

Trauma

Talks

WESTSIDE



COMMUNITY
SERVICES

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CEO

TRAUMA

Experiences or situations that are emotionally painful and distressing, and that overwhelm an individual's capacity to cope

Trauma Theory

- 1970s Vietnam War Veterans
- 1980 DSM III
- 1990s ACE Study
- 2016 Paradigm Shift

The image shows the front cover of the Diagnostic and Statistical Manual of Mental Disorders, Third Edition (DSM-III). The cover is a light green color with a thin red border. The title is printed in a gold or yellow serif font. At the top, it reads "DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS" in all caps. Below that, in a smaller font, it says "(Third Edition)". In the center, "DSM-III" is printed in a larger, bold font. At the bottom right corner, there is a small logo for the American Psychiatric Association.

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

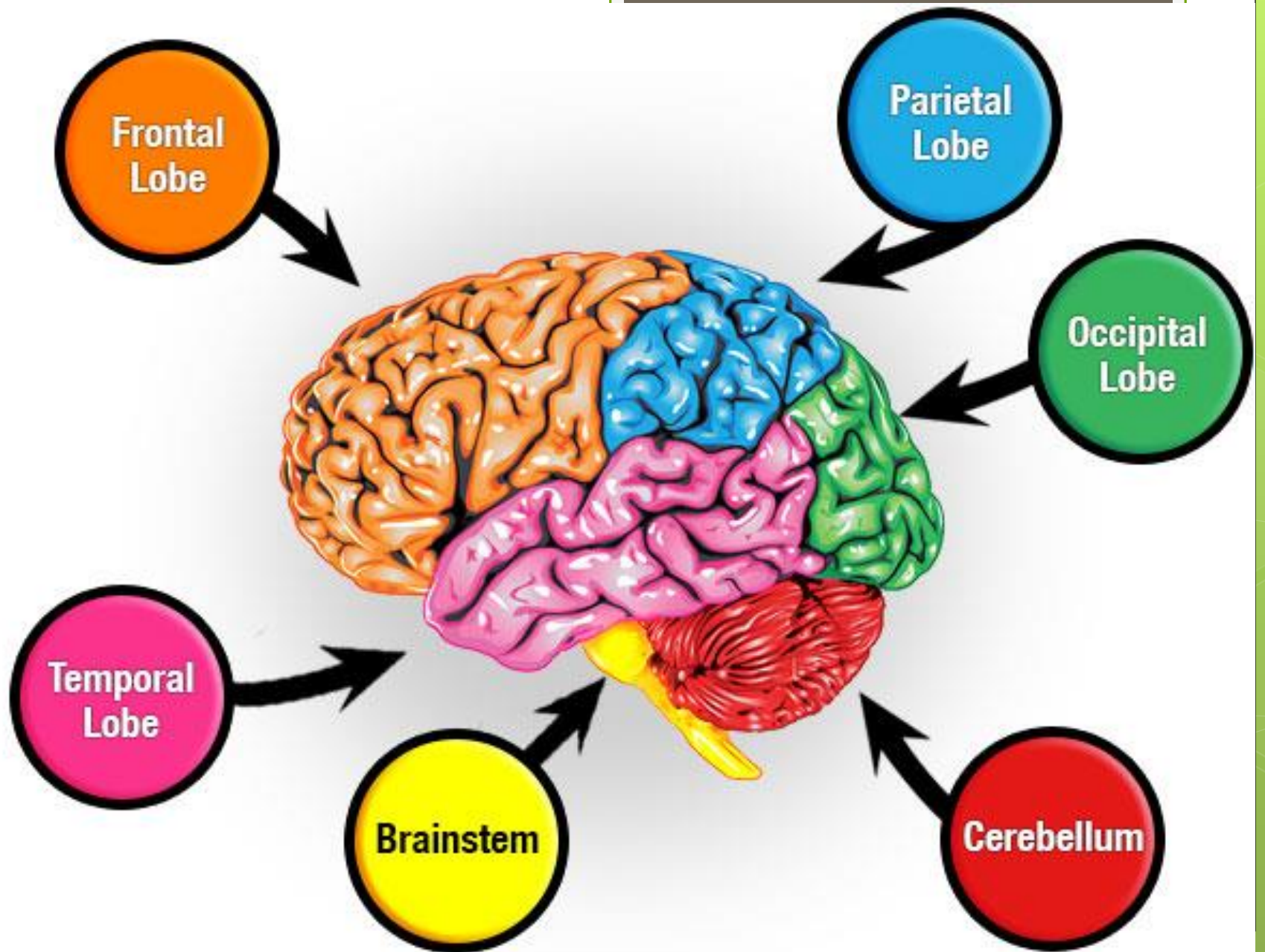
(Third Edition)

