



# Honor and Resiliency Program

*“It’s a Matter of Pride”*



**SEAFIELD**

*Veteran Owned*



***The Intimate and Destructive  
Relationship between  
Addiction and Trauma***



# ***Trauma-Informed Care (TIC)***

***“Trauma-Informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.”***

***(SAMHSA)***

# ***Trauma Informed Care***

***“Trauma-informed services are not specifically designed to treat symptoms or syndromes related to sexual or physical abuse or other trauma, but they are informed about, and sensitive to, trauma-related issues present in survivors.”***

***Jennings, 2008***

# *Trauma Informed Care*

*Changes the Question from*

*“What’s WRONG WITH THE PERSON?”*

*TO*

*“What HAPPENED To Them?”*



# ***Did You Know?***

- ***98% of the individuals receiving Addiction and/or Mental Health Treatment have a Trauma History.***
- ***Unresolved Traumatic material and/or experiences are significant contributing factors for **POOR TREATMENT OUTCOMES** and an Individual's **RELAPSE HISTORY.*****

# *Did You Know?*

*Early stress is associated with lasting alterations in **stress-responsive neurobiological systems**, including the hypothalamic-pituitary-adrenal axis and monoamine neurotransmitter systems with lasting effects on the developing brain.*

*Repeated Adverse Childhood Experiences (ACEs) can change the body, brain, nervous system and ultimately an entire life.*

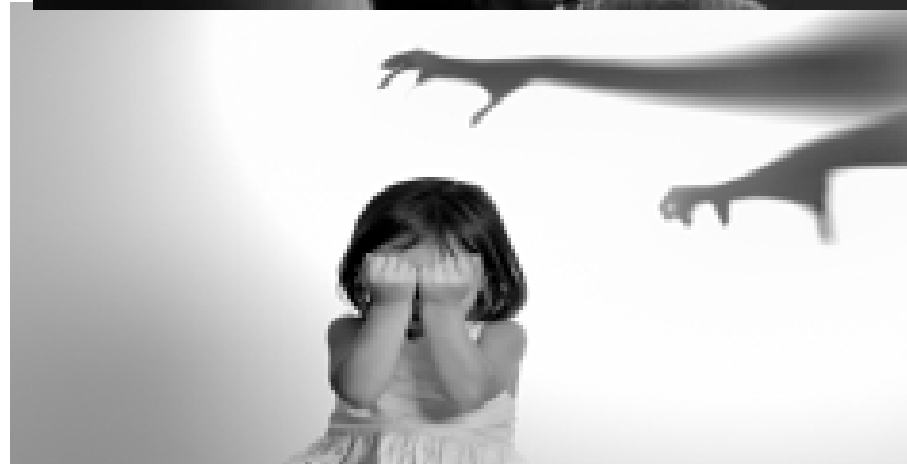




# *Neurons that Fire Together Wire Together*



*When a child is wounded, the pain and negative long-term effects reverberate as an echo of the lives of people they grew up with.*



# *Living Life Through the Filters Of Trauma*



***TRAUMA IS WHEN YOUR BIOLOGY  
GETS ASSAULTED IN SUCH A WAY IT  
MIGHT NOT BE ABLE TO  
RESET ITSELF***

Bessel A. van der Kolk, MD



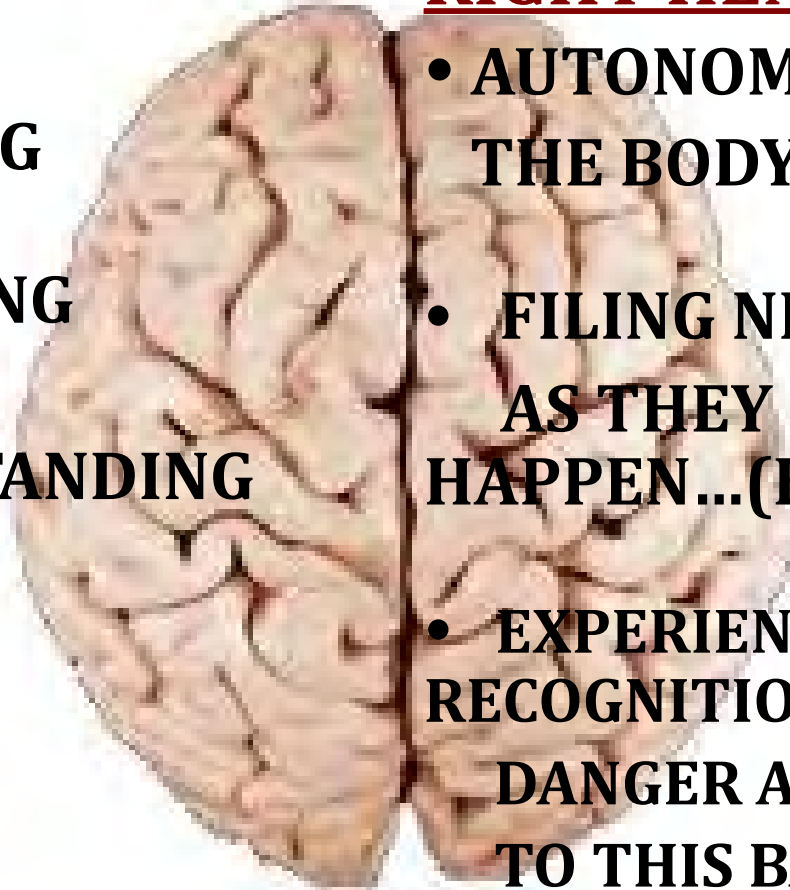
# ***PLEASANT MATERIAL IS EXPERIENCED BRAIN-TO-BODY***



