

indigenous sexual assault & abuse clearinghouse

**WELCOME**  
ISAAC THIRD THURSDAY WEBINAR SERIES  
HISTORICAL TRAUMA,  
GENERATIONAL TRAUMA  
AND PERSONAL TRAUMA -  
HEALING OUTSIDE OF TIME  
A PROJECT OF THE  
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**Forensic  
Nurses**  
**ISAAC**

**SHARE**  
a word of gratitude  
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This webinar will be  
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Historical Trauma, Generational  
Trauma and Personal Trauma –  
Healing Outside of Time  
THIRD THURSDAY WEBINAR SERIES



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*Third Thursday Webinar Series*

**May 20: Intersection of Trauma, Substance Use Disorder, and Mental Health**

**June 17: Understanding the Science of Addiction**

**July 15: Connection Between Trauma and Health Disparities**

AKNWRC ANDVSA ISAAC INTERNATIONAL ASSOCIATION OF Forensic Nurses

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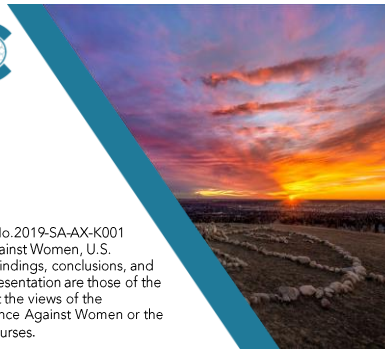
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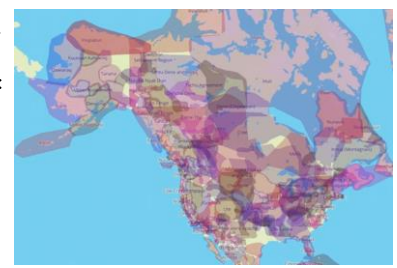
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# Land Acknowledgment

Text your zip code or your city and state (separated by a comma) to: 1-855-917-5263

A bot will respond with the names of the Native lands that correspond to that region.



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## Today's Speaker



**Christina Love** (she/her)  
Christina, an Alaska Native woman from Chitina, is a consultant, a recovery coach and a civil & human rights activist dedicated to systems change and healing centered care, through her work with Alaska Network on Domestic Violence and Sexual Assault (ANDVSA).



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**CHRISTINA  
LOVE (SHE/HER)**

JUNEAU, ALASKA

Alaska's Statewide Coalition Specialist on Trauma & Addiction  
Alaska Network on Domestic Violence & Sexual Assault  
(907) 586-6551  
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**An Experience:  
Stress vs. Crisis  
vs. Trauma**

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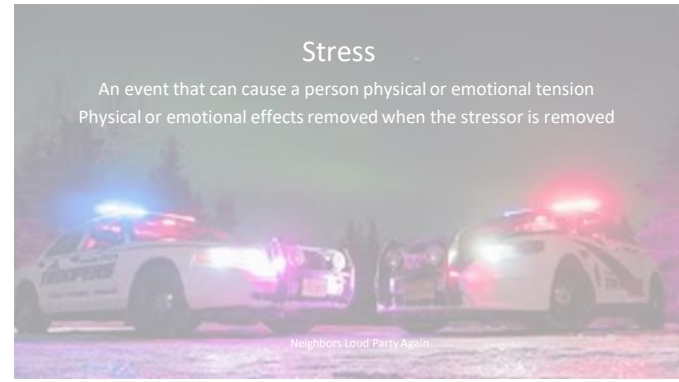
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### Stress

An event that can cause a person physical or emotional tension  
Physical or emotional effects removed when the stressor is removed



Neighbors Loud Party Again

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### Crisis



A person's car has been broken into or stolen

A temporary disruption of coping and problem-solving skills—but not life threatening

Resolved when the crisis passes

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### Trauma



A person has been assaulted by their partner

- A more extreme version of stressful events perceived as dangerous
- Have physical and emotional responses that last long after the event is over
- Fear and psychological arousal continues, and the body may never fully recover.
- Because of this, a crisis for one person could be a trauma for someone else

