The background features a dark blue gradient with a starry sky effect. On the left side, there are several circular gauges or dials with numerical scales ranging from 40 to 260. At the bottom of the image, there is a silhouette of a mountain range.

TOUCHED BY TRAUMA: ASSISTING CHILDREN AND YOUTH IN IDENTIFYING AND PROCESSING TRAUMA EXPERIENCES

PRESENTED BY:

ALYSSA RINGGENBERG, CSW AND

DEANNA FRANSON, CMHC



“

They're screwed up for the rest of their life.

Comment by 18 year old male.

”

Ponder the picture and quote, what do they represent for you personally and professionally.

What do you believe regarding trauma experiences in childhood, adolescence, and into adulthood?

“ Children who suffer from child traumatic stress are those who have been exposed to one or more traumas over the course of their lives and develop reactions that persist and affect their daily lives after the traumatic events have ended. ”

SAMHSA, 2011

TRAUMATIC EVENTS IN CHILDHOOD...

TRUE OR FALSE

26% of children in the United States will witness or experience a traumatic event before the age of 4 years old.

Exposure to traumatic events early in life can have negative effects throughout childhood, adolescence, and into adulthood.

47% of American adults report having experienced a traumatic event during childhood.

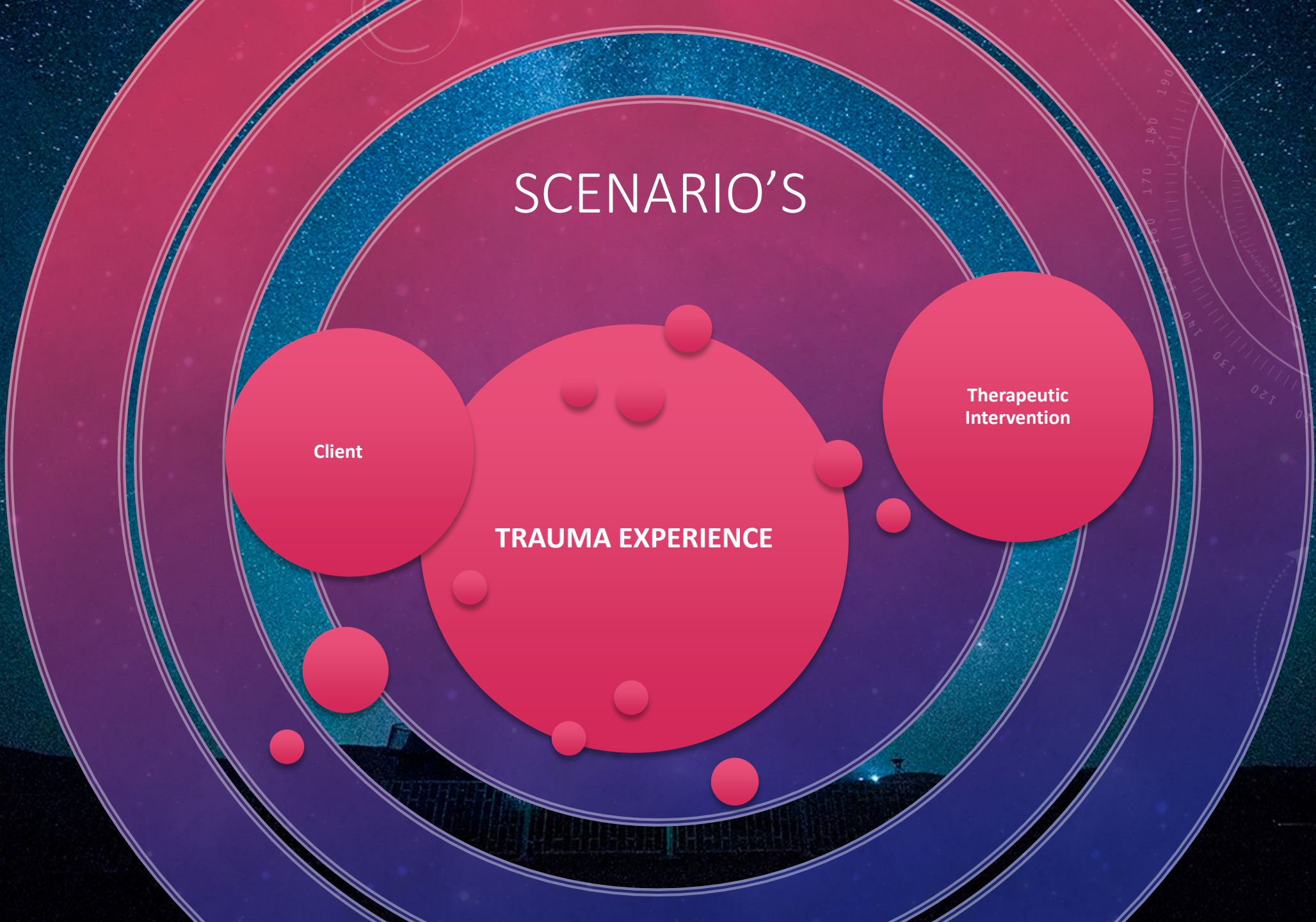
Among children receiving treatment for trauma experiences, witnessing domestic violence was the top reason for receiving treatment.

