

RENATE TRAINING
TRAFFICKING & TRAUMA: Care for the victims and Care for
the Carers
30.04. – 04.05.2018, Freising, Germany

What is trauma?

ETYMOLOGY OF THE ENGLISH WORD
TRAUMA IS FROM ANCIENT GREEK
WORD TPAŨMĂ, WHICH MEANS WOUND
(HURT; INJURY)

Signs & Symptoms

Physical Signs of Trauma:

- Unexplained sensations including pain
- Sleep and eating disturbances
- Low energy
- Increased arousal

Emotional Symptoms:

- Depression and fear
- Anxiety and panic
- Numbness, irritability, anger
- Feeling out of control
- Avoidance

Signs & Symptoms

Cognitive:

- Distraction
- Decrease in concentration
- Memory lapse
- Difficulty with decisions

Behavioral Signs & Effects:

- Compulsion
- Substance abuse
- Eating disorders
- Impulsive, self-destructive behavior
- Dissociation Changes in interpersonal relationships:
- Isolation, avoidance, social withdrawal
- Sexual disruption
- Feeling threatened, hostile, argumentative

Signs & Symptoms

Re-experiencing the trauma:

- Flashbacks
 - Nightmares
 - Intrusive thoughts
 - Sudden emotional and or physical flooding
- Co-occurring Disorders

Definition

Oxford dictionary:

- *deeply distressing or disturbing experience*

Cambridge dictionary:

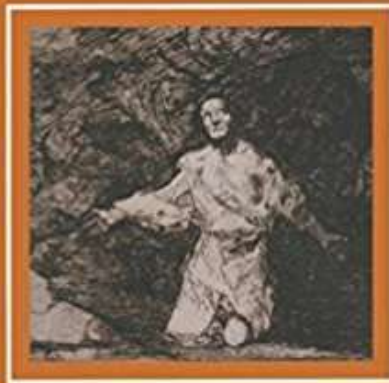
- *severe emotional shock and pain caused by an extremely upsetting experience*

Wikipedia:

- *a type of damage to the mind that occurs as a result of a severely distressing event. Trauma is often the result of an **overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience.***

