

PARENT
CONNECT



ANNOUNCEMENTS AND UPCOMING EVENTS:

- IF YOU ARE INTERESTED IN THE FAR FROM HOME FAMILY DEVOTIONAL SEE ME!
- REVERSE ADVENT COMMUNITY SERVICE PROJECT
- FAMILY WORSHIP NIGHT - JANUARY 19!
- MAMA BEAR APOLOGETICS STARTS JANUARY 19!
 - READING SCHEDULE IS AVAILABLE
 - VIDEO WILL BE COMING SOON!

MAMA BEAR READING SCHEDULE:

JANUARY 19 - CHAPTERS 1 AND 2

FEBRUARY 23 - CHAPTERS 3-5

MARCH 30 - CHAPTERS 6-8

APRIL 20 - CHAPTERS 9-11

MAY 15 - CHAPTERS 12-15

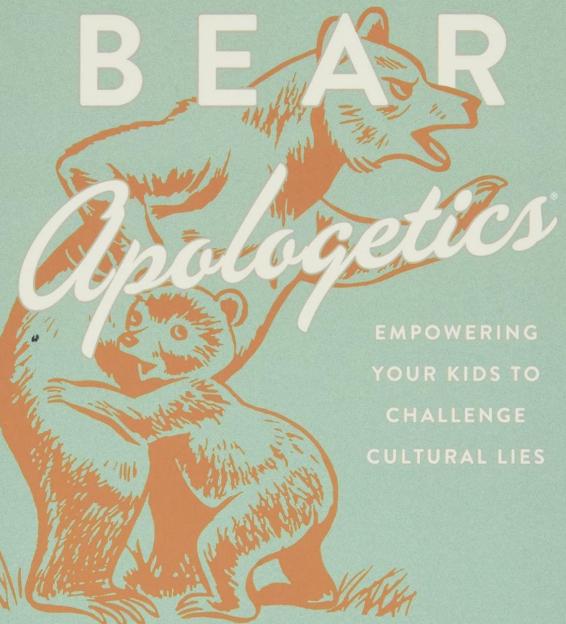
WE WILL USE THE PARENT CONNECT FACEBOOK PAGE FOR ADDITIONAL DISCUSSION.

TOPICS WILL BE POSTED/EMAILLED OUT BEFORE WE MEET SO THAT YOU CAN BE PREPARED AHEAD OF TIME.

AS ALWAYS, WE'LL HAVE TIME FOR DISCUSSION AND QUESTIONS AT THE END

FOREWORD BY NANCY PEARCEY

MAMA BEAR



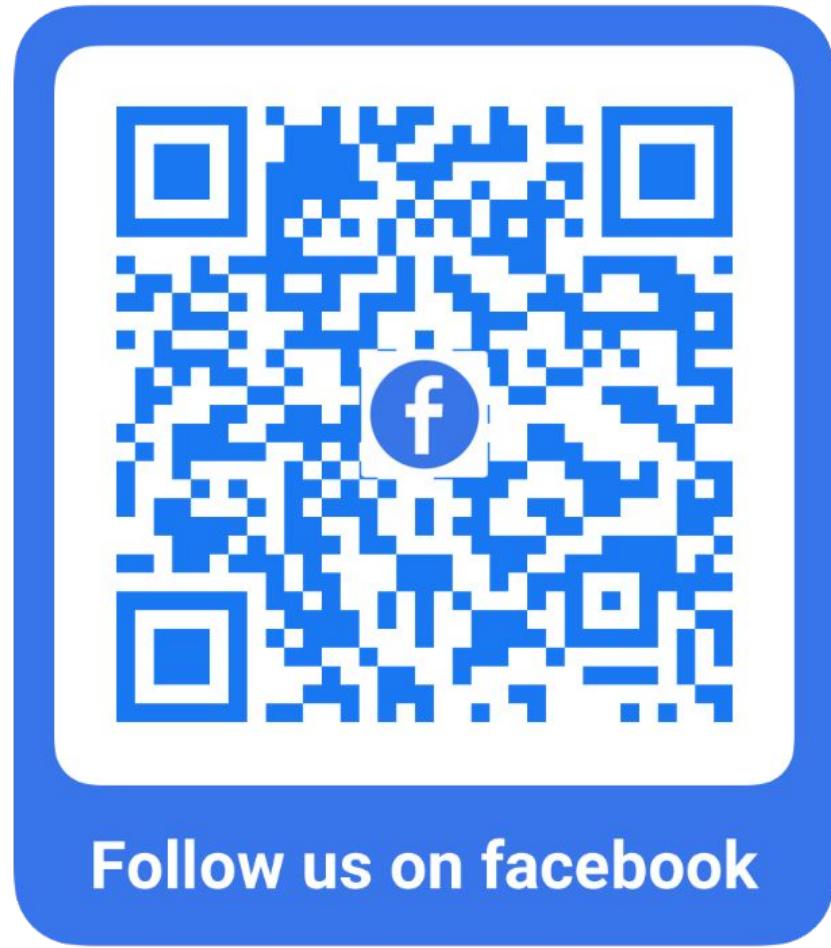
Apologetics®

EMPOWERING
YOUR KIDS TO
CHALLENGE
CULTURAL LIES

HILLARY MORGAN FERRER
GENERAL EDITOR

BOOKS ARE \$15 OR ON AMAZON

Parent Connect FB

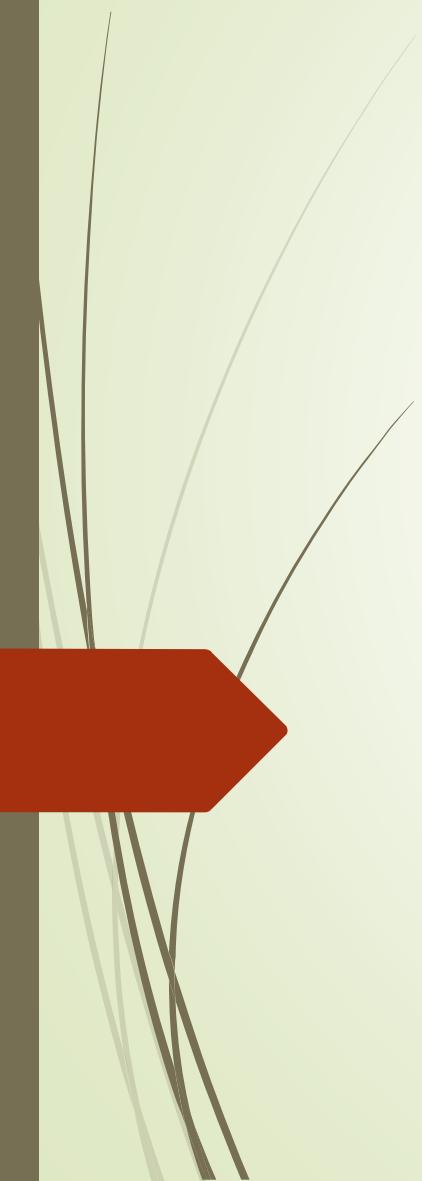


PARENT
CONNECT



The Effects of Trauma on Kids

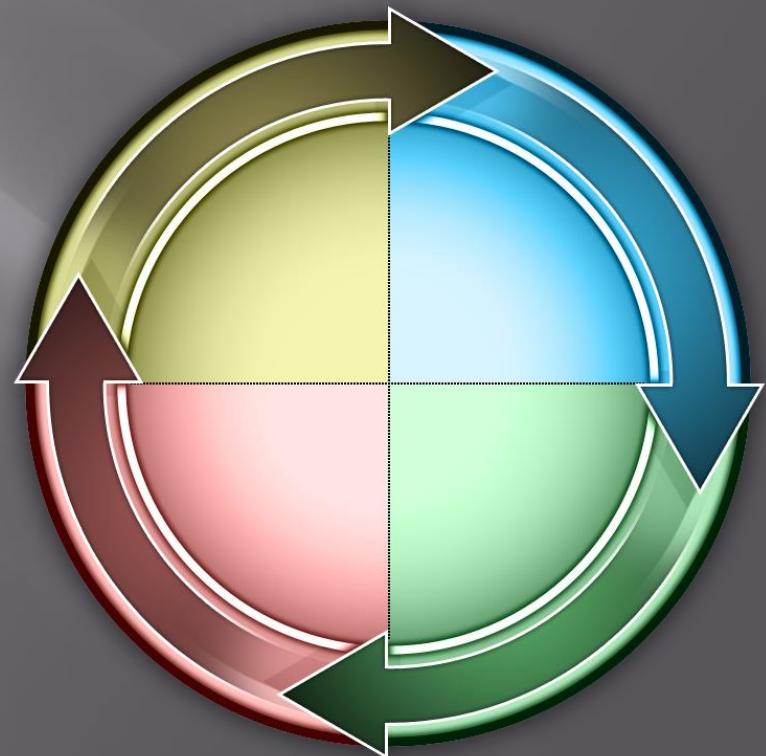
Guest Speaker: Ty Morgan, LISW-S - November 17, 2022



Emotionally Healthy Children

Four Dimensions of Wellness

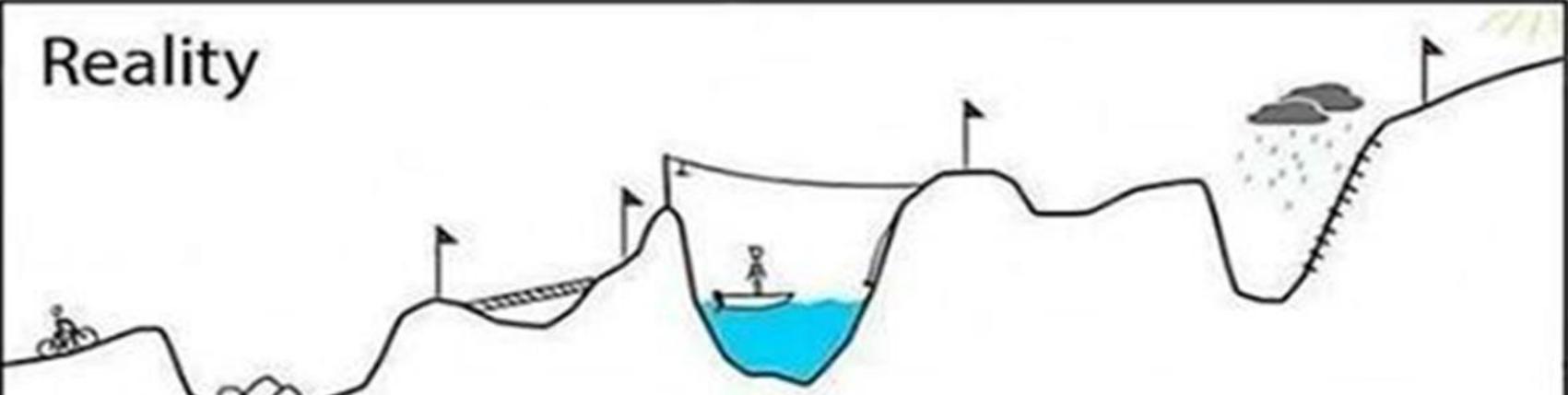
- ❑ Physical
- ❑ Social
- ❑ Mental
- ❑ Spiritual

