

Trauma-Informed and Healing-Centered Practices



About Nicole

Nicole is a **radical educator, trainer, curriculum designer, youth worker, circle keeper and community builder.**



Change Impact
ON-DEMAND SERVICES
FOR SOCIAL GOOD

Nicole is also a **wife/partner, daughter/caregiver, musician, foodie, traveler, avid reader and lover of sweatpants/loungewear!**

**Change Impact
helps social impact
organizations
achieve **results** and
advance **equity**.**





**YOU MAKE THE
WORLD A BETTER
PLACE**



Change Impact powers ***Change Up Learning***, an online PD platform for educators and youth development professionals

www.changeuplearning.com

- ✓ Self-paced learning
- ✓ Live workshops + coaching
- ✓ Administrator dashboard that automates training data + certificates



Agenda

- Welcome
- Warm-up
- Foundations of Trauma
- Being Trauma-Informed
- Healing-Centered Practices
- Course Evaluation and Feedback



Session Outcomes

1. Unpack trauma and the different ways it can show up;
2. Grounding in 4 Practices of Healing Centered Engagement;
3. Connect the dots between healing centered engagement, cultural sustainability and a restorative framework;
4. Uplift examples of where a shift to a healing centered lens is needed in your youth serving community;

Warm Up



**What emoji do you feel
like today?**



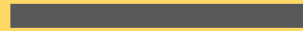
“We (all of us) are currently going through a collective traumatic experience...be **gentle** with yourself. Have **compassion** for your process. Give yourself **grace**.”

Lisa Olivera



HEALTHY MIND

Foundations



Understanding Trauma





Types of Trauma

- *Acute trauma*: This results from a single stressful or dangerous event.
- *Chronic trauma*: This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, or domestic violence.
- *Complex trauma*: This results from exposure to multiple traumatic events.





Defining Trauma: 3 Es

- Exposure to the trauma
- Experiences it as traumatic
- Adverse Effects

ACEs

Adverse Childhood Experiences



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness



Suicide or Death



Crime or Imprisoned Family

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



Adverse Childhood Experiences



[Dr. Nadine Burke Harris](#)



Reflection

What was one quote or point from the video that resonated with you?



Impacts of Trauma





Impacts of Trauma

- Constant state of arousal (fight)
- Hypervigilance (flight)
- Numbing or avoidance (freeze)



