

Amygdala

- Fear based memories: present oriented
Lymbic System
- Puppy brain, warm and fuzzy: past oriented
Pre-frontal Cortex
- Executive functioning: future oriented

Do you speak Amygdala?

- Focus on SAFETY Physical and Emotional
- Offer food and water
- Orient the person to the physical layout of the place
- Use natural tone of voice
- Be aware of personal space
- Monitor and correct breathing
- Offer simple choices
- Notice small positive changes and celebrate
- You know that you are out of Amygdala when person takes interest in environment and you

Interventions

- Create structure
- Predictability
- Increase care-givers ability to manage intense affect
- Provide STABLE relationships
- Provide safe, healthy environments

Interventions (cont'd)

- Improve care-giver-consumer ATTUNMENT
- USE PRAISE
- Focus on COMPETENCIES rather than DEFICITS
- Quality care
- Communicate
- Offer play
- Listen to music
- Read to them

Interventions (cont'd)

- Allow the individual to express positive and negative emotions
- Keep in mind that interventions that work are NOT:

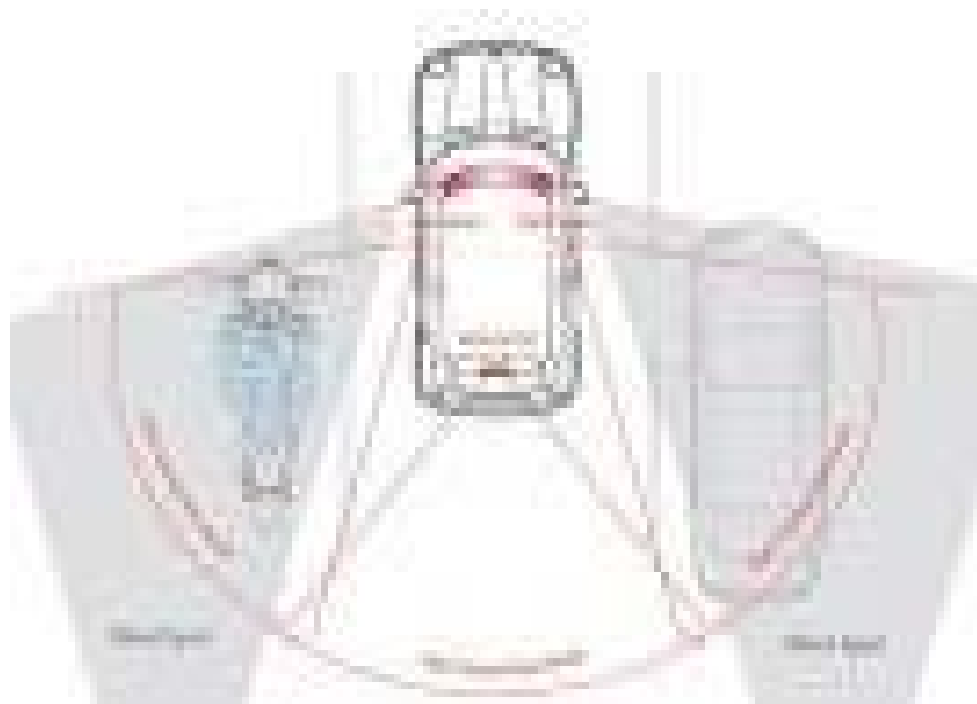
1. Simple
2. Fast
3. Inexpensive
4. Easy to implement

(From: Neurons to Neighborhoods, 2000)

- **Respect Cultural Norms**
- **Dispel myths about punishment/consequences**
- **Work on changing public policies**
- **Work on taking care of your self**