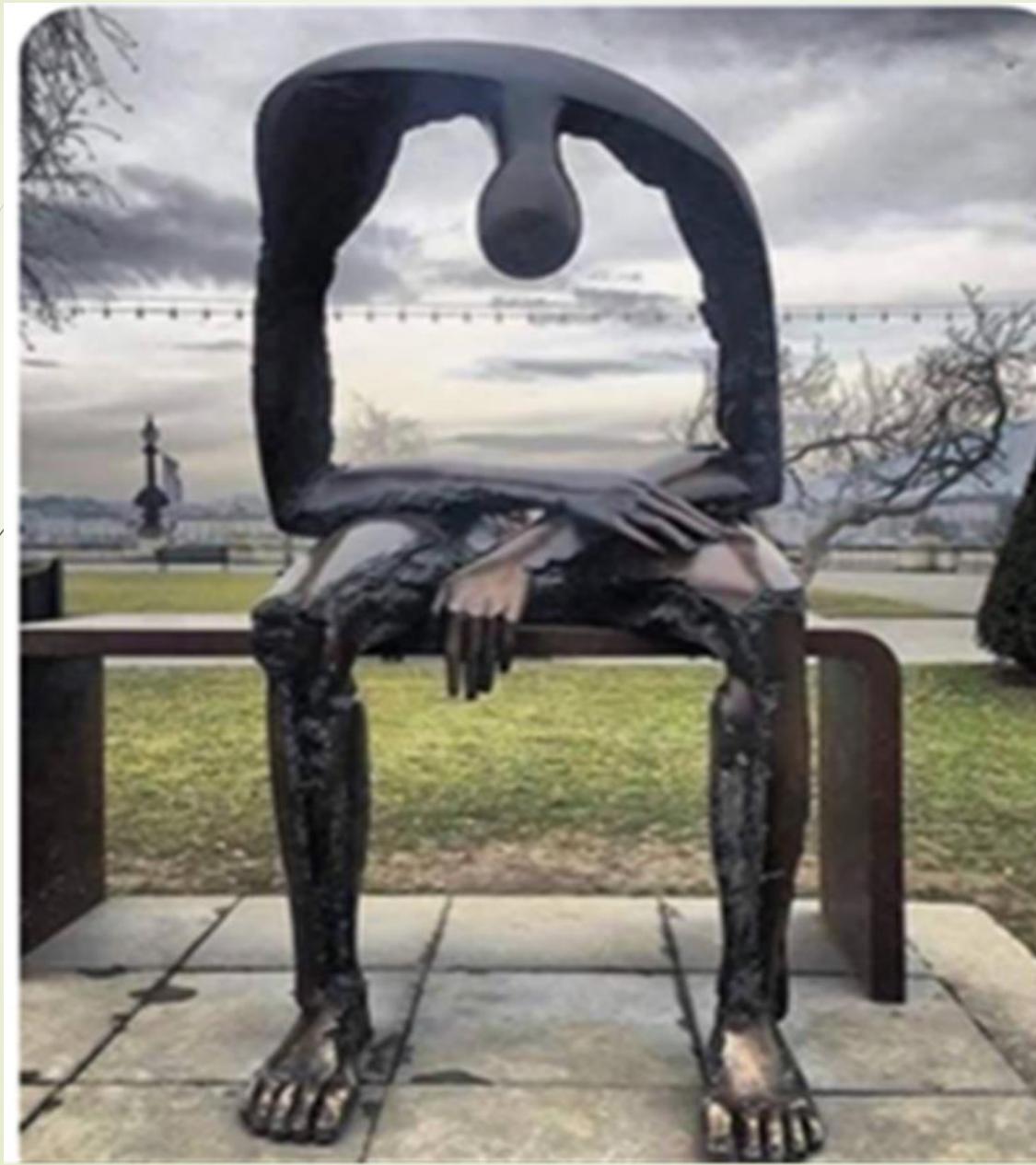


Your plan



Reality







- Grief
- PTSD
- Suffering
- Traumatized
- Mourning
- Complicated Grief



- Bereavement
- Loss
- Traumatic Grief
- Depression
- Traumatic
- Trauma

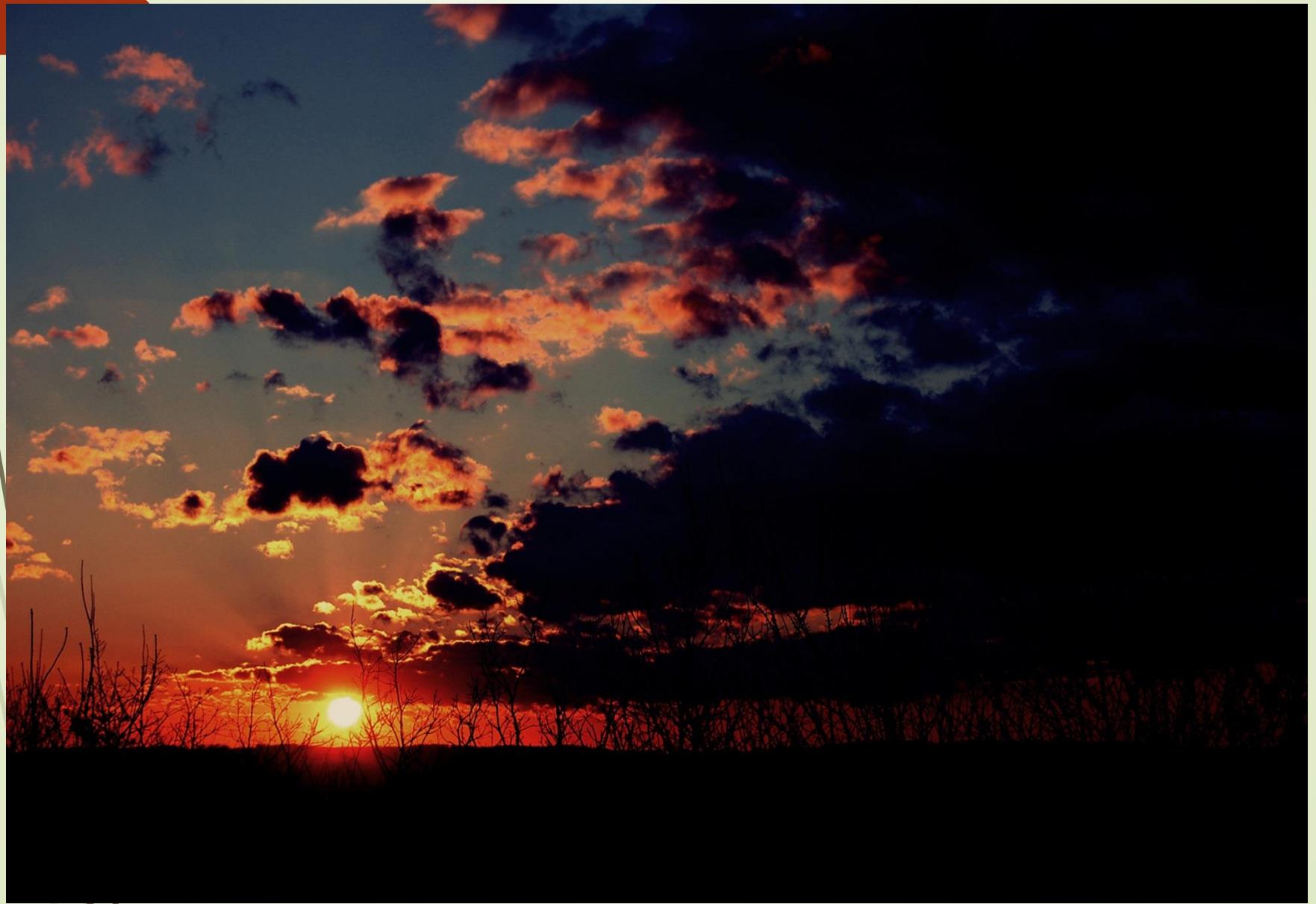




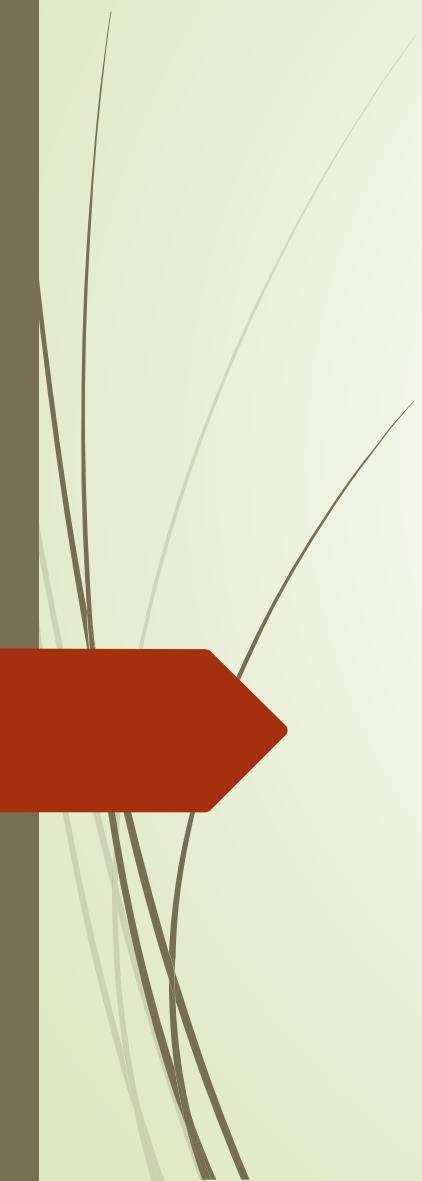
Why is this important?

- ▶ Failure to recognize a child's diverse emotional and mental needs can be detrimental to their development.
- ▶ Neglected psychological needs can cause pathological disorders.









Every loss deserves
an appropriate
season of grief...