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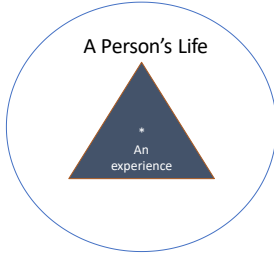
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An Experience



\*Experience could be a stress, crisis, or trauma

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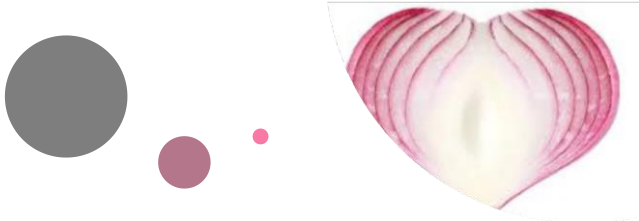
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MULTIPLE LAYERS OF TRAUMA

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*Multi-abuse trauma* is a term used by victims' advocates when an individual is impacted by multiple **co-occurring issues** that negatively affect safety, health or well-being (Slater, 1994).

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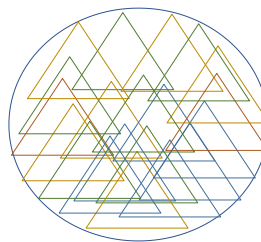
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**Unresolved trauma from:**

- Childhood sexual abuse
- Physical abuse or neglect
- Substance use disorders
- Psychiatric issues (Mental illness)
- Disabilities (Physical, hidden)
- Chronic or untreated medical conditions
- Growing up in a home where domestic violence or active substance misuse was present
- Growing up or currently living in a dangerous neighborhood societal oppression
- Historical trauma
- Intergenerational grief
- Poverty
- Homelessness
- Incarceration

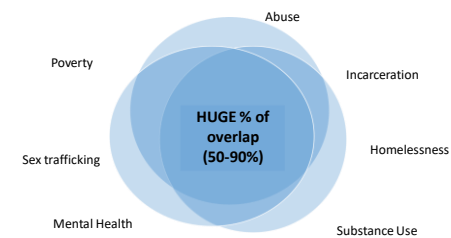


More than One Experience



**MULTIPLE TRAUMAS**

MULTIPLE LAYERS OF TRAUMA



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### MULTIPLE LAYERS OF TRAUMA

"It's rare that I see someone who is not affected by more than one issue." Karen Foley, behavioral health specialist and intensive case manager



"The majority of the people I work with are affected by multiple issues. That makes getting safe, sober and stable even more difficult" (Foley).

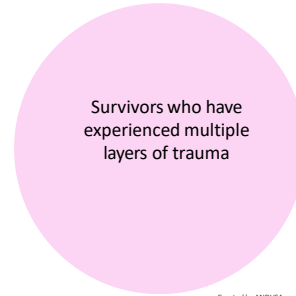
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### MULTIPLE LAYERS OF TRAUMA

Survivors who have experienced only 1 traumatic event



Survivors who have experienced multiple layers of trauma



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### MULTIPLE LAYERS OF TRAUMA

About **1 in 2 girls** and **1 in 6 boys** are sexually abused before the age of **18**.

Both female and male survivors have been found to suffer long-term effects from such abuse, including more **suicide** attempts, alcohol and **drug problems**, **psychiatric** issues and learning **disabilities** – problems which often persist into adulthood (ICASA, 2001).

**Depression**, **post-traumatic stress disorder**, **anxiety** and **panic disorder** are common among people seeking services from domestic violence shelters (Warshaw et. al., 2003).



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### MULTIPLE LAYERS OF TRAUMA

An individual may experience co-occurring psychiatric or other disabilities or experience a medical condition that impacts options. These issues may or may not be a direct result of trauma, but they often complicate efforts to address it.

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### COMPLEX TRAUMA

**Complex traumatic** stress or complex psychological trauma can result from prolonged and repeated abuse, especially if the abuse began in early childhood or came from multiple sources. Some experts distinguish between

**"Type I" trauma** – resulting from a **single incident** such as a serious car accident, a natural disaster, or a one-time episode of abuse or assault –

**"Type II" complex or repetitive trauma** resulting from child physical or sexual abuse, severe domestic violence or community violence that is ongoing and chronic (Courtois & Ford, 2009).

