

Handle Us With Care: Remembering that Everyone Has Trauma

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About The Presenter:

- Trauma Informed and culturally aware Therapist at Courageous Healing
- Experience working with individuals from the Latino community and various stressors unique to that community
- Has worked with youth and teens individually and in group work
- Trained in EMDR
- Experience working with those who experienced Domestic Violence and Sexual Assault



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Learning Objectives

What is Trauma?

Who Has Trauma?

How Trauma Affects Us

Healing from Trauma

Resources



What is Trauma?



Trauma

Trauma is anything that our system can't handle or process. It is not *what* happens to us, but what we hold inside in the absence of an empathetic witness.

-Peter Levine



Types of Trauma

- Child abuse
- Child neglect
- Bullying
- Physical abuse
- Domestic violence
- Violence in the community
- Natural disasters
- Medical trauma
- Sexual abuse
- Verbal abuse
- Accidents
- War
- Refugee trauma
- Terrorism
- Traumatic grief
- Intergenerational trauma
- Sex trafficking
- Substance use





Who Has Trauma?

Who Has Trauma?

- Anyone can experience trauma regardless of age, education level, socioeconomic status, race/ethnicity, and family history.
- Anyone who has been witness to or personally experienced traumatic events could potentially experience traumatization.



Adverse Childhood Experiences

- ACES- Adverse Childhood Experiences are a popular way to understand how we can all have some trauma
- Asks 10 questions evaluating:
 - 5 personal aspects: Physical abuse, Verbal abuse, Sexual abuse, physical neglect and emotional neglect.
 - 5 are related to other family members: Alcoholic parent/guardian, a mother who's a victim of Domestic Violence, an incarcerated family member, a family member diagnosed with a mental illness, and experiencing divorce of parents/guardians.



Adverse Childhood Experiences Questionnaire

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?



Adverse Childhood Experiences Questionnaire

5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?





How Trauma
Affects Us

Psychological Effects of Trauma

- Fear
- Helplessness
- Dissociation
- Changes in attention, concentration, and memory retrieval
- Changes in behavior
- Changes in attitude
- Changes in worldview
- Difficulty functioning
- Denial, or refusing to believe that the trauma occurred
- Anger
- Mood swings
- Bargaining (i.e., "I will do this, or be this, if I could only fix the problem.")
- Avoidance, such as disregarding one's own troubles or avoiding emotionally uncomfortable situations with others
- Depression
- Anxiety
- Blame (including self-blame)
- Social withdrawal
- Loss of interest in activities
- Emotional numbness
- Guilt or shame



Physical Effects of Trauma

- Increased heart rate
- Body aches or pains
- Tense muscles
- Feeling on edge
- Jumpiness or startling easily
- Nightmares
- Difficulty sleeping
- Fatigue
- Sexual dysfunction, such as erectile dysfunction, difficulty becoming aroused, or difficulty reaching orgasm
- Appetite changes
- Excessive alertness



Healing From Trauma



What Healing Looks Like

Movement and
Exercise

Human Connection

Ask For Support

Help Others

Work With Your
Feelings



Resources

Books:

