

J • I N t h e D • T S

With



The Centre for Applied Carmelite Spirituality

An introduction to trauma informed care in ministry

How do we respond and support those with a background of trauma?

Agreeing together

- Many of us carry trauma – respect each other
- Listen to your nervous system
- What do you need? - safety and choice
- A reminder about confidentiality

We hope you will come away from this workshop



With raised awareness of individual signs of trauma responses

Able to name ways trauma can affect people's experience of the Christian faith and church activities.

Aware of the importance of understanding attachment theory in interpreting behaviours

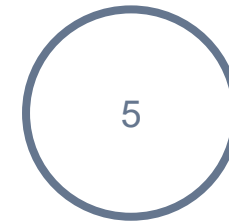
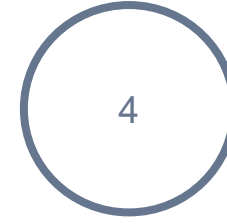
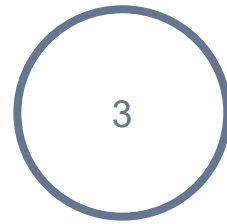
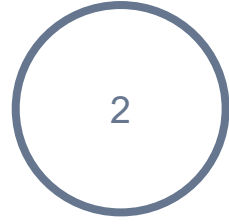
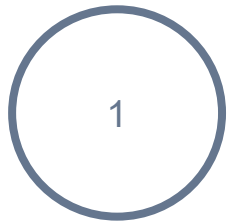
Able to name ways to be more accessible to people who have experienced adversity.

Able to discuss the importance of preventing traumatisation in the first place.

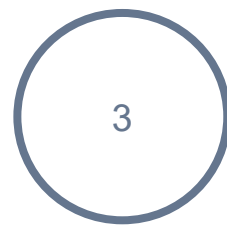
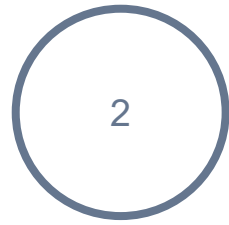
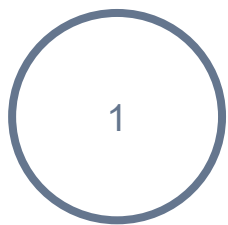
On a scale of 0-5 Please rate your current knowledge

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1. How confident do you feel in your knowledge of trauma?



2. How confident do you feel in supporting individuals who have been through trauma?



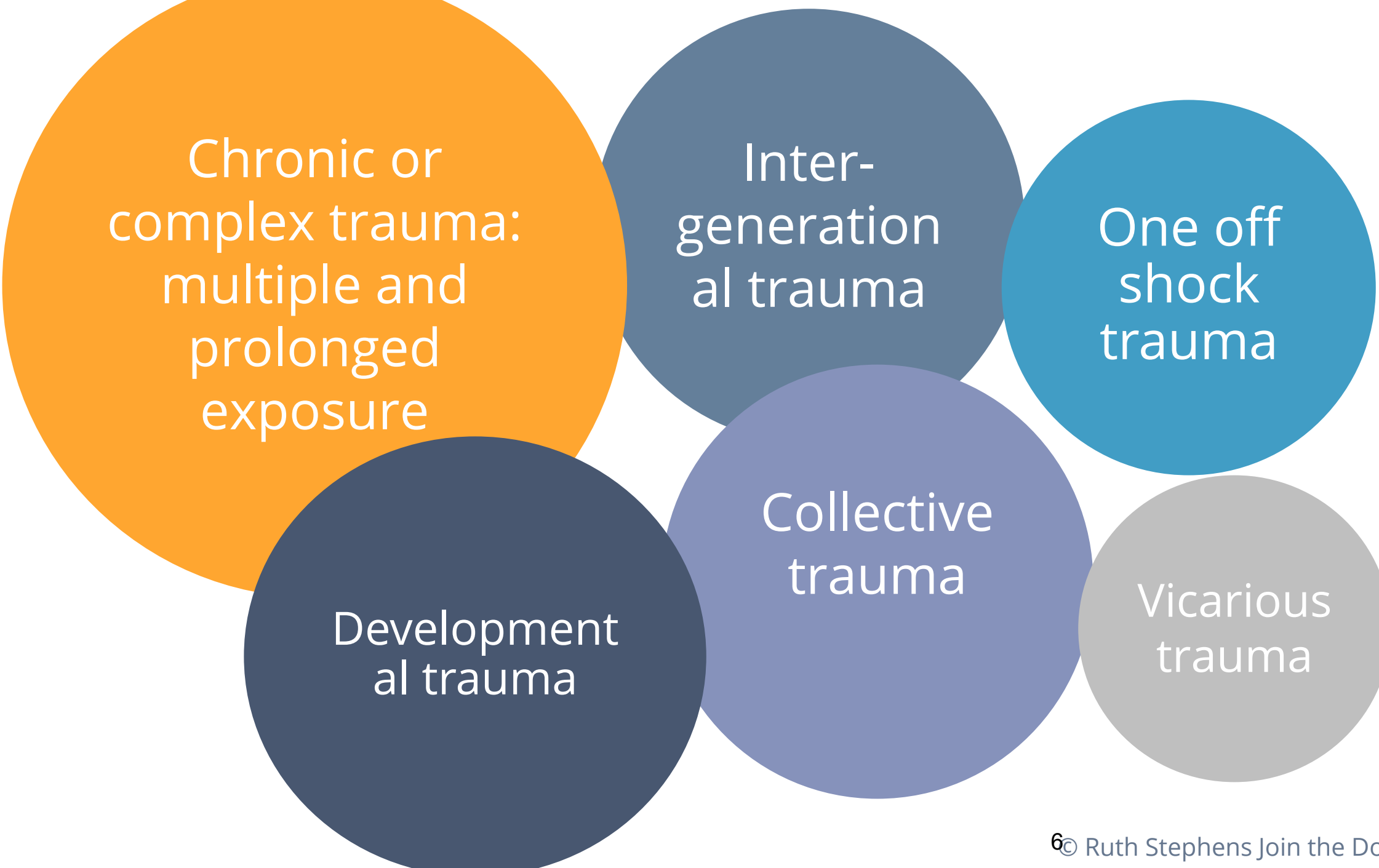
What is trauma?



“Trauma results from an event, series of events, or circumstances that are experienced by the individual as physically or emotionally harmful or threatening, and that have lasting adverse effects on an individual's functioning and (physical, emotional and spiritual) well-being”



From SAMHSA
Substance abuse
and mental health
services
administration



Chronic or
complex trauma:
multiple and
prolonged
exposure

The diagram consists of six overlapping circles of different colors and sizes, arranged in a cluster. The circles are: a large orange circle (top left), a medium blue-grey circle (top middle), a medium blue circle (top right), a medium dark blue-grey circle (bottom left), a medium purple circle (bottom middle), and a medium grey circle (bottom right). The text is white and centered within each circle. To the right of the circles is a vertical line with seven colored dots (grey, grey, orange, teal, grey, teal) corresponding to the colors of the circles.