DSM-III

From an historical perspective, the significant change ushered in by the PTSD concept was the stipulation that the etiological agent was outside the individual (i.e., a traumatic event) rather than an inherent individual weakness

Trauma and the Child's Brain





FRONTAL CORTEX	PROBLEM SOLVING	MORE PLASTICITY
LIMBIC SYSTEM	MEMORY, EMOTIONS	
MIDBRAIN	SLEEP, APPETITE, AROUSAL	
BRAINSTEM	HR, BODY TEMP, BP	LESS PLASTICITY

BRAIN STRUCTURES

- The child's stress response is exaggerated and prolonged resulting in changes in the child's brain organs.
- Larger, more active Amygdala
- Smaller Hippocampus
- Smaller less active Frontal Lobes
- Smaller Corpus Callosum

FRONTAL LOBE FUNCTION

- **Impulse Control**
- **Organization**
- **Time Orientation**

CORPUS CALLOSUM

- **Not well Integrated**
- **Learning Problems**

AMYGDALA

- **Emotional
Dysregulation**
- **Difficulty with
Empathy**
- **Hyperarousal,
Anxiety**

**“OFTEN
IT ISN'T
THE INITIATING
TRAUMA
THAT CREATES
SEEMINGLY
INSURMOUNTABLE
PAIN, BUT
THE LACK
OF SUPPORT
AFTER.”**

The Fresh Quotes

You can spend a
lifetime trying to
forget a few minutes
of your childhood.





POSITIVE

Brief increases in heart rate,
mild elevations in stress hormone levels.

