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The Mindful and Trauma-Informed Lens

Exploring Trauma-Sensitive Care and the Healing Potential of Mindfulness



Ruth Colón-Wagner, LMSW

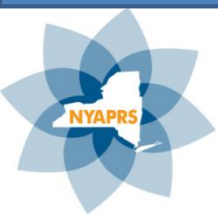
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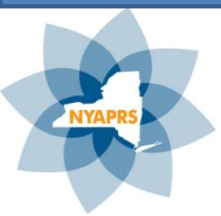




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Let's Take a Moment...





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Systems Transformation



Who We Are

NYAPRS Collective is a team that:

- *Provides face-to-face, on-site training and technical assistance to OMH licensed and funded programs*
- *Assists in the implementation of recovery-oriented evidence based practices*
- *Creating a learning environment that challenges mind set, strengthens skills and builds a foundation for recovery*



Learning Objectives

- ✓ Identify the impact of trauma on health and key features of trauma-informed care
- ✓ Describe mindfulness and its potential for healing and wellness
- ✓ Recognize ways to apply mindfulness practice into personal life and professional practice, as well as identify approaches for transforming program culture



What is Trauma?

**EXTREME STRESS THAT
OVERWHELMS SOMEONE'S
ABILITY TO COPE.**

(ESTHER GILLER, PRESIDENT, SIDRAN INSTITUTE)





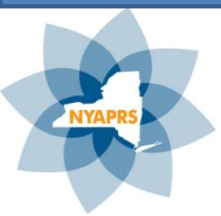
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Psychological trauma is the unique individual experience of an event or enduring condition, in which the individual's ability to make sense of his/her feelings is overwhelmed, or the individual experiences a threat to life, body, or sanity.

(Pearlman & Saakvitne, 1995, paraphrased)





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- *Trauma occurs as a result of violence, abuse, neglect, loss, disaster, war and other emotionally harmful experiences.*
- *Trauma has no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, geography or sexual orientation.*
- *It is an almost universal experience of people with mental and substance use disorders.*



SAMHSA 2014

Prevalence of Trauma

What is The Adverse Childhood Experiences (ACE) Study?



The ACE Study is ongoing collaborative research between the Centers for Disease Control and Prevention in Atlanta, GA, and Kaiser Permanente in San Diego, CA.

Over 17,000 Kaiser patients participating in routine health screening volunteered to participate in The Study. Data resulting from their participation continues to be analyzed; it reveals staggering proof of the health, social, and economic risks that result from childhood trauma.

Participants in ACE – people with private insurance.

ACE Findings

- *Childhood abuse, neglect, and exposure to other traumatic stressors are common.*
- *Almost two-thirds of our study participants reported at least one ACE, and more than one of five reported three or more ACE.*
- *The short- and long-term outcomes of these childhood exposures include a multitude of health and social problems.*



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Adverse Childhood Experiences (ACE) Study

Leading Causes of Poor Quality of Life, Illness and Death

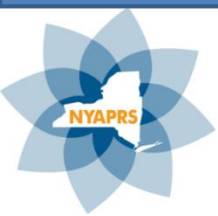
Realizing these connections is likely to improve efforts towards prevention and recovery.



(Robert F. Anda, MD, MS, with the CDC; and Vincent J. Felitti, MD, with Kaiser Permanente)

Reported Prevalence of Trauma in Behavioral Health

- Majority of adults and children in inpatient psychiatric and substance use disorder treatment settings have trauma histories
(Lipschitz et al, 1999; Suarez, 2008; Gillece, 2010)
- 43% to 80% of individuals in psychiatric hospitals have experienced physical or sexual abuse
- 51%-90% public mental health clients exposed to trauma
(Goodman et al, 1997; Mueser et al, 2004)
- 2/3 adults in SUD treatment report child abuse and neglect
(SAMHSA, CSAT, 2000)
- Survey of adolescents in SU treatment > 70% had history of trauma exposure (Suarez, 2008)



Some Common Reactions to Trauma

Mary S. Gilbert, Ph.D.

