

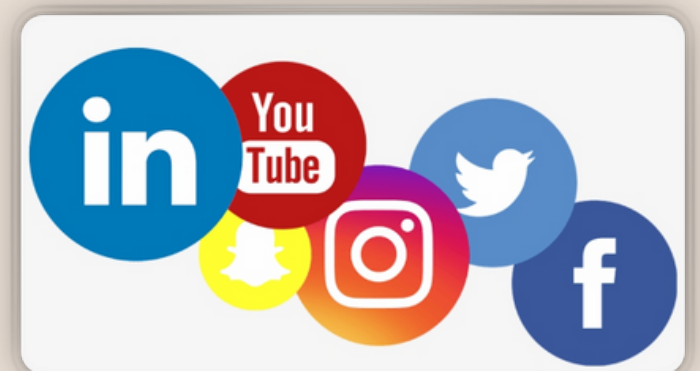


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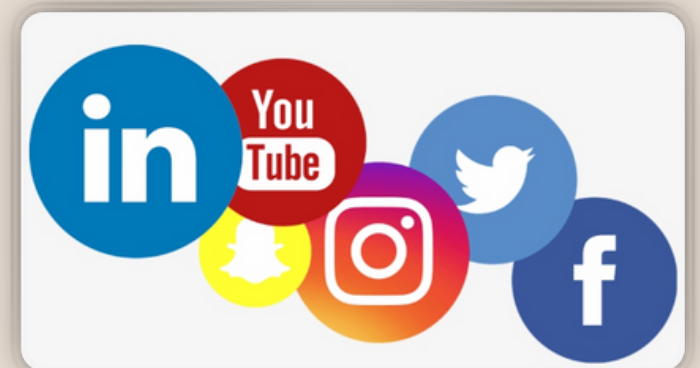
# TRAUMA RESPONSIVE CARE

PART 1

AMI DAVIS (SHE/THEY)



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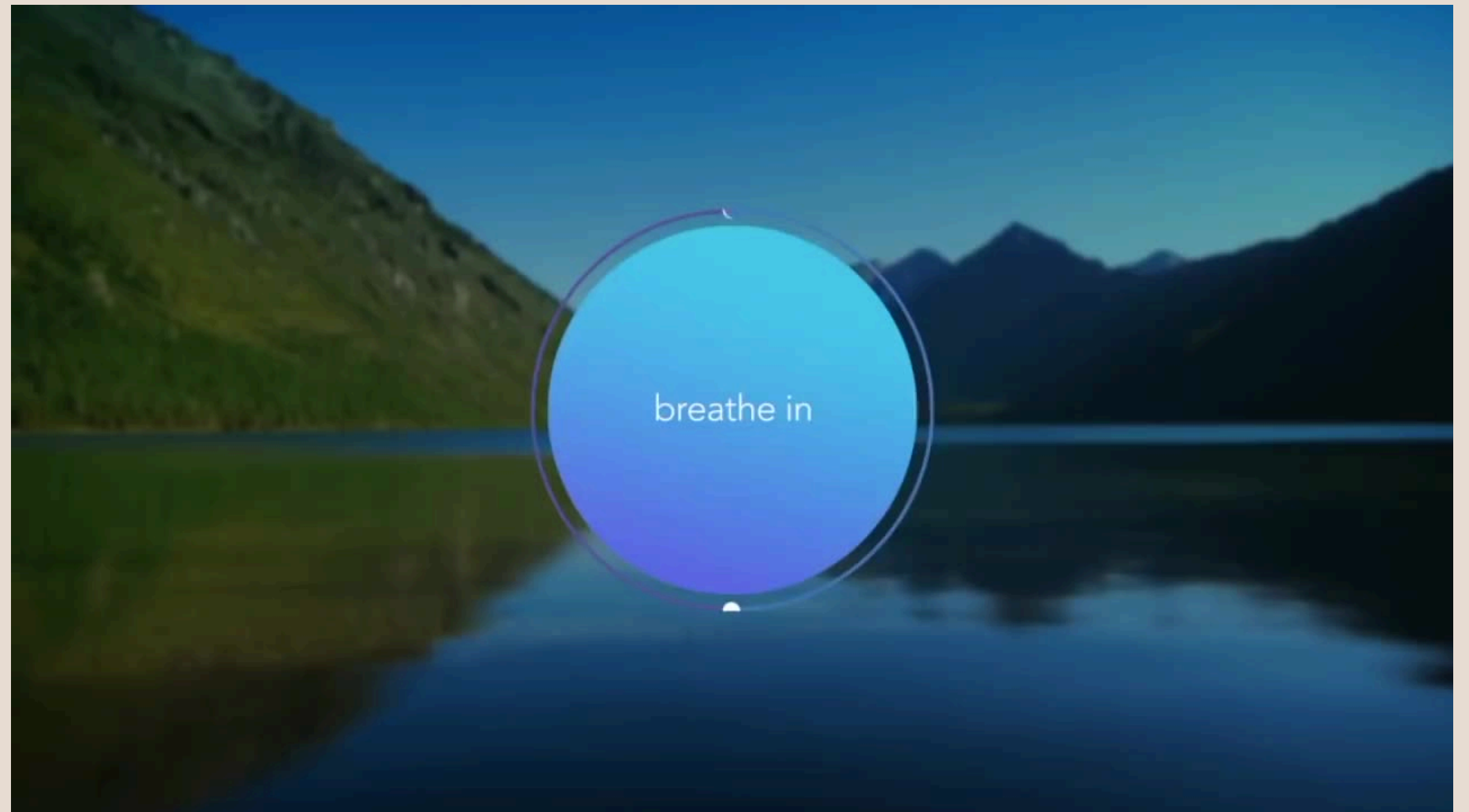