UNDERSTANDING TRAUMA
A PSYCHOANALYTICAL APPROACH

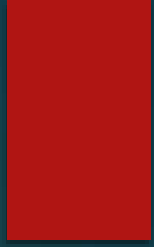
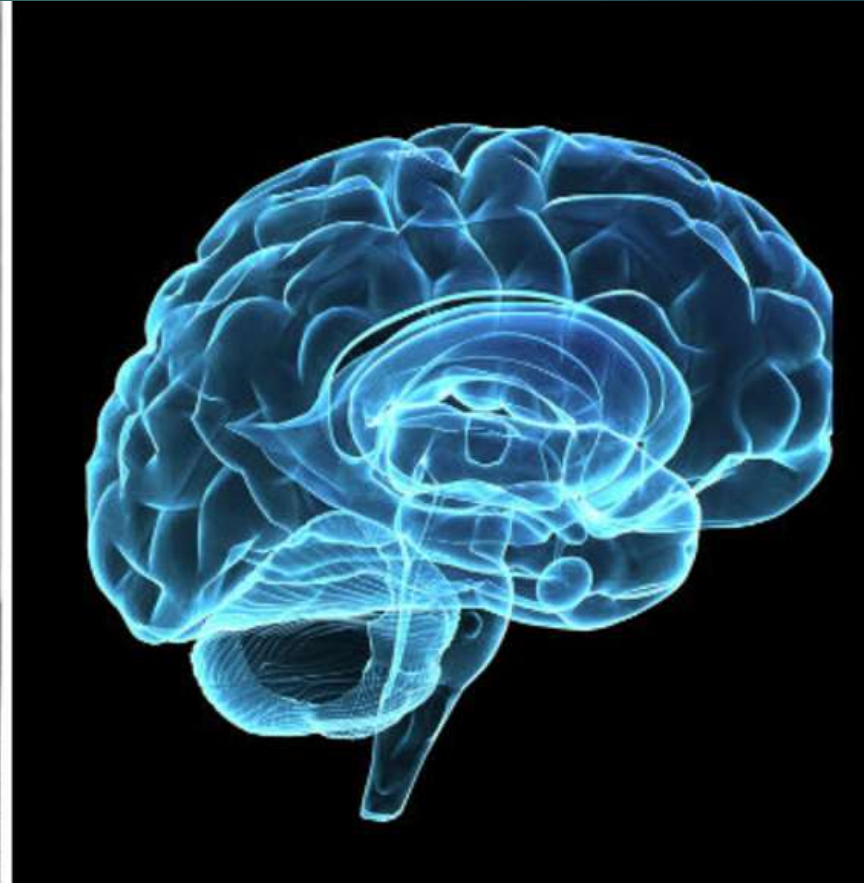
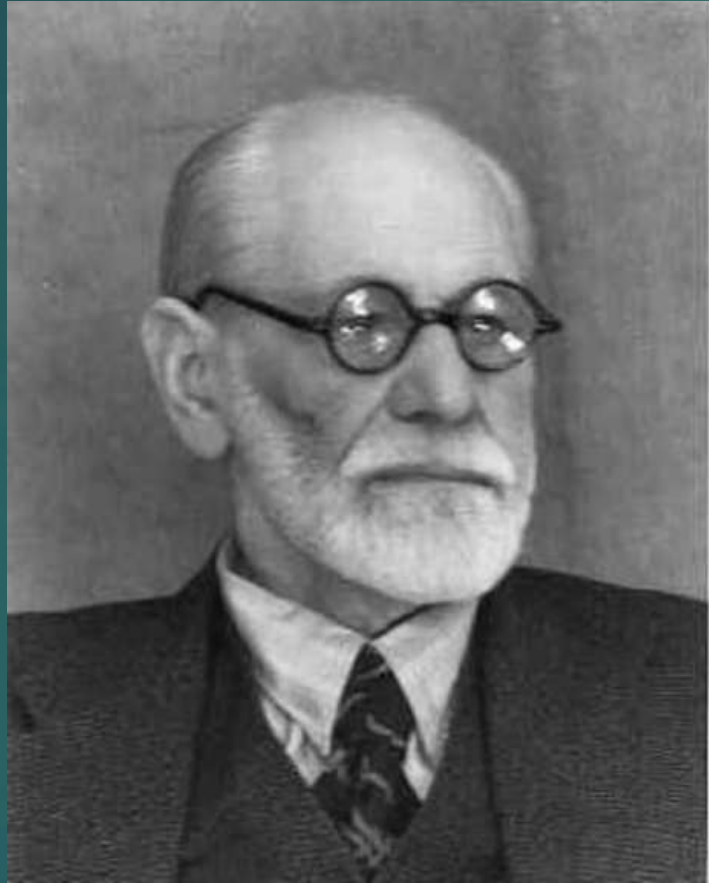
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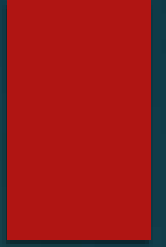