Fight



Freeze

Flight





Impacts of Trauma

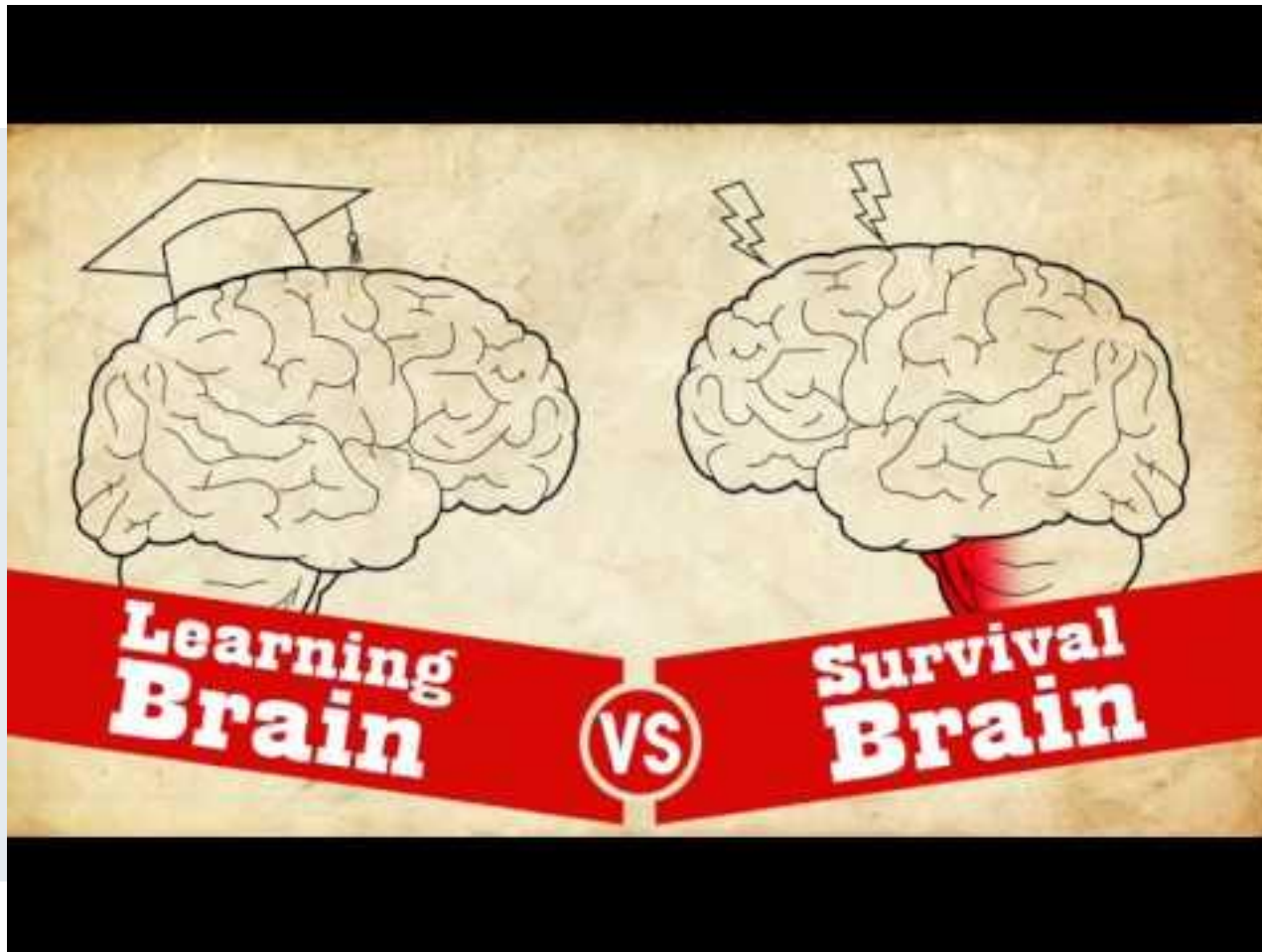
| | |
|--------|-------------|
| Fight | Flight |
| Freeze | Fawn |

- Avoid conflict and trauma by appeasing people
- Being “good” to escape mistreatment
- People pleasing and ignoring individual needs to gain sense of security