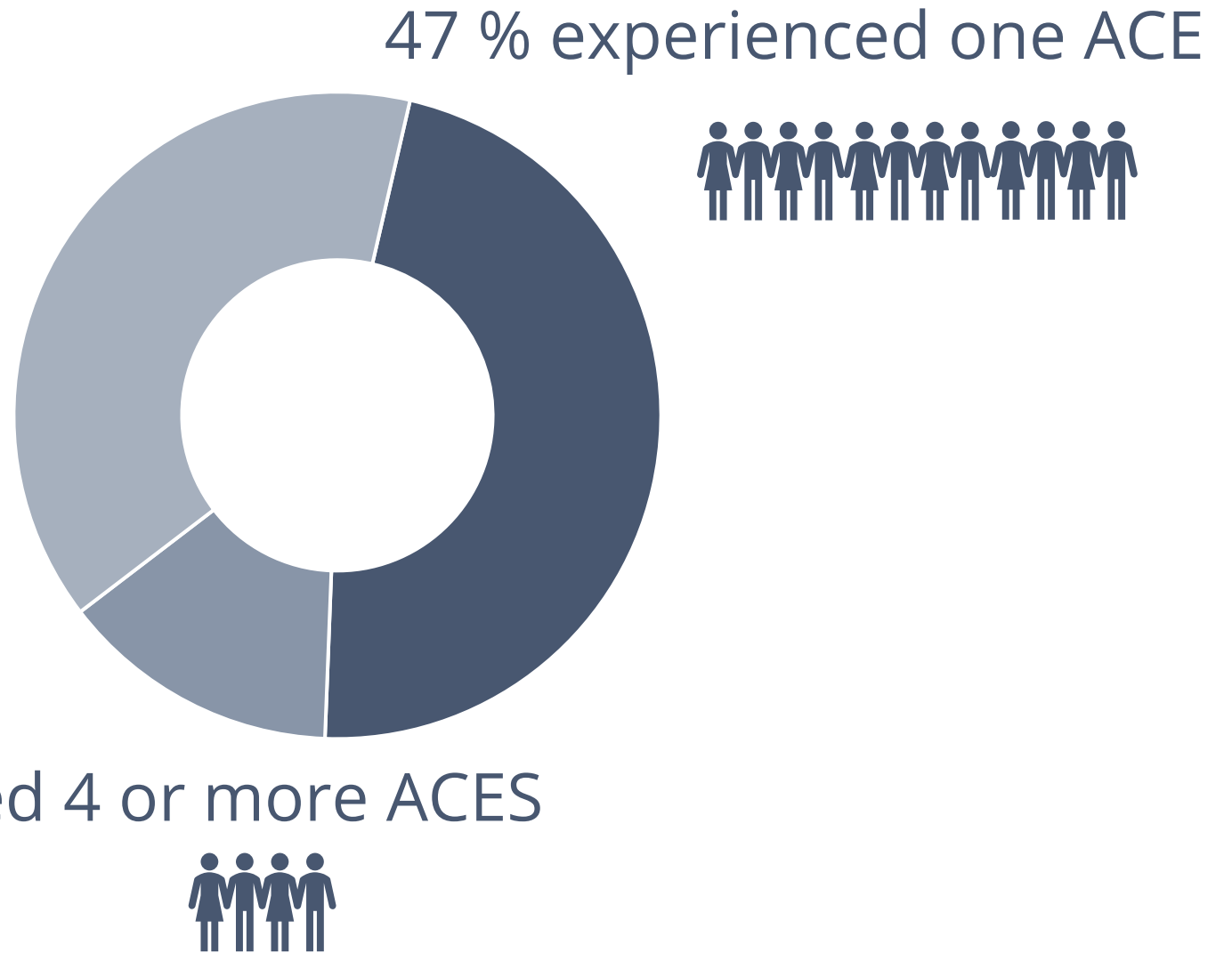
Inter-
generation
al trauma

One off
shock
trauma

Development
al trauma

Collective
trauma

Vicarious
trauma



Are our services trauma reducing or trauma inducing?