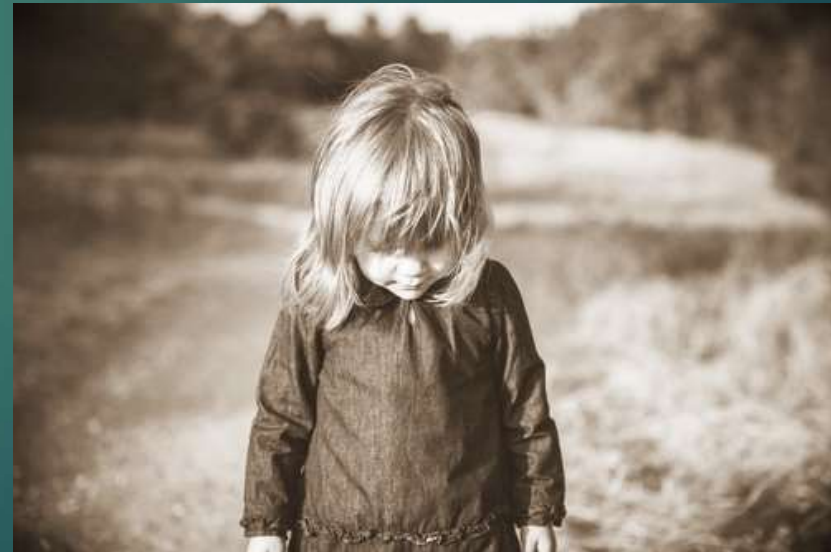
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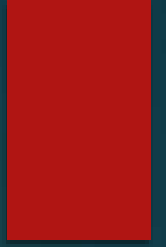
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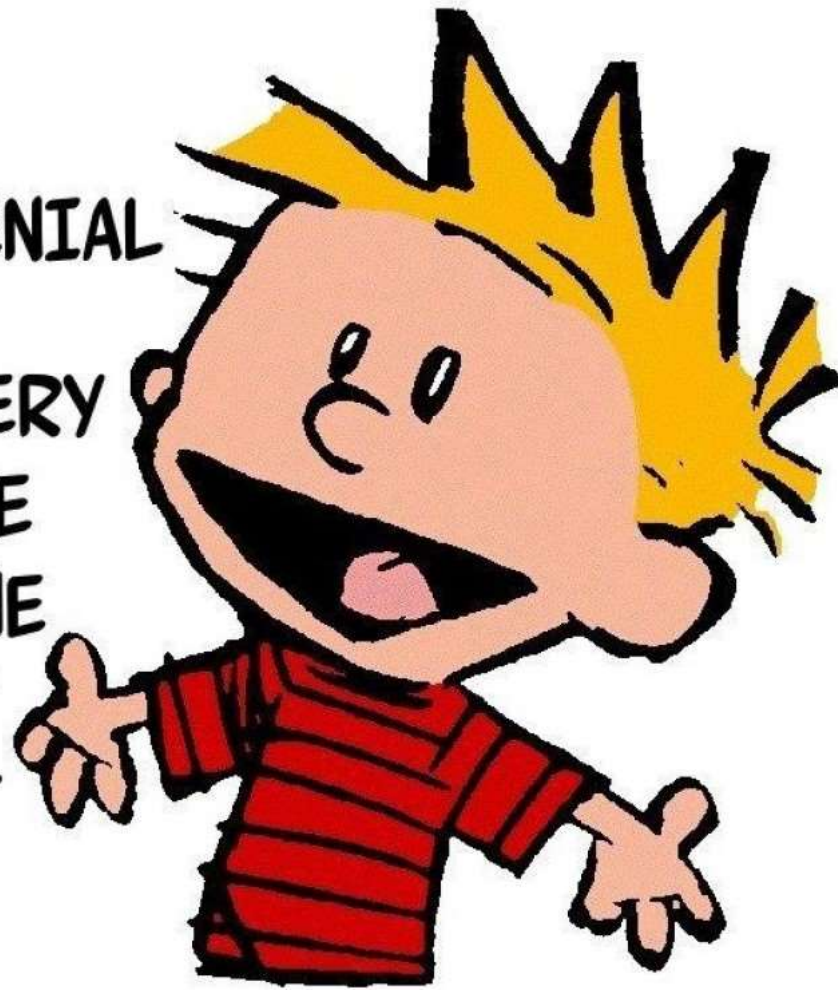








IT'S NOT DENIAL

I'M JUST VERY
SELECTIVE
ABOUT THE
REALITY
I ACCEPT



- 
- ▶ *...a traumatic event is one which, for a particular individual, breaks through or overrides the discriminatory, filtering process, and overrides any temporary denial ... of the damage. The mind is flooded with a kind and degree of stimulation that is far more than it can make sense of or manage. ... There is a massive disruption in functioning It is a breakdown of an established way of going about one's life, of established beliefs about the predictability of the world, of established mental structures, of an established defensive organization.*



...once traumatized, the ego can no longer afford to believe, in signal anxiety (fear) in any situation resembling the life-threatening trauma (...).

