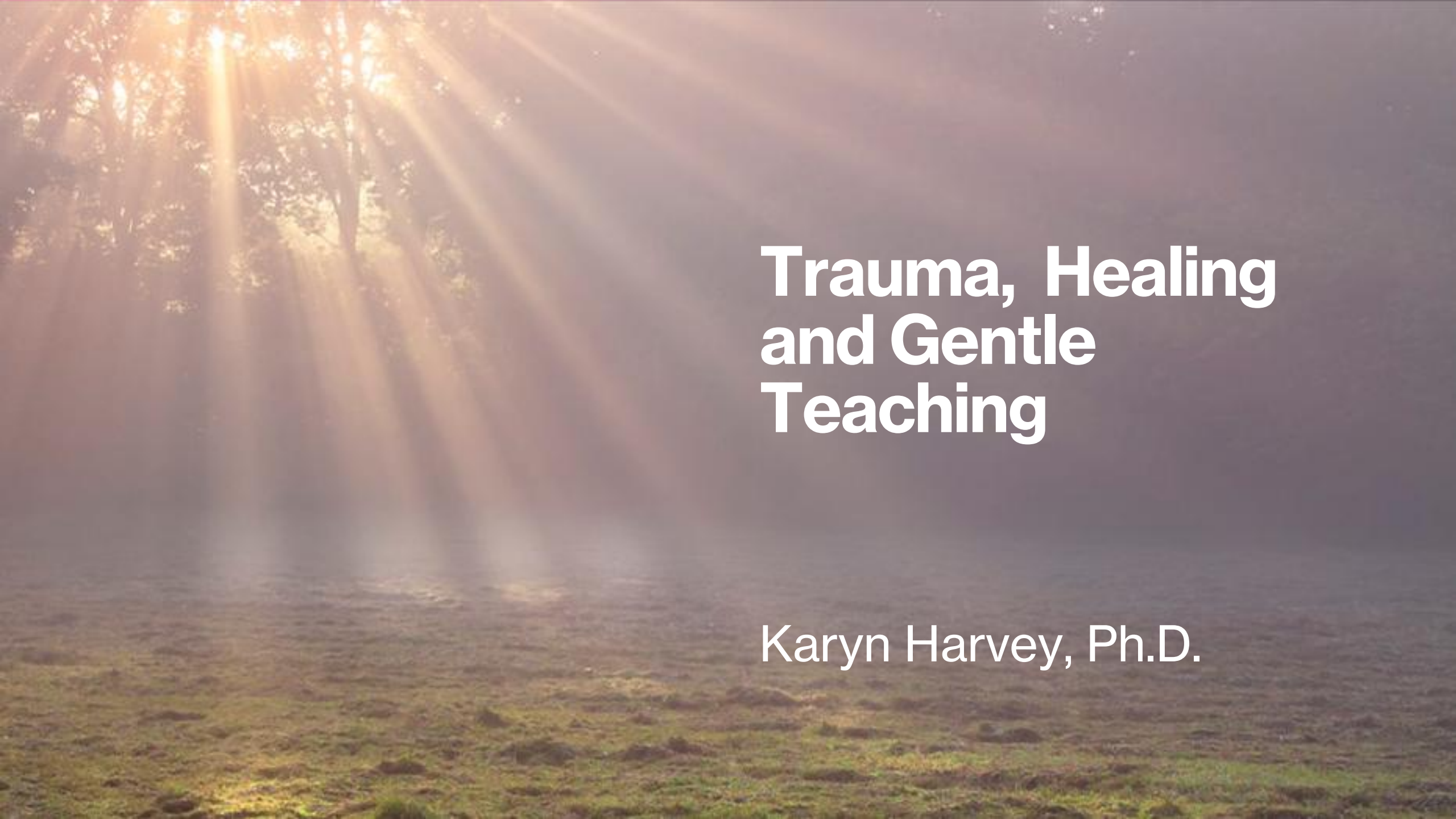


Trauma, Healing and Gentle Teaching

Karyn Harvey, Ph.D.

THANK YOU!!!



