



**Federation**  
of Organizations

*Helping People to Help Themselves*

FEDERATION OF ORGANIZATIONS  
PEER ADVOCACY PROGRAM  
PRESENTS:

***Transforming Trauma Into Triumph***

***Presentors:***

***Dawn Batson***

***Sadine Richardson***

***Vincent Mancini***

# Overview



This presentation will be an overview defining trauma, sources, signs and symptoms, treatment options with alternatives and strategies for wellness.

# Defining Trauma



- **Extreme stress brought on by shocking or unexpected circumstances or events that overwhelm a person's ability to cope.**
- **Results in feelings of helplessness and extreme fear and horror.**
- **Threats are perceived as psychological and/or bodily violation, threat of death, or serious injury to self or a loved one.**
- **The event may be witnessed or experienced directly.**

# Sources of Trauma



- Childhood abuse (sexual, physical, or emotional), neglect and abandonment
- Rape, sexual assault, trafficking
- Domestic violence and experiencing/witnessing other violent crime
- Catastrophic injury or illness, death, loss, grief
- Institutional abuse and neglect
- Abuse using religion
- War/terrorism/combat

# Sources of Trauma Cont...



- Community and school violence, bullying
- Cultural dislocation or sudden loss
- Chronic stressors like racism, poverty
- Natural disasters
- Invasive medical procedures
- Any misuse of power by one person over another

# Trauma is more common than you think...



- **90% of people with psychiatric diagnoses are trauma survivors.**
- **70% of adults in the US have experienced some type of traumatic event at least once in their lives. That equals 223.4 million people!**
- **20% of individuals who experience a traumatic event may develop PTSD (Post Traumatic Stress Disorder).**

# Trauma is more common than you think...



- **3.5% of the US population have been affected by PTSD ( Post Traumatic Stress Disorder), which is about 7.7 million Americans.**
- **About 37% of those cases are classified as severe.**
- **Women are more than twice as likely to develop PTSD than of men.**



# Emotional and Psychological Symptoms of Trauma



- Shock, denial, or disbelief
- Anger, irritability, mood swings
- Guilt, shame, self-blame
- Feeling sad or hopeless
- Confusion, difficulty concentrating
- Anxiety and fear
- Withdrawing from others
- Feeling disconnected or numb

Following a traumatic event or repeat trauma, people react in different ways, experiencing a wide range of physical & emotional reactions. There is no “right” or “wrong” way to think, feel, or respond to trauma, so don’t judge your own reactions or those of other people. Your responses are **NORMAL** reactions to **ABNORMAL** events!

# Physical Symptoms of Trauma

- Insomnia or nightmares
- Being startled easily
- Racing heartbeat
- Aches and pains
- Fatigue
- Difficulty concentrating
- Edginess and agitation
- Muscle tension
- Repeatedly missed or cancelled appointments
- Poor adherence to medical recommendations

These symptoms and feelings typically last from a few days to a few months, gradually fading as you process the trauma. But even when you're feeling better, you may be troubled from time to time by painful memories or emotions-especially in response to triggers such as an anniversary of the event or an image, sound or situation that reminds you of the traumatic experience.

# *Traditional Treatments of Trauma*



- Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Individual Counseling
- Exposure Therapy
- Group Therapy
- Tapas Acupressure Technique

# Alternative Treatments



- Hypnotherapy
- Massage Therapy
- Pet or Equine Therapy
- Trauma and Recovery Peer Support Groups
- Wellness Recovery Action Planning (WRAP)
- Yoga and Meditation
- Emotional Freedom Technique

**2~National Council for community Behavioral Healthcare**

# What Helps in Recovery

- Attending peer run self help groups.
- Becoming an informed survivor.
- Having a network of social supports, including professionals, friends, and family.
- Maintaining a healthy diet and exercise program.
- Utilizing a WRAP plan and practicing positive affirmations.

# Trauma-Informed Care

- Needs are identified by the survivor.
- Safety is defined by each survivor.
- Survivors choose the help they want.
- Relationships are based on autonomy and connection.
- Help is collaborative and responsive.

# “Our Journey To Triumph”



“That which does  
not destroy,  
**strengthens.”**

*Friedrich Nietzsche*



# Footnotes



- 1~SAMSHA/HRSA Center for Integrated Health Solutions
- 2~National Council for Community Behavioral Healthcare
- 3~NAMI.org/Post Traumatic Stress Disorders
- 4~US Department of Veterans Affairs
- 5~ Help Guide.Org /A trusted nonprofit guide to mental health and wellness
- 6~Mental Health Association

Federation of Organizations

456 Waverly Ave

Patchogue, NY 11772

(631)447-6460