What Happened to you? – Bruce D. Perry and Oprah Winfrey

It Didn't Start with You- Mark Wolynn

Why Has Nobody Told Me This Before? -Dr. Julie Smith

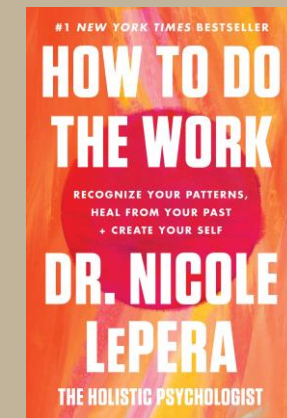
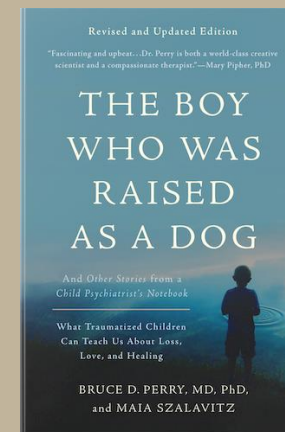
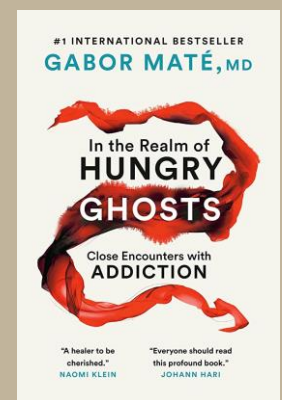
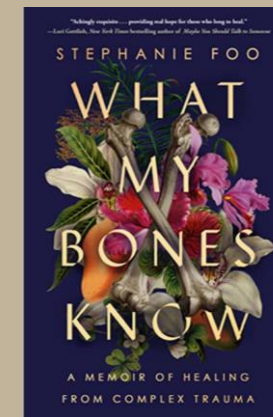
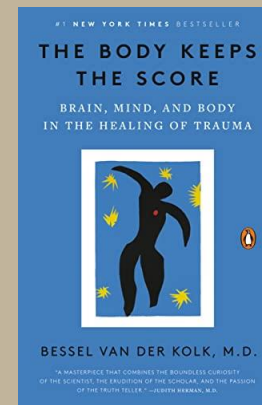
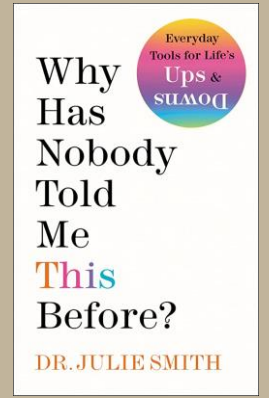
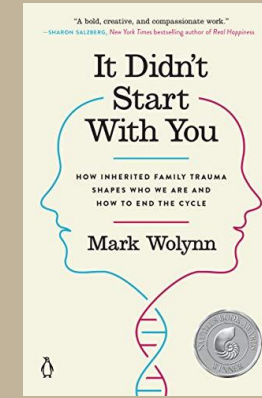
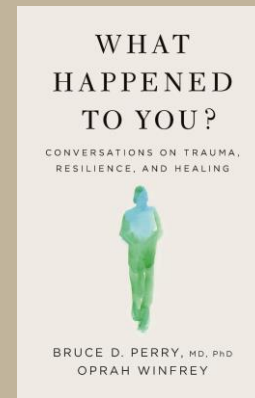
The Body Keeps the Score- Bessel Van Der Kolk