# ***SPECIALIZED FUNCTIONS OF CEREBRAL HEMISPHERES***

## **LEFT HEMISPHERE**

- **THINKING**
- **REASONING**
- **UNDERSTANDING**
- **SPEECH**



## **RIGHT HEMISPHERE**

- **AUTONOMIC CONTROL OF THE BODY... (Hypothalamus)**
- **FILING NEW EXPERIENCES AS THEY HAPPEN...(Hippocampus)**
- **EXPERIENCE BASED RECOGNITION OF DANGER AND RESPONDING TO THIS BASED ON PAST EVENTS...(Amygdala)**



# ***TRAUMATIC MATERIAL EXPERIENCED BODY TO BRAIN***



# ***“THE ALARM SYSTEM” RIGHT HEMISPHERE***



***IGNITES THE BIOLOGICAL CASCADING OF NEUROCHEMICALS AND SIGNALS NEEDED TO ACTIVATE THE “FIGHT-FLIGHT-FREEZE RESPONSE”***

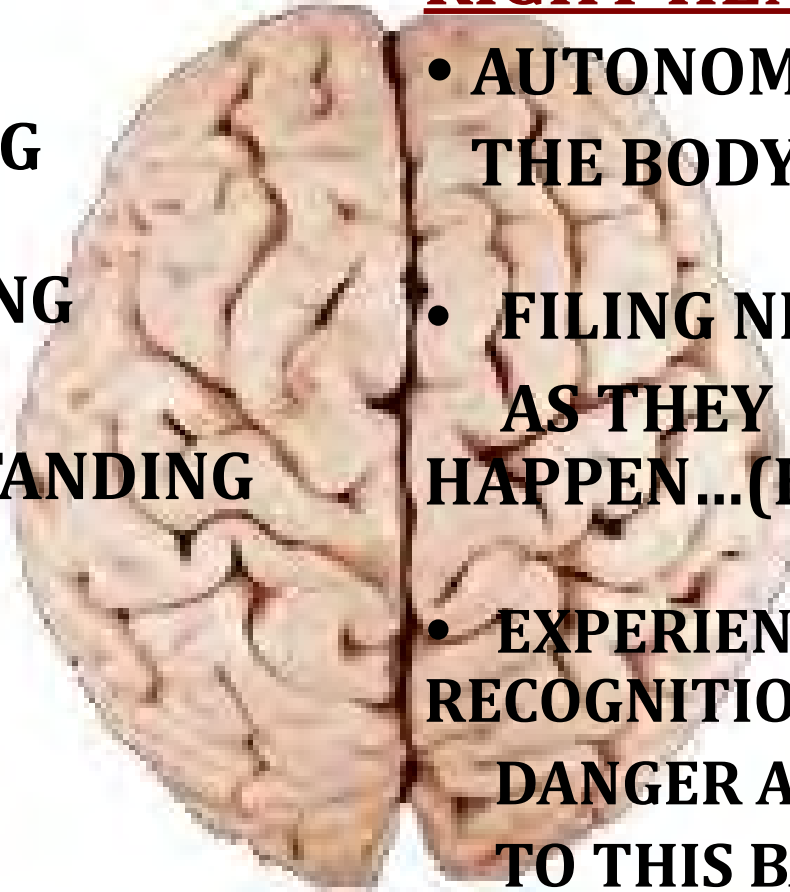
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***“FIGHT-FLIGHT-FREEZE” IS A  
NEUROBIOLOGICAL RESPONSE,  
NOT A DECISION***



# ***“THE NARRATIVE IS MISSING”***



**TRAUMATIC MATERIAL IS STORED AS SIGHTS, SOUNDS, SMELLS, AND PHYSICAL SENSATIONS, ALL OF WHICH EVOKE A *SENSE OF PANIC AND TERROR* WHEN RECALLING THE EVENTS.**

Bessel Van DER Kolk. MD

# ***TRAUMATIC MATERIAL***

***IS STORED, OR RATHER “STUCK” IN  
THE RIGHT HEMISPHERE OF THE  
BRAIN; NOT ACCESSIBLE TO THE LEFT  
FRONTAL LOBES, WHERE THE ABILITY  
FOR UNDERSTANDING, THINKING,  
REASONING AND SPEECH ARE LOCATED.***

Bessel A. van der Kolk, MD



# ***THE “JUNK DRAWER” of our BRAIN***



**TRAUMA ISN'T THE NARRATIVE OF SOMETHING AWFUL THAT HAPPENED IN THE PAST, ITS THE RESIDUE OF IMPRINTS LEFT BEHIND IN PEOPLES' SENSORY AND HORMONAL SYSTEMS.**

**Bessel A. van der Kolk, MD**

# *Manifestations of Trauma*

**•Anxiety, Anxiety attacks, Panic, Panic Attacks, Agitation, Scanning, Hyper Vigilance, Startle Response, Intrusive Thoughts and/or Images, Racing Thoughts, Sleep Disturbance, Dissociation, Amnesia, Trance, Addictions, Avoidance Numbing Behaviors , Emotional Restriction, High Risk Behaviors, Denial, Self Injurious behaviors, Social Withdrawal, Isolation, Sadness, Depression, Hopelessness, Despair, Suicide Ideations and/or Attempts, Chronic Non-Retractable Pain (Physical and Emotional)**

# *“Ignition and Re-Ignition”*



# *After Trauma, The Nervous System Remains Prepared For Danger*

[Ogden, Minton & Pain, 2006]

## **Signs of Chronic Hyper arousal:**

*emotional overwhelm, panic, impulsivity, hyper vigilance, defensiveness, feeling unsafe, reactive, angry, racing thoughts*

## **Optimal Arousal Zone:**

*feelings and reactions are tolerable, we can think and feel simultaneously; our reactions adapt to fit the situation*

## **Signs of Chronic Hypo arousal:**

*numb, “dead,” passive, no feelings, no energy, can’t think, disconnected, shut down, “not there,” ashamed, can’t say No*

# ***REPEAT DOSING***

[Ogden, Minton & Pain, 2006]

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Copyright 2008 Janina Fisher, Ph.D.