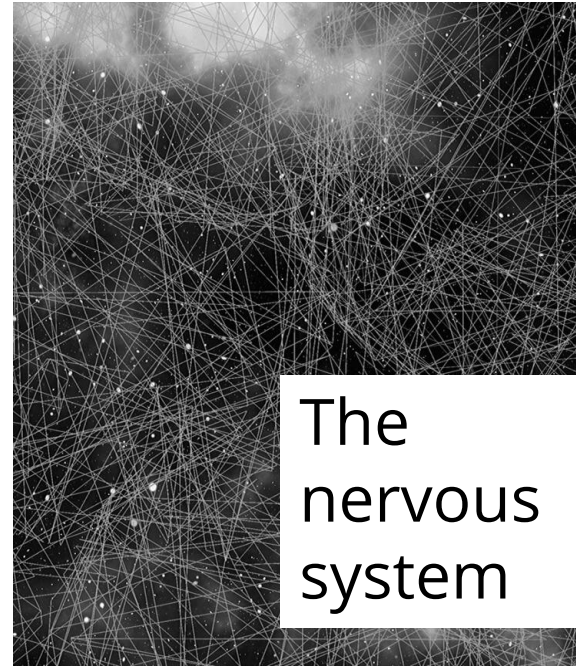


The body
remembers

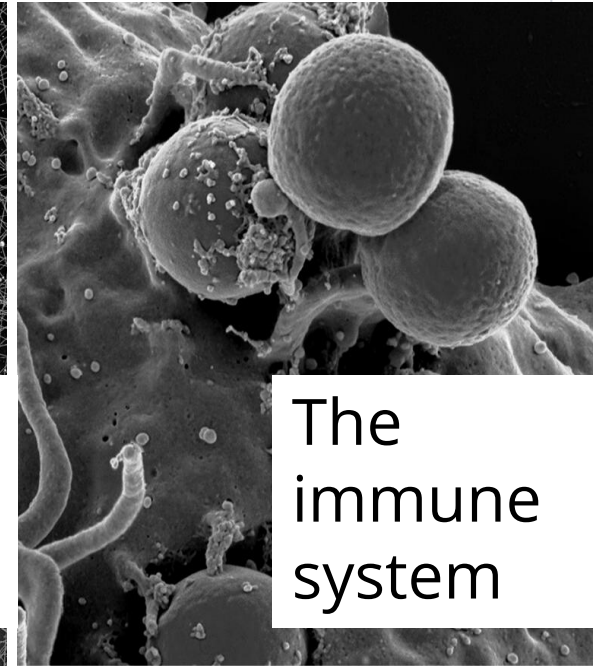


Early
trauma is
deeply
somatic

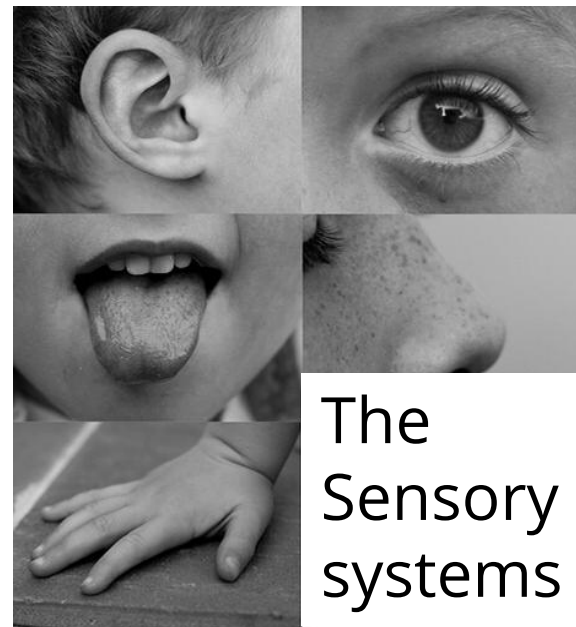
Toxic stress
also affects
our DNA



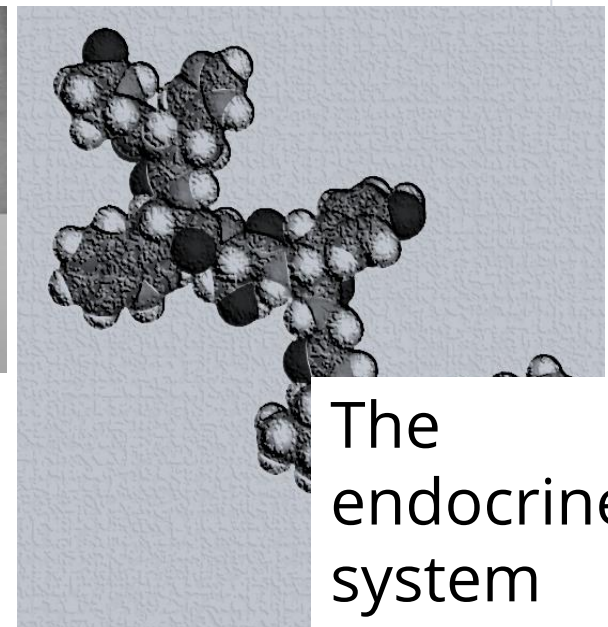
The
nervous
system



The
immune
system



The
Sensory
systems



The
endocrine
system

The hand model of the brain

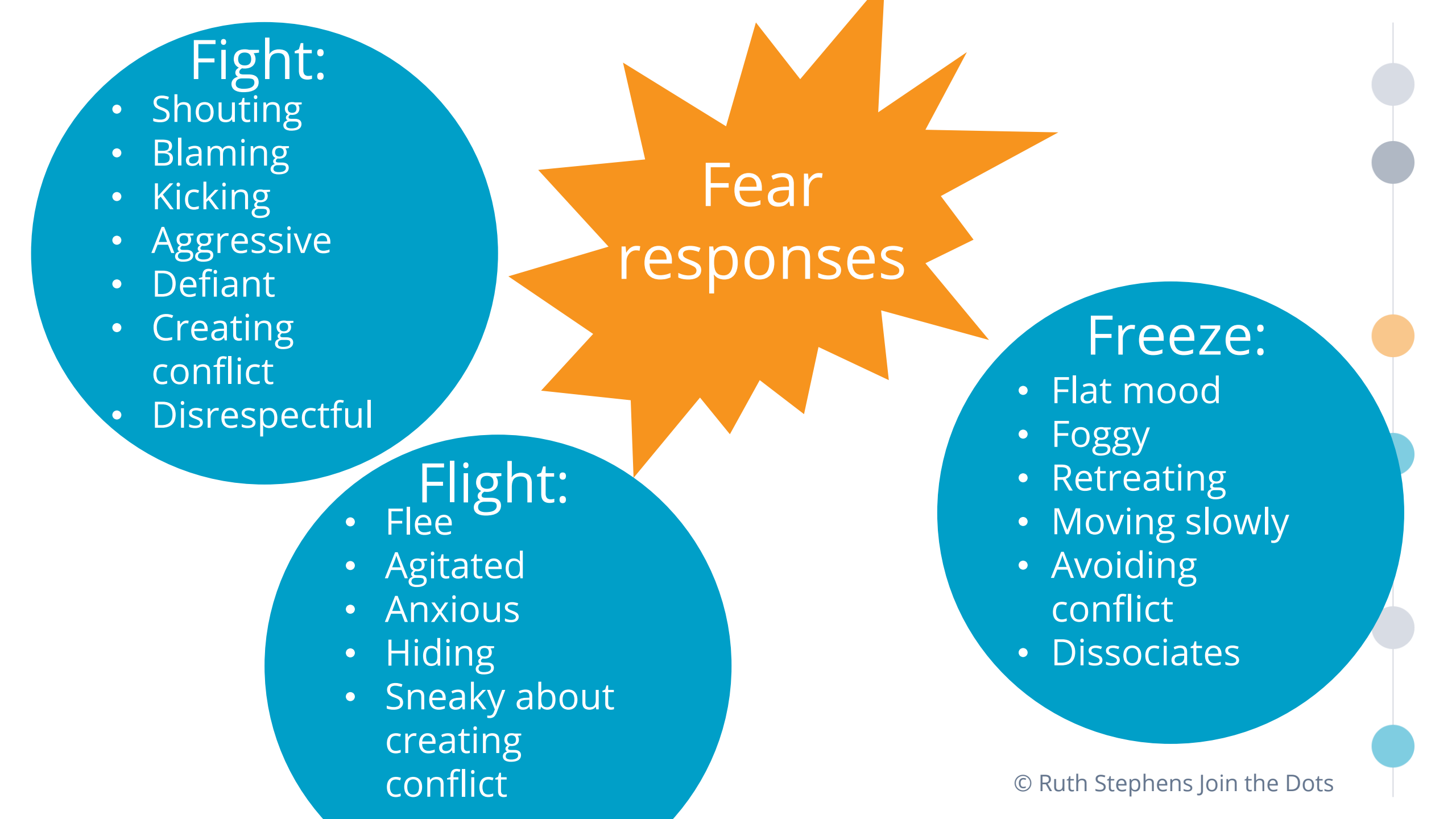
“People who have
been through
trauma experience
the world through
a different nervous
system”

Bessel Van der Kolk



If the fear responses are active, we won't be able to engage properly with what is happening around us





Fear responses

Fight:

- Shouting
- Blaming
- Kicking
- Aggressive
- Defiant
- Creating conflict
- Disrespectful

Flight:

- Flee
- Agitated
- Anxious
- Hiding
- Sneaky about creating conflict

Freeze:

- Flat mood
- Foggy
- Retreating
- Moving slowly
- Avoiding conflict
- Dissociates

Trauma is
trapped in
the sub-
conscious

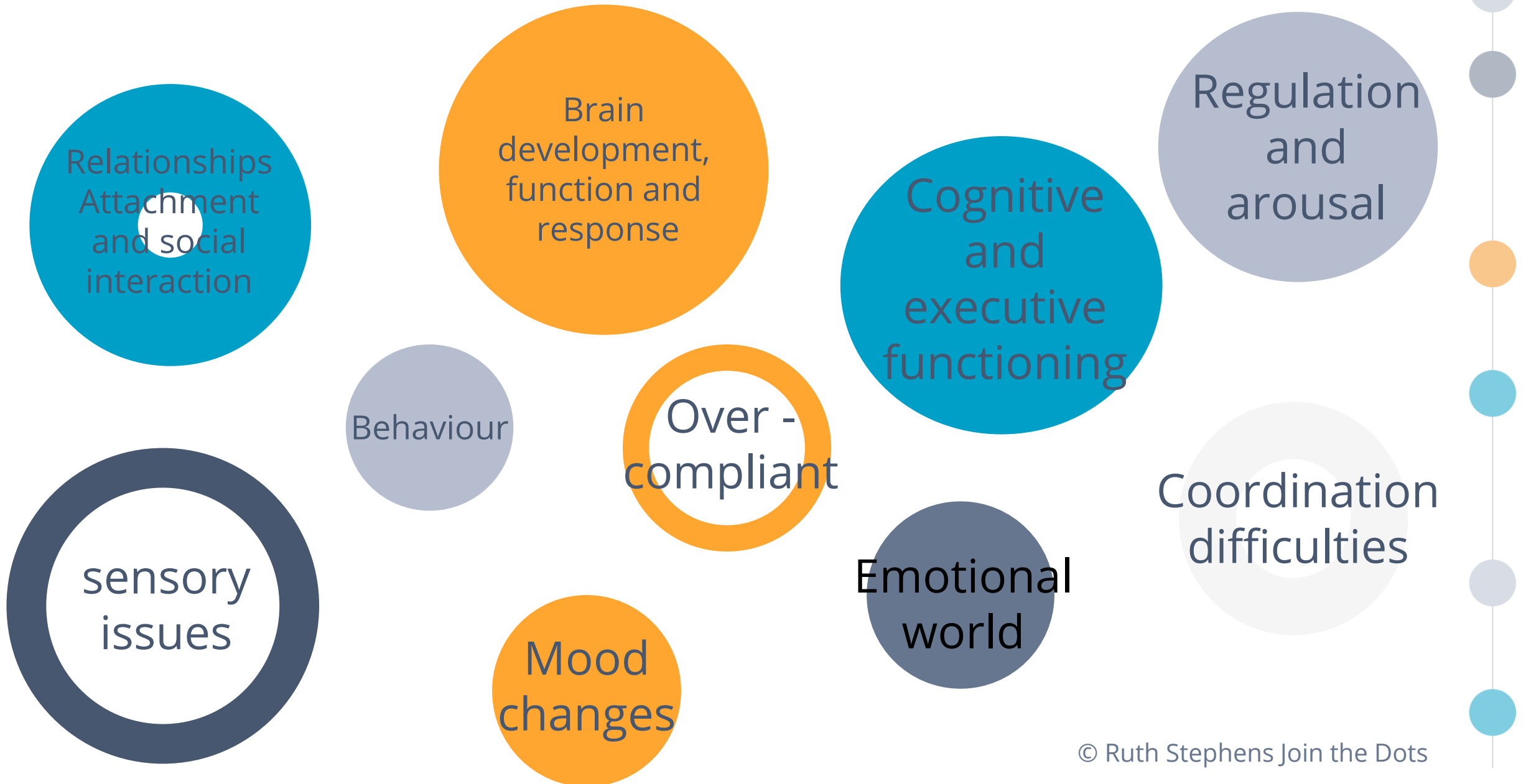
Cues of safety



Cues of danger

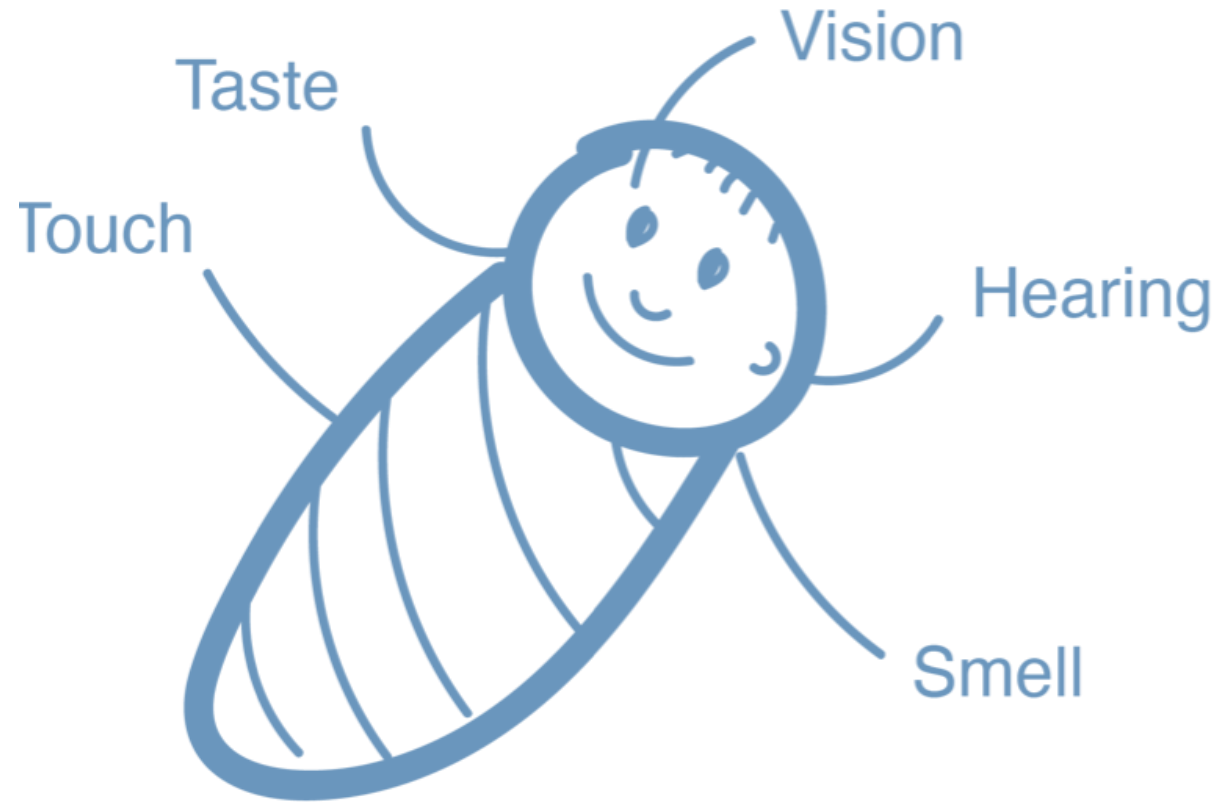


How trauma can present