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# LET'S LEAVE THE STRESS AT THE DOOR....



1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, INTENTIONALLY release that muscle tension, anywhere you find it





# WHAT IS TRAUMA?

- A response to a **negative external** event or series of events which **surpasses** the child's ordinary **coping skills**.
- Traumatic experiences can impact brain development and behavior.

**2** OUT OF **3**  
**CHILDREN**  
ARE EXPOSED  
TO TRAUMA  
AND VIOLENCE.

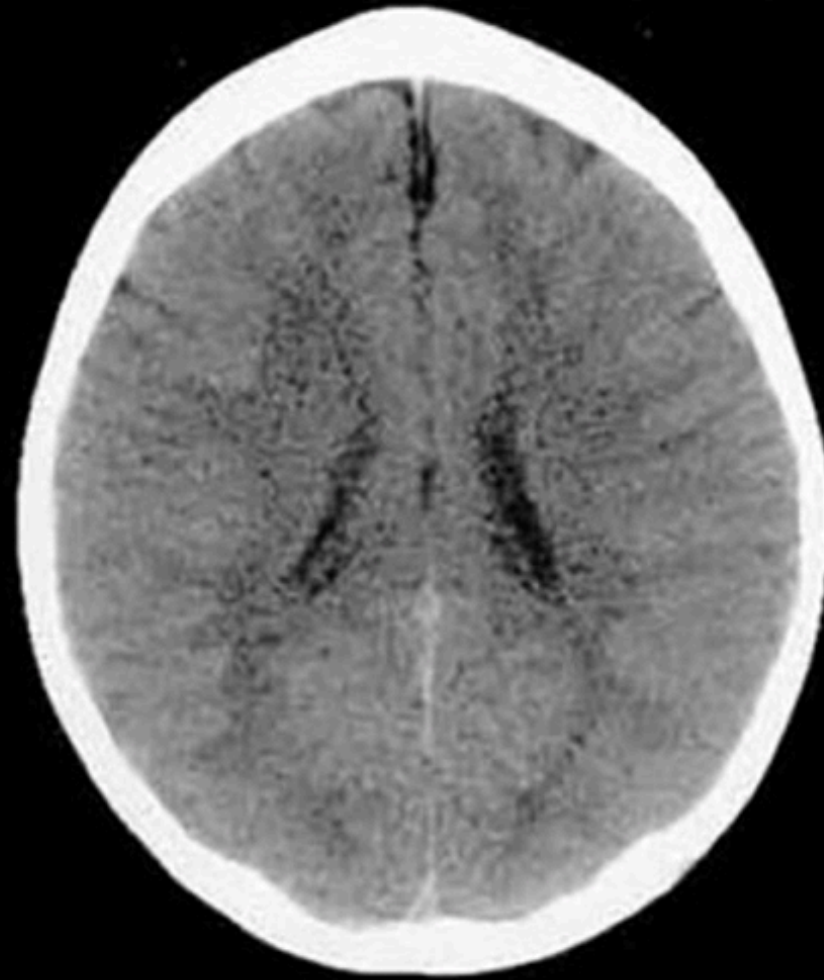


# TRAUMA



- Understanding trauma is not just about acquiring knowledge. It is about changing the way you view the world.
- The question that we should ask is not “what's wrong with you,” but rather **“what happened to you?”**
- Trauma can dramatically impact brain development and function, especially of children exposed to trauma early in life and frequently.