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### Simple PTSD vs. Complex PTSD

Related to a single event

Related to prolonged or repeated trauma

Can develop after a car accident, natural disaster, or sexual assault

Can develop after prolonged abuse or neglect over months or years

Symptoms may include nightmares, flashbacks, negative cognitions, aggression, avoiding reminders of the traumatic event

Symptoms may include difficulty regulating affect and impulses, trouble sleeping, chronic physical health problems, self-hate, poor memory, difficulty trusting, hostility

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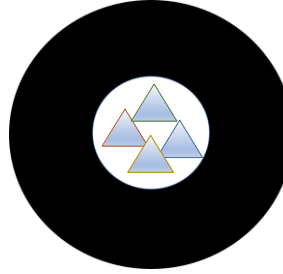
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SOCIETAL ABUSE AND OPPRESSION



Trauma that is bigger than the individual

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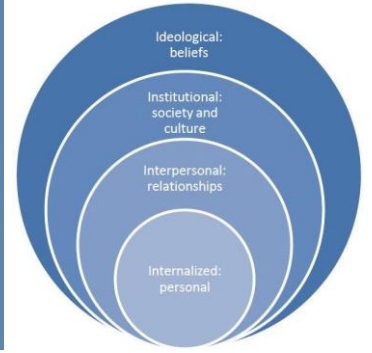
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**SOCIETAL ABUSE AND OPPRESSION**

Societal abuse refers to the disadvantages that a group experiences as a result of unjust social structures (Benbow, 2009)

An example is discrimination and oppression based on misperceptions about:

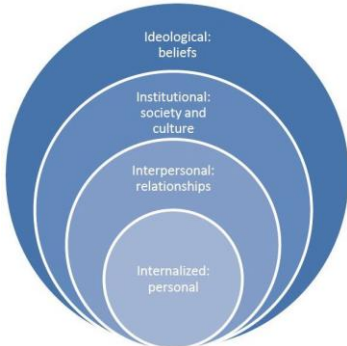
- Race
- Gender
- Physical Appearance
- Ethnicity
- Religion
- Age
- Socioeconomic status
- Disabilities
- Sexual orientation
- Immigration status

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WE HAVE INHERITED  
A WAY OF THINKING  
AND BEING THAT IS  
KILLING US

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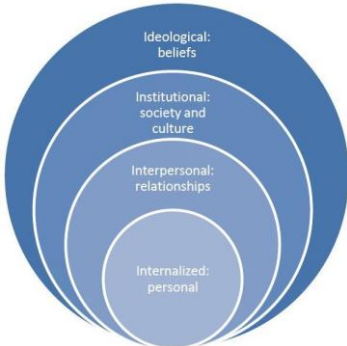
Intersecting Levels of  
Oppression



**Oppression**

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Reduces a person's access to resources, rights, personal freedoms, and safety. Oppression is maintained, supported and promoted in various ways by institutions, violence, culture, and tactics.




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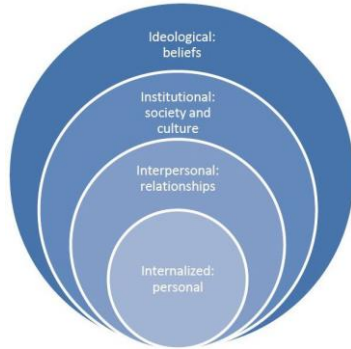
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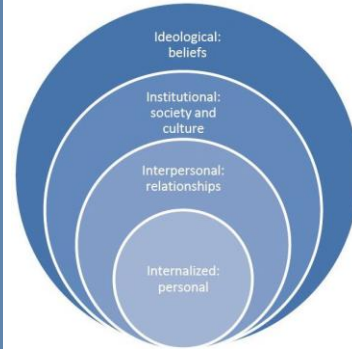
**Ideological**

Ideas/beliefs/values which support a culture of oppression against a group of people.