Terry Wardle

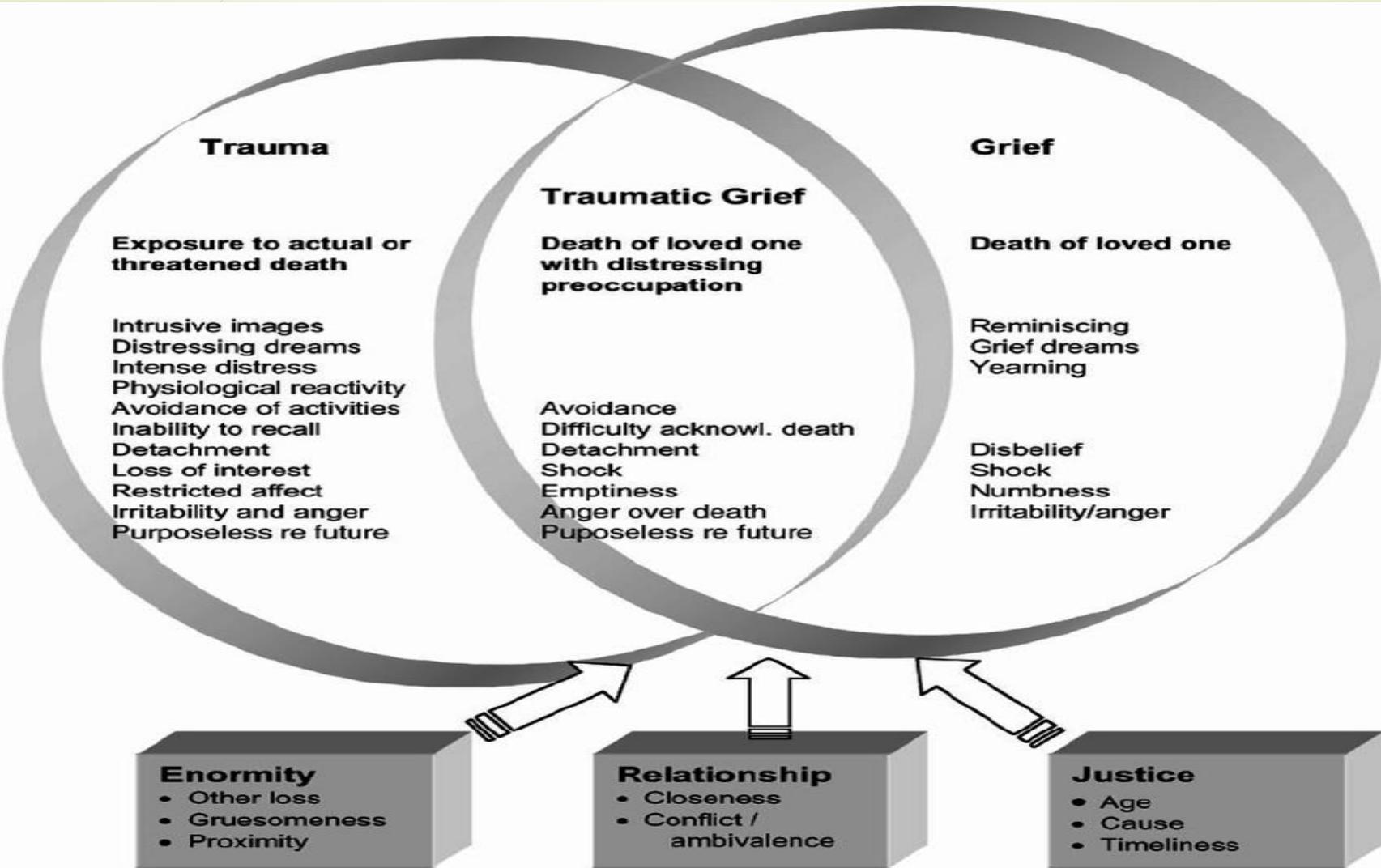
"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

- Earl Grollman

Grief, Complicated Grief & Traumatic Grief



Trauma, Complicated Grief, & Grief





Everyone...

- ❖ Has a time of bereavement
- ❖ Grieves and Mourns
- ❖ Has a traumatic experience
- ❖ It is different for everyone!

“Time Heals”?

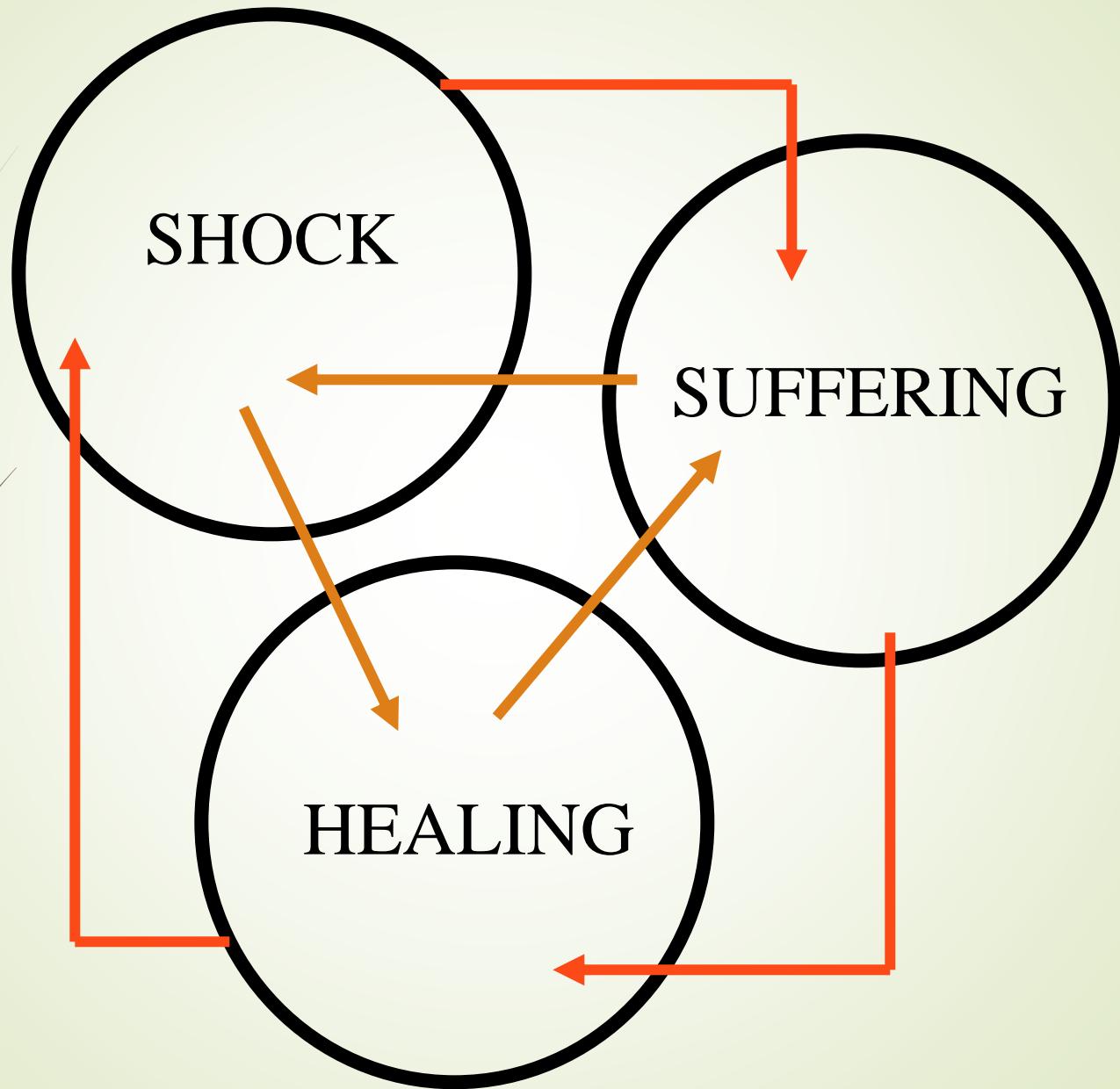
- ❖ Time alone does not heal.
- ❖ Time and intentional healthy behavior heals.
- ❖ Time and intentionality moves a person to be able to take up tasks of daily living and reinvest in life.



Is There a “Fixed Endpoint”?

- There is no fixed endpoint; intensity and duration may decline over time, but be triggered again by many events.





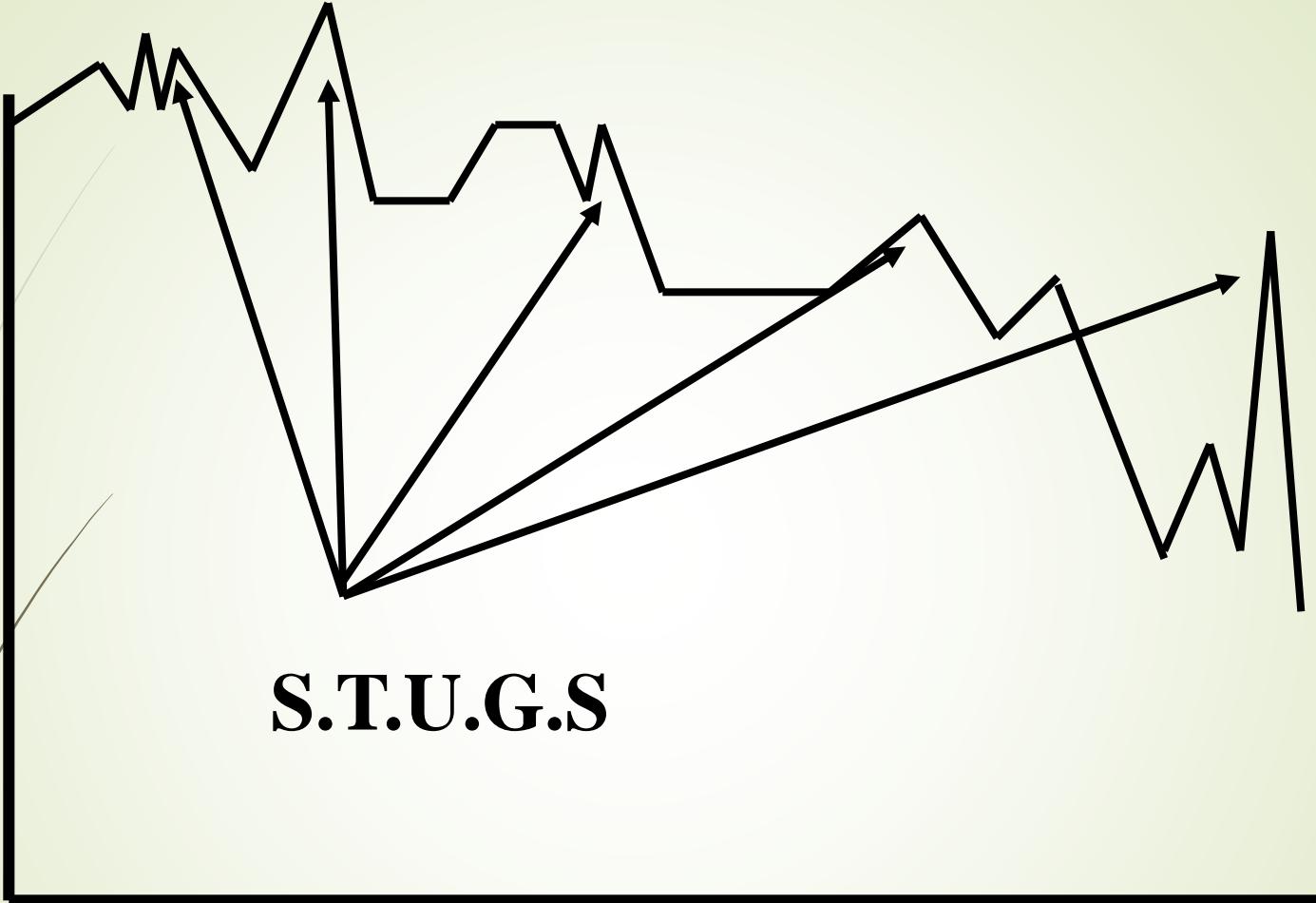
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TIME (?)