# 3 Year Old Children



Normal

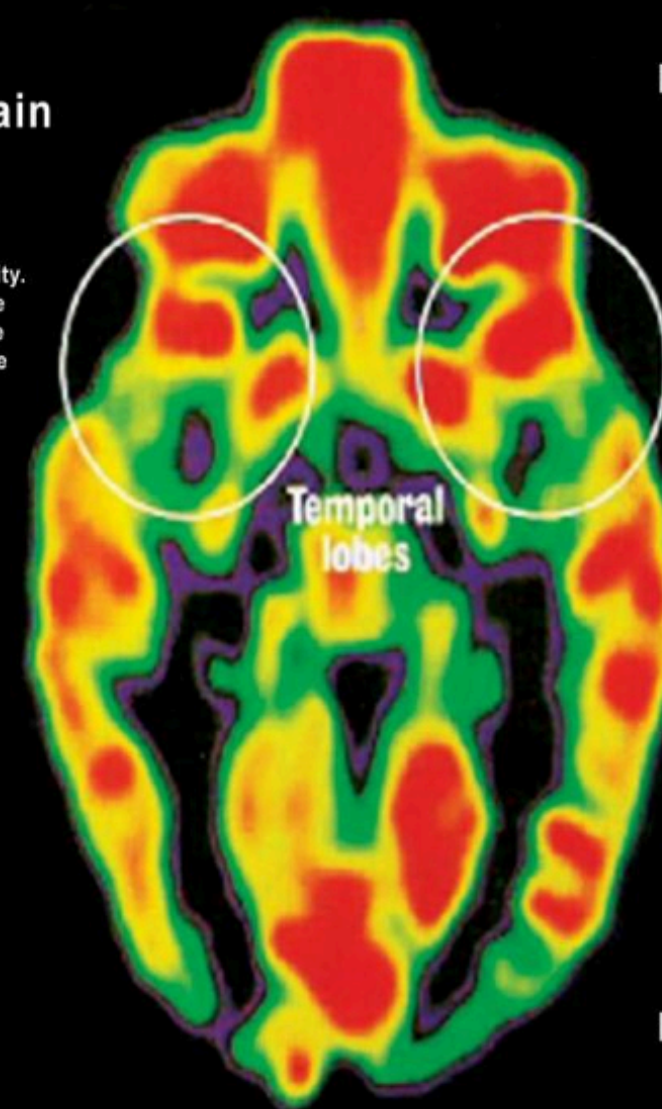


Extreme Neglect



## Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.