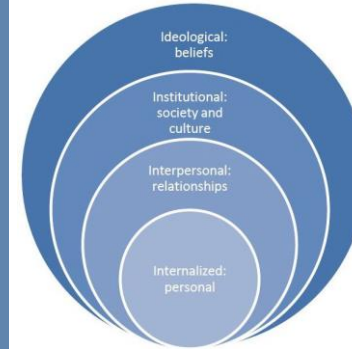
**Institutional**

Laws, policies, governments, religious structures that have oppressive structures and practices.



**Interpersonal**

Behaviors and actions between people which are oppressive



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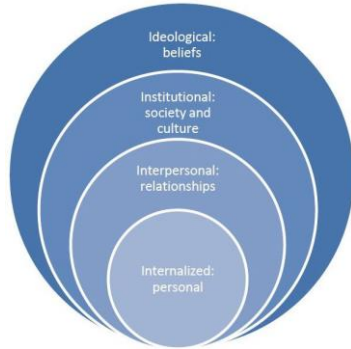
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“Emancipate yourselves from mental slavery. None but ourselves can free our minds.”  
 — **Bob Marley**

**Internalized**

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Internalized responses to experiencing oppression based on your identity



### MULTIPLE LAYERS OF TRAUMA

“There are confusing mixed messages when the people we serve are not **‘perfect victims,’** and they fight back, and they also – in the grips of their addictions – commit crimes.” Karen Foley

“And then, at the same time they’re dealing with sexist issues, they’re dealing with poverty. They are oppressed in society. It’s just so intertwined.”

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**Discrimination**  
 The prejudicial treatment or consideration of a person, racial group, minority, based on category rather than individuality, excluding or restricting members on the grounds of race, sex, or age

**SOCIETAL ABUSE AND OPPRESSION: Limiting Access**

Marginalized groups are disproportionately affected by **poverty, homelessness and incarceration** –

**NOT BECAUSE THEY COMMIT MORE CRIMES** or have greater rates of pathology, but because discrimination often keeps them from getting the same benefits enjoyed by members of the dominant culture (Davies, n.d.; Cawthorne, 2008; HUD, 2007).

Created by AS/20A

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- Discrimination/racism/etc. can be traumatic
- Trying to fit in to what society's wants you to be can be traumatic
- These things can lead to post-traumatic stress, anger, shame.
  - Inward: Internalized oppression
  - Outward within your own group: Lateral violence

(Green, 2007) (Comas-Forgas, 2007)

SOCIETAL ABUSE AND OPPRESSION: Direct Impact

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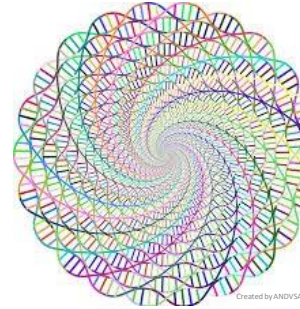
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SOCIETAL ABUSE AND OPPRESSION: Trauma Passed Down

**Intergenerational grief:** grief passed on from the generation experiencing the trauma to their children even though they may not be aware of or have direct experience of the actual traumatic event.

**Historical trauma:** cumulative trauma that occurs in history to a specific group of people, causing emotional and mental wounding both during their lives and the generations that follow (AIFACS, n.d.).

**Epigenetics:** (Blood memory) Science has made the connection between experience being passed down through DNA.



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INTERSECTIONALITY

**There is no such thing as a single-issue struggle because we do not live single issue lives.**

Audre Lorde




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Visual Break

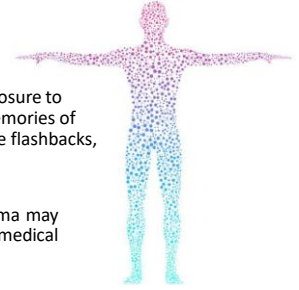


## Trauma Causes Changes

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## Changes in the Body

- **Changes in consciousness.** Following exposure to chronic trauma, a person may repress memories of the traumatic events, experience intrusive flashbacks, or experience dissociation.
- **Somatization.** Survivors of complex trauma may experience unexplained physical pain or medical problems.



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## Changes in Relationships

Because of its extreme nature, **complex trauma** can have a profound impact on an individual's personality development and basic trust in primary relationships (Courtois & Ford, 2009; Warsaw, 2010).