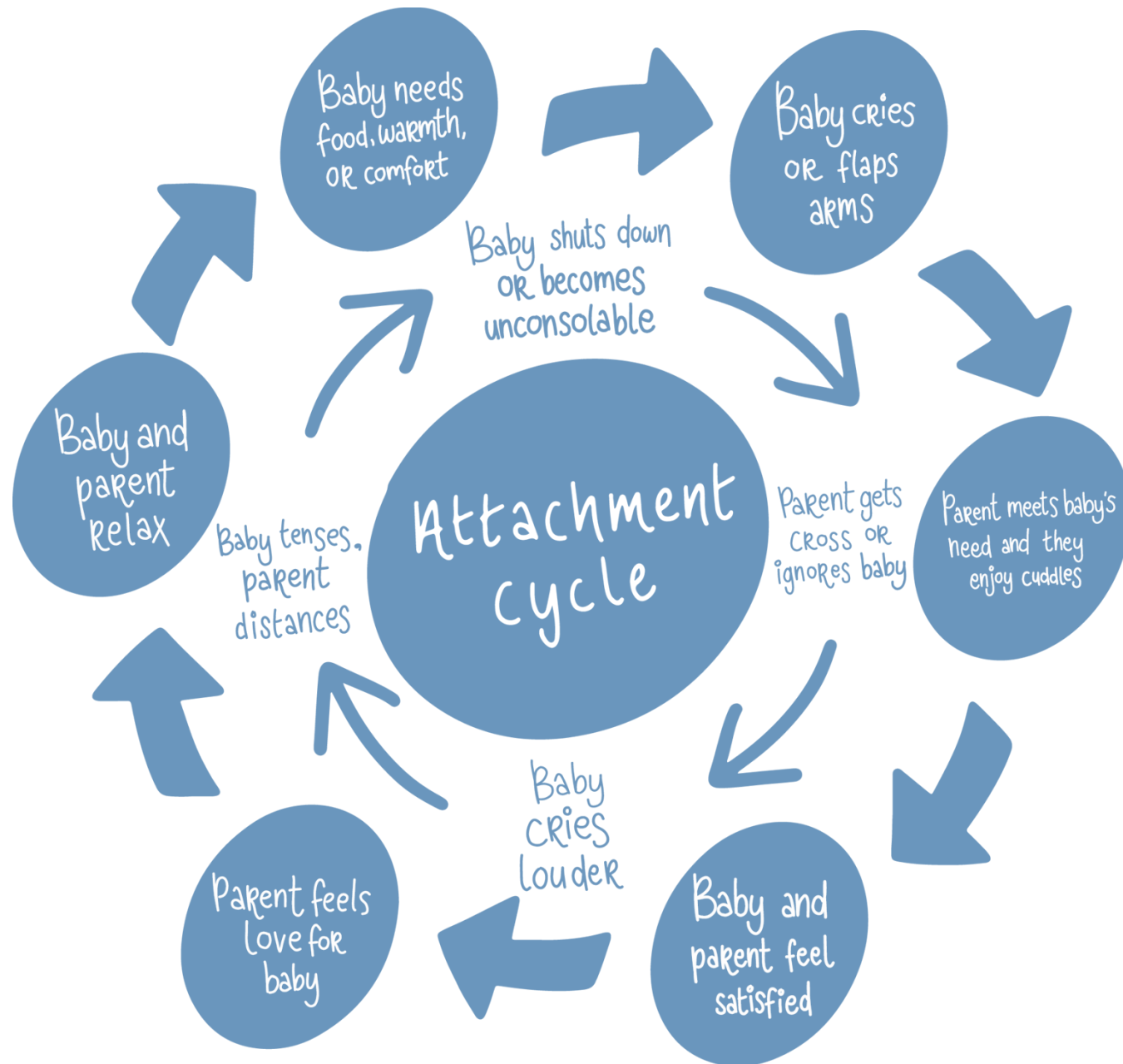


Early sensory development

Babies don't have language



So all of their memories are sensory memories



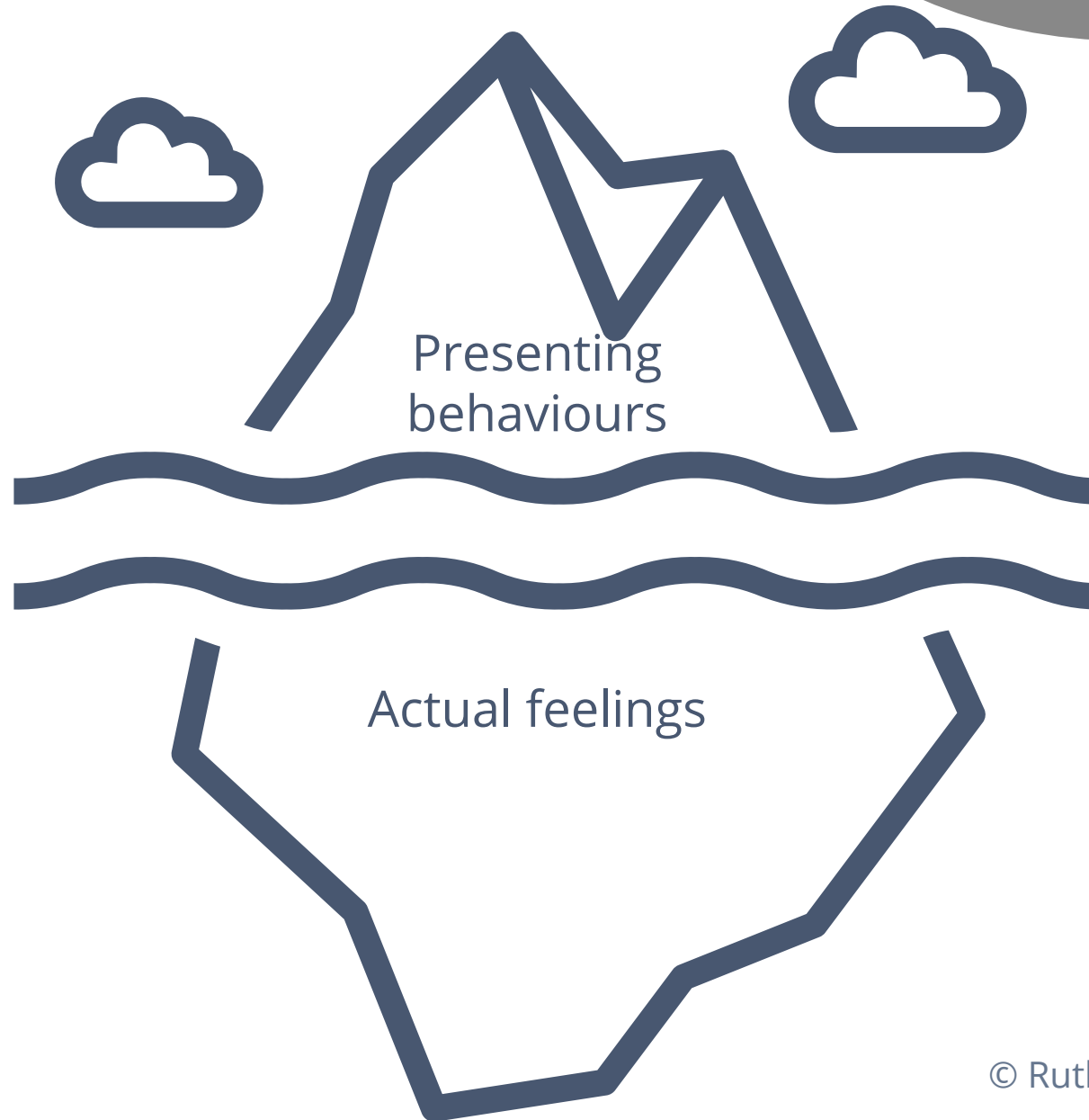
Attachment is fundamental to understanding how people tick