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S.T.U.G.S

DURATION/TIME

HOW WE
WANT
GRIEF TO
WORK



HOW GRIEF
ACTUALLY
WORKS





Variables in the Grieving Process

- Age of the deceased/relationship with the loss
- Age of the mourner
- Amount of unfinished business
- Sudden vs. Expected loss
- Anticipatory Grief
- Secondary Losses



Variables in the Grieving Process

- Nature of the loss
- Role losses
- Coping skills
- Past experiences with death
- Social, cultural, ethnic & religious backgrounds



Variables in the Grieving Process

- Concurrent Stresses
- Support System (perceived)
- Disenfranchised Grief
- Relationship with the Deceased
- Health
- Personality

Grief vs. Depression

	Grief	Depression
Self-esteem	Regret contained around death	Unrealistic, unhealthy, pervasive
Suicide	Passive, never would, wishes to die, doesn't care if they live or die	Active, solving the pain, thinking about ending life

Grief vs. Depression

	Uncomplicated Grief	Clinical Depression
Imagery	Vivid Dreams, capacity for imagery	Self-punitive imagery
Responsive- ness	Responds to warmth	Hopelessness, Helplessness, limited responsiveness to others

Grief vs. Depression

	Uncomplicated Grief	Clinical Depression
Sadness	Periodic weeping & crying	Little variability
Cognition	Preoccupation w/loss, confusion	Preoccupied w/self, worthlessness
History	Little history of psychiatric disorder	Previous history
Sleep	Periodic difficulties	Problematic

Grief vs. Depression

	Grief	Depression
Pain	Sharp and clearly around the loss, can enjoy other things	Broader, hopelessness, all life hurts, no pleasure/joy in anything
Mood	S.T.U.G.'s, slow and gradual improvement	Static, flat, down mood

Reconciliation Needs

Grief Work/Task of Grieving

- ▶ Acceptance
 - ▶ Embrace the pain of loss
 - ▶ Develop new self identity
 - ▶ Search for meaning
 - ▶ Continue relationship with person
 - ▶ Support from others
- (6 Reconciliation Needs Wolfelt)



Truama



3 TYPES OF TRAUMA

mygoodbrain.org



Acute

Isolated or single event

Major car accident; school violence; natural disaster; etc.



Chronic

Repeated exposure to event

Domestic violence; war or community conflict; etc.



Complex

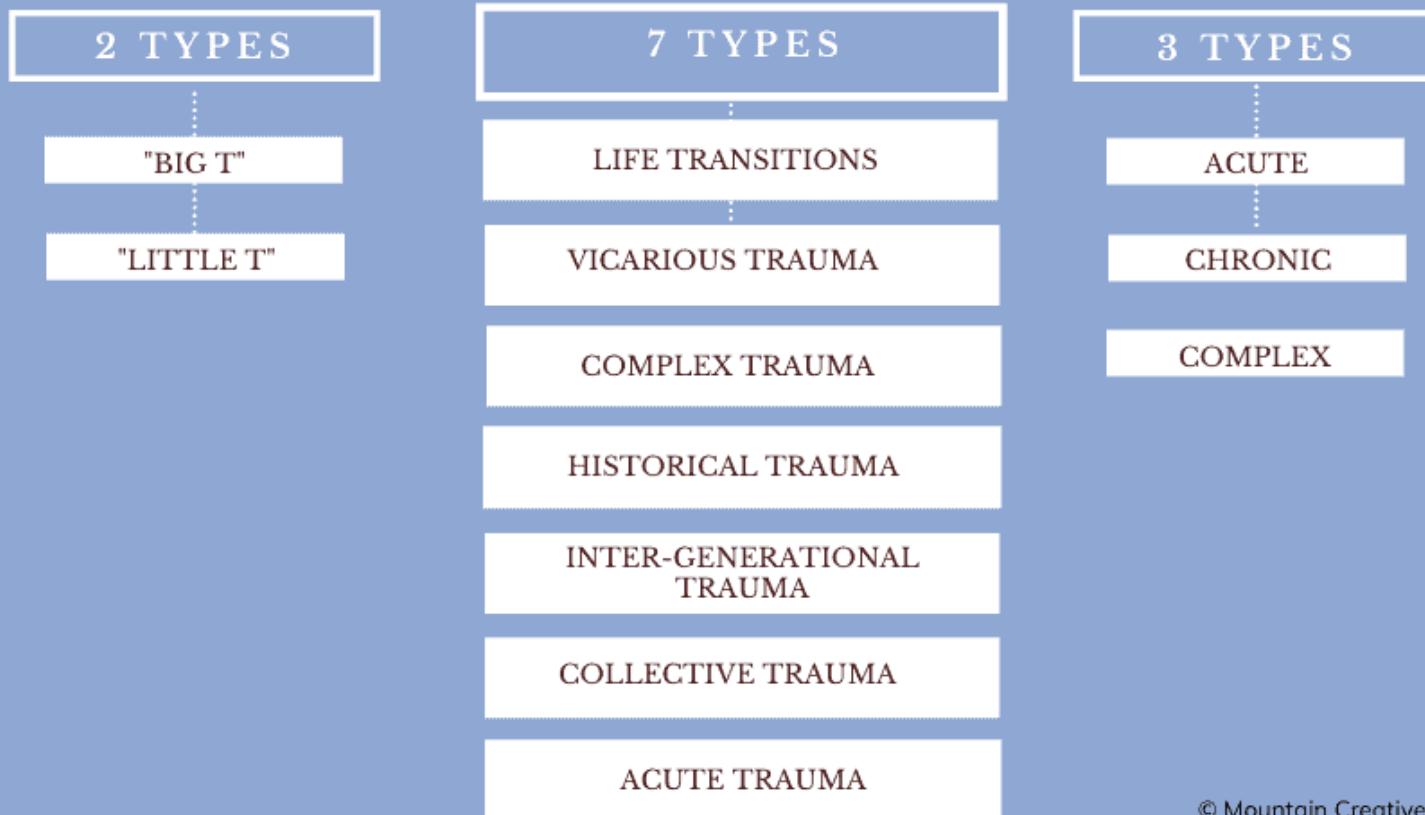
Multiple events that may or may not be related

Abandonment; neglect; abuse; etc.

*Also known as complex developmental trauma; typically occurs in early childhood

TYPES OF TRAUMA

Traumatic events are typically organized into two, three or seven categories. There may also be overlap between the categories. Despite these distinctions, when we talk about trauma, we are referring to what happens within our bodies during and after the event—not the particular event itself.



COMMON TRAUMA TYPES AND CAUSES

TRAUMA SERIES PART 2

BRIEF
TRAUMA



DISASTER
TRAUMA



CHILDHOOD
TRAUMA



MEDICAL
TRAUMA



ABUSE
TRAUMA



RELATION
TRAUMA



WAR
TRAUMA



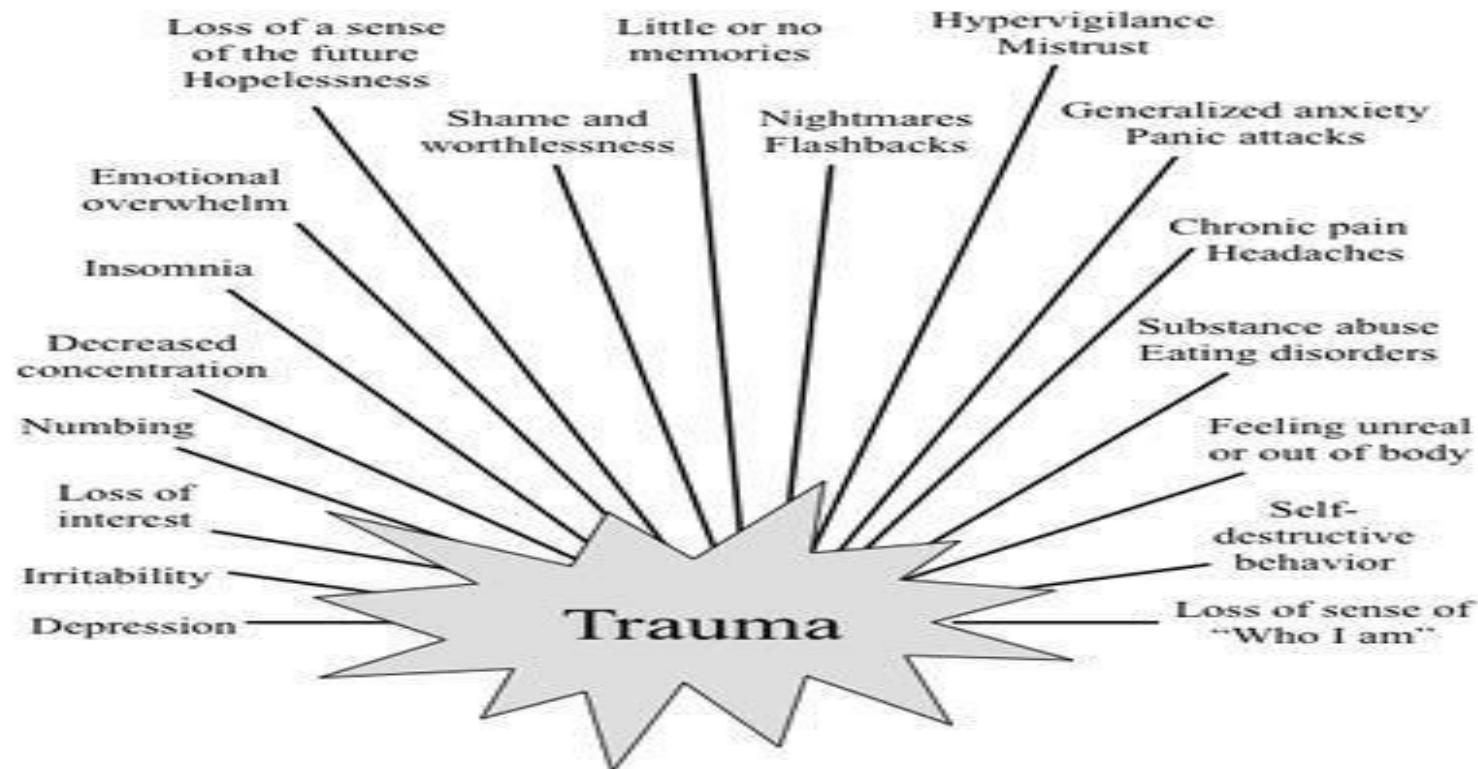
SEXUAL
TRAUMA



Trauma 101

► Grief = Sadness

► Trauma = Fear



"Trauma survivors have symptoms instead of memories" (Harvey, 1990)