**Changes in expectations regarding personal relationships.** People who have been repeatedly traumatized often expect to be assaulted, betrayed, exploited or abandoned by significant others, or people to whom they turn for help, because this has been their lifetime experience.



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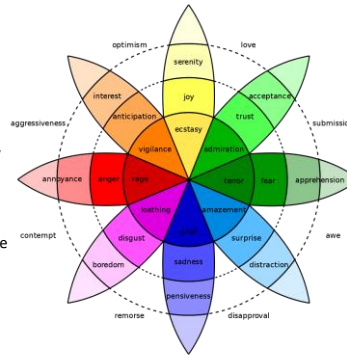
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## Changes in Emotions

- **Emotion regulation problems.** People with complex trauma often experience difficulty managing their emotions. They may experience severe depression, have thoughts of suicide, or have difficulty controlling their anger. They may experience numbing, or an absence of emotions other than anxiety, guilt, shame and sadness.



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## Changes in Spirituality

- **Spiritual alienation.** People exposed to chronic or repeated traumatic events may develop a fundamental sense of alienation from themselves, other people, and spiritual faith as a result of feeling permanently damaged. They may experience existential or spiritual changes in their view of the world, including loss of faith in humanity or a sense of hopelessness about the future.



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### Changes in Memory

- Memory issues:
  - Stress hormones that protect the body can impede memory encoding and recall
  - Can't recall events in a linear way (at shelter intake, law enforcement interviews)
- **BUT STILL ACCURATE**
- May remember more later
- Missing appointments; not responding to phone calls (on purpose and not)
- Strong sensory memories
- Triggers and flashbacks



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### Changes in Behaviors

Created by ANDVSA

- Focus on short term
- Manipulation
- Reading non-verbal cues
- Coping strategies
- May not disclose "important" details
- **Provoking violence**
- **Difficulty with authority/power/control**
- **Finding ways and means to get more drugs...**
  - Stealing
  - Lying
- [Survival Skills]




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### What is a Trauma Informed Approach?

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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

“I am more than what happened to me, I’m not just my trauma”

- The term “trauma informed care” does not encompass the totality of experience and focused only on harm, injury and trauma.
  - We are **NOT** the worst thing that has ever happened to us
- Trauma-informed care requires that we treat trauma in people but provides very little insight into how we might address the root causes of trauma in neighborhoods, families, and schools.
- The term trauma-informed care runs the risk of focusing on the treatment of pathology (trauma), rather than fostering the possibility (well-being).



The most critical part of treating trauma



is doing it in a way that people recognize as healing

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## Healing Centered



Healing centered engagement is culturally grounded and views healing as the restoration of identity

The pathway to restoring well-being among people who experience trauma can be found in culture and identity. Healing centered engagement uses culture as a way to ground people in a solid sense of meaning, self-perception, purpose, and a sense of belonging.

### What is healing-centered?

- A healing centered approach is...
  - holistic involving culture, spirituality, civic action and collective healing.
  - views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively.
- The term *healing-centered engagement* expands how we think about responses to trauma and offers more holistic approach to fostering well-being.




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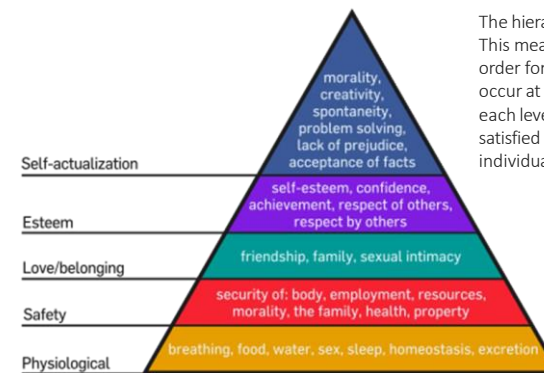
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Healing centered engagement is explicitly political, rather than clinical.

Communities, and individuals who experience trauma are agents in restoring their own well-being. This subtle shift suggests that healing from trauma is found in an awareness and actions that address the conditions that created the trauma in the first place.

Healing racial trauma requires a self-care AND community care response.