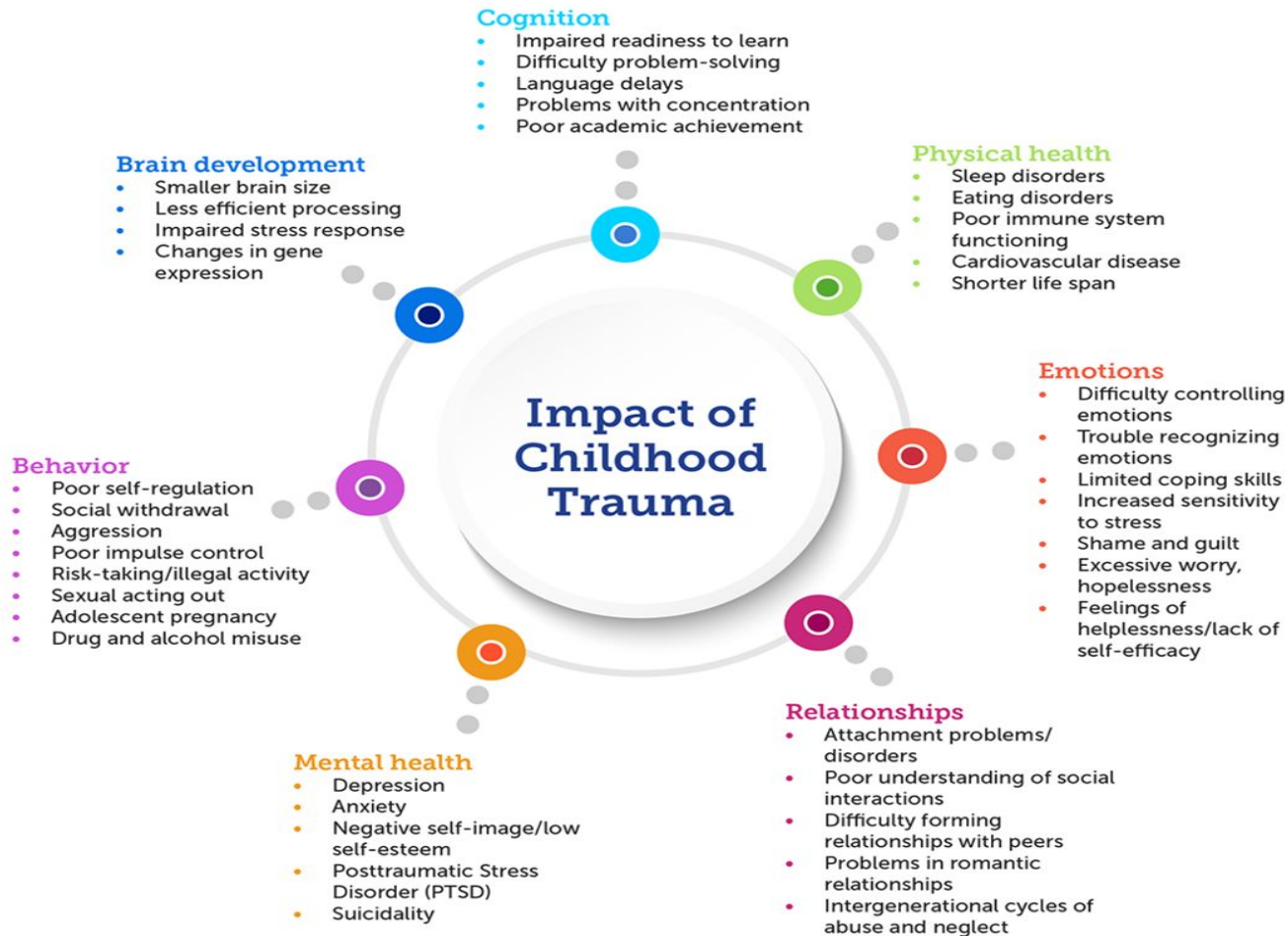
Behavioral Manifestations

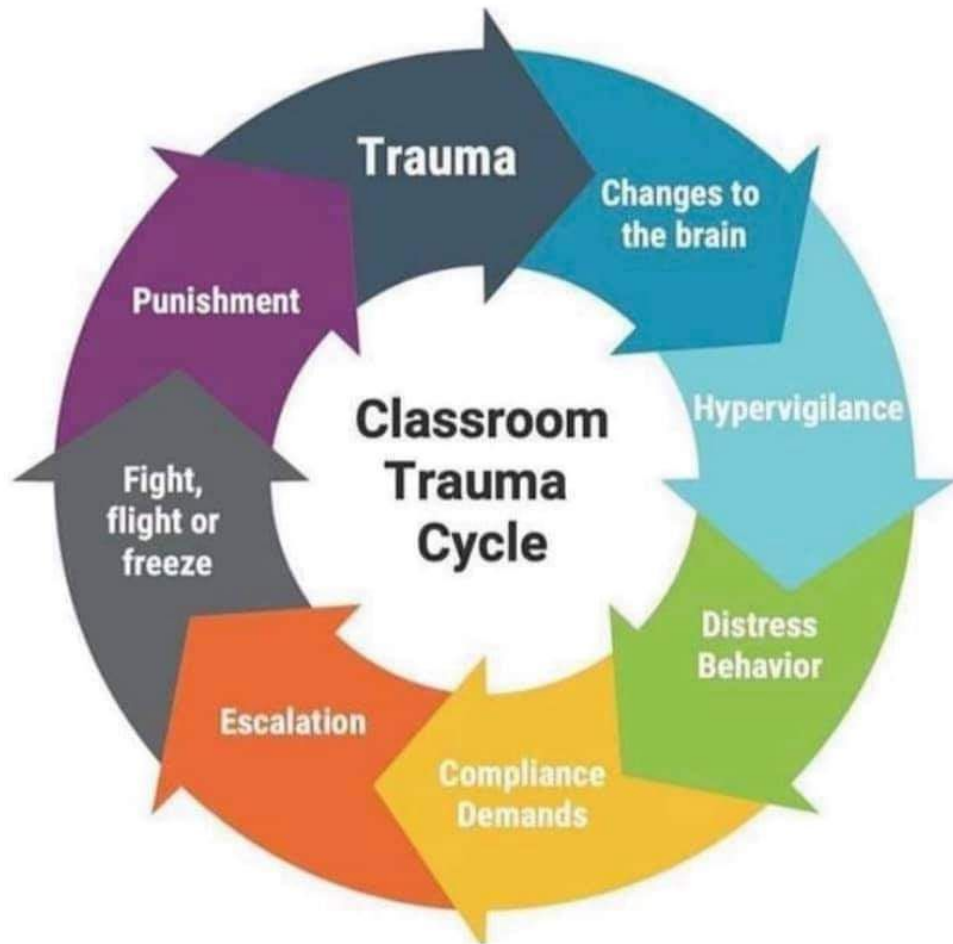
- Individuals may react differently to the same stressful event
- There may be no apparent behavioral change
- Stressful events can impact dynamics within school or broader community
- Chronic stress and trauma may impact multiple generations
- May show up in arenas such as learning