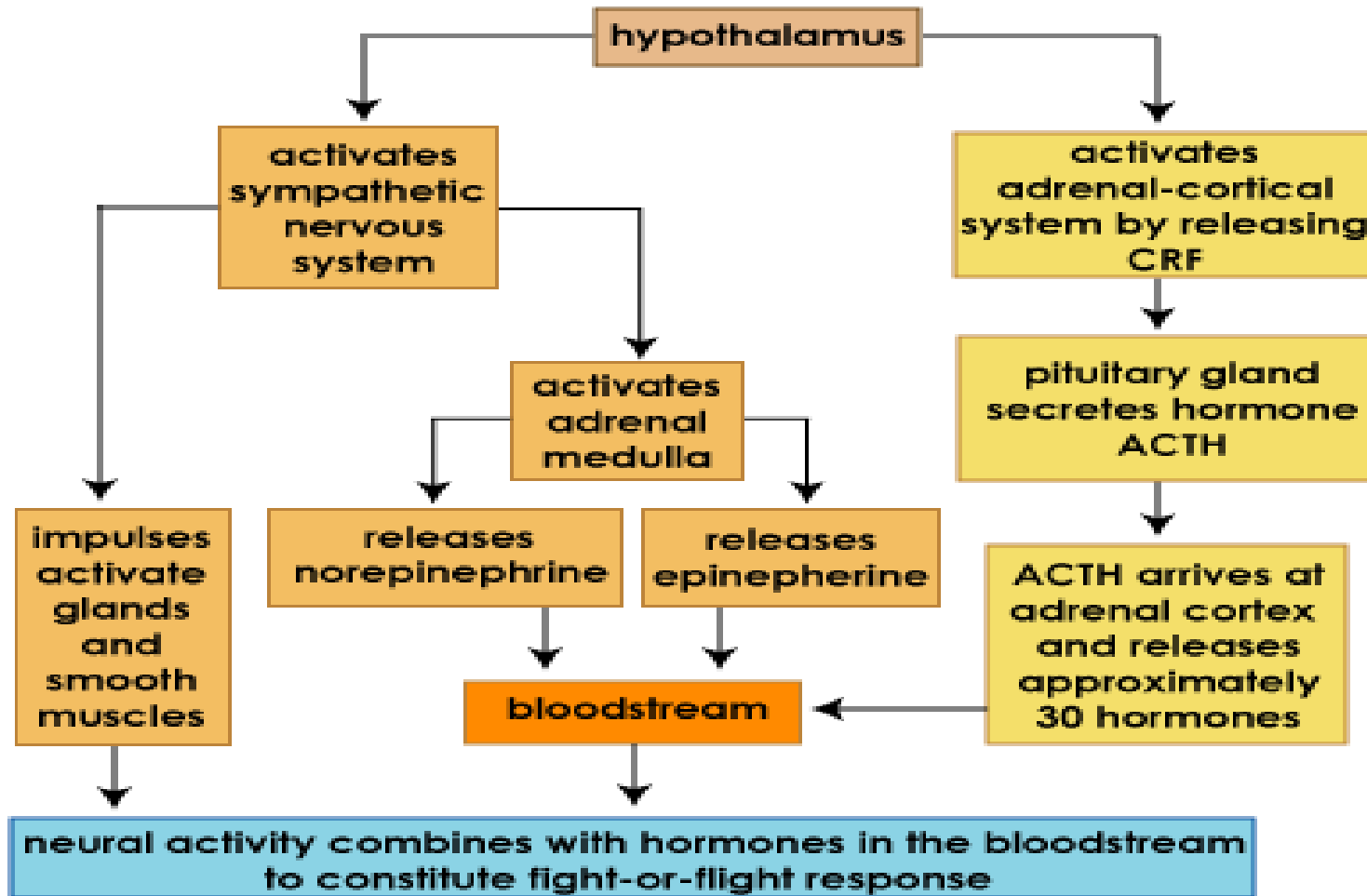
TOLERABLE

Serious, temporary stress responses,
buffered by supportive relationships.

TOXIC

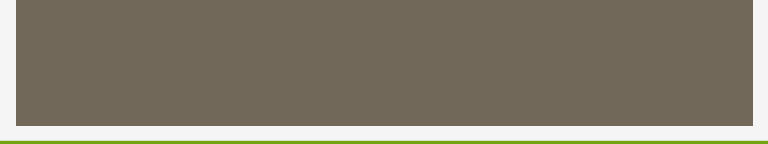
Prolonged activation of stress
response systems in the absence
of protective relationships.

Fight-or-flight Response



TOXIC STRESS

- According to the American Academy of Pediatrics, the term "toxic stress" describes the disruption in brain architecture and other developing organ systems that occur when a child is exposed to strong, frequent or prolonged adversity.
- Unlike ADHD, toxic stress involves many systems of the body and is characterized by a dramatic increase in stress-related disease and cognitive impairment.



Chronic stress leads to frequent triggering of the “fight or flight” chemical response, and that can be harmful to a child's development long-term.

