



NIM
CCS
New Mexico
Coalition for
Charter Schools

Self-Help Skills for Trauma, Once Removed

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Rising Up!
Taking Charters to New Heights

2017 Annual Conference









Childhood Trauma Facts ---

You Already Know in Your Hearts

- Breslau and colleagues' (2004) study of **urban youth in a large U.S. city** found that by the **age of 23 years**, the lifetime occurrence of exposure to any **trauma was 82.5%**, with males (87.2%) more likely to be exposed than females (78.4%).
- The National Survey of Adolescents (NSA; Kilpatrick & Saunders, 1997), a telephone survey of a nationally representative sample of **4,023 American youth aged 12 to 17**, estimated that 17.4% had experienced a serious physical assault and 8.1% a sexual assault; 39.4% had witnessed one or more incidents of serious interpersonal violence. **[65%]**

(from The National Child Traumatic Stress Network)





Pity:
I acknowledge
your suffering.

Sympathy:
I care about
your suffering.

Empathy:
I feel your
suffering.

Compassion:
I want to relieve
your suffering.



Infographic by Robert Shelton, psychologist in a Californian high school

Secondary Traumatic Stress (STS)

- Is the emotional duress that can result when an individual witnesses and/or hears about the firsthand trauma experiences of another.
 - Its symptoms mimic those of post-traumatic stress disorder (PTSD), if allowed to develop.
 - It sometimes becomes compassion fatigue, a less clinical way to describe the same behavioral symptoms. Sometimes compassion fatigue has less severe symptoms than STS; it is marked by exhaustion and numbness. Neither is burn-out, which can have organizational inducing factors.

(Adapted from The National Child Traumatic Stress Network)



Vicarious Traumatic Stress (VT)

- Is a transformation in the self of a helper that results from (overly) empathic engagement with traumatized individuals and their reports of the trauma(s). It is marked by dispiritedness, a lack of meaning and hope.
 - Its symptoms mimic those of post-traumatic stress disorder (PTSD), if allowed to develop.
 - It is marked by lack of professional boundaries and/or personal equanimity in the face of human suffering, and overuse of empathy (connecting to where others are at) vs. compassion (a « quiver of the heart » re: someone else's experience while maintaining one's center)

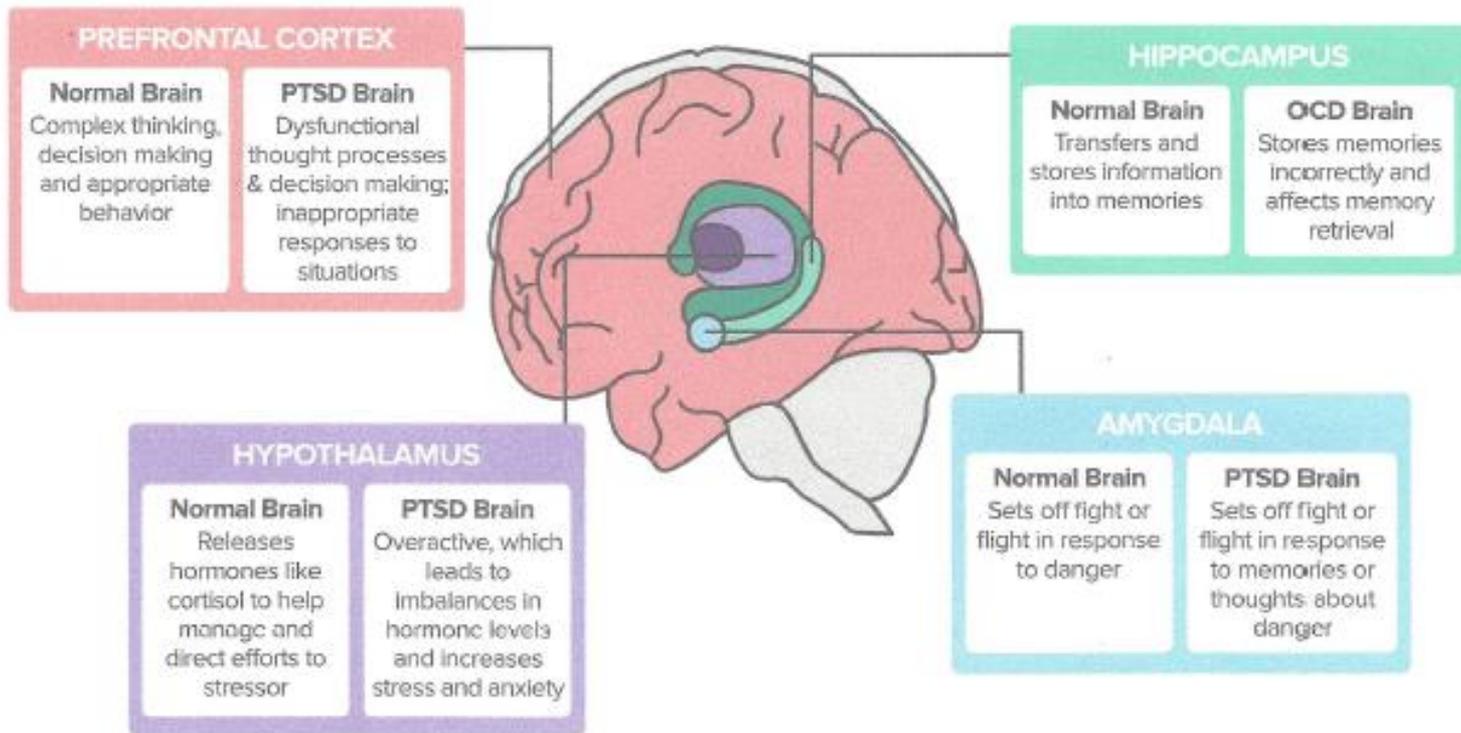
Retriggered Personal Traumatic Stress (PTSD)