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- What happens in a child/adults brain when we feel connected is the self-preservation center of the brain is relaxed and signals the body that all is well.
- The social and emotional hub of the mind generates feelings of confidence, safety, and the assurance that life is good.
- The part of the brain responsible for reasoning, impulse control, short-term memory, and judgment light up.
- When all parts of the brain feel safe and connected a child/ an adolescent/or an adult can remember what they learn, develop new skills, and improve their judgement.
- **WE ALL NEED** someone to believe in us
- When our emotions, thoughts, and actions feel safe we can learn and grow and connect.

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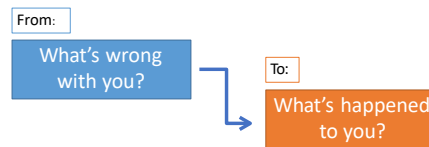
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### But, Really...What's it Mean?

- A change in perspective to understand people's behavior differently:



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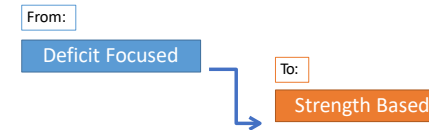
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### But, Really...What's it Mean?

- A change in perspective to understand people's behavior differently:



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### STENGTH-FOCUSED is...everything!

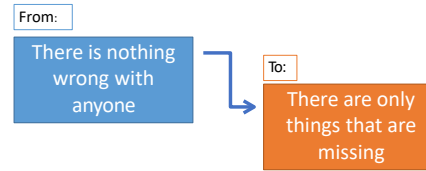
- **Strength-based practice** emphasizes people's self-determination and strengths
  - A philosophy and a way of viewing people as resourceful and resilient in the face of adversity
  - Person-led, with a focus on future outcomes and strengths that people bring to a problem or crisis



Created by ANDVISA

### But, Really...What's it Mean?

- A change in perspective to understand people's behavior differently:



Created by ANDVISA

### Relationship and Connection



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- Relationships are central to healing, growth, and change.
- When trust has been betrayed, being honest, clear, transparent and consistent and relating in ways that are genuinely respectful are essential to creating safety and building trust.

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## Hope and Resilience

- Believing in the human capacity to survive and heal and recognizing strengths, resources, and toll that survivors already possess are central to holding hope and resilience. Being a steady source of hope and acknowledging and naming peoples profound resilience are critical parts to supporting healing.
- This also means that we embody a genuine sense of openness in our relationships at work.

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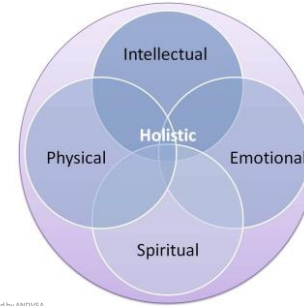
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### Holistic Approach

- Seeing the whole person
- Meet the person where they are at
  - Build off of strengths
  - No judgement. Full acceptance!




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### Essential learning:

Trauma-informed work is, at heart, relational, it requires us to be emotionally present and connected—to ourselves, to each other, to the work itself, and to the people we are working with.

Being able to do that hinges on our ability to be aware of our own feelings, needs, and responses and to be attentive to each other's. Or, more simply, we are talking about two key ingredients of trauma-informed work:

1. Reflection and Awareness—which involves both self-awareness and awareness of others; and
2. Caring and Compassion—which involves caring for ourselves and caring for each other. This means intentionally creating the time and space to be reflective and the emotional safety to be both honest and gentle with what we see.




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If you forget everything...

- Lead with principals
  - Be kind
    - Authentic
    - Honest
    - Humble
    - Grateful
- Learn to bring people into your peace
  - Do the inside work
    - Cultivate compassion
    - Acceptance
    - Suspend judgement



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## Thank You!

An evaluation will be emailed to all registrants following this webinar. If you have several people watching together, please share the link for the evaluation with everyone who is in attendance.

Please also send a list of attendees that have not been formally registered to us at IAFN at [isaac@forensicnurses.org](mailto:isaac@forensicnurses.org).

**Next webinar:**  
 "Intersection of Trauma, Substance Use Disorder and Mental Health" on May 20, 2021 at 2pm Eastern Time

Visit [safeta.org/thirdthursday](http://safeta.org/thirdthursday) to register today.

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