Trauma Gets in the Way

- ▶ Trauma interferes with the ability to access positive memories of a loved one.
 - ▶ To think of him/her triggers disturbing memories, images, or beliefs
- ▶ Until trauma is resolved, clients stay “stuck”
 - ▶ Examples: Issues of responsibility, self-defectiveness, safety, choices
- ▶ Tremendous energy is spent trying to control or suppress trauma reactions
- ▶ Trauma avoidance can result in grief avoidance
- ▶ Trauma creates a distortion of perspective that becomes “truth” to the client
- ▶ After trauma, all experiences now filter through a distorted view of the world and/or self

Trauma vs. Grief

- ▶ Grief reactions stand alone
- ▶ Grief Reactions are generally known to the public and the professional
- ▶ Trauma reactions generally also include grief reactions
- ▶ Trauma reactions, especially in children, are largely unknown to the public and often professional counselors as well

Trauma vs. Grief

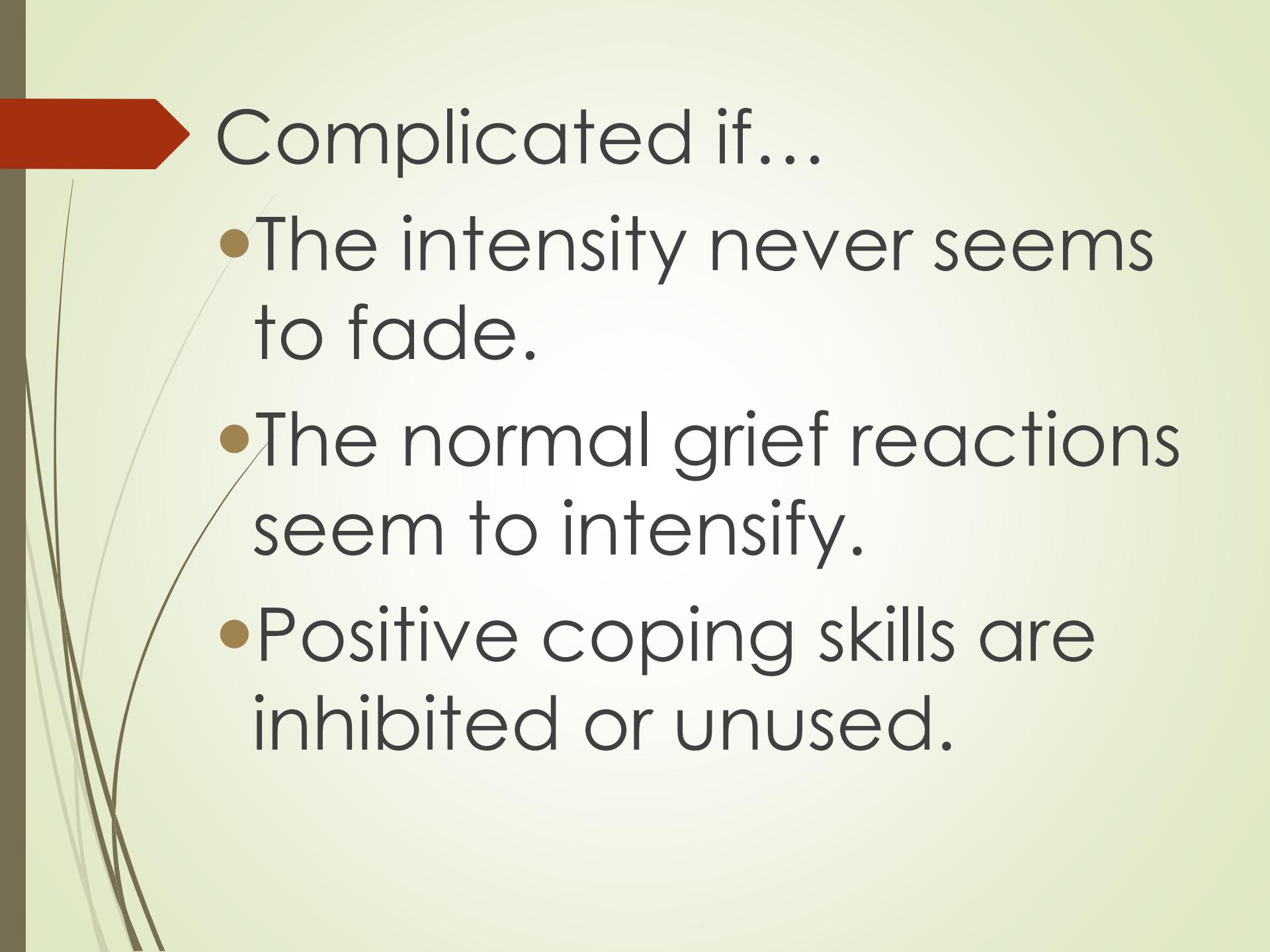
- ▶ Grief generally does not “disfigure” our identity
- ▶ In grief, guilt says, “I wish I/would/would not have . . .”
- ▶ In grief, dreams tend to be of the person who died or remembering the loss
- ▶ Trauma generally attacks, distorts, and “disfigures” our identity
- ▶ Trauma guilt says, “It was my fault. I could have prevented it. It should have been me”
- ▶ In trauma, dreams are about the child himself dying or being hurt

Trauma vs. Grief

- ▶ In Grief, pain is related to the loss
- ▶ In grief, a child's anger is generally not destructive
- ▶ In trauma, pain is related to the tremendous terror and an overwhelming sense of powerlessness and fear for safety
- ▶ In trauma, a child's anger often becomes assaultive (even after non-violent trauma)



COMPLICATED GRIEF

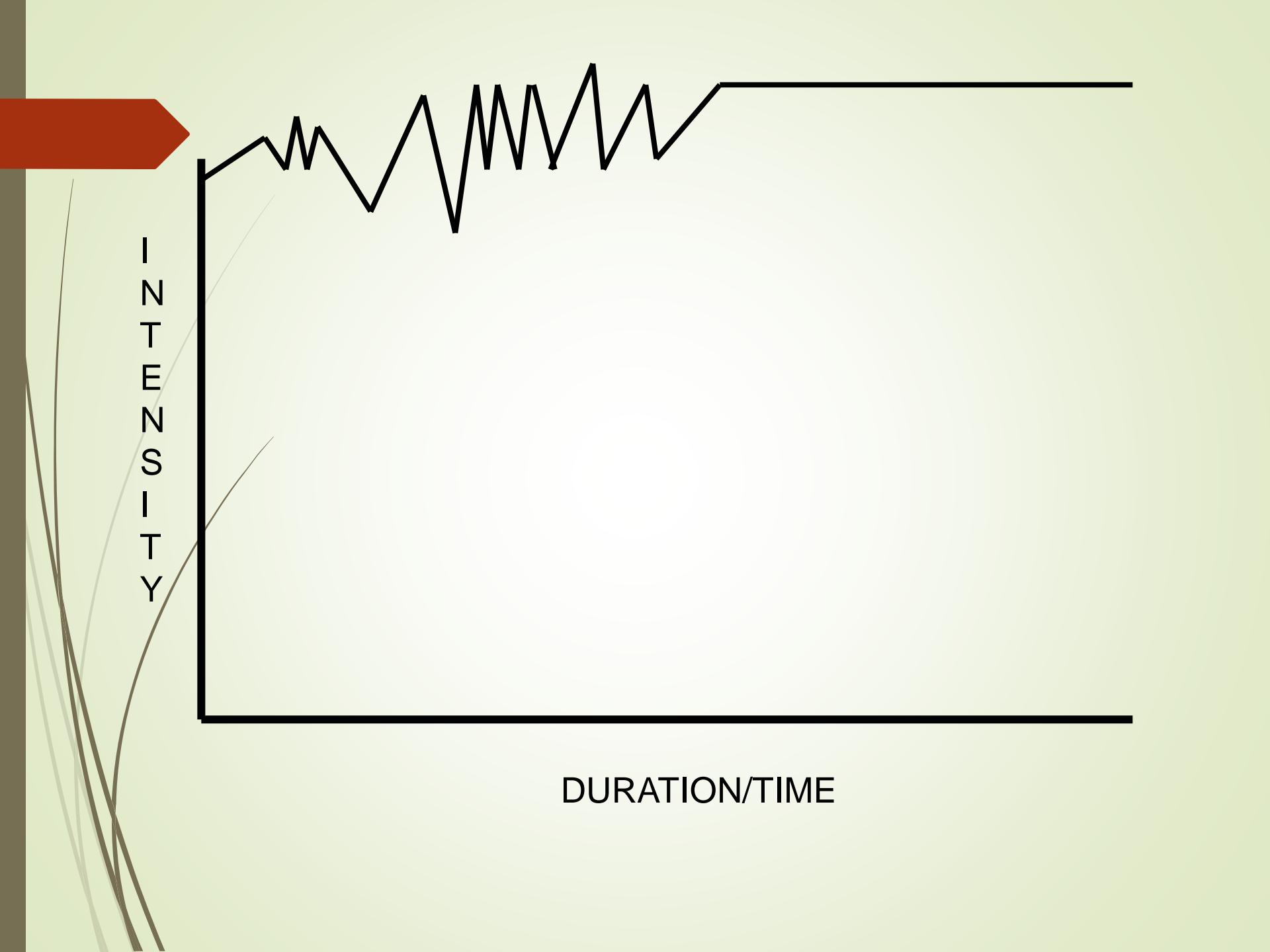


Complicated if...

- The intensity never seems to fade.
- The normal grief reactions seem to intensify.
- Positive coping skills are inhibited or unused.

Complicated Grief

- ▶ Grief reactions that do not subside...
(Intensity)
- ▶ Reactions that continue over very long periods of time (Duration)
- ▶ Done consciously or unconsciously to avoids the pain of loss



A graph illustrating a signal's intensity over time. The vertical axis is labeled "INTENSITY" and the horizontal axis is labeled "DURATION/TIME". A red arrow points from the top left towards the graph. The signal starts at a high intensity level, remains relatively flat for a short duration, then rises sharply. It continues to fluctuate with increasing amplitude, showing a sawtooth-like pattern. Finally, it reaches a peak and remains constant at that maximum level.

INTENSITY

DURATION/TIME

Complicated Grief Definition

The **intensification** of grief to the level where the person is **overwhelmed**, resorts to **maladaptive** behavior, or remains interminable in the state of grief without progression of the grieving process towards completion.

- It involves processes that do not move progressively toward assimilation or accommodation, but instead, lead to extensive interruptions of healing.

(Horowitz, 1980)



Complicated Grief

- ❖ A result of unresolved grief, and/or
- ❖ A delay in the process of mourning and/or
- ❖ A grief response that persists over time.
- ❖ A situation whereby a grieving person stops functioning normally and appears to be "stuck" in the process.
- ❖ An ongoing state of being overwhelmed by the emotions brought on by grief.



Typical risk factors for complications are:

- ❖ Traumatic death or experience
- ❖ Sudden, unexpected death or loss
- ❖ Suicide survivor
- ❖ Homicide witness or connected to
- ❖ Dependent relationship
- ❖ Chronic, long-term illnesses



Typical risk factors for complications con't...