Behaviour = communication

Think attachment seeking – not
attention seeking

What we see
on the surface
might not
reflect what is
going on
underneath

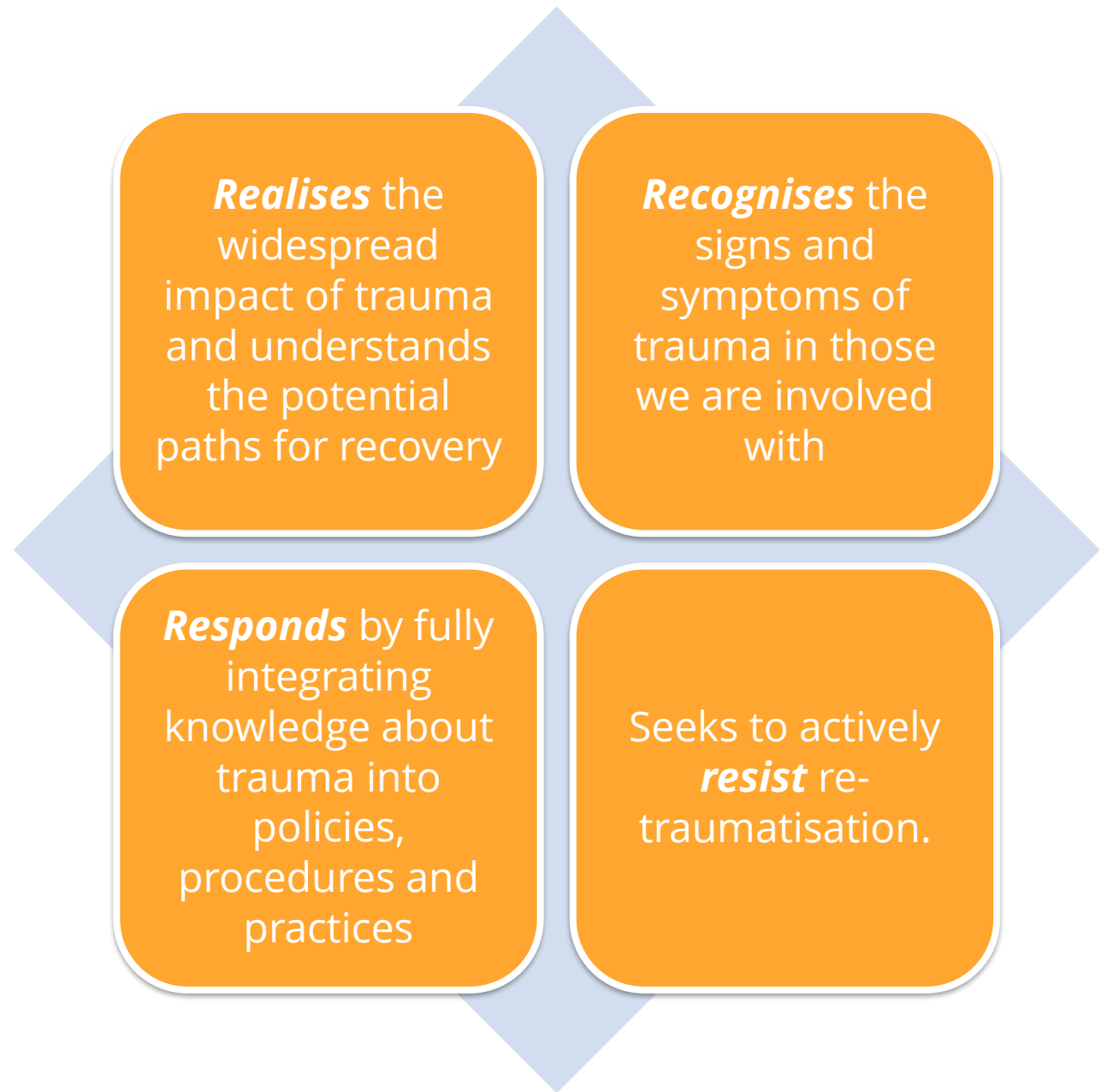




- What are you seeing?
- What are you hearing?
- What else do you notice?
- What might be going on under the surface?
- What emotions might they feel?
- What thoughts might they be having?



The marks of a trauma sensitive culture:



Create safety in
4 areas:





“Every interaction is an intervention”

Dr Karen Treisman

ACES — supportive — toxic
adult — stress

Relationships

PACE

Playfulness



Acceptance



Curiosity



Empathy



Window of tolerance

Hyper-arousal sympathetic nervous system

Freeze

Shut down and unable to respond

Fight and flight

Feeling high energy, hyper-vigilant, overwhelmed, angry, anxious

Window of tolerance

Just right

Feeling safe, calm, grounded, flexible, present, able to focus

Hypo-arousal Parasympathetic nervous system

Down

regulated

Feeling low energy, passive, withdrawn, low

Where is
your
nervous
system
at?