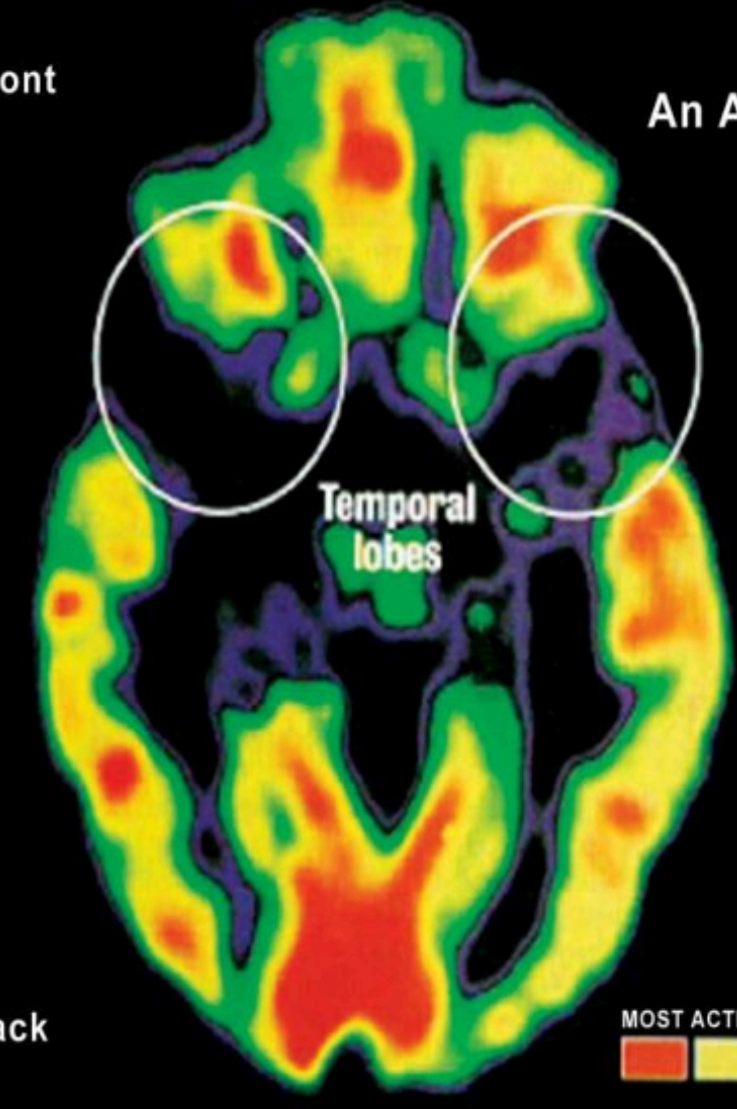


Front

Back

## An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



MOST ACTIVE    LEAST ACTIVE

A color scale legend for the PET scans, showing a gradient from red (most active) to black (least active). The colors are red, yellow, green, and black.



# MIRROR NEURONS





# Self-actualization

desire to become the most that one can be

# Esteem

respect, self-esteem, status, recognition, strength, freedom

# Love and belonging

friendship, intimacy, family, sense of connection

# Safety needs

personal security, employment, resources, health, property

# Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Prior to your 18th birthday:

1.

Did a parent or other adult in the household often or very 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?

No\_\_\_If Yes, enter 1\_\_\_
2.

Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?

No\_\_\_If Yes, enter 1\_\_\_
3.

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 Attempt or actually have oral, anal, or vaginal intercourse with you?

No\_\_\_If Yes, enter 1\_\_\_
4.

Did you often or very 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?

No\_\_\_If Yes, enter 1\_\_\_
5.

Did you often or very 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?

No\_\_\_If Yes, enter 1\_\_\_
6.

Were your parents ever separated or divorced?

No\_\_\_If Yes, enter 1\_\_\_
7.

Was your mother or stepmother:  
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very 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?

No\_\_\_If Yes, enter 1\_\_\_
8.

Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

No\_\_\_If Yes, enter 1\_\_\_
9.

Was a household member depressed or mentally ill, or did a household member attempt suicide?

No\_\_\_If Yes, enter 1\_\_\_
10.

Did a household member go to prison?