- ❖ Child death
- ❖ Multiple losses
- ❖ Unresolved grief from previous losses
- ❖ Estranged/strained relationships



Typical risk factors for complications con't...

- ❖ The loved one suffered greatly at end of life.
- ❖ Lack of adequate support system.
- ❖ Intense grief that inhibits normal functioning.

COMPLICATED GRIEF REACTIONS

- Guilt
- Preoccupation with the death/loss
- Shame over how loved one died or how loss occurred
- Anger at loved one for dying or at the loss occurring
- Resentment
- Remorse
- Confusion



COMPLICATED GRIEF REACTIONS

- Distress** over unresolved issues
- Feeling **isolated** due to nature of the loss
- Fear** of condemnation
- Feel like a **failure**
- Fearful** of new relationships or experiences
- Confusing** emotions of relief and sadness
- Extreme** focus on the loss



COMPLICATED GRIEF REACTIONS

- Longing for the loss to return
- Problems accepting the reality
- Numbness or detachment
- Preoccupation with sorrow
- Bitterness about loss
- Inability to enjoy life
- Depression or deep sadness



COMPLICATED GRIEF REACTIONS



- Trouble carrying out normal routines
- Withdrawing from social activities
- Feeling that life has no meaning or purpose
- Irritability or agitation
- Strong feelings of anger or bitterness related to the loss
- Feeling intensely lonely



COMPLICATED GRIEF REACTIONS

- Lack of trust in others
- Thoughts about the loss interfering with current relationships
- Emotionally numb
- Hard to care about others
- Emotionally or physically reacting when confronted with reminders of the loss
- Avoiding people, places or things that are reminders of the loss
- Strong urge to replace the loss

Clues to Diagnosing Complicated Grief

- ❖ The person cannot speak of the loss without experiencing intense and fresh grief.
- ❖ A relatively minor event triggers intense grief reaction.
- ❖ The bereaved person is unwilling to adjust to the new reality.
- ❖ Emphasis on somatic complaints.



Clues to Diagnosing Complicated Grief con't...

- ❖ Self-destructive impulses.
- ❖ Unaccountable sadness occurring at a certain time each year.
- ❖ A phobia about situations or circumstances often related to the specific loss.
- ❖ Avoidance of reminders or participating in related rituals or activities.
- ❖ Unwillingness to talk about the loss.
- ❖ Over activity.



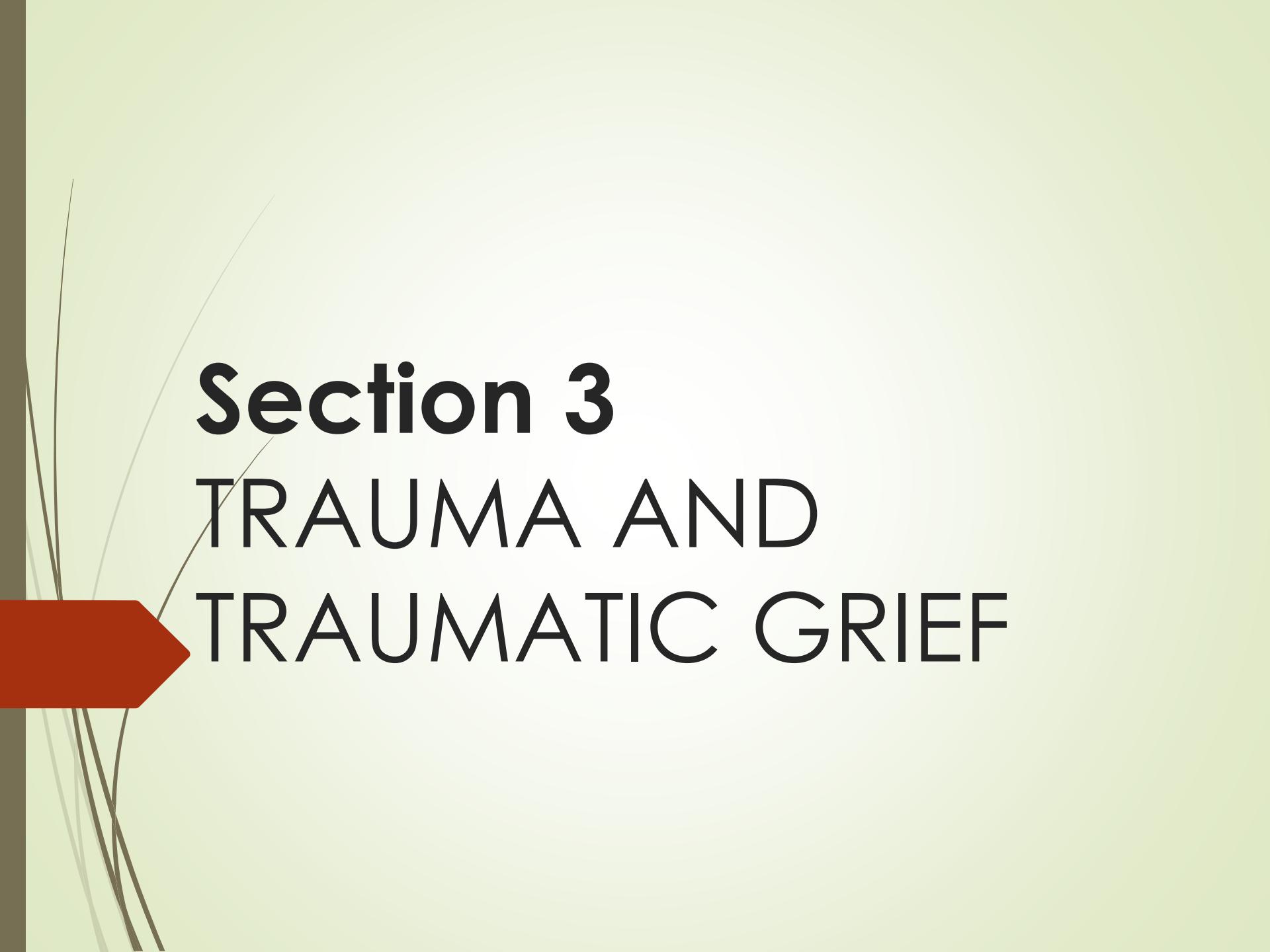
Clues to Diagnosing Complicated Grief con't...

- ❖ Social isolation.
- ❖ Withdrawal from meaningful relationships.
- ❖ Irritability and anger.
- ❖ Poor decision making.
- ❖ Self-condemnation.
- ❖ Self-destructive behaviors.
- ❖ Preoccupation with death.



Types of Complicated Grief

- ❖ Chronic
- ❖ Delayed
- ❖ Exaggerated
- ❖ Masked
- ❖ Disenfranchised
- ❖ Absent Grief
- ❖ Conflicted Grief
- ❖ Abbreviated Grief



Section 3

TRAUMA AND TRAUMATIC GRIEF



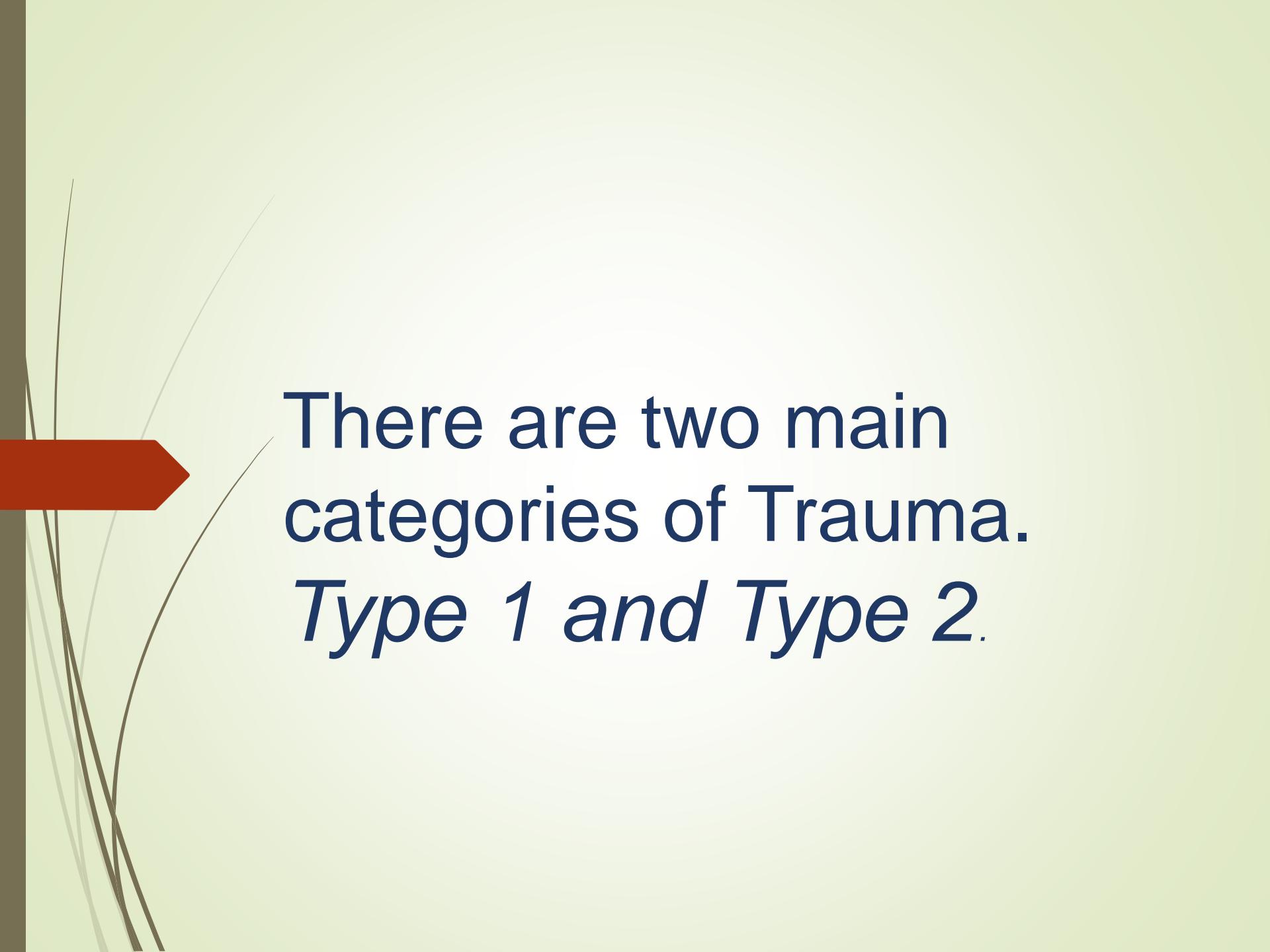
Trauma

- ▶ Any event or experience producing an intensely distressing or disturbing experience/response.

It is Subjective.