Environment



Colours
and
lights

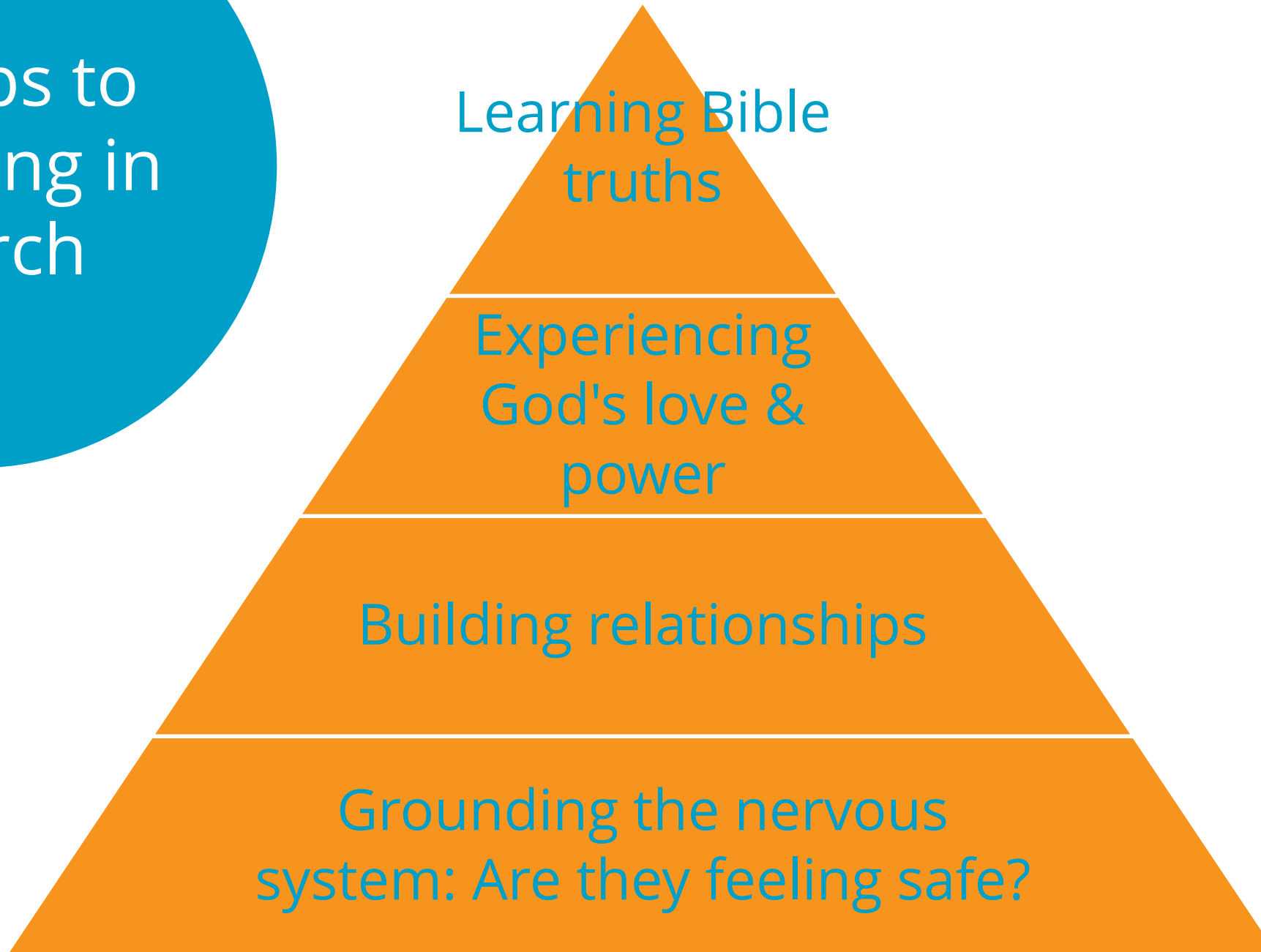
Smells



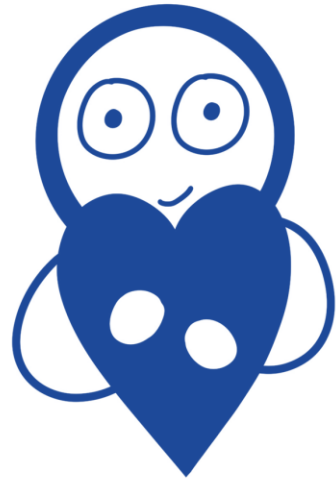
Activities

- What do we offer that is actively supportive?
- In our services how much opportunity for space and reflection for those who may be outside their window of tolerance?
- Sitting listening for long periods
- Is touch considered in welcome team, prayer ministry
- Try to be Interactive
- Children's church– children who need movement – important to break up the programme.
- Need to think about having space to be active

Steps to engaging in church



- We can't regulate someone else if we are not regulated
- Self compassion is needed



Be Self-
aware



What did Jesus do?

- The woman who anoints Jesus' feet

Luke 7: 36-39

- Zacchaeus

Luke 19: 1-9



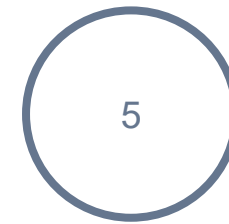
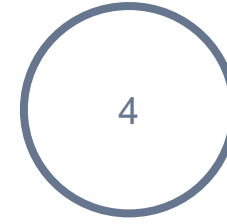
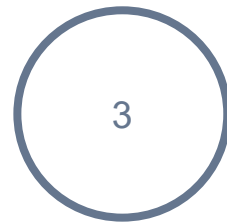
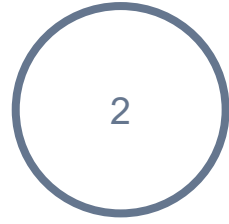
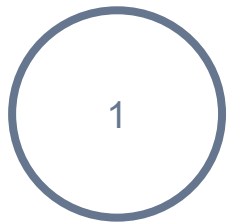
Challenges of culture shaping



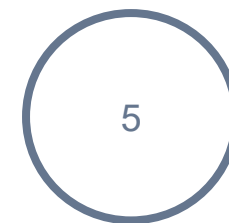
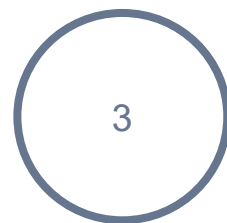
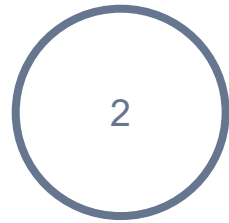
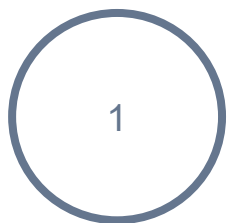
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Safeguarding



Always work with
ROBUST
SAFEGUARDING
policies and
procedures



[HTTPS://THIRTYONEEIGHT.ORG/](https://thirtyoneeight.org/)
[HTTPS://THECSS.CO.UK/](https://thecss.co.uk/)