WITH GRATITUDE FOR THE MENTORS



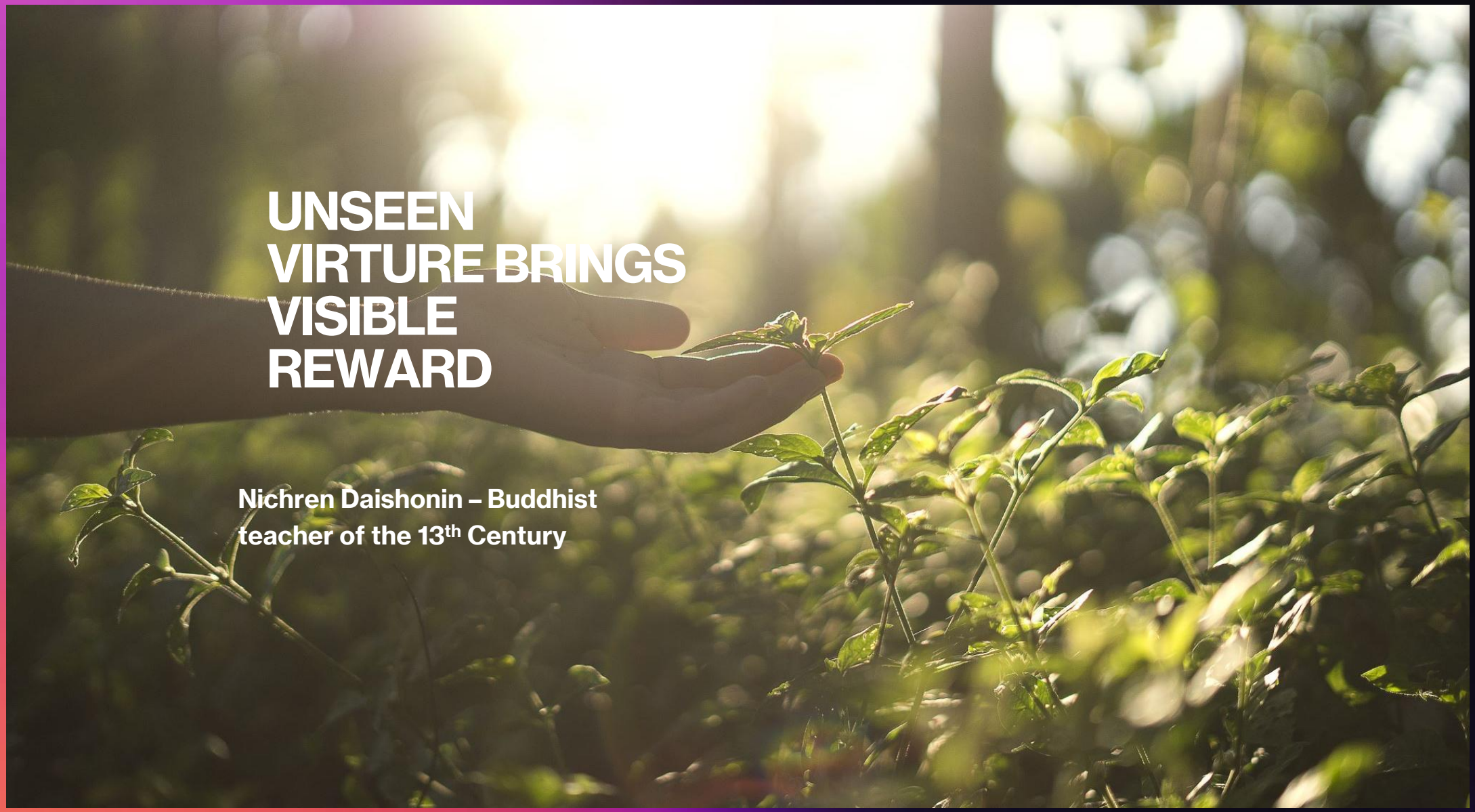


John McGee

Daisaku Ikeda

Dave Hingsburger




UNSEEN
VIRTURE BRINGS
VISIBLE
REWARD
Nichren Daishonin – Buddhist
teacher of the 13th Century



STOP AND
REFILL YOUR
BUCKET!

Trauma in the World of Intellectual Disabilities

McNallly et al – People with intellectual disabilities are more vulnerable to psychological trauma than people without intellectual disabilities