# ***Pseudo-Addiction***

***Attempt to Self-Regulate  
Partial Treatment of Pain  
Misuse of Opioids***

***TIME STOPS IN PEOPLE WHO  
SUFFER FROM PTSD, MAKING IT  
HARD TO TAKE PLEASURE IN THE  
PRESENT BECAUSE THEIR  
BODY KEEPS REPLAYING THE  
PAST.***

Bessel A. van der Kolk, MD

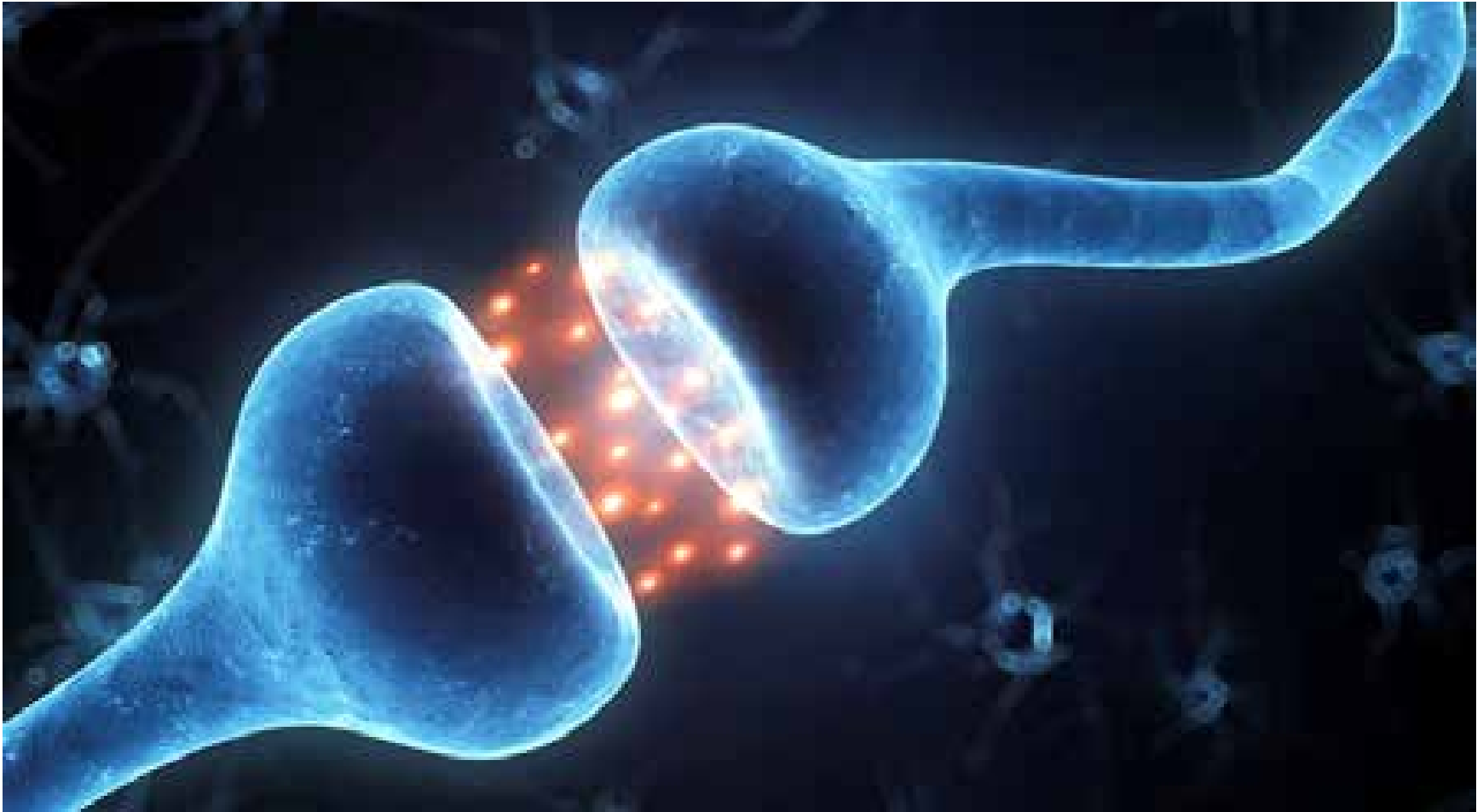
# ***Adult Brain Neuroplasticity***

***Plasticity means changeable  
and adaptable.***

***The brain's plasticity is that property  
which allows it to change its structure  
and function in response to  
mental experience.***

Norman Doidge, MD

# *Neurons that Fire Together Wire Together*



# ***Distorted Reality & Negative Cognitions***





# *A Traumatized Brain-Body*

**Losses its way through the world, it doesn't know the calendar.**

**Left side of brain in an attempt to understand the post symptoms comes up with theories and that often involve a negative cognition.**

# ***“Adult Child”***

- ***Respond to adult interactions with the fear and self doubt learned as children.***
- ***Undercurrent of Hidden Fears can sabotage choices and relationships.***
- ***Can appear confident while living with internal self doubt and low self worth***