Self care journals

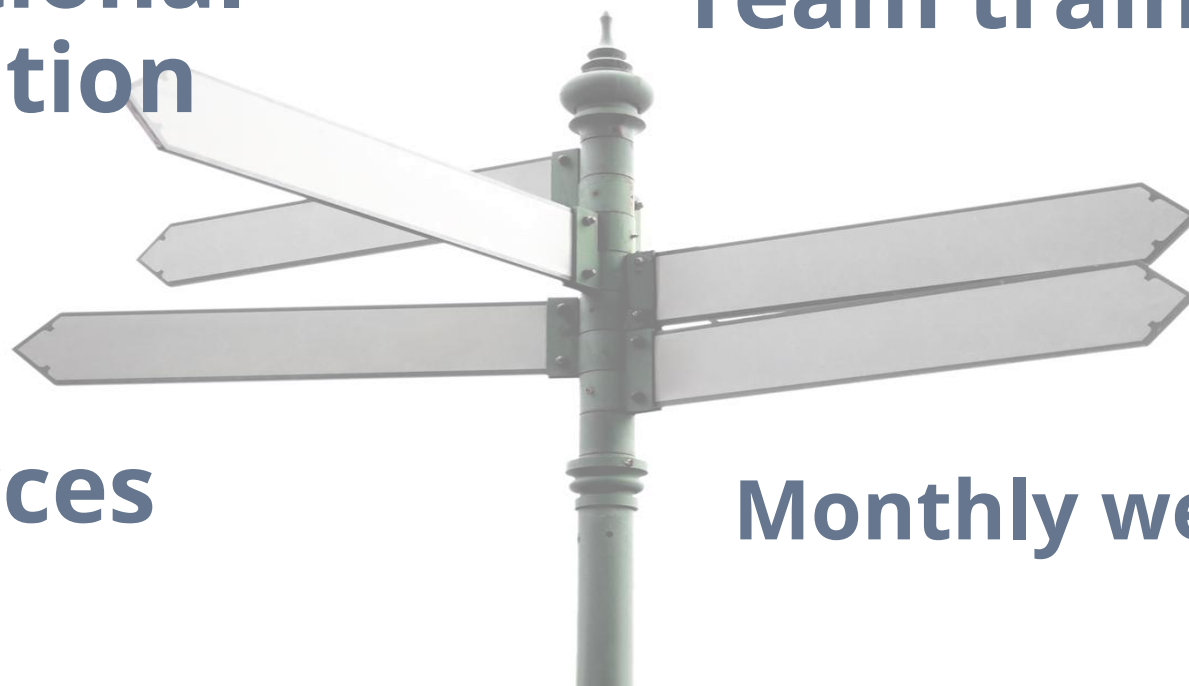
Organisational Consultation

Team training

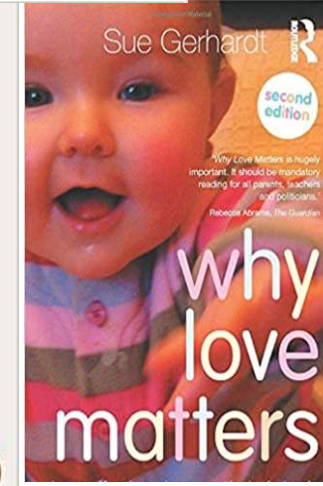
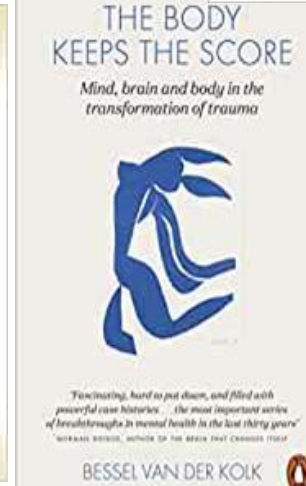
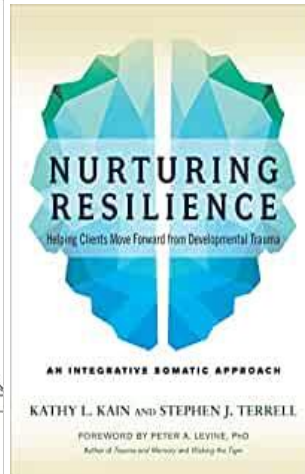
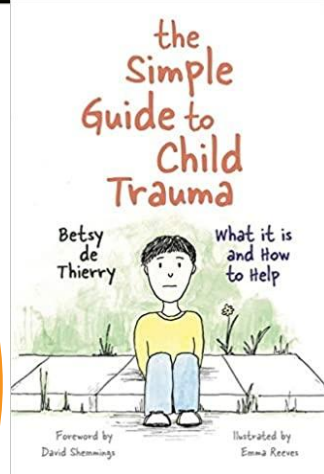
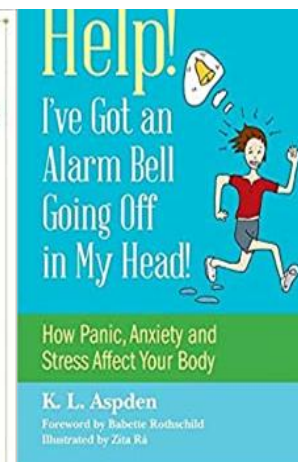
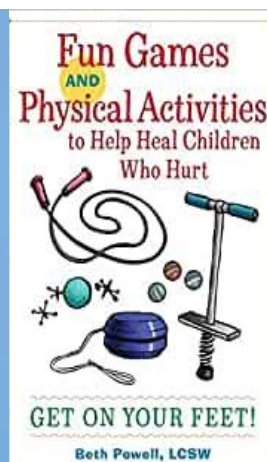
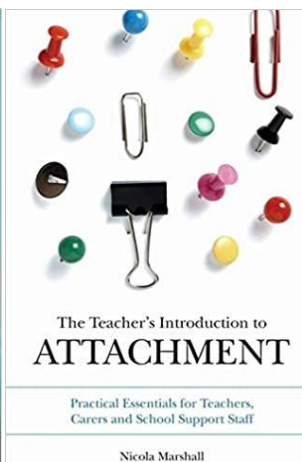
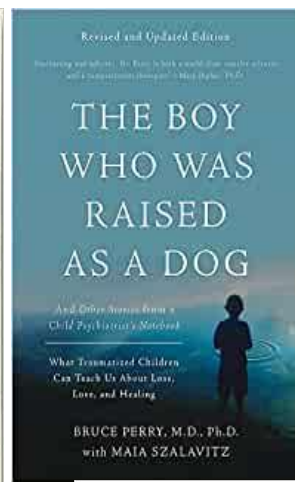
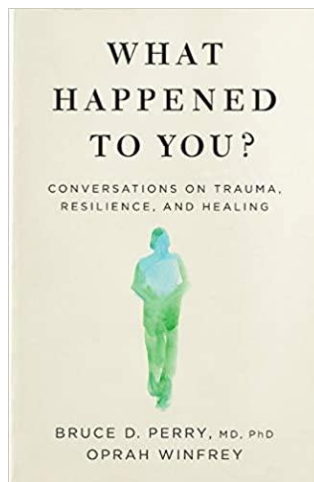


Resources

Monthly webinars



Further reading



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www.jointhedots.solutions