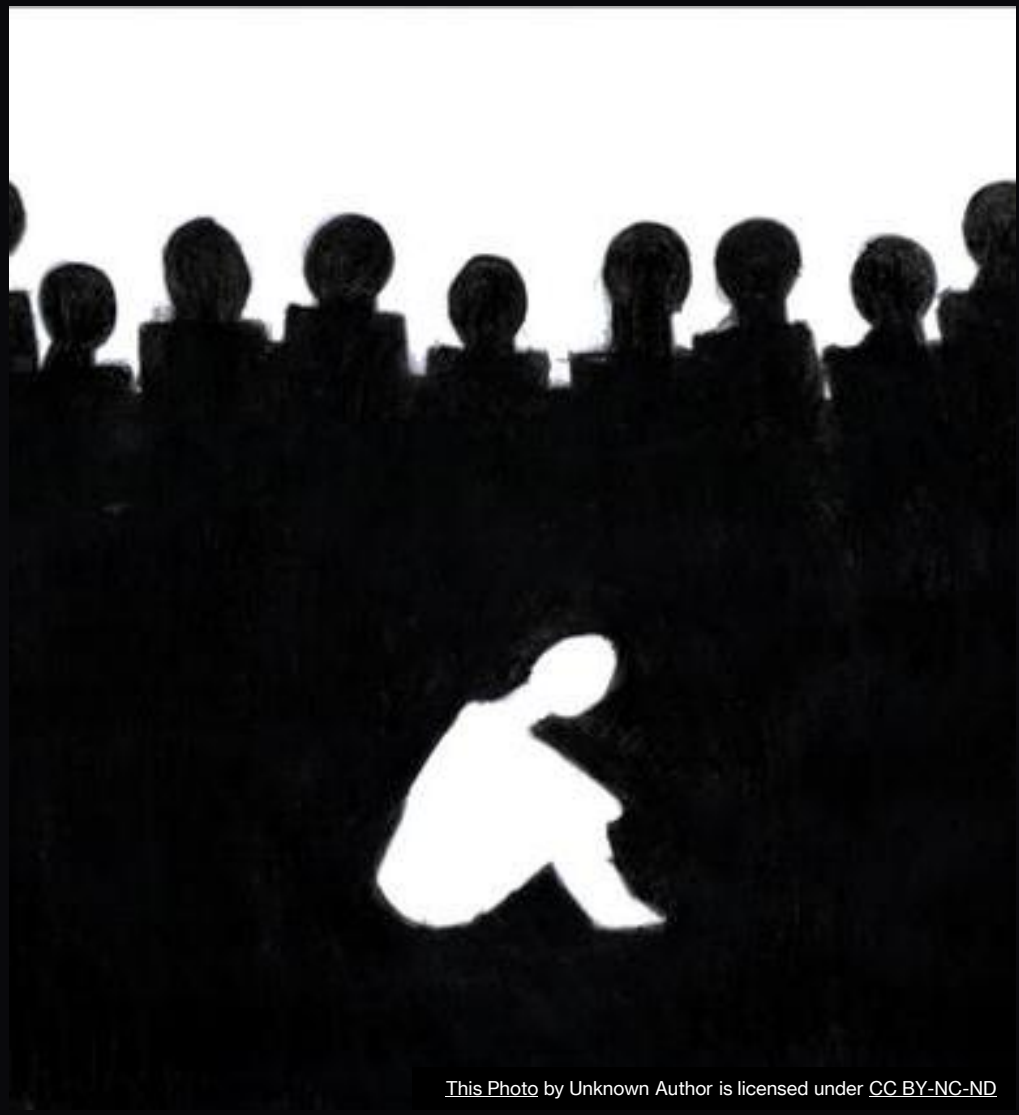
Gentile, J. – People with intellectual disabilities are often not diagnosed with post traumatic stress disorder when it is their most dominant condition

Keesler – Trauma and PTSD are underdiagnosed and undertreated in adults with intellectual disabilities