Physical Reactions	Mental Reactions	Emotional Reactions	Behavioral Reactions
<p>Nervous energy, jitter, muscle tension</p> <p>Upset stomach</p> <p>Rapid Heart Rate</p> <p>Dizziness</p> <p>Lack of energy, fatigue</p> <p>Teeth grinding</p>	<p>Changes in the way you think about yourself</p> <p>Changes in way you think about the world</p> <p>Changes in the way you think about other people</p> <p>Heightened awareness of your surrounding (hypervigilance)</p> <p>Lessened awareness, disconnection from yourself (dissociation)</p> <p>Difficulty concentrating</p> <p>Poor attention or memory problems</p> <p>Difficulty making decision</p> <p>Intrusive images</p>	<p>Fear, inability to feel safe</p> <p>Sadness, grief, depression</p> <p>Guilt</p> <p>Anger, irritability</p> <p>Numbness, lack of feelings</p> <p>Inability to enjoy anything</p> <p>Loss of trust</p> <p>Loss of self-esteem</p> <p>Feeling helpless</p> <p>Emotional distance from others</p> <p>Intense or extreme feelings</p> <p>Feeling chronically empty</p> <p>Blunted, then extreme feelings</p>	<p>Becoming withdrawn or isolated from others</p> <p>Easily startled</p> <p>Avoiding places or situation</p> <p>Becoming confrontational and aggressive</p> <p>Change in eating habits</p> <p>Loss or gain in weight</p> <p>Restlessness</p> <p>Increase or decrease in sexual activity</p> <p>Self-injury</p> <p>Learned helplessness</p> <p>Addictive behaviors</p>



What is Trauma Informed Care?

An organizational structure and treatment framework that involves **realizing, recognizing, and responding** to the effects of all types of trauma.

Emphasizes **physical, psychological and emotional safety** for both consumers and providers, and helps survivors rebuild a **sense of control and empowerment**.



Trauma Informed Care

Not making assumptions about character traits

Not being judgmental or negative

***Behaviors can come from a place of
protecting oneself.***





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“What is wrong with you?”



“What happened to you?”





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Establish Agency Culture

- ***Provide a safe place for people to share who they are***
(Their World View, Faith, Humanity)
- *Educate people how trauma impacts who we are... months and even years down the road*
- ***Set no expectation for people to divulge*** – *expose themselves to possible judgments*
- *Be comfortable with trauma and with providing services to people with a trauma history*
- *Help people to practice resiliency skills*
- *Be genuine and thoughtful in all interactions*



