrating uniqueness
- Self-discovery

(Mindset: The New Psychology of Success, 2006)



“Every Life is
as Valuable
as the
Universe”

DAISAKU IKEDA

**From
Recovery to
Happiness
Seligman –
“Flourish!”**

Five levels of Happiness:

- 1. Pleasure**
- 2. Engagement**
- 3. Positive Relationships**
- 4. Achievement**
- 5. Meaning**

***Happiness Assessment**

karynharvey/.org

AAIDD

A group of approximately ten diverse individuals, including men and women of various ethnicities, are standing in a dark, industrial-style setting. They are dressed in casual, everyday clothing like hoodies, sweaters, and jackets. The lighting is dramatic, with a strong blue and purple hue. Overlaid on the center of the image is the text "ASSUME THAT I CAN SO MAYBE I WILL" in a large, bold, yellow, distressed font. The text is arranged in two lines: "ASSUME THAT I CAN" on the top line and "SO MAYBE I WILL" on the bottom line. The overall mood is one of empowerment and inclusivity.

**ASSUME THAT I CAN
SO MAYBE I WILL**