Stressors

Perception of Threat

Coping Strategies

CORTISOL RESPONSE

(Cortisol is released into the blood stream)

Decreased Immune Function

Increased Ulcer Response to Bacteria H. Pylori

Increased Viral Infections and Bronchitis

Increased Absenteeism

Changes in Glucose Metabolism

Insulin Resistance
Pre-diabetes
Diabetes and Nerve damage
Truncal Obesity
Fatigue

Changes in Neurochemistry

Decreased Serotonin
Sleep
Mood
Anxiety
Depression

Decreased Dopamine
Pleasure
Motivation
Concentration
Increased risk of addiction

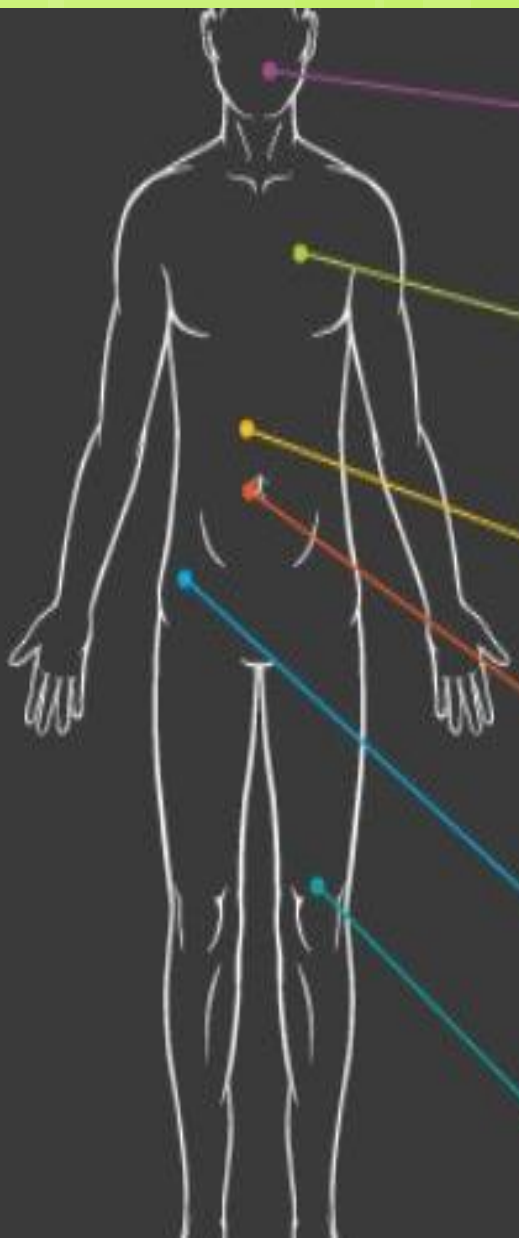
Changes in Cardiovascular Status

Increased Blood Pressure

Increased Arterial Plaque

Increased Belly Fat

Heart Attack and Stroke



CHANGES IN SKIN TEXTURE
LOSS OF SKIN TONE
LOSS OF MOISTURE
THINNER & MORE DELICATE SKIN