SCENARIO'S

Client

TRAUMA EXPERIENCE

Therapeutic
Intervention



Vignette #1: ALYSSA

Information available to you at case assignment:

NEW CLIENT

AGE: 8

GENDER: Male

CULTURE: Caucasian

CRITICAL ISSUES: Foster Care/DCFS, Domestic Violence, Neglect, Parental Substance Use

Questions:

Dx: ?

Tx Plan: ?

Therapeutic Model: ?

VIGNETTE #2: DEANNA

Information available to you at case assignment:

NEW CLIENT

AGE: 12

GENDER: Male

CULTURE: Caucasian

CRITICAL ISSUES: Violence in Living Environment, Parental substance Use, Behavioral Problems/Defiance, Impulsivity, Poor Academic Performance, Foster Care

Questions:

Dx: ?

Tx Plan: ?

Therapeutic Model: ?



VIGNETTE #3: ALYSSA

- Information available to you at case assignment:
- ***NEW CLIENT***
- AGE: 5
- GENDER: Male
- CULTURE: Caucasian
- CRITICAL ISSUES: DCFS, Abuse, Neglect, Domestic Violence, Behavioral Problems/Defiance, Parental Substance Use

- Questions:
- Dx: ?
- Tx Plan: ?
- Therapeutic Model: ?

Information available to you at case assignment:

NEW CLIENT

AGE: 15

GENDER: Female

CULTURE: Hispanic-Caucasian and Native-American

CRITICAL ISSUES: Foster Care, Abuse, Substance Use, Behavioral Problems/Defiance

Questions:

Dx: ?

Tx Plan: ?

Therapeutic Model: ?