Bruce Perry

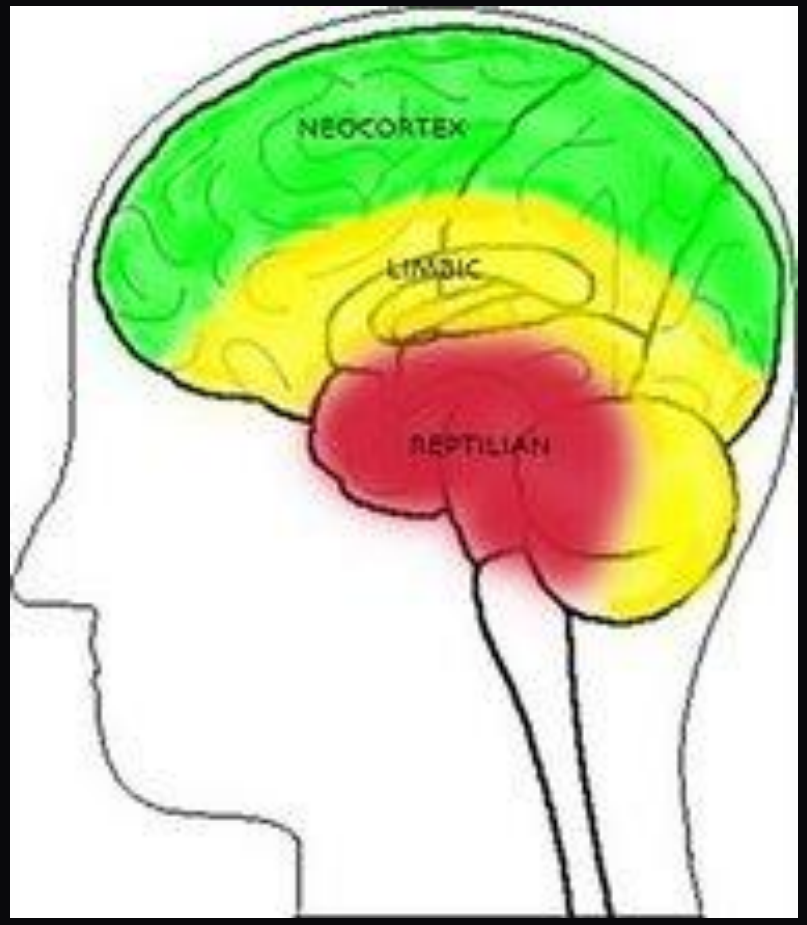
Don’t ask what’s wrong with you – the real question is

What happened to you?



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Psychological Trauma – Past is Present



The Triune Brain

Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

Brain Stem

The primitive brain: Self preservation, aggression

Trauma Responses

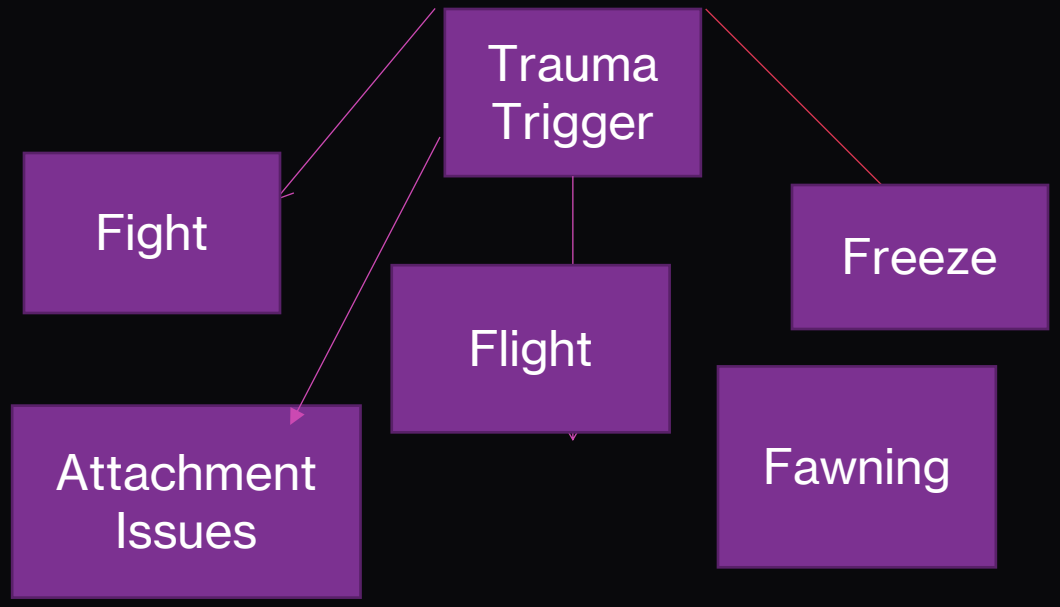
Trigger Response – Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:

Thinking he or

she is in Danger!