Inhibition, Symptoms and Anxiety

S. Freud, 1926



A child's brain develops in a relation to other people



DA Capo Press

Keeping Your CHILD in Mind

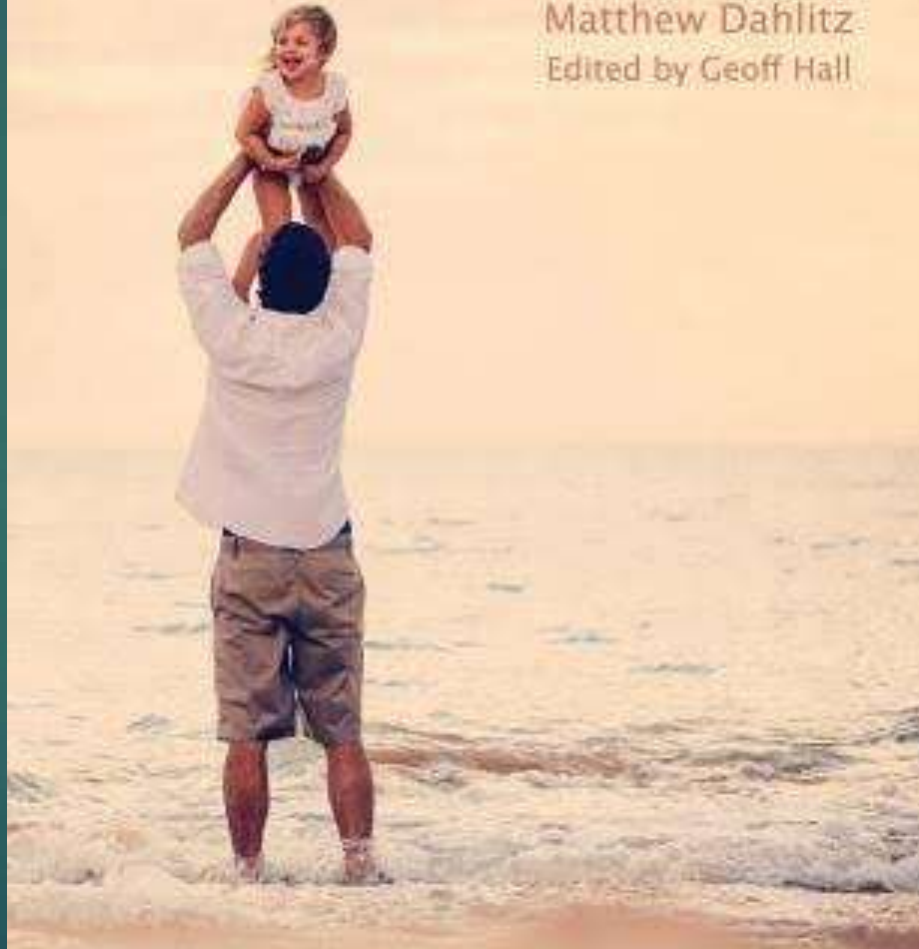
Overcoming Defiance,
Tantrums, and other
Everyday Behavior
Problems by
Seeing
the World
THROUGH
Your Child's Eyes