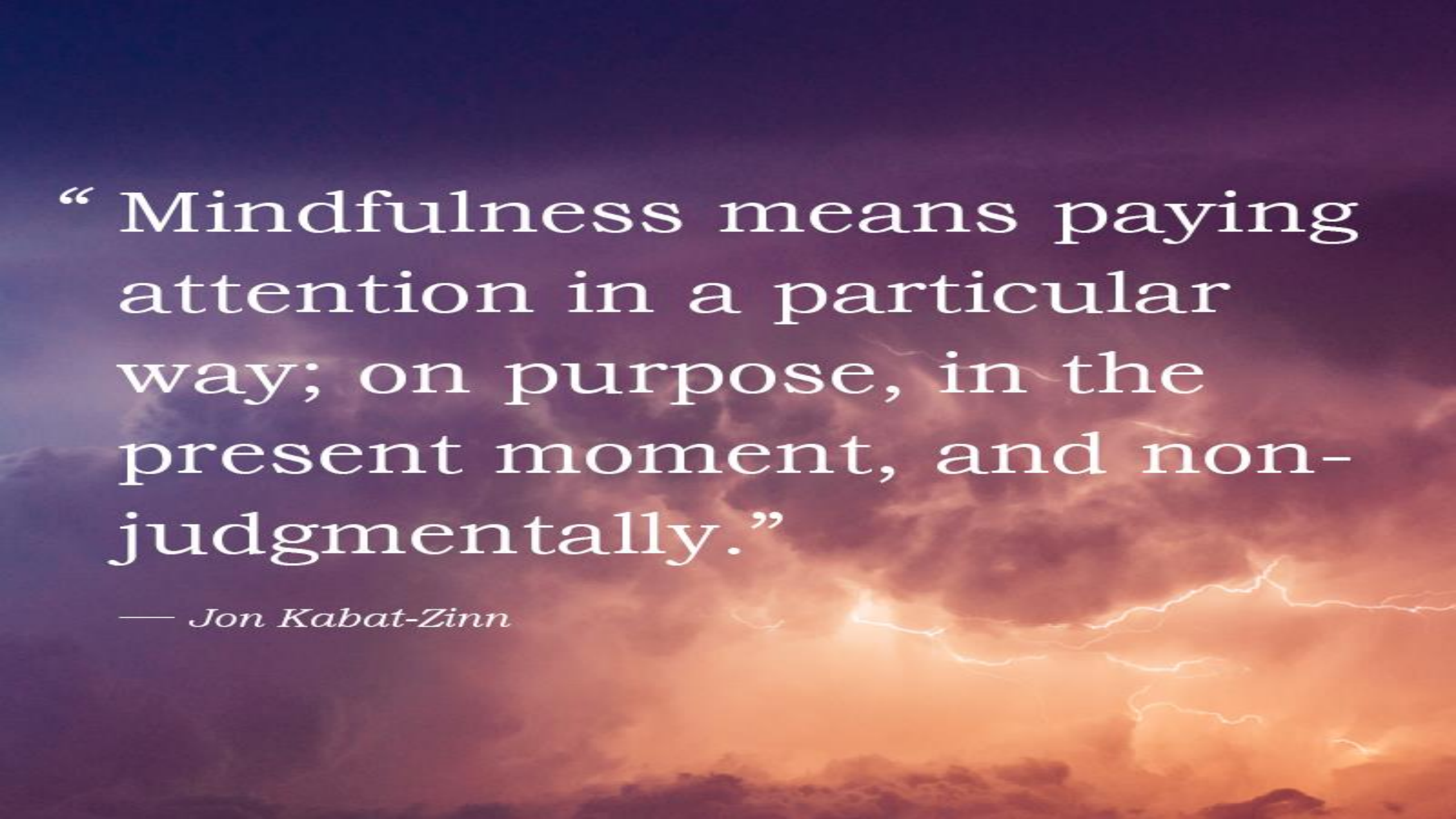


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Healing through Mindfulness





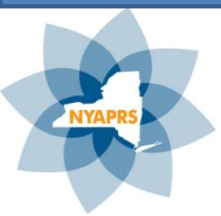
“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”

— *Jon Kabat-Zinn*

Mindfulness: Past to Present

- *Roots in Eastern religious and spiritual traditions*
- *Universal applicability- can be practiced in secular way*
- *Offers extensive benefits for variety of populations*