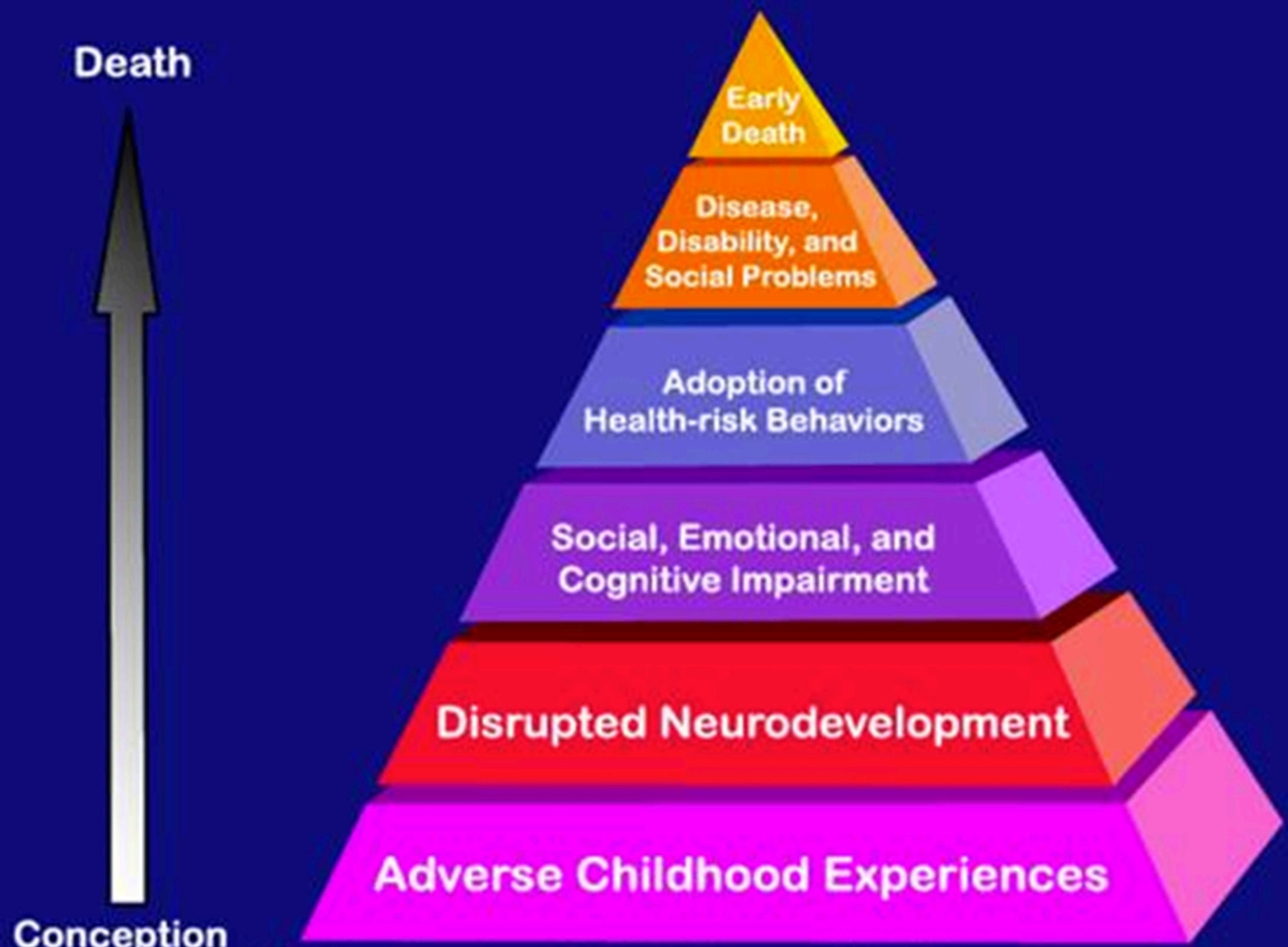
No\_\_\_If Yes, enter 1\_\_\_

Now add up your “Yes” answers: \_\_ This is your ACE Score



Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5





**Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**



# PHYSICAL MANIFESTATIONS OF TOXIC STRESS...



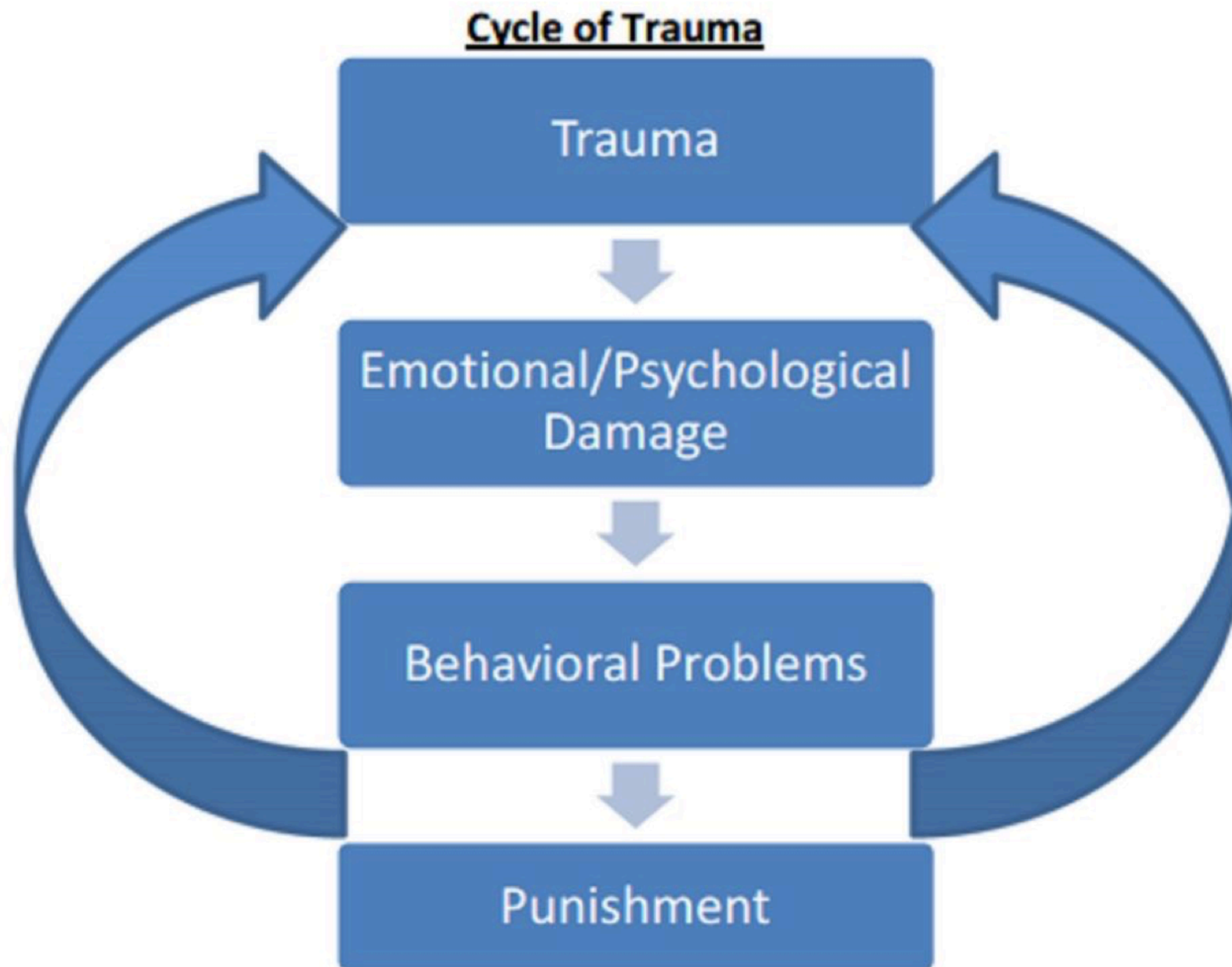
- Asthma
- Eczema
- Allergies
- Behavioral hardship
- Hyperarousal: Lack of focus; "short fuse," aggression;
- Dissociation: extremely "shy," lack of relationships; withdrawn/isolated; trouble with language/speech/academics
- In extreme cases: dissociation – seizures



STUDENTS WHO HAVE EXPERIENCED TRAUMA MAY FEEL THAT AUTHORITY FIGURES HAVE FAILED TO PROVIDE SAFETY FOR THEM IN THE PAST AND MAY THEREFORE BE DISTRUSTFUL OF AUTHORITY FIGURES.

CHILDREN WHO HAVE EXPERIENCED TRAUMA MAY BE DISTRUSTFUL OR SUSPICIOUS OF OTHERS, LEADING THEM TO QUESTION THE RELIABILITY AND PREDICTABILITY OF THEIR RELATIONSHIPS WITH OTHERS.

RESEARCH INDICATES THAT CHILDREN WHO HAVE BEEN EXPOSED TO VIOLENCE OFTEN HAVE DIFFICULTY RESPONDING TO SOCIAL CUES AND MAY WITHDRAW FROM SOCIAL SITUATIONS OR BULLY OTHERS.