CLAUDIA M. GOLD MD

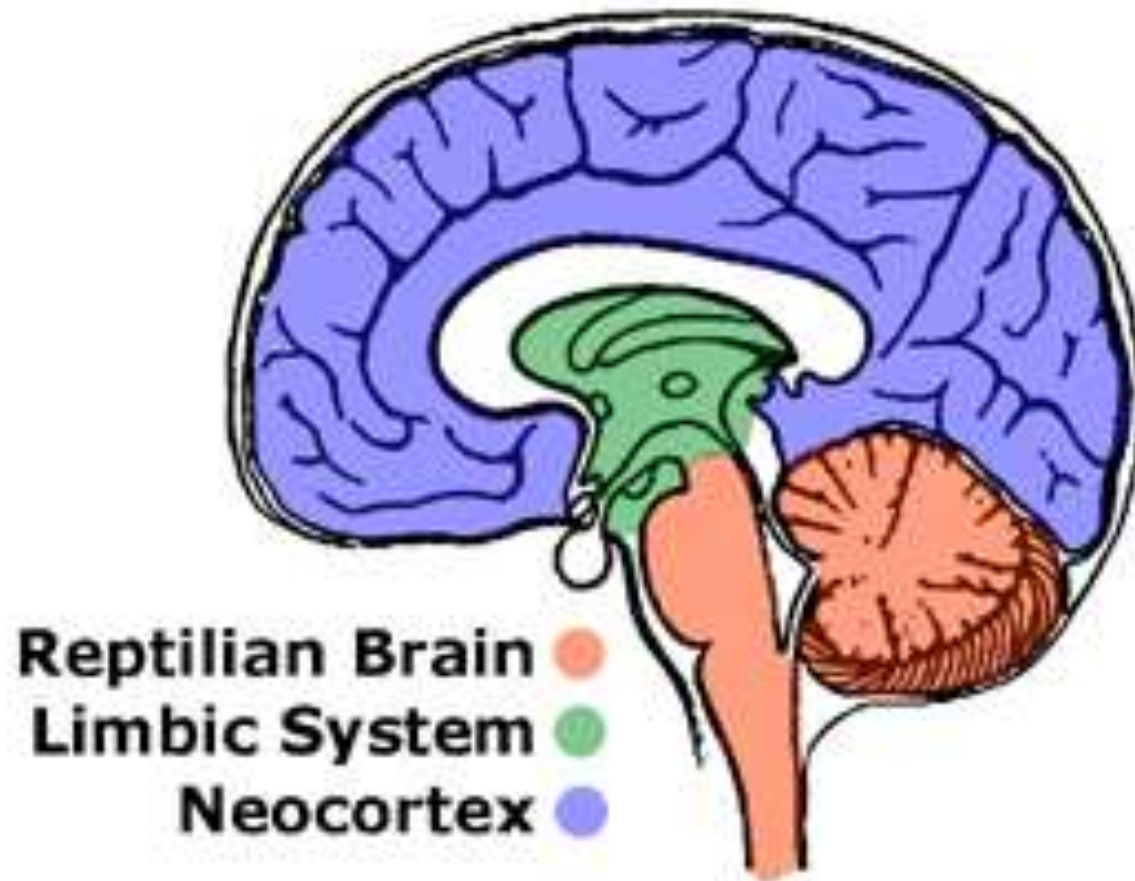


THE PSYCHOTHERAPIST'S ESSENTIAL GUIDE TO THE BRAIN

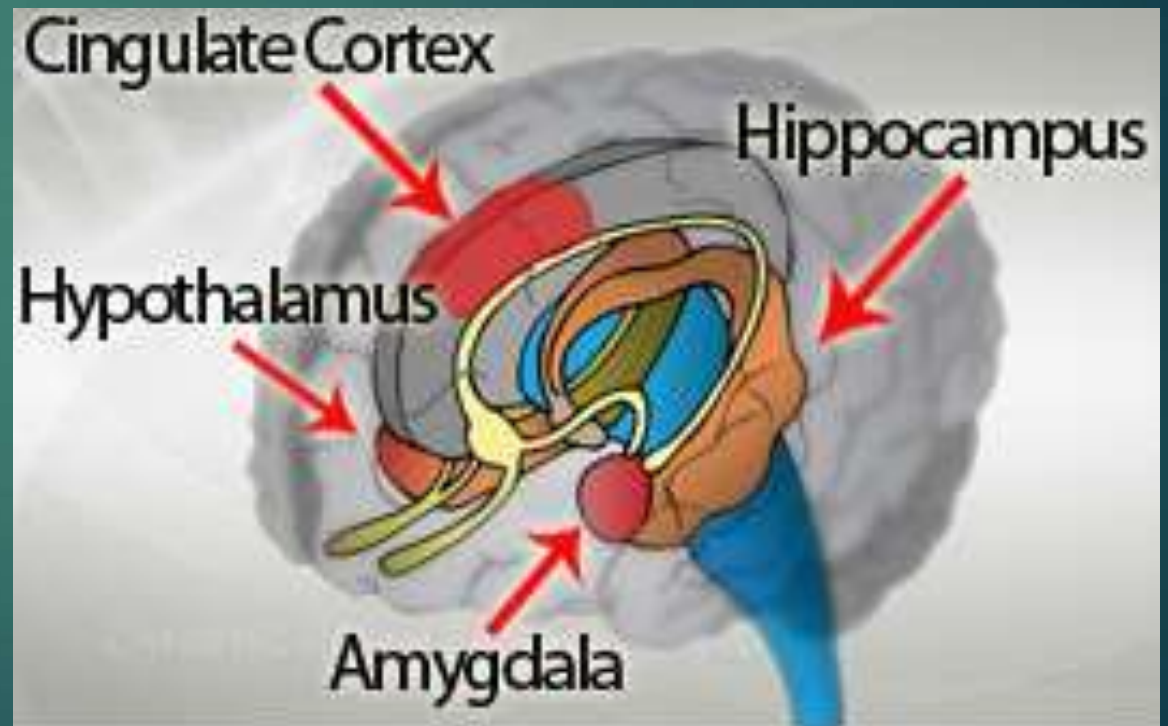
Matthew Dahlitz
Edited by Geoff Hall



The Evolution-Designed Brain



(...) We could think of it as a center for emotional responsiveness, motivation, memory, formation and integration, olfaction, and the mechanism design to keep us safe. Key areas of interest to psychotherapy are the hippocampus, the amygdala and the hypothalamus.



The Psychotherapist Essential Guide to the Brain

The amygdala is like an early-warning system, with the motto “safety first” – put that safety plan into effect before consulting the executive brain (the new cortex). Picture yourself jumping out of the way of a snake –like object before closer examination reveals it to be just a garden hose in the grass. This is very important first response, because if it were left to the prefrontal cortex to initiate, for example, a leap out of the way of a bus you had inadvertently stopped in front of, than it might be too late: the evaluation system is too slow. The amygdala makes very fast, albeit not always accurate, evaluations and has a fast track from the thalamus through the hypothalamus that can initiate a stress response to forestall impending doom. The hippocampus plays an equally important role by encoding events in time and space them from short-term to long-term memory.

The Psychotherapist Essential Guide to the Brain

The amygdala forms part of the limbic system. It is most commonly recognized as the emotional processing center that receives incoming sensory information and processes it for an emotional response. The response may be a defense to a perceived threat (...). The amygdala learns how to respond to various stimuli based on its reference to implicit memory and makes decisions on how to initiate an emotional reaction to such stimuli. The emotional memory learned and utilized by the amygdala is episodic-autobiographical memory that can be notably implicit or unconscious, in contrast with explicit or declarative memory processed by the hippocampus.