What My Bones Know- Stephanie Foo

In the Realm of Hungry Ghosts- Gabor Mate

The Boy Who was Raised as a Dog- Bruce D. Perry and Maia Szalavitz

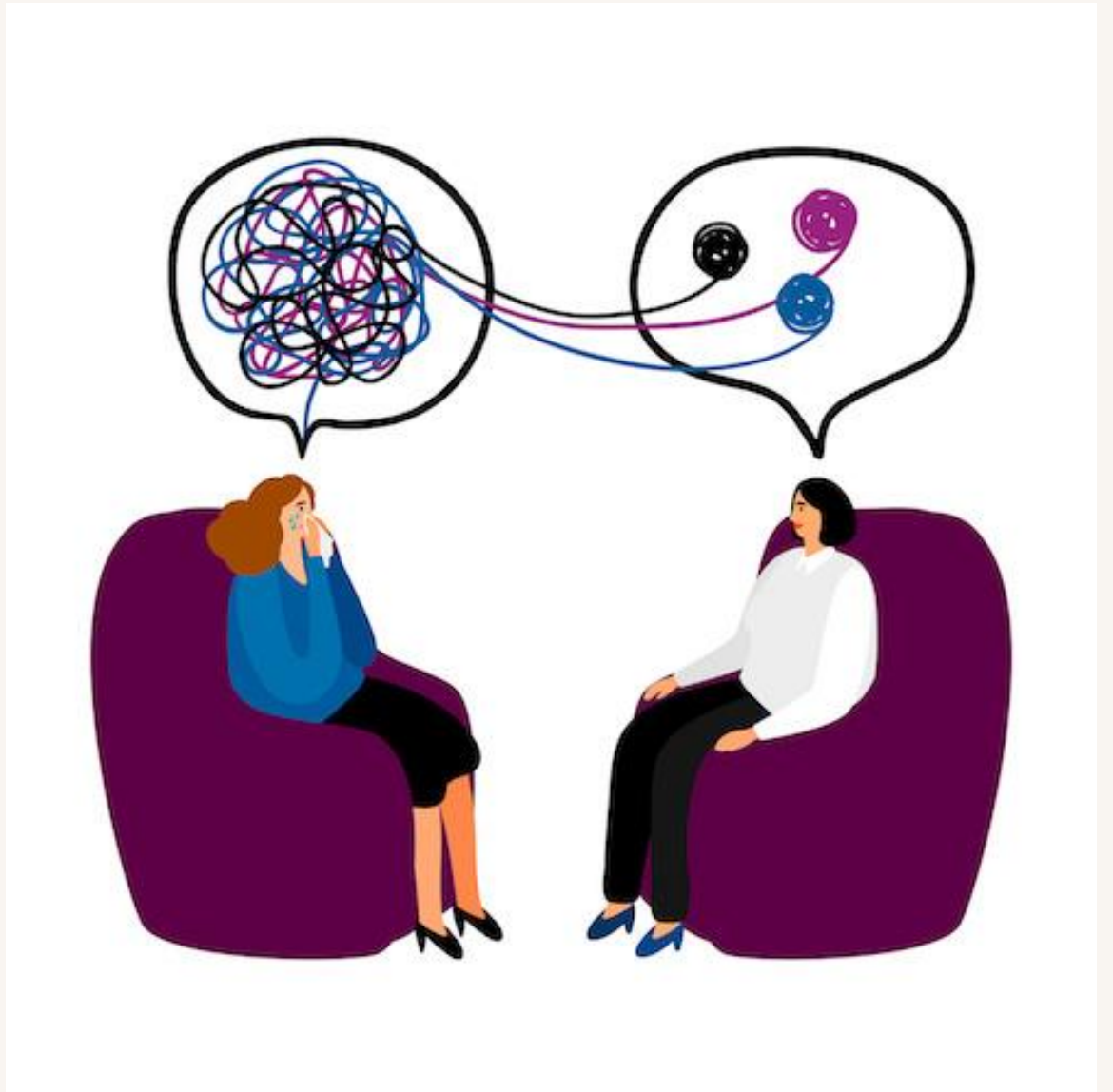
How to Do the Work- Nicole LePera



Resources

Therapy

- EMDR- Eye Movement Desensitization and Reprocessing
- TF-CBT: Trauma Focused Cognitive Behavioral Therapy
- DBT: Dialectical Behavioral Therapy
- Talk Therapy
- Somatic Experiencing
- Group Therapy
- Art or Music Therapy





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Courageous Healing

Courageous Healing's mental health practice is culturally centered, conducted on an outpatient basis, and designed to accommodate clients experiencing disruptions in their ability to function daily.

Through accessible traditional talk therapy and trauma-based interventions like EMDR, our therapists help clients identify issues that cause emotional distress to improve their quality of life.

Our therapists are trauma-informed, culturally responsive, and equipped to help clients navigate stress, anxiety, relationships, parenting, depression, addictions, eating, sleeping, trauma, anger, family conflicts, grief, self-esteem, and more.