Vignette #4: DEANNA

LEARNING OBJECTIVES

Identify Trauma

Address Gender & Cultural Differences

Safety within Treatment Services

Client Empowerment

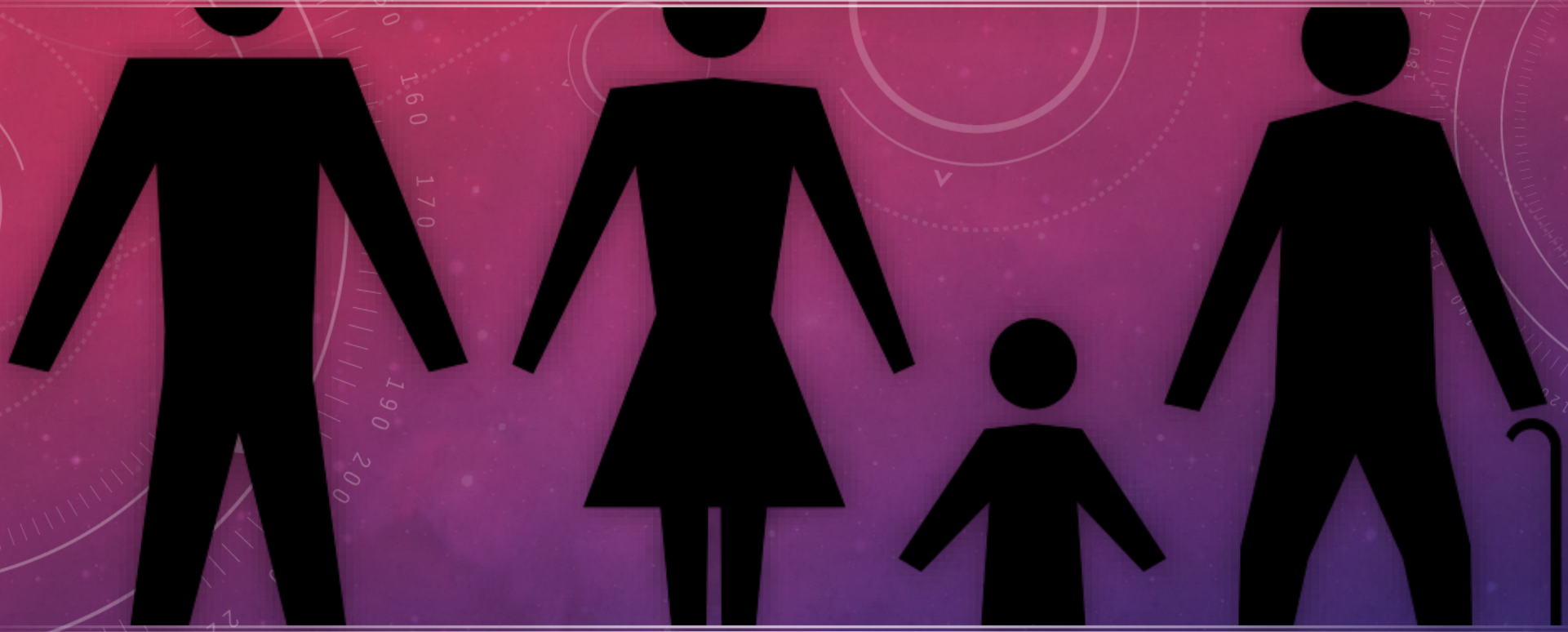


TRAUMA IS:

- Blackboard Activity: Define trauma.



TRAUMA



40% OF CHILDREN IN THE NATIONAL CHILD TRAUMATIC STRESS NETWORK HAD EXPERIENCED 4 OR MORE TRAUMATIC EVENT TYPES

“
The Body remembers what
the mind forgets.
”

J.L. Moreno (1964)

Excerpt taken from the book Trauma and Addiction by Tian Dayton, PhD.

4 COMMON TYPES OF TREATMENT FOR TRAUMATIC STRESS IN YOUTH

1) TF-CBT- Trauma Focused Cognitive Behavioral Therapy

2) ARC- Attachment, Self-Regulation, and Competency

3) CPP- Child-Parent Psychotherapy

4) SPARCS- Structured Therapy for Adolescents Responding to Chronic Stress

TF-CBT

TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY

- Most commonly used
- Ages 3-18 years old
- Short-term intervention
- Aimed at teaching children & youth how their thoughts about the traumatic event affect the reactions and behaviors

For specific information regarding training and/or use of the specific model visit: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Trauma Treatment Fact Sheets vers. 1.0, 2004 National Child Traumatic Stress Network www.NCTSN.org

ARC

Attachment, Self-Regulation, and
Competency

- Frequently used
- Ages 5-17 years old
- Focuses on enhancing resilience by building tangible life skills and encouraging a supportive caregiving system.

*For specific information regarding training and/or use of the specific model visit: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Trauma Treatment Fact Sheets vers. 1.0, 2004 National Child Traumatic Stress Network www.NCTSN.net**

CPP

Child-Parent Psychotherapy

- Generally used
- Ages 0-4 years old
- Aimed at the needs of infants, toddlers, and preschoolers.
- Focuses on the way trauma has affected the parent-child relationship.

- **For specific information regarding training and/or use of the specific model visit: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Trauma Treatment Fact Sheets vers. 1.0, 2004 National Child Traumatic Stress Network www.NCTSN.org**

SPARCS

Structured Therapy for Adolescents
Responding to Chronic Stress

- Group Intervention
- Ages 12-19 years old
- Intended to help teens cope effectively and establish supportive Relationships.

For specific information regarding training and/or use of the specific model visit: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Trauma Treatment Fact Sheets vers. 1.0, 2004 National Child Traumatic Stress Network www.NCTSN.net

STRATEGIES TO ASSIST CHILDREN IN IDENTIFYING WHAT TRAUMA IS AND WHAT IT LOOKS LIKE.