# *Trauma Changes You !*

**Splintered Beliefs**

**Loss of Predictability and Control**

**Shattered Identity**

**Loss of Meaning**

**Potential for a Psycho-Spiritual Injury**

# ***TALK THERAPY ALONE CAN BE RE-TRAUMATIZING***



# *ACTIVATION*



# ***GETTING BACK TO NORMAL***

**The hyper-activating autonomic nervous system jumps into action immediately, but is very slow to shut down.**



**Brain-body interventions must meet the client where they are at the moment.**

***“Trauma is not something  
you can really talk away  
verbally, it’s in the body. “***

**Peter A. Levine, PhD, founder of Somatic Experiencing**

# ***Brain-Body Techniques***

***Body Scanning-and-Breathing***

***Body Scanning-and-Positive  
Cognitions***

***Mindful Walking adding Positive  
Cognitions***



# *Brain-Body Techniques*

## **Serenity Prayer as a Cognitive Behavioral Tool**

*Mindfulness/Mindfulness Coach App*  
*Walking Meditation App*

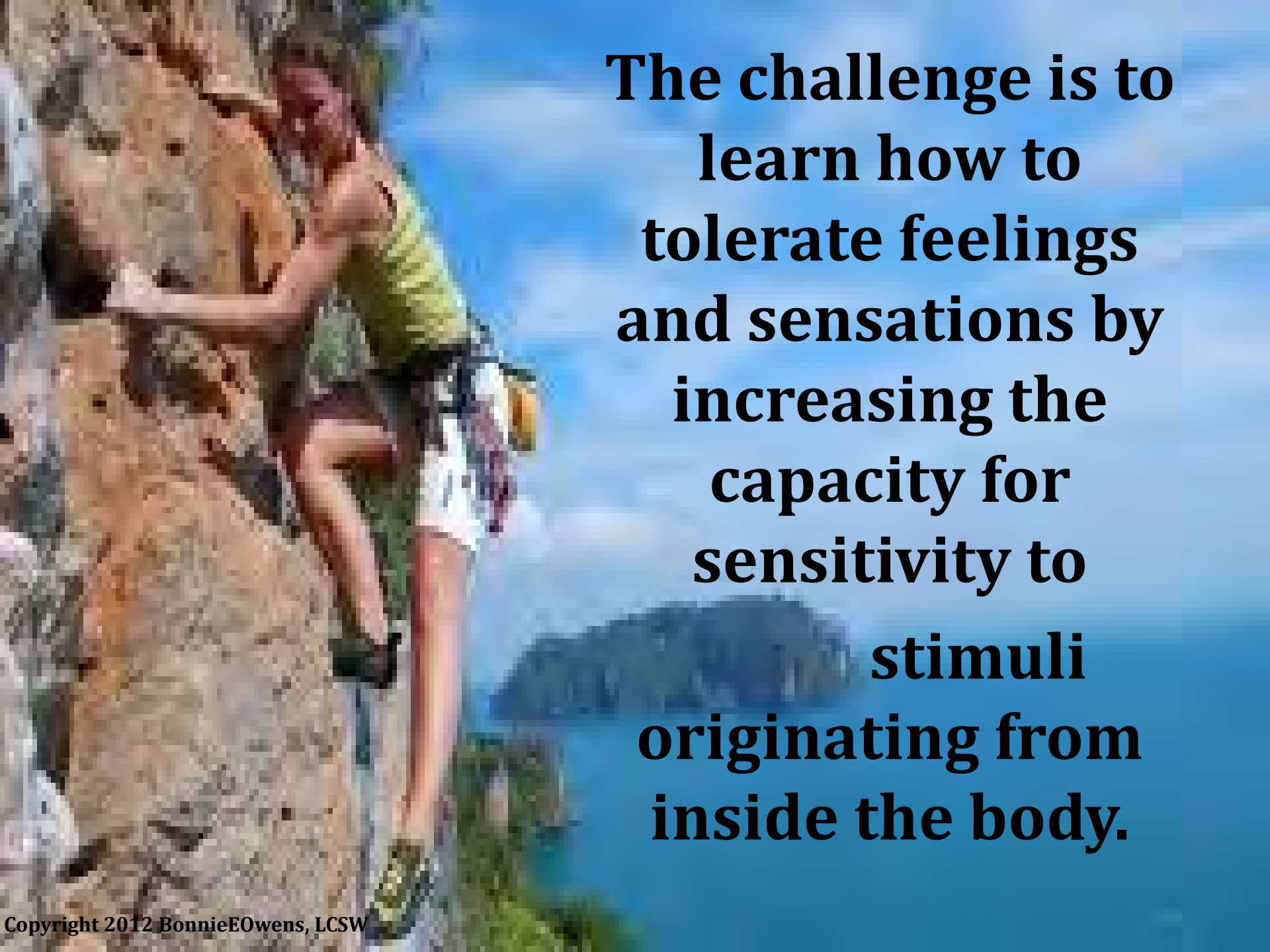
*Breathing/Breathe2Relax and*  
*Tactical Breather, Stop, Breathe,*  
*Think Apps*