# TRAUMAS

- ♦ INDIVIDUAL
- ♦ COMMUNITY
- ♦ SOCIETAL
- ♦ SYSTEMIC
- ♦ HISTORICAL

## Positive

Brief increases in heart rate,  
mild elevations in stress hormone levels

## Tolerable

Serious, temporary stress responses,  
buffered by supportive relationships

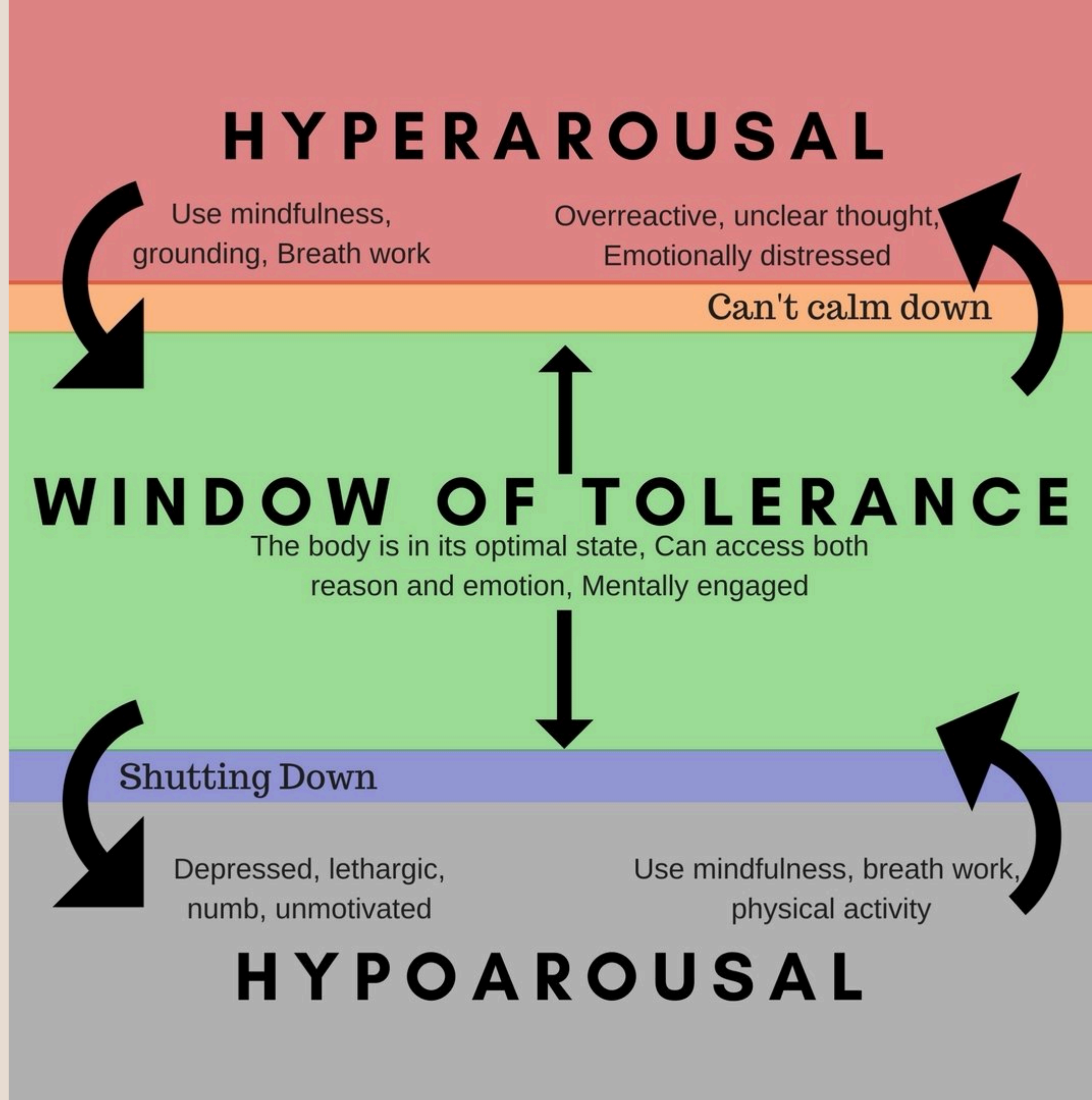
## Toxic

Prolonged activation of stress response systems  
in the absence of protective relationships













WHAT DOES THIS LOOK/SOUND LIKE?





# HYPER-AROUSAL BEHAVIORS





# WHAT DOES DISSOCIATION LOOK LIKE?



## Signs to watch for

- you often feel 'spacey', 'floaty', or like your brain is 'foggy'
- you might even get sleepy whenever life gets challenging
- people say you are really calm under stress, but the truth is you are just numb
- the more stressful a situation, the less you can think clearly
- you can have a sense you are watching your life instead of in it, as if life is a movie you are watching
- when people ask how you are feeling you find it difficult to know
- others often get frustrated as they think you aren't listening
- you have delayed reactions – what you really wanted to say or do in a situation a day or several days later but very rarely in the moment
- you might sometimes even feel disconnected from your body, as if you aren't quite in it
- you can easily overlook important details and forget moments



“TREAT A MAN AS HE IS, AND HE WILL REMAIN  
AS HE IS. TREAT A MAN AS HE COULD BE, AND  
HE WILL BECOME WHAT HE SHOULD BE.”