NARROWING OF ARTERIES
INCREASED BLOOD GLUCOSE



DECREASED NUTRIENT ABSORPTION
ALTERATIONS IN GUT MOTILITY
CHANGES IN MICROBIOME
LEAKY GUT



DECREASED IMMUNITY



HORMONAL IMBALANCES
INCREASED CORTISOL

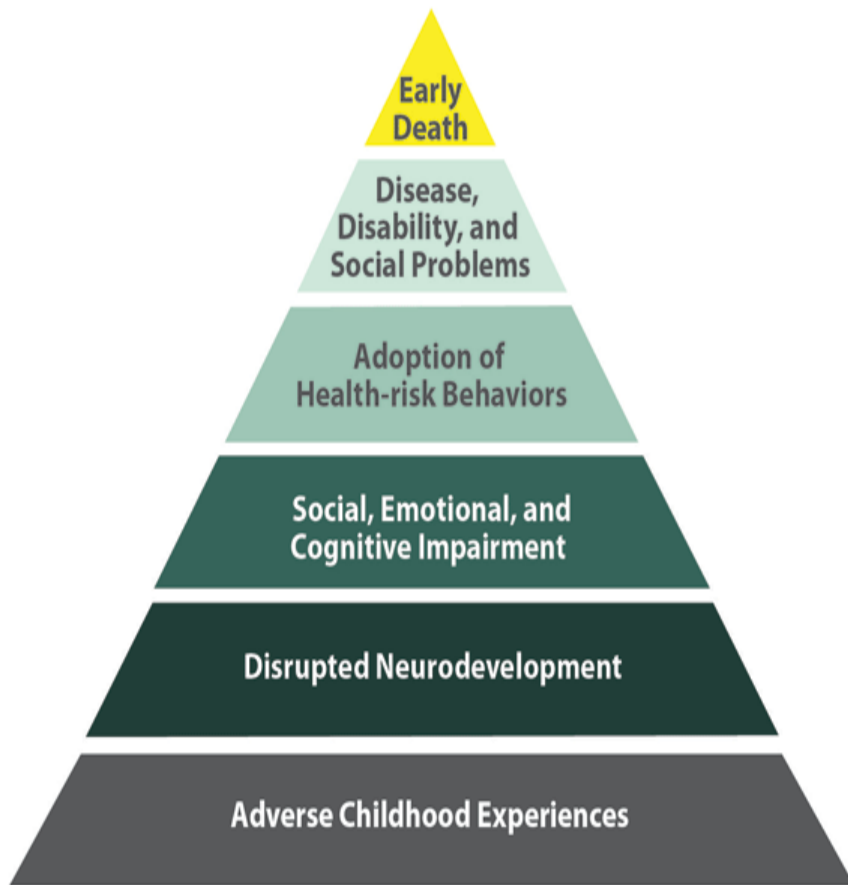
Adverse Childhood Experiences Study (ACE)

- ✧ The largest and most influential study of the relationship between childhood adversity and later life health and well being.
- ✧ The focus was to analyze the relationship between **childhood trauma** and the risk for **physical and mental illness in adulthood**.

ACEs: The 10 Areas of Trauma

1. Psychological Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical Neglect
6. Loss of a Parent (for any reason)
7. Mother Treated Violently
8. Substance Abuse
9. Mental Illness
10. Criminal Behavior in the Household