- Is the reignition of the brain's response to your own personal PTSD, through the exposure to events that remind you of your trauma, or another person's trauma that reminds you of your own.
 - Its symptoms mimic those of post-traumatic stress disorder (PTSD), if allowed to develop.
 - It is usually the result of an overly empathic engagement colliding with the lack of full healing of one's own PTSD.
 - Personal, professional and evidence-based trauma healing is the best intervention, accompanied by self-containment techniques like stress management (exercise, breathing, etc.), safe place meditation and EFT tapping.
 - Trauma is rarely healed by time, solely spiritual means, talk therapy or normal stress management, because of the effects of trauma on the brain's plasticity.

PTSD(D) Messes with the Brain!

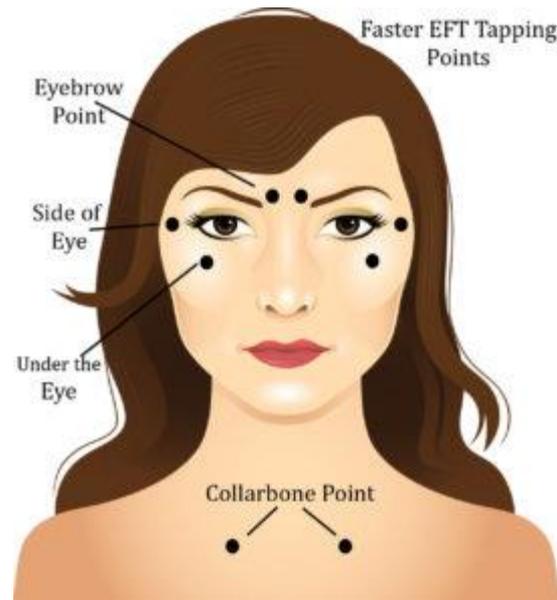
From Khanacademy.org on PTSD

NORMAL INFORMATION PROCESSING AND PTSD MALFUNCTIONS IN THE BRAIN



EFT (Emotional Freedom Technique)

- EFT combines elements of conventional psychotherapy with acupressure and is often used as a self-help treatment.



EFT Found to be Highly Effective in Treating PTSD, Anxiety and Depression

[Explore](#) (Sebastian & Nelms, 2016)

- Seven randomized controlled trials of EFT in a meta-analysis
- On the scale used by most statisticians, a result of 0.5 represents a moderately effective treatment while 0.8 represents a very effective treatment.
- The treatment effect score for EFT was 2.96 on a wide variety of participants. These ranged from patients receiving EFT at a hospital in the UK's National Health System (NHS) to group therapy for [victims of sexual violence in the Congo](#). Four of the trials studied US veterans with high levels of PTSD.
- Time frames for effectively treating PTSD ranged from 4 sessions for the NHS patients to 10 sessions
- The investigators concluded that, ***“EFT is a safe and efficacious treatment within 10 or fewer sessions and with a variety of populations, yielding both large effect sizes and lasting benefits... EFT’s demonstrated speed, safety, and effectiveness with a variety of populations establish it as an evidence-based treatment for PTSD.”***

Safe Place Meditation

- Is a form of guided meditation designed to engage a personal resource of an actual place in one's history or present (not imaginary or in future) where the person has felt safe, secure, peaceful, tranquil, calm, serene, like things are going to be okay, etc.
 - This elicits feelings of well-being that release positive neurochemicals and calm the nervous system, including flight or fight limbic urges.



Meditation isn't esoteric, it's universal!
And it's very portable.



Contact Information

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