[Jacob Ham - Learning Brain vs. Survival Brain](#)

Impact of Childhood Trauma





INSIDE THE TEENAGE BRAIN

Adolescents are prone to high-risk behaviour

Prefrontal Cortex

Its functions include planning and reasoning; grows till 25 years

Adults Fully developed

Teens Immature, prone to high-risk behaviour

Amygdala

Emotional core for passion, impulse, fear, aggression.

Adults Rely less on this, use prefrontal cortex more

Teens More impulsive



Parietal Lobe

Responsible for touch, sight, language; grows till early 20s

Adults Fully developed

Teens Do not process information effectively

Ventral Striatum

Reward centre, not fully developed in teens

Adults Fully developed

Teens Are more excited by reward than consequence

Hippocampus

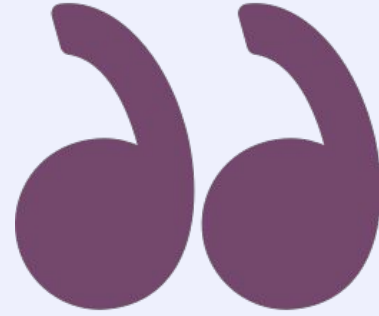
Hub of memory and learning; grows in teens

Adults Fully functional; loses neurons with age

Teens Tremendous learning curve



**When it feels
disheartening
to learn that
trauma
changes the
brain**



**remember that
healing changes
the brain too**





**Students best learn when
they feel like they're safe and
supported by the adults
around them...**

Group Discussions

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In groups, discuss at least 3 ways how you might help youth move from Survival Brain to Learning Brain.

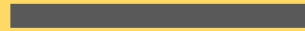


TEAM UP

Take a Break!



Taking Action



Being Trauma-Informed





[60 Minutes - What Happened to You](#)



Trauma-Informed Approach

Trauma Responsive Support - 4 R's

- **Realizes** the impact of trauma and understands potential paths for recovery
- **Recognizes** the signs and symptoms of trauma
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices
- **Resists** re-traumatization by recognizing how class / school practices can support or trigger students



Trauma-Informed Approach

What might you do to:

- **Realize** the impact of trauma?
- **Recognize** the signs and symptoms?
- **Respond** through your practices?
- **Resist** re-traumatization?