# **Mobile Wellness: *There's an App for That***



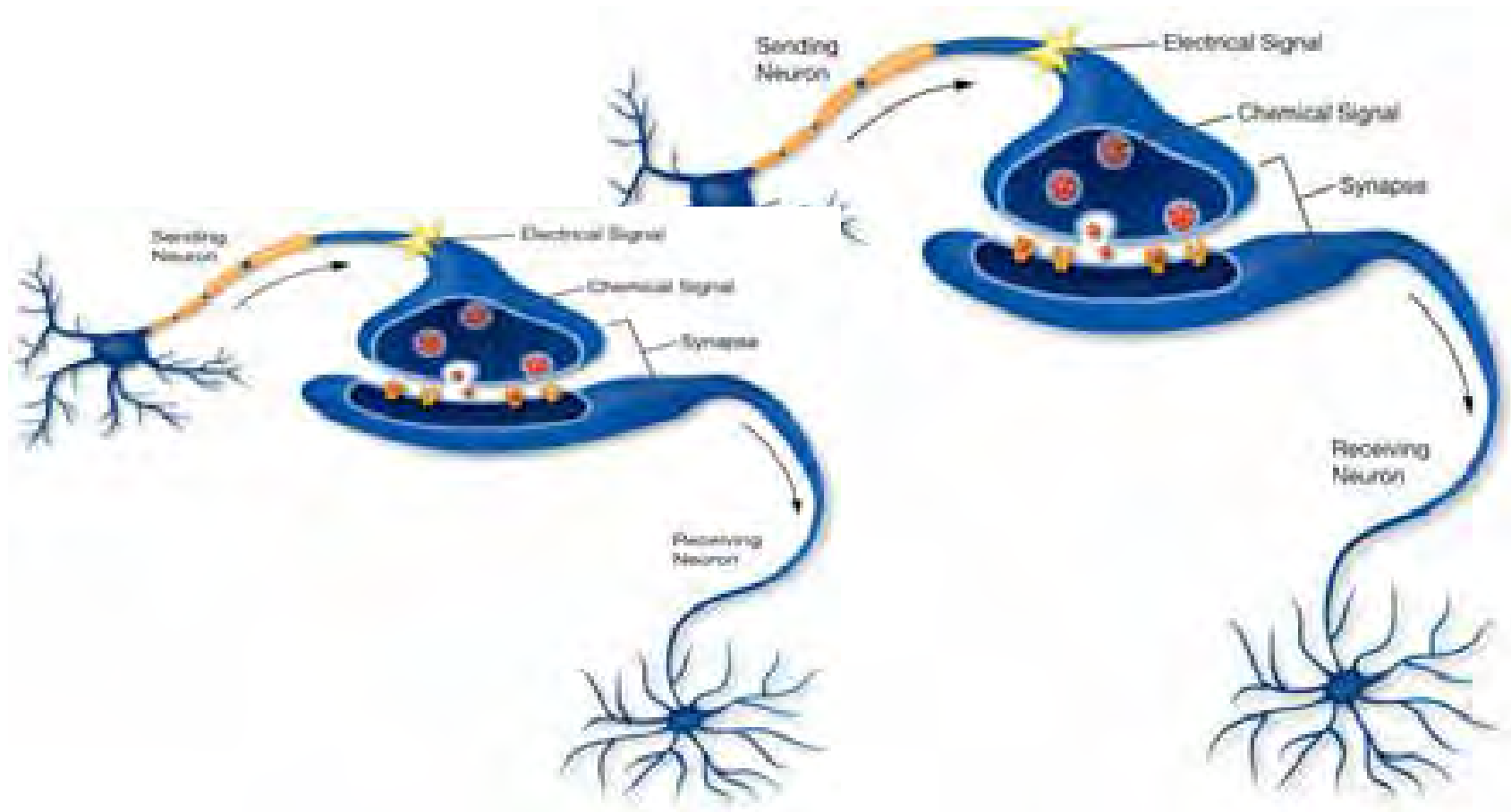
**ACT Coach**  
**PTSD Coach**  
**Mindfulness Coach**  
**Life Armor**  
**Mindfulness**  
**Pranayama**  
**Breathe2Relax**  
**Tactical Breather**  
**Stop, Breathe, Think**  
**Relaxtopia**  
**Serenity**  
**Screenscapes**  
**Nature Sound**

**Wave Sounds**  
**eCBT Trauma**  
**eCBT Calm**  
**Virtual Hope box**  
**Icounselors,**  
**anxiety, Depression, OCD**

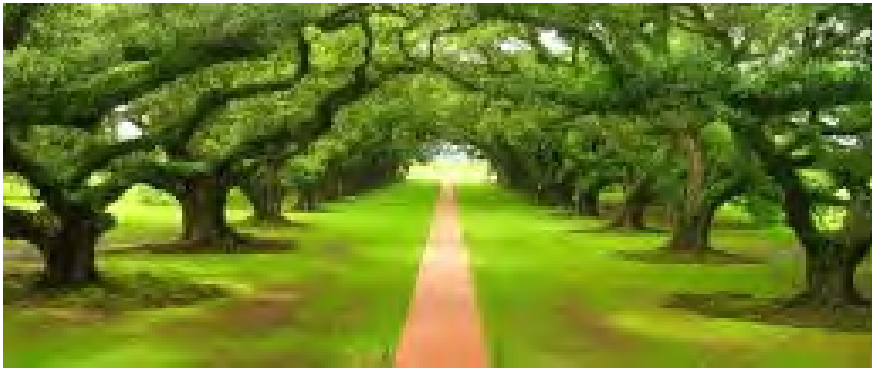
A woman in a white tank top and dark shorts is rappelling down a large, textured rock face. She is wearing a helmet and a harness. The background shows a clear blue sky, a calm blue lake, and distant green mountains. The text is overlaid on the right side of the image.

