“Any event that places overwhelming demands on the body’s physiological systems resulting in a profound sense of helplessness and loss of control.”—RD Macy

Types of Trauma

Acute • A single traumatic event

Complex • Multiple traumatic events often related to the caregiving system

How do these events IMPACT the child’s current & future development?
Future Impact

Complex Trauma Increases the Risk of...

- Adult domestic violence
- Depression
- Early Onset Sexuality and Sexual Promiscuity
- Teen Pregnancy and Paternity
- Suicidality
- AOD Use and Addiction
- Adult Sexual Assault
- General Health Problems
- Cigarette Use
- Obesity

Felitti et al., 1998

Current Impact: How does Trauma Affect Children?

- Tantrums
- Withdrawn/Fearful
- Inability to get along with others
- Separation Anxiety
- School Phobia
- Eating Problems
- Stomachaches/Headaches
- Spacing Out

The Human Brain

Trunk: Physical State

- **Fight**: hitting, kicking, yelling, lying
- **Flight**: running away; giving up
- **Freeze**: becoming numb, checking out, dissociation

Brain as a Car

Back Seat: Emotional State

- Emotional Center
- Memories related to fear and anxiety
- Amygdala
What happens to the thinking state of the brain when repeated trauma is part of a child’s everyday experience?

When someone experiences a trauma, the brain creates short cuts called triggers. A trigger is anything that reminds a person of a prior negative event.
Once the trigger is established, it becomes automatic and works when there is real OR perceived danger.

Triggers are often outside of conscious awareness.

### Key Triggers For children
- Lack of power or control
- Feeling threatened or attacked
- Feeling vulnerable or afraid
- Change or Transition
- Feeling Shame

### Traumatic Beliefs
- I am not safe.
- People want to hurt me.
- The world is dangerous.
- If I am in danger, no one will help.
- I am not good enough/smart enough/worthy enough for people to care about me.
- It will never get better, etc.

### Ask the Questions...

Consider these questions for yourself and for your team.

- What did the child learn about relationships?
- What did the child learn about him/herself?
- What did the child have to do to survive?

### Food for Thought
Notice when you are in the back seat or trunk of your brain.

How did you move to the driver’s seat?

Identify one situation that triggers a ‘back seat’ or ‘trunk’ reaction in your classroom or with your work team.

### Attachment, Self-Regulation, & Competency
**A Comprehensive Framework for Intervention with Complexly Traumatized Youth**

Margaret Blaustein, Ph.D.
Kristine Kinniburgh, LICSW

www.traumacenter.org
Children with histories of trauma often struggle with......

Attachment, Self-Regulation, & Competency

Kinniburgh and Blaustein, 2005

Trauma Smart

Crittenton Staff provides:

Staff Training
20 hours of training for all staff in year one
20 hours of training for new staff in subsequent years
Refresher training for all staff in subsequent years

Coaching
Coaching support for all agency staff as they implement concepts from the training in their classroom or work

Parent Education
Educational meetings specifically designed to assist parents in implementing Trauma Smart® concepts with their children at home

Therapy for Children
On-site assessment and therapy services for identified children and psycho-education for their parents provided by licensed clinician

For more information:

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Crittenton Children’s Center

www.traumasmart.org