*2 minute reflection



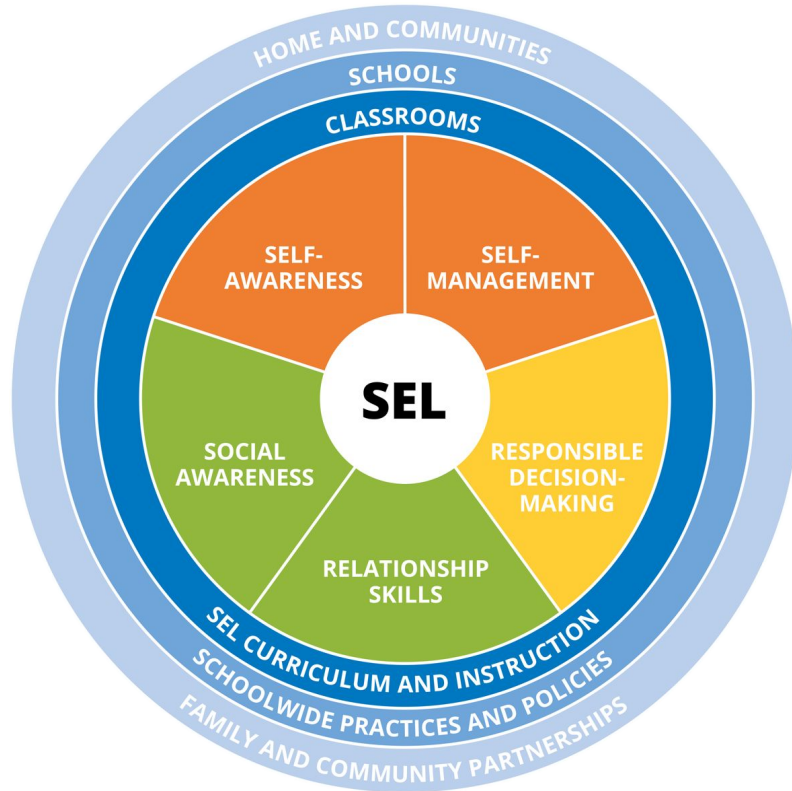
Being Trauma-Informed With SEL



[Edutopia: Getting Started With Trauma-Informed Practices](#)



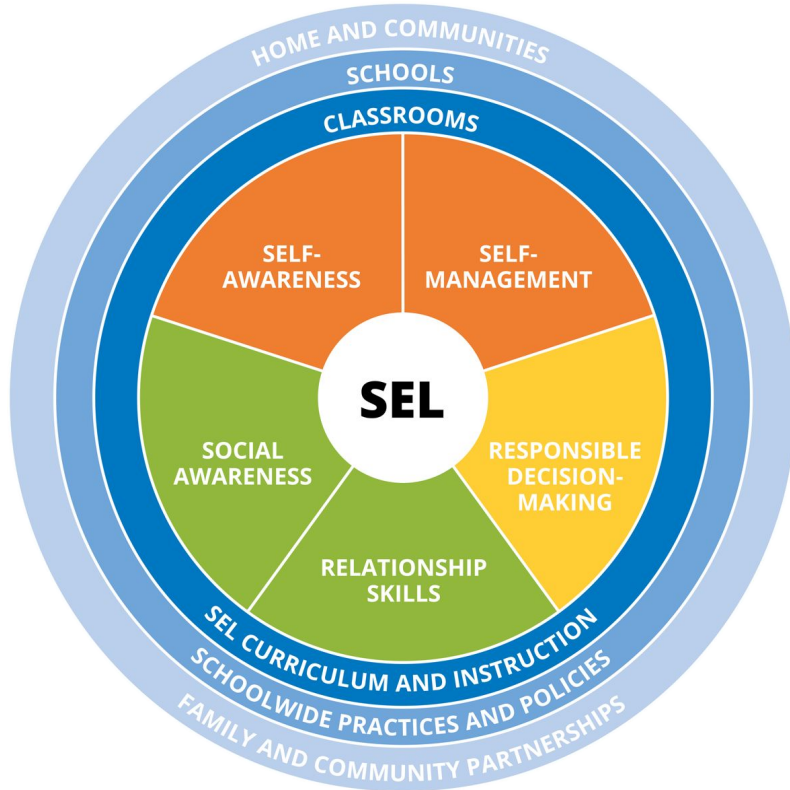
Social-Emotional Learning (SEL)



- understand/manage emotions
- set/achieve positive goals
- feel/show empathy for others
- establish/maintain positive relationships
- make responsible decisions



Social-Emotional Learning (SEL)