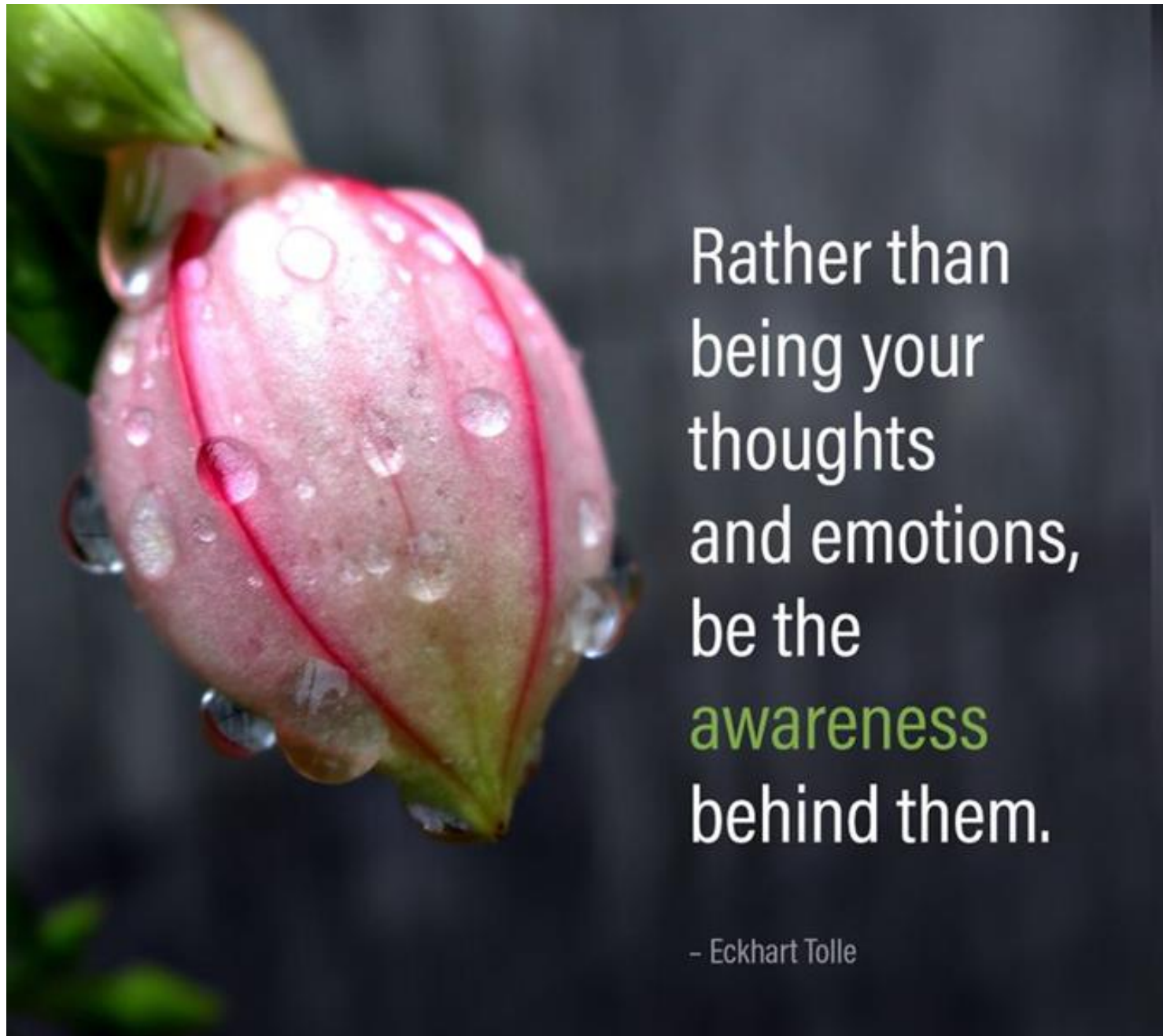


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Cultivating Awareness

**“Becoming the
Observer”
-Eckhart Tolle**



Rather than
being your
thoughts
and emotions,
be the
awareness
behind them.

- Eckhart Tolle



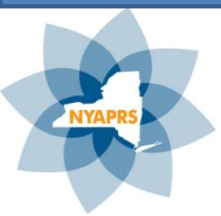


BE
HERE
NOW

Practicing Presence

Stress is caused by
being 'here' but wanting
to be 'there'.

-Eckhart Tolle



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Foundational Attitudes

- ♥ *Ahimsa (non-harm)*
- ♥ *Non-Judgment*
- ♥ *Patience*
- ♥ *A Beginner's Mind*
- ♥ *Trust*
- ♥ *Non-Striving*
- ♥ *Acceptance*
- ♥ *Letting Go*
- ♥ *Self-Compassion*

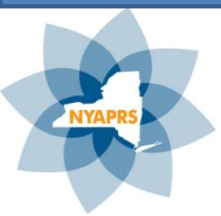


Jon Kabat-Zinn, Mindfulness Based Stress Reduction



**Mindfulness is so powerful
that the fact that it comes
out of Buddhism is irrelevant.**

Jon Kabat-Zinn



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Empirically Supported Benefits of Mindfulness

- ✓ *Reduced rumination*
- ✓ *Stress reduction*
- ✓ *Boosts to working memory*
- ✓ *Focus*
- ✓ *Less emotional reactivity*
- ✓ *More cognitive flexibility*
- ✓ *Relationship satisfaction*
- ✓ *Self-insight*
- ✓ *Brain structure*
- ✓ *Body awareness*
- ✓ *Cardiovascular Health*
- ✓ *Immune Functioning*
- ✓ *Reduced Inflammation*



Amended from: American Psychological Association, 2012



Benefits for Practitioners: Outcomes

Research has identified these benefits for psychotherapists who practice mindfulness meditation:

♥ **Empathy**

(Shapiro, Schwartz, & Bonner, 1998; Aiken, 2006; Wang, 2007)

♥ **Compassion**

(Shapiro, Astin, Bishop, & Cordova, 2005; Shapiro, Brown, & Biegel, 2007; Kingsbury, 2009)

♥ **Counseling Skills**

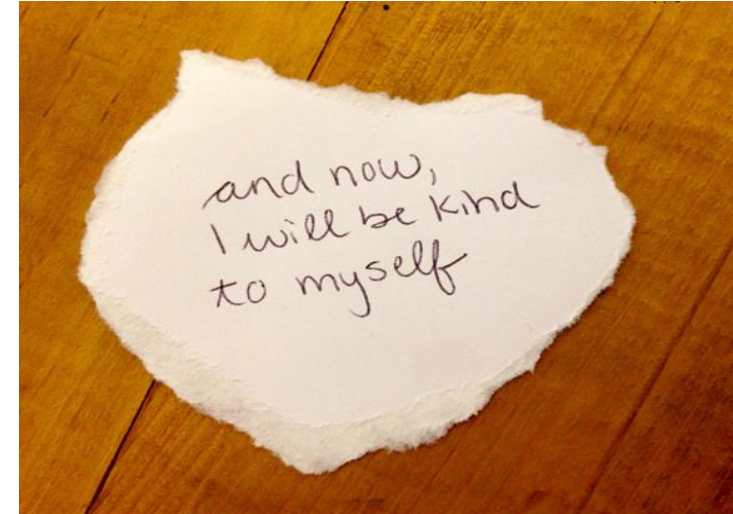
(Newsome, Christopher, Dahlen, & Christopher, 2006; Schure, Christopher, & Christopher, 2008; Birnbaum, 2008; Rybak & Russell-Chapin, 1998)

♥ **Decreased Stress and Anxiety**

(Shapiro et al., 1998; Shapiro et al., 2007; Rosenzweig, Reibel, Greeson, Brainard, & Hojat, 2003)

♥ **Better Quality of Life**

(Bruce, Young, Turner, Vander Wal, & Linden, 2002; Cohen & Miller, 2009; Tang et al., 2007; Waelde et al., 2008)





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Trauma and Mindfulness

- ♥ *“Mindfulness-based approaches have been shown to be useful for problems commonly seen in trauma survivors such as anxiety and hyperarousal. It has potential to be of benefit to individuals with PTSD, either as a tertiary or a stand-alone treatment”*

-US Dept. of Veterans Affairs, 2016

- ♥ *“Trauma victims cannot recover until they become familiar with and befriend the sensations in their bodies. Being frightened means that you live in a body that is always on guard”*

-Van der Kolk, 2014

- ♥ *“Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going inside ourselves”*

-Van der Kolk, 2014





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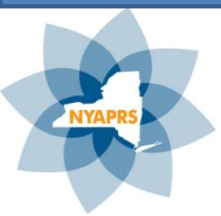
Trauma and Mindfulness: The Challenges

- Focused attention on internal experience can lead to: overwhelm/distress/flashbacks
- Potential to lead to disorientation, depersonalization, shame

A Trauma-Sensitive Approach to Mindfulness:

- Minimize potential dangers and leverage potential benefits
- Utilize adaptations: person-centered practice is critical
- Maximize options for practice through exploration





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How do I introduce this to the people I serve?

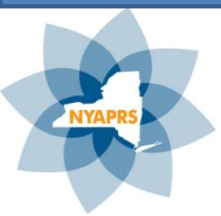
- ♥ *Skepticism is natural and healthy, but can limit openness*
- ♥ *Shift misunderstanding and resistance into curiosity*
- ♥ *Use secular language, creating safety and inclusivity*
- ♥ *Discuss science demonstrating benefits on health/ wellbeing*
- ♥ *Introduce in terms of potential and offer in voluntary or exploratory way*
- ♥ *Emphasize adaptability, person-centered practice*



“One conscious breath
in and out is meditation”
-Eckhart Tolle



Practice



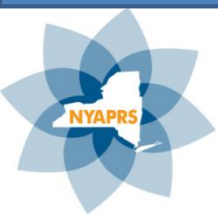
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Mindfulness Practices