LET'S TALK ABOUT CARS



Blind spot mirror





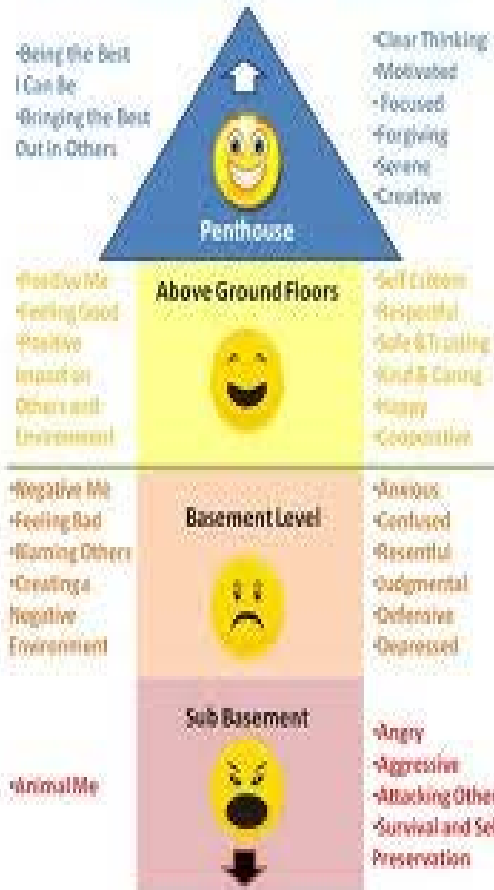
Care-giver behaviors

- Model behaviors you expect of your clients
- Be aware of your affect modulation
- Be aware of verbal and none verbal communication
- Be courteous, organized and helpful
- Be available: make the person feel that they are the most important person at the moment
- Always be aware of confidentiality and take caution in protecting it
- Be aware of referrals, or how to obtain info about them
- Promise only things you can deliver
- Be sensitive of cultural and diversity issues, consult if you do not know

Melissa Brymer, et al., 2009

- Mood Elevator: Become aware how own mood impacts the way we understand and respond to challenging/problem behaviors

Brain State Mood Elevator



Hoarders



What would you like to do?






The Cycle of Caring

Helm et. al., 2010

1. Empathic Attachment
2. Active Involvement
3. Felt Separation



Quotable Quotes

- “That is which to bring light must endure burning”
(Victor Frankl, 1905-1997)
- “The cost of caring for others”
- “...a disorder that affects those who do their work well”

Self Care

- We are called to “give” of ourselves on a daily basis, what do we need to do in order to continue to be effective and compassionate care givers?!

Signs of Trauma Exposure Response

- Hypervigilance
- Suspicions/distrust
- Diminish Creativity
- Dissociative Moments
- Sense of Persecution
- Guilt
- Fear
- Inability to Empathize/Numbing
- Addictions
- Anger
- Cynicism
- Sarcasm
- Grandiosity

Building Resilience!

1. Training and Education
2. Personal History
3. Gender Differences
4. Social Support
5. Supervision
6. Debriefings after an incident (formal and informal)
7. Professional Maturation
8. Locus of Control
9. Consistency and Routines
10. Self Care

Gail Testa, 2016 (unpublished dissertation)

Organizational Changes to Reduce Secondary Traumatization

By Joy D. Osofsky, Frank W. Putnam, and Judge Cindy S. Lederman

- Reduce caseloads/workloads
- Provide adequate supervision for frontline workers
- Provide good mental health insurance coverage
- Explicitly acknowledge the job stress and the possibility of work-related secondary traumatization of staff
- Provide staff educational workshops to increase individual awareness, develop peer support, decrease traumatized individuals' sense of isolation, and encourage self-care
- Provide adequate coverage and backup for staff in stressful positions
- Encourage ongoing discussion of secondary trauma among staff and administration



Self Care

The ABCs

- Awareness
- Balance
- Connection

Strategies

- Breathe
- Stretch
- Chat with a co-worker
- Step outside for fresh air
- Call a friend
- Discuss training opportunities with a supervisor
- Discuss self-care at a staff meeting



Self care

- Life away from work
- Hobbies
- Not expensive solutions
- Avoid MUPs