Tools/Aids

- ACE Study Questionnaire (Finding Your Ace Score)
- Resilience Questionnaire
- Strengths Based SFT (Therapist Aid)

Connect 2 Kids/Success Modalities

- Positive Psychology
- Play Therapy
- TF-CBT
- Group Therapy
- ART (Accelerated Resolution Therapy)
- Multi-system Approach

“ Trauma intersects in many different ways with culture, history, race, gender, location, and language. Trauma-informed systems acknowledge the compounding impact of structural inequity and are responsive to the unique needs of diverse communities. Cultural awareness, responsiveness, and understanding are essential to increasing access and improving the standard of care for traumatized children, families, and communities across the United States. Eliminating disparities in trauma services requires culturally responsive involvement across service sectors, communities, organizations, neighborhoods, families, and individuals in order to reduce barriers, overcome stigma, address social adversities, strengthen families, and encourage positive ethnic identity.”

NCTSN: The National Child Traumatic Stress Network

CULTURAL DIFFERENCES IN TRAUMA

GENDER AND CULTURAL DIFFERENCES IN TRAUMA EXPERIENCES.

Tools to assist in addressing gender and culturally specific trauma

- Interpreter or Translation Services if appropriate (ASL, Spanish, etc.)
- Separate groups as necessary (age, gender specific, etc.)
- Group with similar populations
- Be considerate of special needs and requests (accommodate if able)
- Art based (drawings, collages, photos, etc.)
- Books- learn and teach about differences

Intersections between culture and trauma topics list

- Refugee and immigrant youth
- Disparities in mental health care
- Racial injustice and trauma
- Cultural and linguistic competency in child trauma services
- Historical trauma
- Trauma and suicide among Native American youth
- Trauma in LGBTQ youth

Published on *The National Child Traumatic Stress Network* (<https://www.nctsn.org>)

“ Enhancing cultural competence and encouraging cultural humility are essential to increasing access and improving the standard of care for traumatized children, families, and communities across the nation. Cultural awareness, responsiveness, and understanding need to be infused throughout every level of an organization to be most effective in addressing the needs of children who have experienced trauma. ”

Published on *The National Child Traumatic Stress Network* (<https://www.nctsn.org>)

HOW TO INCORPORATE THE TOPIC OF SAFETY WITHIN TREATMENT SERVICES WITH YOUTH.

- Assess their understanding of the Concept of Safety
- Listen to them describe times they felt safe vs unsafe
- Empower them to tell their stories at their own pace as comfortable, guide, encourage, and support through their trauma experiences.
- Use creative interventions to assist client in telling/re-telling their narrative.

ENCOURAGING
CLIENT
EMPOWERMENT:
THROUGH AGE &
DEVELOPMENTALLY-
APPROPRIATE
PERSONAL SAFETY
AND SELF-CARE
STRATEGIES.

- Books & Narrative Interventions
- Art Based Interventions
- Games & Play Therapy
- Mind-Body Bridging & Other Mindfulness Interventions
- Psychodrama & Role playing

APPLICATION OF LEARNED MATERIAL THROUGH SCENARIOS AND SMALL GROUP PRACTICE.



Small group work based on four scenarios.



Answer and Discuss the following questions related to your particular scenario

- Question #1:
- Question #2:
- Question #3:
- Question #4:
- Question #5:



Select a spokes-person and share what you learned.

“ We have an obligation to our clients, as well as to ourselves, our colleagues and our loved ones, not to be damaged by the work we do. ”

Both preventive and interventional strategies for secondary traumatic stress should be implemented as part of an organizational risk-management policy or task force that recognizes the scope and consequences of the condition.

Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS).

Secondary stress: Worker Resiliency in Trauma-informed Systems

SECONDARY STRESS: WORKER RESILIENCY IN TRAUMA-INFORMED SYSTEMS ESSENTIAL ELEMENTS

- Recognize the impact of secondary trauma on the workforce.
- Recognize that exposure to trauma is a risk of the job of serving traumatized children and families.
- Understand that trauma can shape the culture of organizations in the same way that trauma shapes the world view of individuals.
- Understand that a traumatized organization is less likely to effectively identify its clients' past trauma or mitigate or prevent future trauma.
- Develop the capacity to translate trauma-related knowledge into meaningful action, policy, and improvements in practices.

TRAUMA RESOURCES

*The National Child Traumatic
Stress
Network (<https://www.nctsn.org>)*

*International Association of
Trauma Professionals (IATP)
at <https://www.traumapro.net>*

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- *International Association of Trauma Professionals (IATP)*
at <https://www.traumapro.net>



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THANK YOU!

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