— RALPH  
WALDO EMERSON



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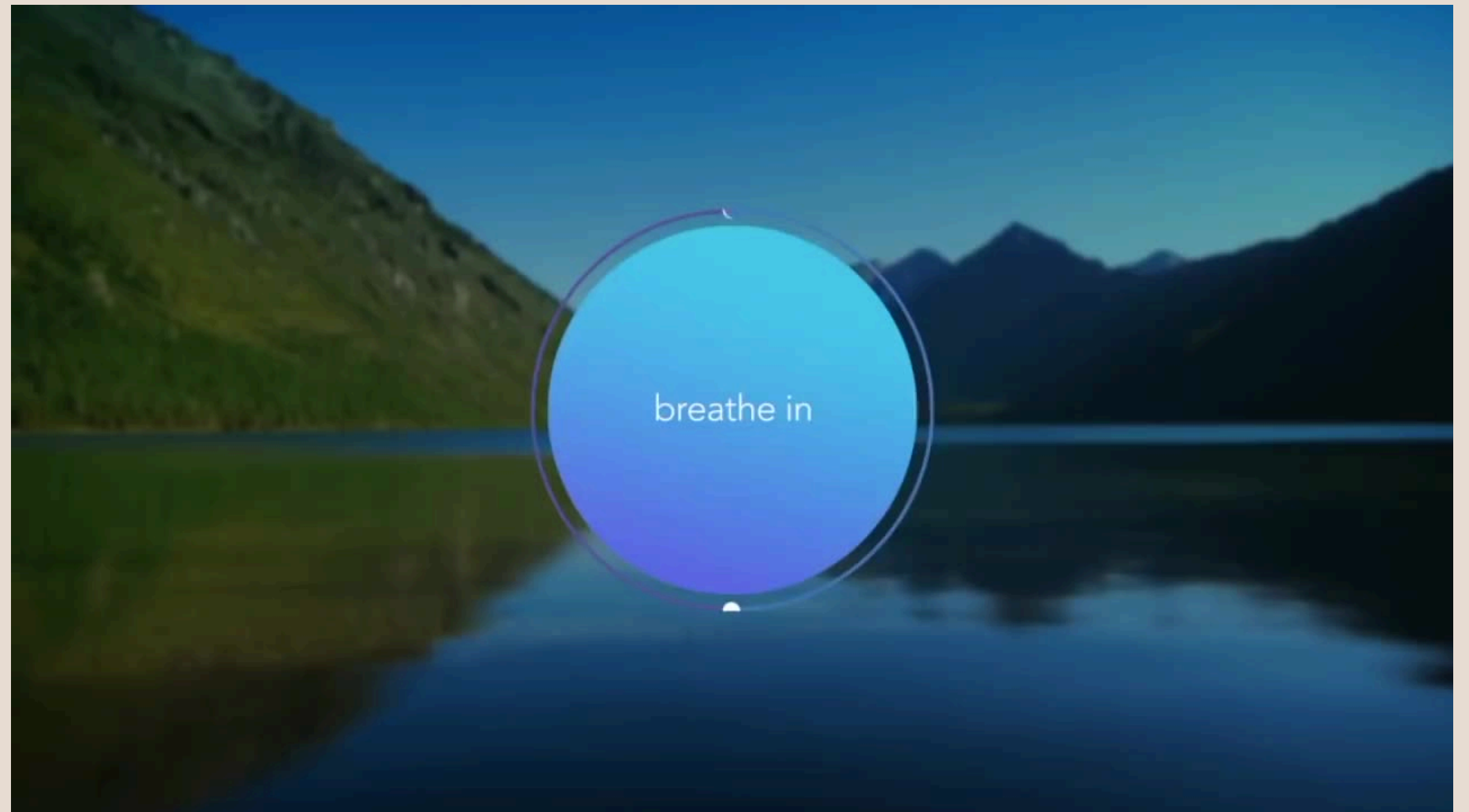
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# WARNING

FIRST,  
DO NO HARM.





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