Regressing to

age of original trauma



Trauma Response vs. Behavioral Response

Trauma

Triggered in an irrational manner

Overreaction to small event

Very emotion based

Does not serve the person well

Does not move them forward

Behavioral

Has a purpose and intent

Deliberate- acting on environment to get response

Intent is important in identifying the response

Goal is to get something they want, can move them forward

You can typically identify the antecedent

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

ie. fear, horror, anger, guilt and shame

Constricted emotion – inability to express positive emotion

Alienation and withdrawal from others

SHAME

4. Arousal –

Easy to startle

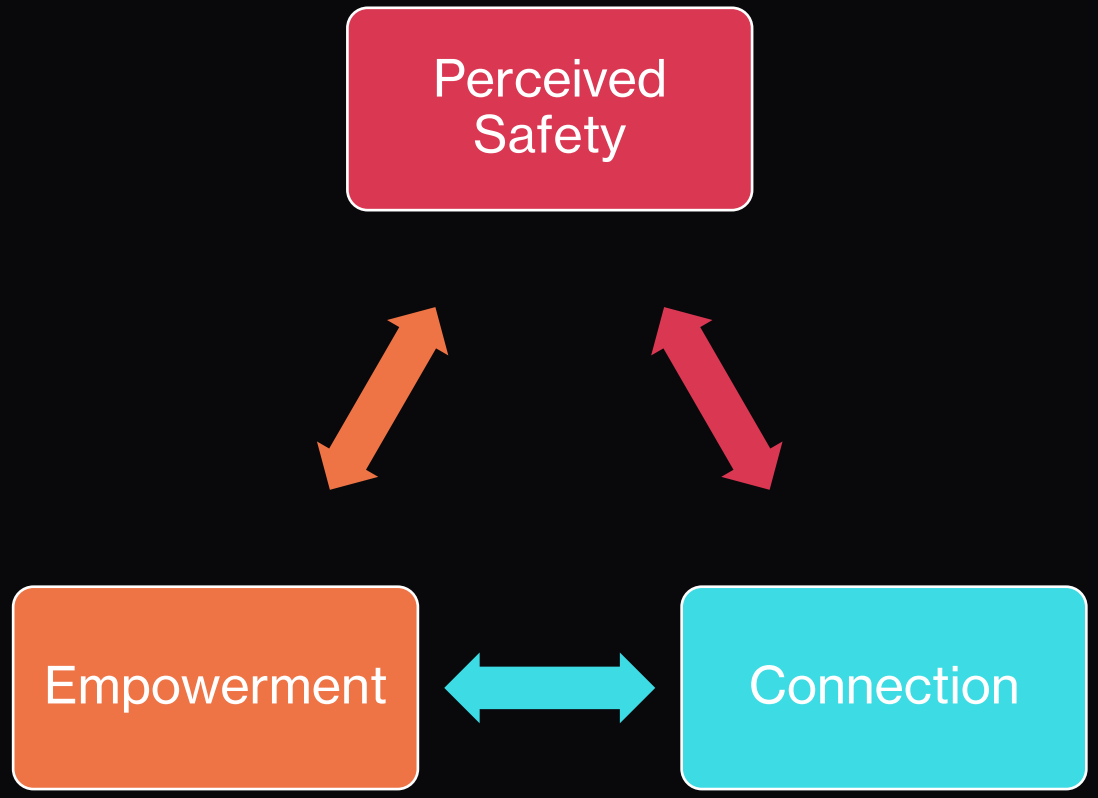
Agitated – can lead to property destruction

Periodically Combative

Impulsive

Also associated with reckless or self-destructive behavior

Ingredients Necessary for Post traumatic Recovery



Gentle Teaching and Healing

4 PILLARS :

SAFE

LOVED

LOVING

ENGAGED

Best Technique Ever:
LISTENING

Hearing

Validating feelings

Reflecting

Paraphrasing

Giving Empathy

Being Present

Not advising

Not instructing

Not shaming

LISTEN


LISTEN
A short film made by and with nonspeaking autistic people



How can we facilitate relationships?


Positive Identity
Development



Who Am I ?



This Photo by Unknown Author is licensed under CC BY-NC-ND

We can hold up 2 possible mirrors



“Ultimately happiness rests on how you establish a solid sense of self or being.”

DAISAKU IKEDA

Developing a Growth Mindset

Fixed Mindset

- **People believe they are born with certain abilities that can't change. Fear of failure can prevent them from progressing.**
- **Labels**
- **Limitations**
- **Stigma**
- **Caregiving**

Growth Mindset

- **People believe they can learn and improve with practice. They understand that effort makes them stronger, leading to higher achievement.**
- **Embracing new challenges**
- **Pushing past limits**
- **Higher expectations**
- **Celebrating uniqueness**
- **Self-discovery**

(*Mindset: The New Psychology of Success*, 2006)

Post Traumatic Growth

- Relationships
- Positive Sense of Self
- Growth Mindset

From Recovery to Happiness Seligman – "Flourish!"

Five levels of Happiness:

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

***Happiness Assessment**

karynharvey.org

AAIDD

Positive Identity Development

Negative Identity

- NOT the person who gets the job
- NOT the person who gets married
- NOT the person who drives
- NOT the person who is popular or liked
- Not the cool one

Positive Identity

Who I am

What I do well

Who my friends are

What my preferences are

Where I make a difference

What I am proud of


ASSUME THAT I CAN
SO MAYBE I WILL