Developmental Disabilities Lecture Series

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Trauma Informed Care and Positive Strategies for Healing

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Materials at:
Pid.thenadd.org
Books at Amazon.com

Sources of Trauma for Individuals with IDD
- Report on Abuse of People with Disabilities - 2013 Spectrum Institute
- Over 70% of people with Disabilities report being victims of abuse - 90% of them said it was on multiple occasions
- Only 37% reported the abuse to the authorities
  - Sexual Abuse - Hingsberger - 8 out of 10 females sexually abused more than once with developmental disabilities
  - Males - 6 out of 10
- Social Trauma - Bullying, Name-calling, Verbal Abuse
- Psychology of Exclusion - Stimulation of Anterior Cingular Cortex
- Trauma of Institutionalization, Foster-care Placements
- Trauma of Physical Abuse and Neglect
Big T and Little “t” Traumas

<table>
<thead>
<tr>
<th>Major Events</th>
<th>Little “t” Trauma</th>
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</thead>
<tbody>
<tr>
<td>Sexual Abuse</td>
<td>Family Violence</td>
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<tr>
<td>Physical Abuse</td>
<td>Neighborhood Violence</td>
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<tr>
<td>Neglect</td>
<td>Social Exclusion</td>
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<tr>
<td>Negative Events</td>
<td>Exclusion from Family</td>
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<tr>
<td>Grief and Loss</td>
<td>Frequent foster care or group home placements and lack of stability</td>
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Trauma of Attachment Disorders:

- Insecure Attachments
- Avoidant Attachments
- Patterns for life-long social interactions are set

Bucharest Early Intervention Orphan Study

- 138 children between 6 and 31 months who were in an orphanage in Bucharest were studied
- 68 kept in institution
- 68 placed in a new foster care system - full time paid parenting
- Results: After 54 months (4 1/2 years):
- Compared to 138 children raised in birth families
<table>
<thead>
<tr>
<th>Issues:</th>
<th>Institution</th>
<th>Foster Care</th>
<th>Biological</th>
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</thead>
<tbody>
<tr>
<td>Axis I Disorders</td>
<td>55%</td>
<td>35%</td>
<td>13%</td>
</tr>
<tr>
<td>Emotional</td>
<td>49%</td>
<td>29%</td>
<td>8%</td>
</tr>
<tr>
<td>Behavioral</td>
<td>32%</td>
<td>25%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Intellectual</td>
<td></td>
<td></td>
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<tr>
<td>Disability</td>
<td>73</td>
<td>85</td>
<td>110</td>
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</tbody>
</table>

MIRROR NEURONS:
Interaction during infancy is needed for brain wiring

The Effects of Cocaine and/or Alcohol Exposure During Gestation

- Crack Cocaine
- Meth-Amphetamines
- Alcohol
- Combinations
Effects of Fetal Alcohol Spectrum Disorder

- Smooth philtrum (space between nose and mouth)
- Half-opened lids and mouth
- Upturned nose if Caucasian
- Flattened nose if African-American
- Issues with Cause and Effect
- Cannot understand or process how what they do brings them a certain effect
- Cannot understand that their actions bring consequences: Consequences don’t work, only frustrate them and make them angry
- Coaching works!

Psychological Trauma – past is present

How did the brain react?

Neocortex
- The rational brain: Intellectual tasks

Limbic
- The intermediate brain: Emotions

Reptilian
- The primitive brain: Self-preservation, aggression

The Triune Brain

Trauma Responses Due to “Buttons Pushed”

- 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!
Trauma-Mind/Trauma Response

- Activation of Fight, Flight or Freeze trauma response
- Dan Siegel - People will revert to the age that trauma first occurred when in trauma response mode!
- Rational Mind Shuts Down
- If people are in trauma response and we treat them as though they are “being manipulative” - we will lose their trust and they will become further alienated.
- This is not the “Teachable Moment!”

What To Do When Someone is Triggered

- Symptoms of Trigger (Activation of Sympathetic nervous system)
- Fight
- Flight
- Freeze
- What does this look like for individuals with ID?
- Cool Down System (Activation of Parasympathetic nervous system)
- Calming
- Breathing
- Getting away from trigger
- Being Safe
The Behavioral Pyramid

Behavioral Issues:
- Emotions Expressed
- Often Rooted in Trauma

When we only address the behavior, we miss the true cause and root of difficulties

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
     - i.e. fear, horror, anger, guilt and shame
   - Constricted emotion - Inability to express positive emotion
   - Alienation and withdrawal from others

4. Arousal
   - Easy to startle
   - Agitated - can lead to property destruction
   - Periodically Combative
   - Impulsive
   - Also associated with reckless or self-destructive behavior
"If you try to treat someone’s illness without knowing its cause, you will only make the person sicker than before.”
Nichiren Daishonin

Ingredients Necessary for Post traumatic Recovery

Perceived Safety

Empowerment ↔ Connection

The IRAQ PTSD STUDY
Ted Waldinger - Harvard Study

- Looked at 724 men - half Harvard graduates - half from poorest sections in Baltimore
- Longitudinal - 75 years
- 60 still alive
- Interviewed regularly
- Results - nothing to do with fame or money

Relationships Are Everything!!

- “The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80. And good, close relationships seem to buffer us from some of the slings and arrows of getting old. Our most happily partnered men and women reported, in their 80s, that on the days when they had more physical pain, their mood stayed just as happy. But the people who were in unhappy relationships, on the days when they reported more physical pain, it was magnified by more emotional pain.”

  Robert Waldinger

The Power of Positive Regard

- Mice and Bob Rosenthal
- Signs were put up for experimenters “Smart Rats” “Dumb Rats” - All rats were actually the same
- Experimenters had rats run mazes -
- Big difference between the performances - Smart rats ran mazes twice as fast!!
Carol Dwek, Ph.D.

“How you see someone determines how they are able to see themselves!”

Teachers who thought they had gifted children got a significantly better performance from classes they were told were “average”. Even though they were the same!

Daniel Kish

Who is This?
He now teaches other blind individuals how to do this!

Resiliency Studies

Positive Regard Statements:
1. “I like you”
2. “I care about you”
3. “You are Cool!”
4. You can do this!

Positive Regard Actions:
1. Listening
2. Coaching
3. Supporting the Pursuit of Happiness
The connections cruises – Singles Club the Love Boat!

From Recovery to Happiness Seligman - “Flourish!”

*Five levels of Happiness:*

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

*Happiness Assessment*

Here & Now
HOPE CHANGES EVERYTHING.
References and Recommended Reading
Prepared by Karyn Harvey, PhD