The questions are described on the ACE website
www.acestudy.com



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan


















WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones

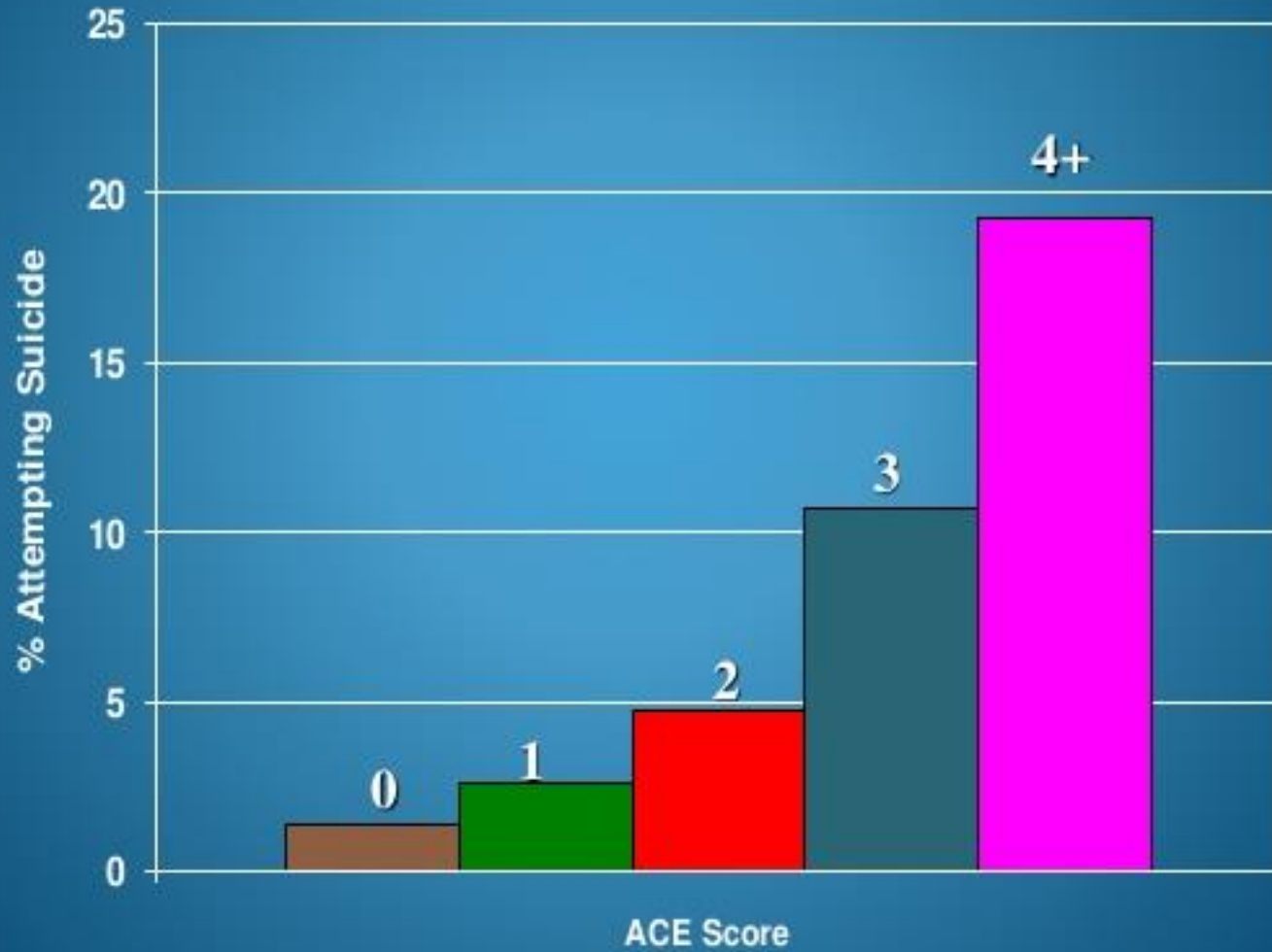
Childhood Experiences vs. Adult Alcoholism



Adverse Childhood Experiences vs. Smoking as an Adult



Suicide



PROBABILITY OF SAMPLE OUTCOMES GIVEN 100 AMERICAN ADULTS

33
Report No ACEs

WITH 0 ACEs

1 in 16 smokes

1 in 69 are alcoholic

1 in 480 uses IV drugs

1 in 14 has heart disease

1 in 96 attempts suicide

51
Report 1-3 ACES

WITH 3 ACEs

1 in 9 smokes

1 in 9 are alcoholic

1 in 43 uses IV drugs

1 in 7 has heart disease

1 in 10 attempts suicide

16
Report 4-8 ACES

WITH 7+ ACEs

1 in 6 smokes

1 in 6 are alcoholic

1 in 30 use IV drugs

1 in 6 has heart disease

1 in 5 attempts suicide

EPIGENETICS

- Our genes, and ultimately our developing brain architecture, are influenced powerfully by positive early experiences—and negative ones, too.
- Genes provide the hardware, but early experience is the software that drives the system.