**The challenge is to  
learn how to  
tolerate feelings  
and sensations by  
increasing the  
capacity for  
sensitivity to  
stimuli  
originating from  
inside the body.**

# *Neurons that Fire Together Wire Together*



# *Pathways To Change*





# ***Adult Brain Neurogenesis***

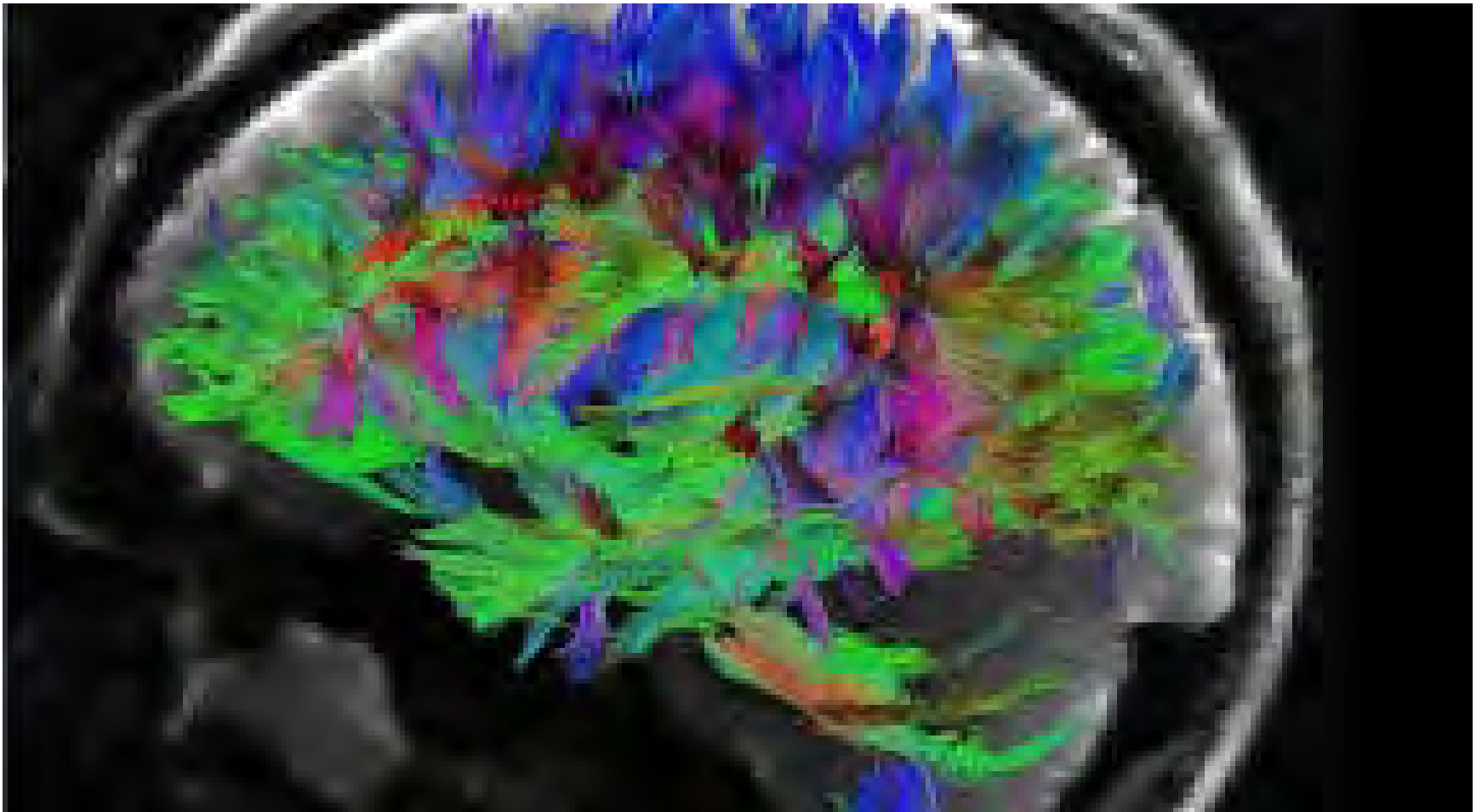
***Neurogenesis is the ability of the brain to grow new neurons.***

***Adult brain neurogenesis is increased by interventions that effect cognition and mood.***

***Interventions include: Learning or Novelty, Environmental Enrichment, and Exercise.***

*Nature, Vol.472, pgs.466-470,  
published April 28, 2011,  
Amar Sahay, et al., Columbia Univ.  
Medical Ctr. Dept. of Neuroscience and Psychiatry*

# *Building New Neural Pathways*





*Talk Through It*

*and*

*Move Through It*



A person is sitting on a rocky, grassy hillside, looking out over a landscape. The person is wearing a dark shirt and jeans. The background shows a clear blue sky and some distant structures.

***Physical Containment and Release of Stress***



***Disengaging from the Freeze Response***



***Amygdala In-Put and Sensory Immersion***



# **Benefits of Exercise**

**The neuroprotective and neurogenerative effects of physical exercise appear to be especially potent in the regions of the hippocampus, amygdala, and prefrontal cortex – regions which are particularly vulnerable to the negative consequences of psychological trauma.**

**Julian P. Nolen summer 2013**

# ***Brain-Derived Neurotrophic Factor***

***BDNF is Miracle-Gro for the brain.***

***BDNF is secreted in the Hippocampus during exercise. BDNF promotes:***

- ***Hippocampal Neurogenesis***
- ***Improved Learning***
- ***Long-Term Memory***
- ***Mood Enhancement***
- ***Growth & Repair of Existing Neurons***