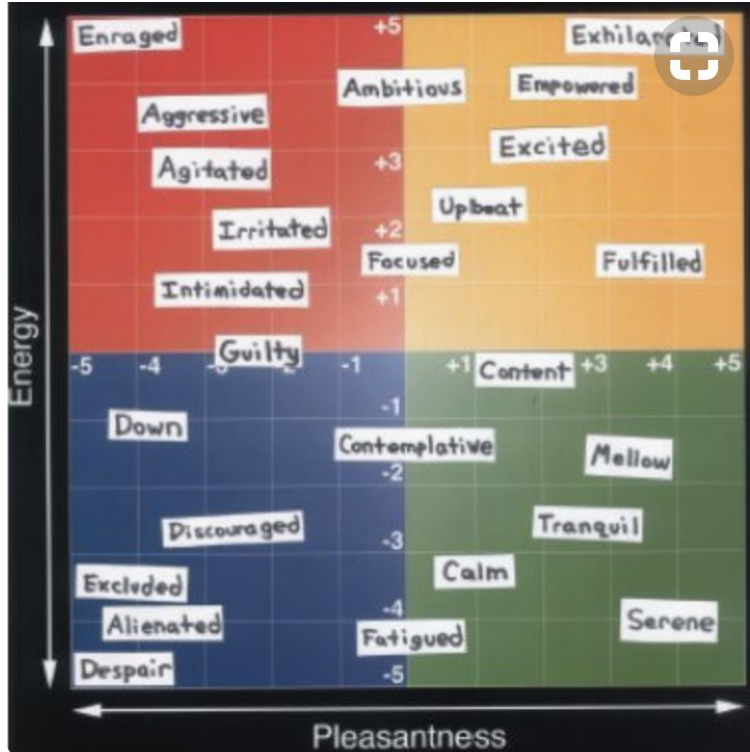


Young people who experience trauma develop SEL skills in unique ways.

In some ways, their experiences may help them become **more resilient**, and in other ways, their experiences may **hold them back** from meeting developmentally appropriate milestones.



⇒ Example: RULER Mood Meter (Self-Awareness)



Tool for paying attention to feelings and how they change throughout the day



Builds self-awareness and confidence to speak up



Supports language development re: emotions (e.g., going from “ok” to “tranquil”)

Yale Center for Emotional Intelligence
<http://ei.yale.edu/ruler>

Taking Action



Healing-Centered Approach



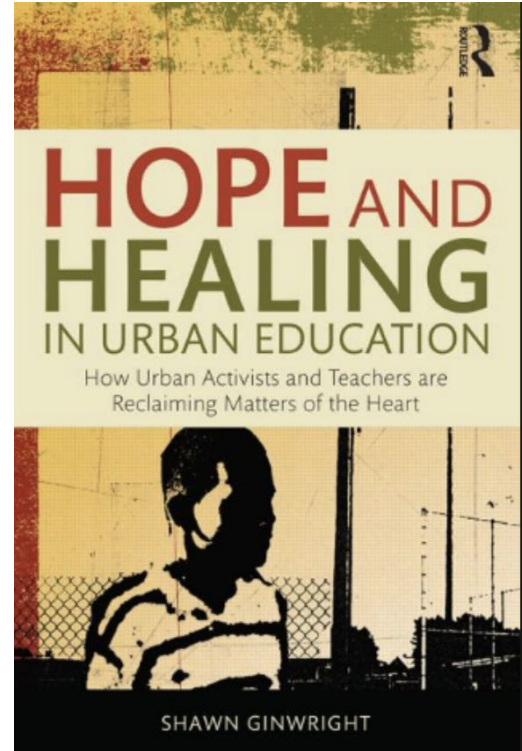


Trauma-Informed → Healing-Centered

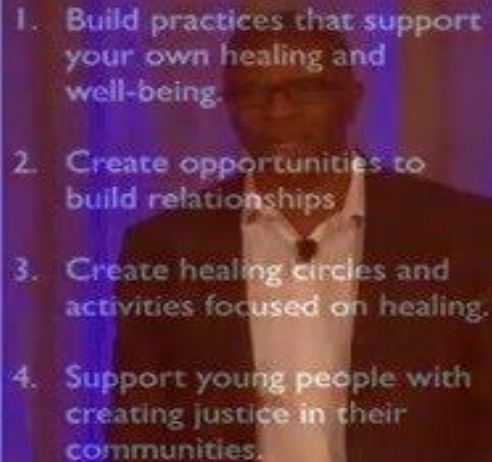
- Goes beyond what happened to you
- Culturally grounded and promotes holistic restoration of self
- Grounds young people in a solid sense of meaning, self-perception and purpose
- Asset driven: It focuses on the well-being we want, rather than symptoms we want to suppress



Trauma-Informed → Healing-Centered



Practices to Build Hope and Healing

- 
1. Build practices that support your own healing and well-being.
 2. Create opportunities to build relationships
 3. Create healing circles and activities focused on healing.
 4. Support young people with creating justice in their communities.

Shawn Ginwright, PhD is Professor of Education in the Africana Studies and a Senior Research Associate at San Francisco State University. He is founder and COE of Flourish Agenda, Inc., a national nonprofit consulting firm, whose mission is to design strategies that unlock the power of healing and engage youth of color and adult allies in transforming their schools and communities.





4 Healing Centered Practices

1. Build practices that support your own healing and well being
2. Create opportunities to build relationships
3. Create healing circles and activities focused on healing
4. Support young people with creating justice in their communities.