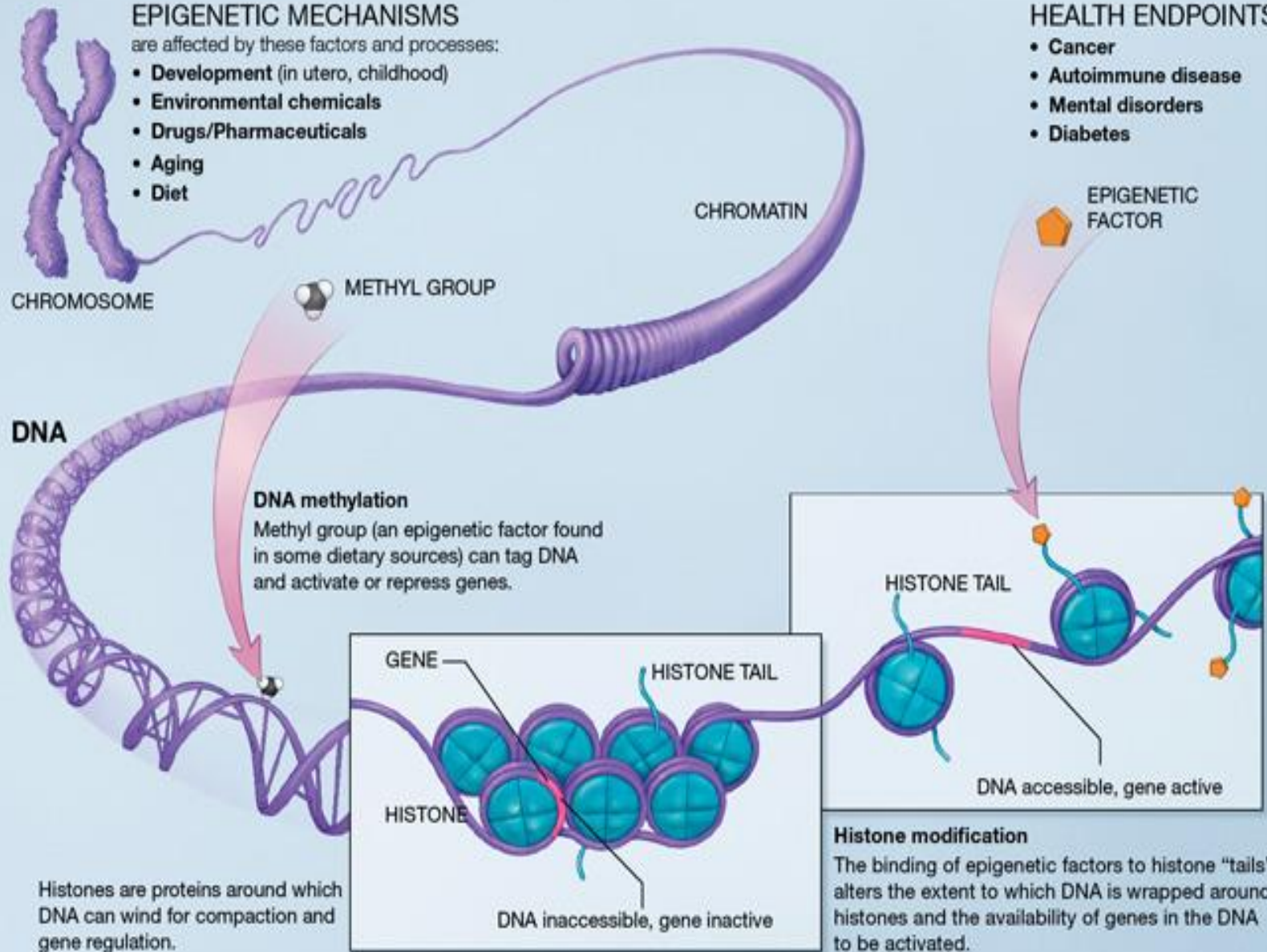
EPIGENETIC MECHANISMS

are affected by these factors and processes:

- **Development** (in utero, childhood)
- **Environmental chemicals**
- **Drugs/Pharmaceuticals**
- **Aging**
- **Diet**

HEALTH ENDPOINTS

- **Cancer**
- **Autoimmune disease**
- **Mental disorders**
- **Diabetes**



-- “*Childhood adversity shapes a stress system that has trouble flipping the ‘off’ switch.*” --



Our survival depends on
the healing power of love,
intimacy and relationships.
As individuals. As
communities. As a country.
As a culture. Perhaps even
as a species.

Dean Ornish



Trauma happens in relationships, so it can only be healed in relationships. Art can't provide healing. It can be cathartic and therapeutic but a relationship is a three-part journey.

Alanis Morissette