Our Five Pillars

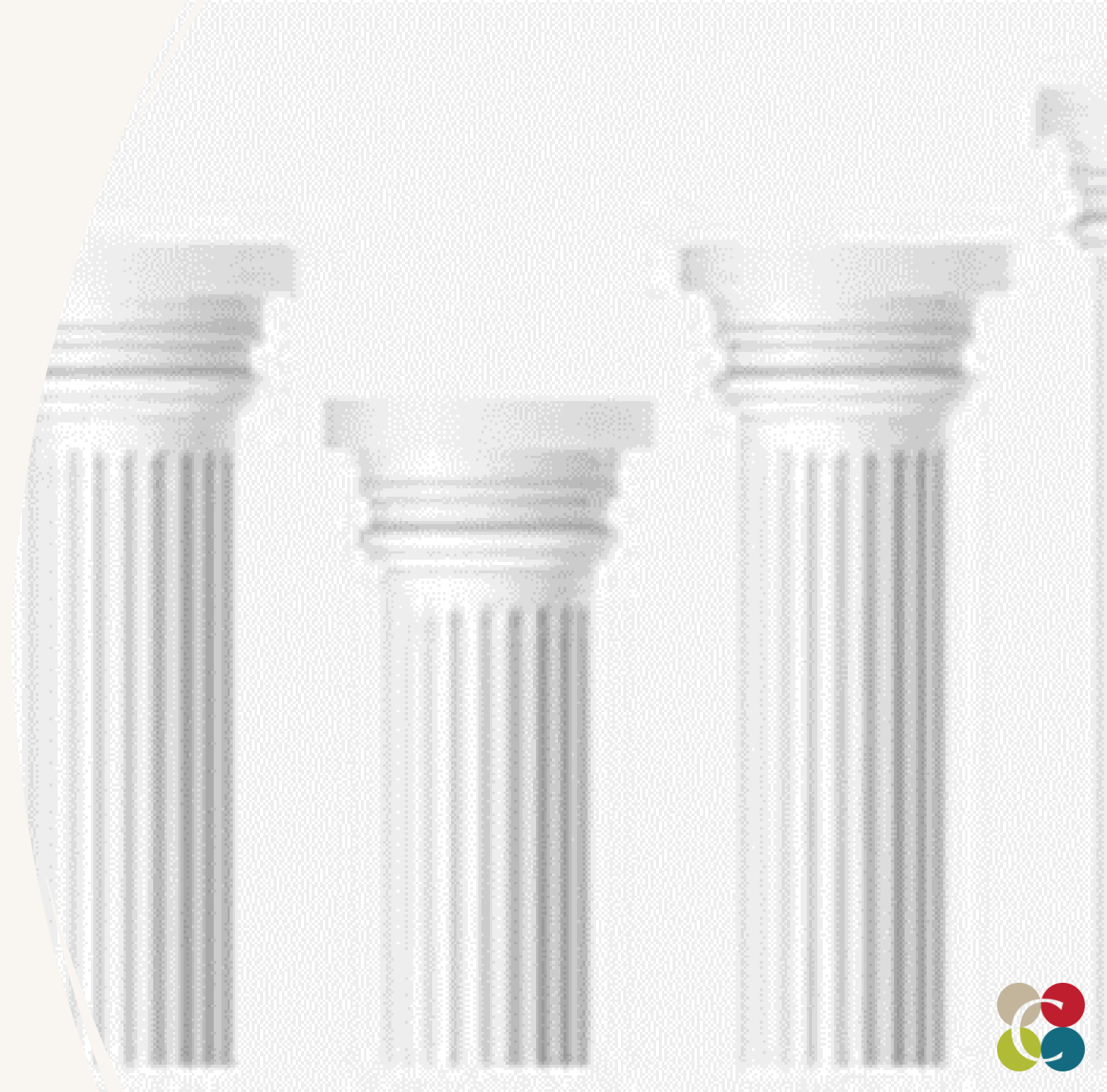
Culturally Centered Care

Trauma-Informed Providers

Accessibility

Safe Spaces

Advocacy



Culturally Centered Care

People seek therapy providers with whom they can connect and feel understood - finding them should not be overwhelming. We created a space where clients can receive mental health support from a team with similar and shared life experiences, particularly facing racism, discrimination, and inequities. Our team is culturally responsive and from diverse backgrounds, which allows us to address the complexities of our clients' lives in an honest and affirming way.



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Trauma-Informed Providers

Trauma can have lasting effects and, when untreated, be passed on to subsequent generations. Black and People of Color share traumatic experiences and histories unique to our underserved groups. The key to delivering trauma-informed care at Courageous Healing lies in recognizing the impact and symptoms of trauma, avoiding retraumatization, and coming alongside our clients as partners rather than authorities in their healing journeys.



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Accessibility

Upholding health equity is essential to us. Our role in contributing to our community being as healthy as possible is to provide therapy on a sliding fee scale for clients who are uninsured, underinsured, and who demonstrate financial need. We also offer clients the option of engaging in teletherapy or a combination of virtual and in-person sessions when transportation and childcare are barriers to receiving the care they need.



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Safe Spaces

Humans have an intrinsic need for safety wired into our minds and bodies. Understanding that layout and visual cues play a subconscious role in instilling a sense of safety in us, we designed the spaces at Courageous Healing to convey one message: You are safe, and you belong here. By feeling safe, our social engagement systems enable us to connect openly and share vulnerably, which makes for a better chance of healing.



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Advocacy

We speak up and fight against the factors contributing to racial disparities in mental health issues amongst Black and Brown people: Systemic racism, income inequities, barriers to quality care, implicit bias, shortage of professionals of color, and more. It starts with believing people's experiences and not making assumptions based on their identity. By making race, cultural identity, and cultural expression central to our messaging, services, and space design, we're committing to building a new model for lasting impact on our community.



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Thank you!



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