(Medical- physical injury- Objective)

- 
- ▶ Trauma can be experienced in a number of different settings. Settings might include home life, at school, the workplace, in the wider community.
 - ▶ Whether an event is deemed traumatic is defined by the 'subjective experience' of it rather than the event itself.



There are two main
categories of Trauma.
Type 1 and Type 2.

Type 1 Trauma

Type 1 refers to single-incident traumas which are unexpected and come out of the blue. They can be referred to as big T trauma, shock or acute trauma.

A condition related to big T trauma or Type 1 trauma is Post Traumatic Stress Disorder.



Examples of type 1 trauma might include:

Severe illness or injury

Violent assault

Sexual assault

Traumatic loss

Mugging or robbery

Being a victim of or witness to violence

Witnessing a terrorist attack

Witnessing a natural disaster

Road accident

Military combat incident

Hospitalization

Psychiatric hospitalization

Childbirth

Medical trauma

Post suicide attempt trauma

Life threatening illness or diagnosis



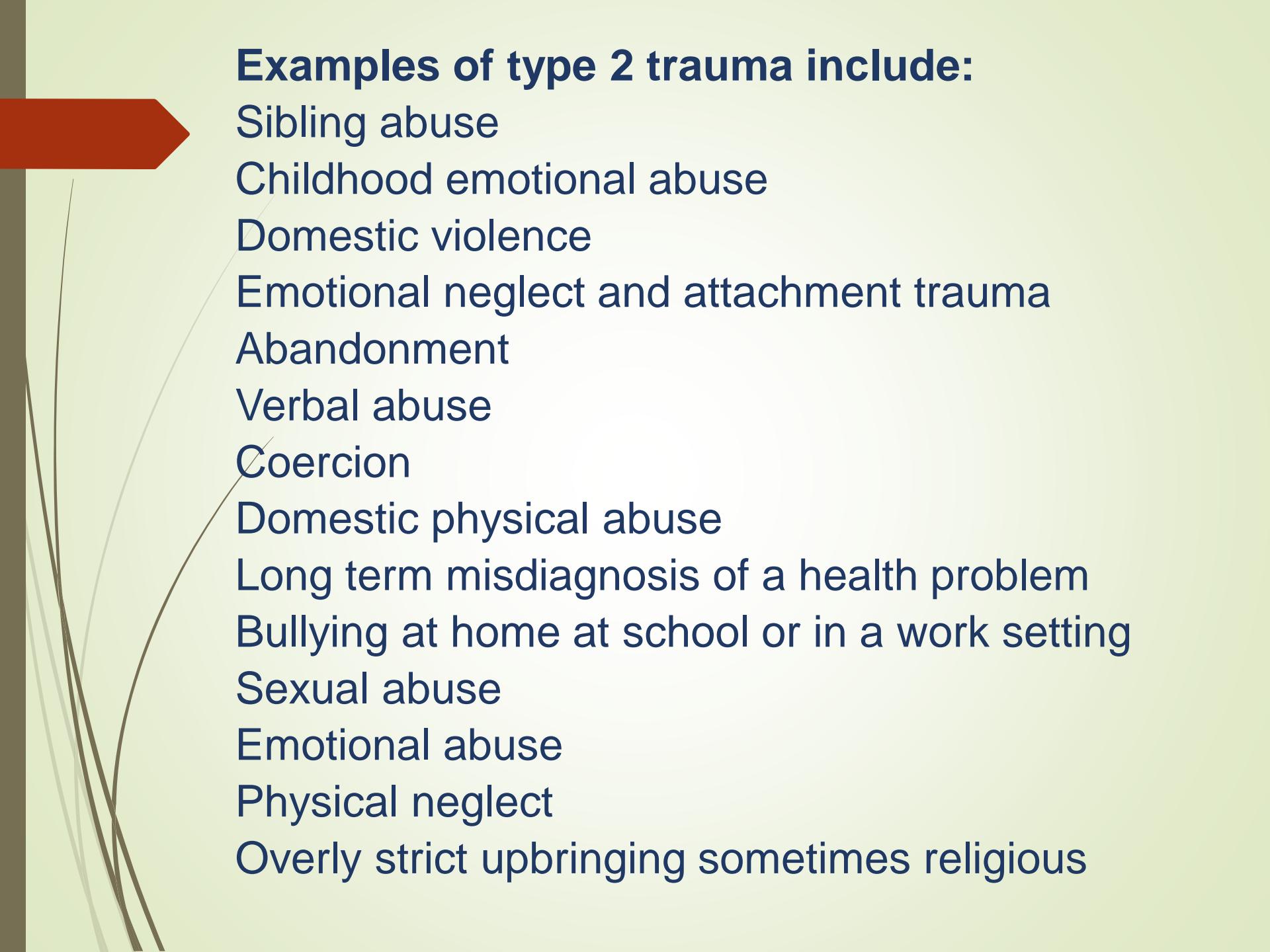
Type 2 Trauma

Complex trauma describes trauma which may have been experienced as part of childhood or early stages of development.



Repetitive trauma refers to trauma which has been repeated over a period of time and is often part of an interpersonal relationship where someone might feel trapped emotionally or physically. They may also feel as if they have been coerced or powerless to prevent the trauma.

A condition related to type 2 trauma is Complex Post Traumatic Stress Disorder.



Examples of type 2 trauma include:

Sibling abuse

Childhood emotional abuse

Domestic violence

Emotional neglect and attachment trauma

Abandonment

Verbal abuse

Coercion

Domestic physical abuse

Long term misdiagnosis of a health problem

Bullying at home at school or in a work setting

Sexual abuse

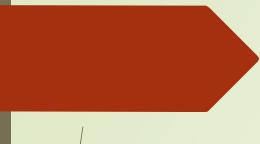
Emotional abuse

Physical neglect

Overly strict upbringing sometimes religious

Vicarious or Secondary Trauma

This type of trauma can occur when someone speaks to someone who has experienced a trauma or witnessed a trauma first hand. The person listening can experience secondary trauma and experience symptoms experienced by the person explaining the trauma.



Little t trauma

Little t trauma is less prominent and discussed less often. Little t traumas are experiences which are part of the everyday and are an expected part of life. They may however be very traumatic



Little t

Examples might include:

Loss of a loved one

(not traumatic bereavement)

Moving to a new house or new town

Distortion of transitional object

Losing a friend

Bullying

Losing a job

Psychological Trauma

- ▶ Psychological trauma is the unique individual experience of an event or enduring conditions, in which:
 - The individual's ability to integrate his/her emotional experience is overwhelmed, or
 - The individual experiences (subjectively) a threat to life, bodily integrity, or sanity.
- ▶ Thus, a traumatic event or situation creates psychological trauma when it overwhelms the individual's **ability to cope**, and leaves that person fearing death, annihilation, mutilation, or psychosis. The individual may feel emotionally, cognitively, and physically overwhelmed.



TRAUMATIC GRIEF

- Generally any death resulting in shock that protects a person from the reality of the situation, a variety of intense emotions and memories, and physical reactions to what was witnessed and the grief of the loss.
- “Traumatic Loss” is hard to define as each person perceives death differently.



TRAUMATIC LOSS

Trauma Distress

Separation Distress

Thoughts: Reenactment

Reunion

Feelings: Fear

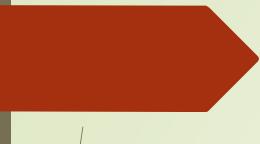
Longing

Behavior: Avoidance

Searching

Traumatic Grief

When a person suffers grief a result of a significant loss and manifest a traumatic distress response.



TRAUMATIC GRIEF REACTIONS

- *Intrusive, distressing preoccupation with the deceased
- Avoiding reminders of what happened
- Feeling purposelessness and futility about the future
- Sense of numbness or detachment
- Feeling stunned, dazed or shocked
- Difficulty acknowledging the death



TRAUMATIC GRIEF REACTIONS

- Feeling that life is empty or meaningless
- Difficulty imagining a fulfilling life
- Feeling that part of self has died
- Sense of loss of security, trust or control
- Harmful behaviors



TRAUMATIC GRIEF REACTIONS

- Excessive irritability, bitterness, or anger
- Feelings of vulnerability, helplessness, and threat
- Posttraumatic Stress symptoms such as difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, hyper vigilance and an exaggerated startle response

(Criteria for Traumatic Grief as proposed by trauma specialists, Jacobs, 1999 and Rando, 1993)

TRAUMATIC GRIEF

PROCESSING TRAUMATIC GRIEF:

On their own...

- Keep retelling the story, trying to figure out why it happened or how they can change what happened
- Continue to deal with intrusive thoughts and emotions
- Repress that it ever happened

TRAUMATIC GRIEF

PROCESSING TRAUMATIC GRIEF

With help...

- Reestablish resilience, moderate distress
- Revise the story of loss
- Accept the loss and assimilate the reality

FIGHT



Sympathetic NS

- irritability
- anger
- aggression
- moving toward



FLIGHT



Sympathetic NS

- anxiety & fear
- panic
- avoiding
- chronic worry
- perfectionism



TRAUMA RESPONSES

FREEZE



Dorsal Vagal

- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame



FAWN*



- people-pleasing
- avoiding conflict
- prioritizing others' needs over own
- difficulty saying "no"
- setting boundaries is hard



TYPES OF TRAUMA DISORDERS

PTSD

Post Traumatic Stress Disorder

Statistics from the U.S. Department of Veteran Affairs show that up to 8 million American adults struggle with PTSD in a given year.

AD

Adjustment Disorders

The signs and symptoms of Acute Stress Disorders (ASD) are similar to those of PTSD – except that it occurs within 30 days after a person's exposure to the traumatic event.

ASD

Acute Stress Disorders

The signs and symptoms of Acute Stress Disorders (ASD) are similar to those of PTSD – except that it occurs within 30 days after a person's exposure to the traumatic event.