***Exercise and the Neuroplasticity Revolution,  
John Ratey, PhD., NICABM, Teleseminar, 2012***

# **Benefits of Aerobic Exercise as a Brain-Body Centered Treatment**

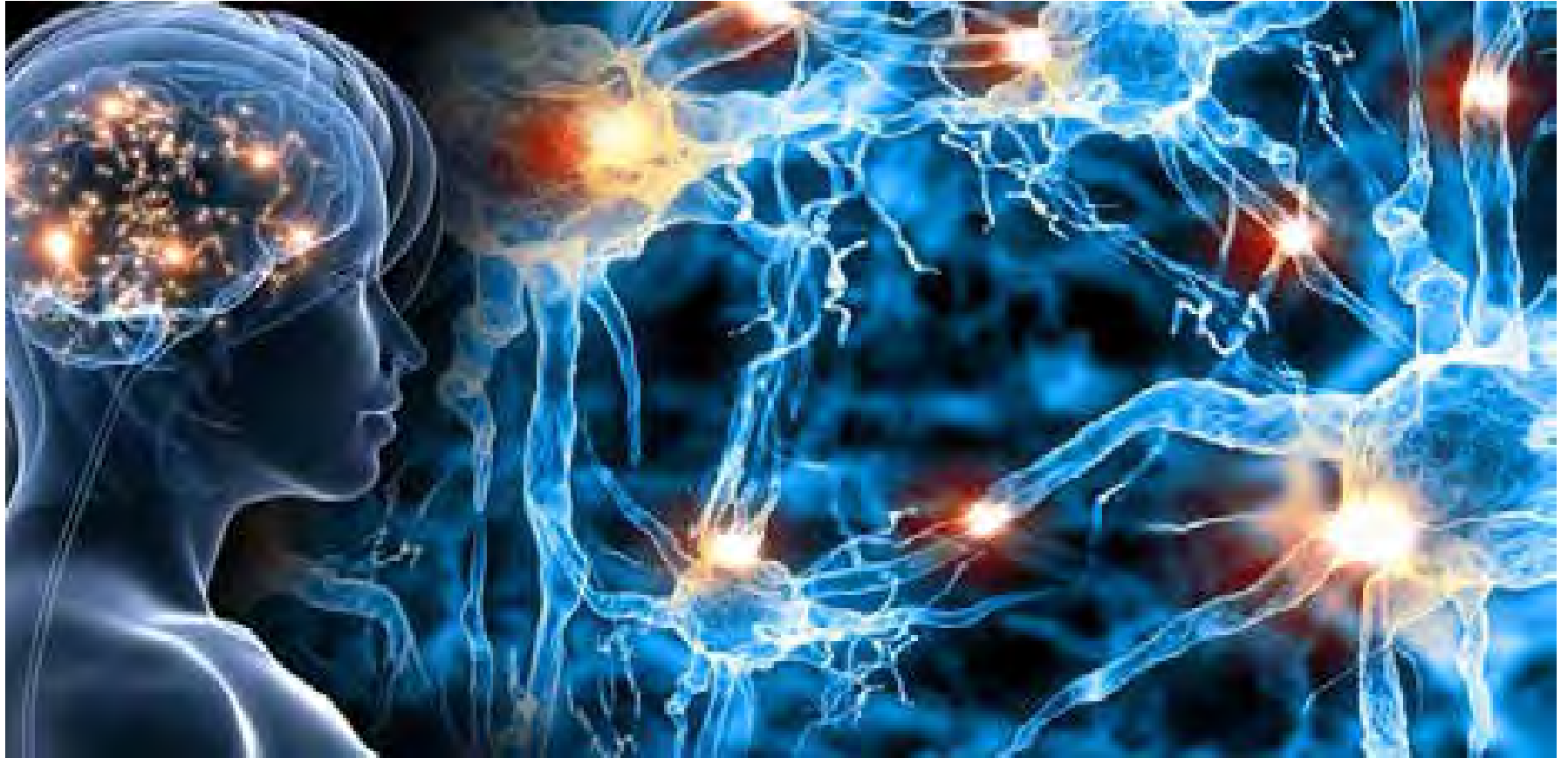
*The Neurochemicals Released During Aerobic Exercise promote:*

- *Mood Stabilization*
- *Generalized Sense of Well-Being*
- *Heightened Alertness & Focus*
- *Improved Cognitive Function*
- *Exercise-Induced Hippocampal Neurogenesis*

# **More Benefits of Aerobic Exercise**

- **Enhanced Tolerance of Physical Discomfort**
- **Releases Growth Factors: BDNF**
- **Mindful Awareness of Positive Stimuli**
- **Provides the optimal environment in which the brain is ready, willing and able to learn (clarity, creativity, reprocessing)**