- ♥ *The Breath*
- ♥ *Body Scan*
- ♥ *Object Meditation*
- ♥ *Guided Imagery*
- ♥ *Mindful Eating*
- ♥ *Walking Meditation*
- ♥ *Mindful Stretching*
- ♥ *Affirmation/Mantra*





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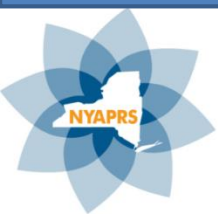
Let's Practice



Guiding the way

- *If staying in the moment isn't safe or working for you*
- *Guided Imagery*
 - **Involving all the senses*

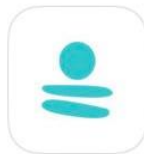
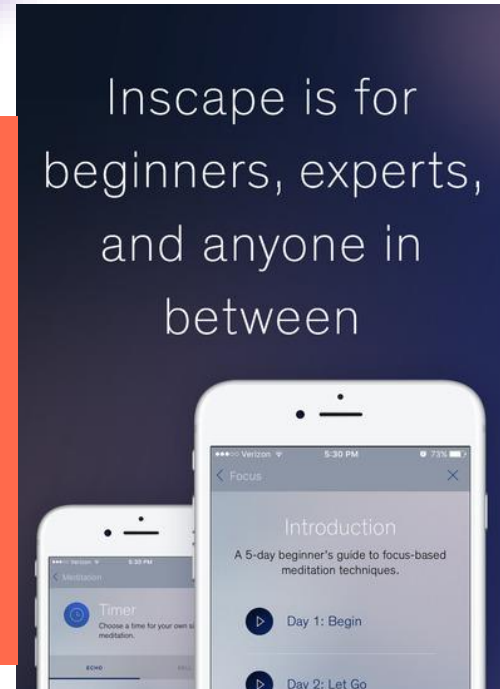




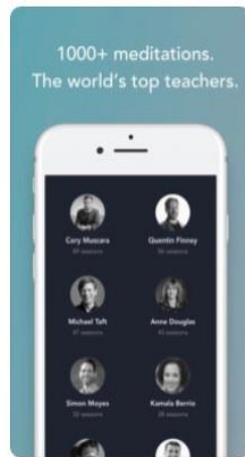
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Meditation Apps



Simple Habit - Medit...
Guided Mindfulness
★★★★★ 226



HEADSPACE®
TREAT YOUR HEAD RIGHT



Resource Toolkit

- ✓ *Mindfulness Attention Awareness Scale (MAAS)*
- ✓ *4-7-8 Breath Relaxation Exercise*
- ✓ *6 Simple Practices from the Masters*
- ✓ *Guided Imagery – Sea Shore*
- ✓ *Progressive Muscle Relaxation*
- ✓ *“Metta” or Loving Kindness Meditation Exercise*





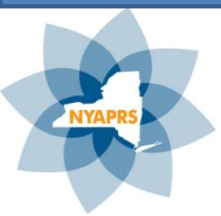
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Transforming into a Mindful Organization

- *Cultural Shift*
- *Strengthen Community*
- *Greater connections between all parties involved*
- *Foster empathy, compassion, and understanding*
- *Creates environment more conducive for safety and healing*
- *Shared experience of being human*
- *Regular group practice/rituals*





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Resources

ACE

<http://www.acestudy.org/home>

<http://www.cdc.gov/violenceprevention/acestudy/index.html>

Esther Giller, President, Sidran Institute
(Harris & Fallot 2001)

SAMHSA's Trauma and Justice Strategic Initiative. July 2014

<http://www.traumainformedcareproject.org/resources/SAMHSA%20TIC.pdf>

National Institute for the Clinical Application of Behavioral Medicine (nicabm)

Institute for Healthcare Improvement

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<https://www.urmc.rochester.edu/family-medicine/mindful-practice/our-approach/outcomes.aspx>.

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U.S. Department of Veterans Affairs. Potential of Mindfulness in Treating Trauma Reactions. <https://www.ptsd.va.gov/professional/treatment/overview/mindful-PTSD.asp>



- * *Did you sign the attendance sheet?*
- * *Did you complete an evaluation?*



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THANK YOU!