DSED

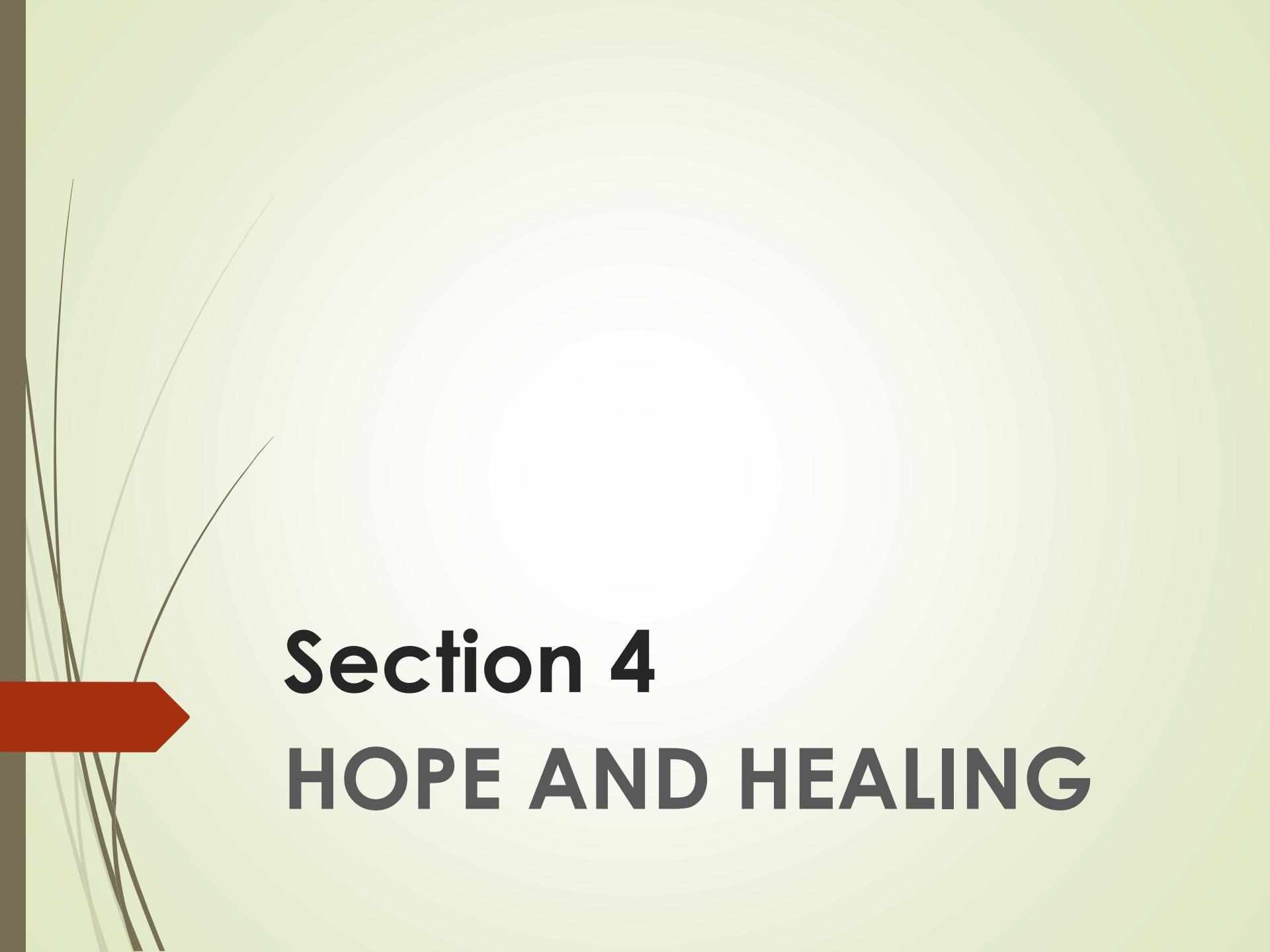
Disinhibited Social Engagement Disorder

Similar to RAD, Disinhibited Social Engagement Disorder (DSED) is a childhood attachment disorder characterized by a lack of fear towards adult strangers, little-to-no hesitation around strangers, and acting without the permission of parents or primary caregivers.

RAD

Reactive Attachment Disorder

Reactive Attachment Disorder (RAD) is a condition in which a child is unable to connect with others or manage their emotions. This disorder is relatively common in children who have experienced trauma such as being separated from their primary caregiver, living in orphanages, or victims of abuse.

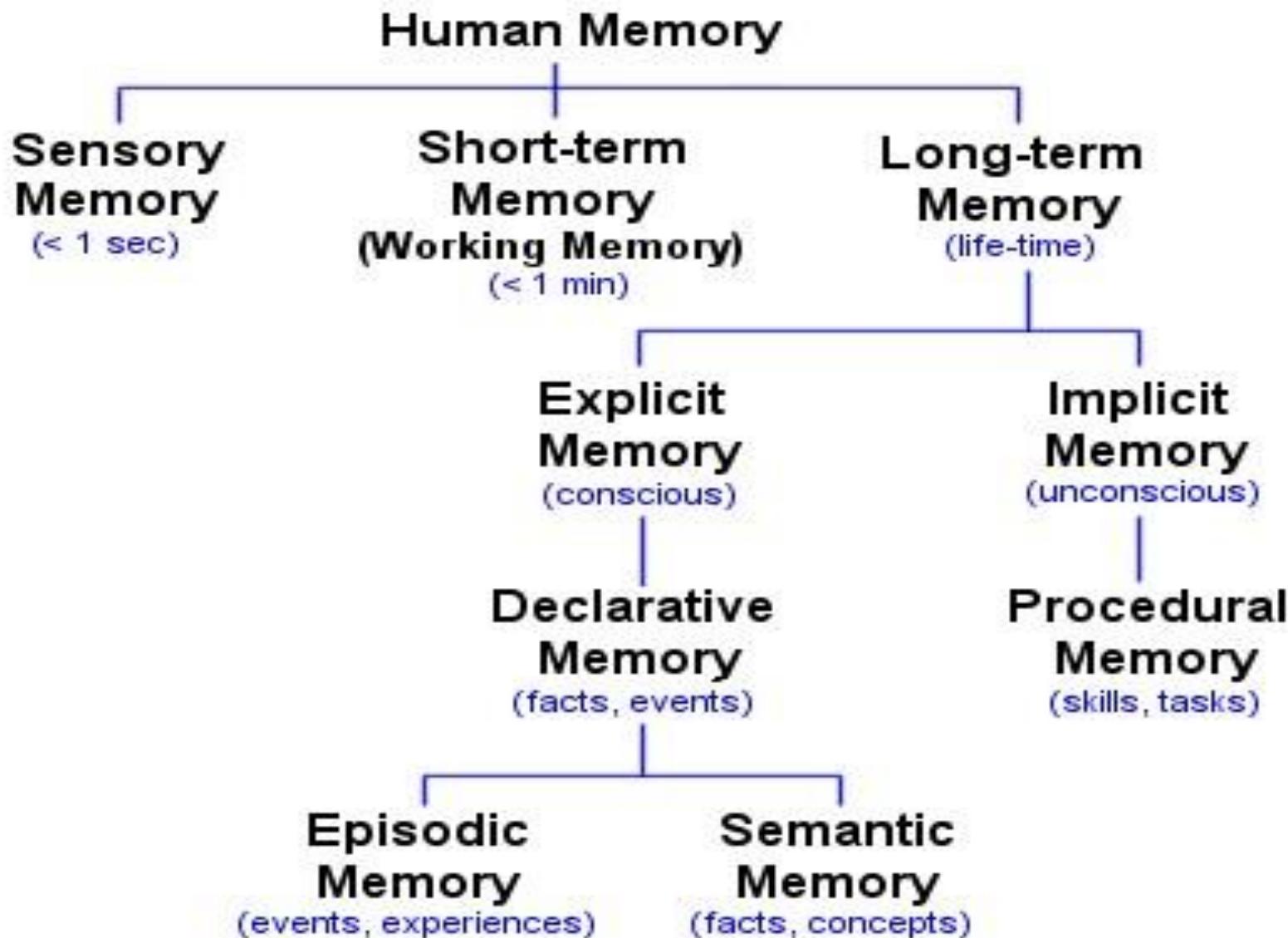


Section 4

HOPE AND HEALING



Episodic Encounters



3 Types of Long Term Memory:

Procedural- Task & Routine

Semantic- Facts & Concepts

Episodic- Events and Experiences

Episodic > Semantic



Greif/Pain is stored
both Semantically
and Episodically

Left vs Right BRAIN

Handwriting

Language

Logic

Sequence

Facts

Maths

Phonics

Following directions

Short term memory



Creativity

Emotion

Holistic

Concrete

Imaginative

Big picture

Arts

No sense of time

Long term memory

I AM THE
LEFT BRAIN

Decisive!

011001011

Accurate =
ANALYTIC

REASON
1 2 3 4 5 6 7 8 9

PRACTICAL
Strategic

CONTROL
SCIENCE

Realistic

Bryan

WWW.CARTOONADAY.COM

I AM the
Right Brain!

Intuition
LOVE LOVE

LOVE thou art
Poetry

FREE DOM

Passion
Vivid

creative

YEARNING

PEACE

Our faith is often practiced out of the left brain

True vs. Real

True may not be Real

Real may not be True

- ▶ Not good enough
- ▶ Not smart enough
- ▶ Not pretty enough
- ▶ Unlovable
- ▶ Not forgivable
- ▶ Always a failure
- ▶ Broken beyond repair

Lies we believe...



Practice Based vs. Belief Based

- ▶ Learning To Knowing
- ▶ Knowledge To Change
- ▶ Principles To Presence
- ▶ Working To Waiting

- ▶ Periods of Time To Moments in Time
- ▶ Reading Scripture To Experiencing Scripture
- ▶ Prayer To Communion

Experiencing the healing presence of God

AWARENESS
PTSD
MONTH

SUPPORTING TRAUMATIC STRESS RESILIENCY IN CHILDREN

By Alexandra Back, ATR-BC, LPC



1

CONSISTENCY

Ensure basic routines as much as possible (sleeping, play time, etc)

2

UNDERSTANDING

Children may need to repeat the story or ask repeated questions

3

HONESTY

Give explanations where possible. Don't be afraid to say "I don't know"

4

BREAK TIME

For older children encourage healthful "breaks" from news coverage

5

ADAPTATION

"It's a scary situation but we are taking precautions and will get through this"

6

CREATIVITY

Make opportunities to explore what is happening via art, music, or dance

7

PATIENCE

Be patient with your child's processing of events

8

VALIDATION

Validate that intense feelings like these are normal and will not last forever

9

REASSURANCE

Provide contact with close caregiver, soothing sensory experiences, toys, etc.

10

GRIEF

Allow your child to grieve any perceived losses

SEEK PROFESSIONAL HELP

If your child displays signs of regressive behaviors, hyper-arousal, physical complaints, frequent nightmares or worries, or continued signs of stress, it is important to seek professional help.

NeurAbilities
Healthcare



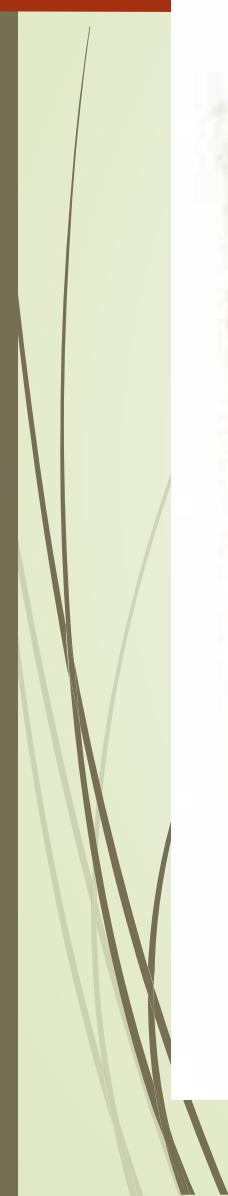


Companion vs. Treatment



Goals of Grief care

- ▶ The goal is NOT to “get over it”
- ▶ The goal is to learn to live without that person
- ▶ The goal is to remember with less pain







Thank you!