# *Mindfulness, Meditation and Movement*

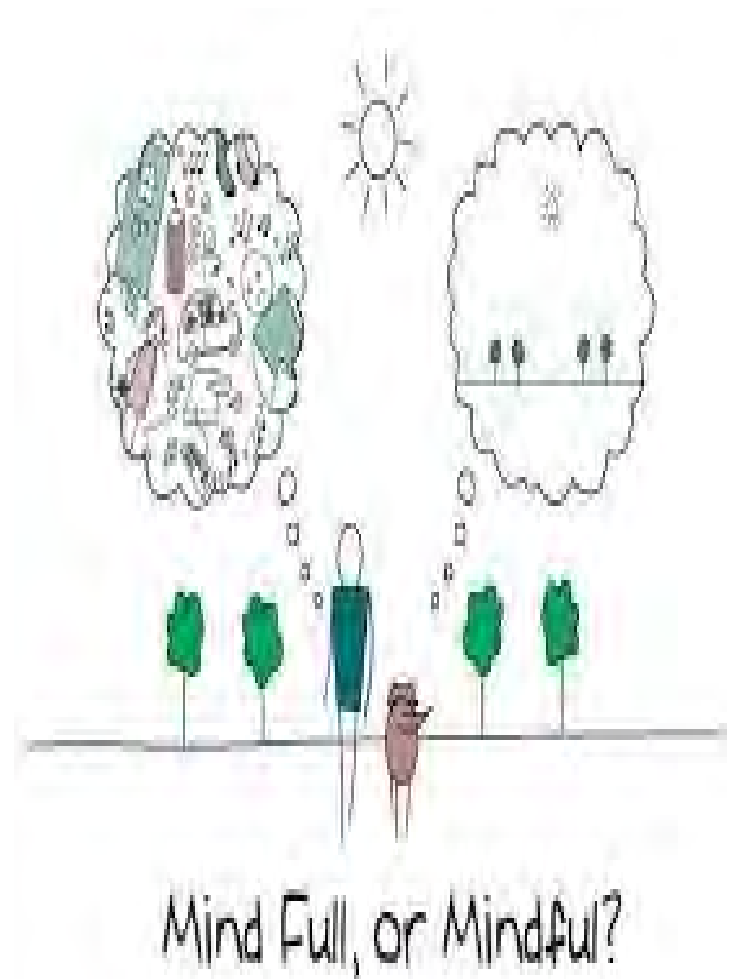


# Mindfulness

*Mindfulness*

MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

JOY KARAT-ZINS



# ***IN THE SPACE/VOID***

Between stimulus and response  
there is a space.

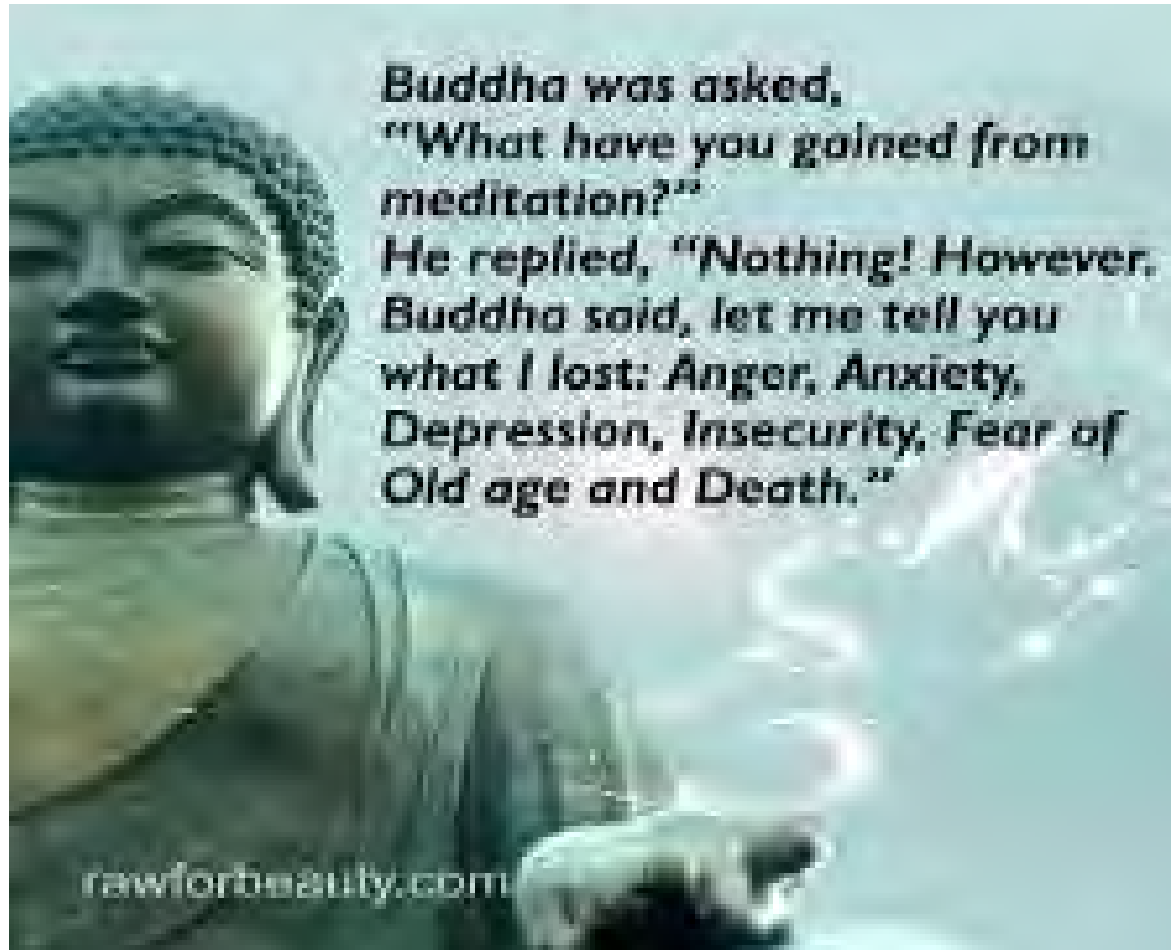
In that space is our power  
to choose our response.

In our response lies our  
growth and our freedom.

- Viktor Frankl



# ***Meditation***



Buddha was asked,  
"What have you gained from  
meditation?"  
He replied, "Nothing! However,  
Buddha said, let me tell you  
what I lost: Anger, Anxiety,  
Depression, Insecurity, Fear of  
Old age and Death."

rawforbeauty.com

# ***MEDITATION AND MOVEMENT***



# ***HEALING THROUGH YOGA***



# ***A VETERAN AND A 9/11 WIDOW***