The left and right amygdala have separate memory systems, but they work together to evaluate incoming information and process an emotional response, encoding, storing and retrieving memories that are associated with certain cues in the environment. The right amygdala is more strongly associated with negative emotions such as fear and sadness, whereas the left amygdala has been associated with both positive and negative emotional responses.

The Psychotherapist Essential Guide to the Brain

The amygdala has an attentional role, focusing our attention on the most important stimuli in the environment. It helps us define a stimulus and primes our immediate response, for example in recognizing a dangerous stimulus and initiating a stress response. (...) when the amygdala perceives a threat, it initiates a response to keep us safe from that threat, although this may not be the most adaptive response.

Hypersensitivity and over activity of the amygdala are at the core of anxiety – based disorders such as generalized anxiety disorder, phobias, PTSD, and other limbic-driven states that inhibit positive, rational responses to stressors. Down-regulating amygdala reactivity (...) is of primary importance when treating clients suffering from fear-driven conditions. Cognitive therapeutic techniques are of little value to someone who cannot function cognitively, so a bottom-up approach should be employed. Creating of environment of safety and calm becomes the first step in helping the client regulate their amygdala reactivity.

Amygdala Under Stress



Amygdala

- Emotion, fear, anxiety,
- Aggression
- Turns on HPA and autonomic response

Stress causes hypertrophy and increased activity, as in anxiety disorders and depression

How to help trauma survivors?



A person wearing a dark blue suit jacket, a white shirt, and a dark tie is holding a white rectangular sign with both hands. The sign has the words "WE LISTEN" written in a bold, dark blue, sans-serif font. The background is a solid dark teal color. In the top right corner, there is a vertical red rectangular bar.

WE LISTEN

Thank you!