Shawn Ginwright, PhD



The term **healing-centered engagement expands how we think about responses to trauma and offers more **holistic approach** to fostering well-being.**



A healing-centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively.



A healing-centered approach to addressing trauma requires a different question that moves beyond “what happened to you” to “what’s right with you” and views those exposed to trauma as agents in the creation of their own well-being rather than victims of traumatic events.



Trauma-Informed → Healing-Centered

- Healing at the individual, interpersonal, and institutional levels
- 5 Principles: CARMA
 - Culture (culture, race, identity)
 - Agency
 - Relationships
 - Meaning
 - Aspirations



Trauma-Informed >> Healing-Centered

Healing-Centered Activity Example: Journaling

| LOOK | SOUND | FEEL |
|---|--|---|
| <ul style="list-style-type: none">• Individual writing time in a comfortable chair• Group sitting on the floor• Campers creating their own journals (paint, stickers, yarn art, etc.) | <ul style="list-style-type: none">• Quiet time• Soft background music | <ul style="list-style-type: none">• Safe to share• Trust established with the counselor• Through prompts, boosted sense of identity and self esteem |



Trauma-Informed >> Healing-Centered

Let's Practice! Design a healing-centered activity using the CARMA framework. What will your healing-centered activity look, sound, and feel like?

- Culture
- Agency
- Relationships
- Meaning
- Aspirations

| LOOK | SOUND | FEEL |
|--------|--------|--------|
| ● ● | ● ● | ● ● |

Focus on You



Secondary Trauma





Secondary/Vicarious Trauma

The negative impact of **working** with trauma survivors, **hearing** trauma stories, and **seeing** the impact of trauma on their clients' lives

Changes the way you view others, decreases your sense of effectiveness at work, and, in extreme cases, can lead to **posttraumatic stress** symptoms

“We’re thinking about young people - but if we’re not well, young people can’t be well...because we’re human in this work and it affects us as well.”

Dr. Shawn Ginwright

What would you do?

You notice yourself feeling stressed every evening when you come home from work.

What might you do?

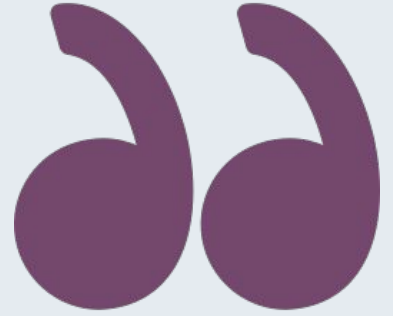


CLOSING



**“Healing yourself is
connected with healing
others.”**

Yoko Ono



Looking Ahead

.....

**What's the smallest
action you can take this
week based on today's
discussion?**



**TAKE
ACTION**



Resources

- [Child Mind Institute - Multilingual Trauma Guides](#)
- [Closegap - An emotional wellness platform](#)
- [The National Child Traumatic Stress Network](#)
- [Teaching Tolerance - A Trauma-Informed Approach to Teaching Through Coronavirus](#)
- [ECHO - Trauma - Informed Resources and Handouts](#)
- [Deep Center - Healing Schools: Open Heart and a New Toolkit](#)
- [International Institute for Restorative Practices - Responsive Circles for Covid-19](#)
- [Dr. Shawn Ginwright - Healing the Impact of Racial Injustice and Inequity: The Role of Afterschool](#)



Resources

- [National Alliance on Mental Illness \(NAMI\)](#)
 - 800-950-6264 or text "NAMI" to 741741
- [Crisis Textline](#)
 - Text “HOME” to 741741 to connect with a Crisis Counselor
- [National Suicide Prevention Lifeline](#)
 - 800-273-8255
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
 - SAMHSA’s National Helpline: 1-800-662-HELP
- [NYC Well](#)
 - 1-888-NYC-WELL, text “WELL” to 65173, or chat via website
 - Free digital mental health apps



Resources

- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Mental Health First Aid](#)
- [Center for Disease Control and Prevention](#)
- [Mentalhealth.gov](#)



Follow up!

Keep an eye out for these slides and a friendly reminder to try out what you learned!



Thank you!

<https://tinyurl.com/ChangeImpactPDSurvey>

Please take a moment to answer this very short survey.

Your response will be anonymous, and we value your feedback!

www.ChangeImpact.net
www.ChangeUpLearning.com
@_ChangeImpact

Open your smartphone's camera app and aim at the code!

