

NUMINUS

Applied PAT

PRESENTED BY

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MODULE 6:
WORKING WITH
COMPLEX TRAUMA

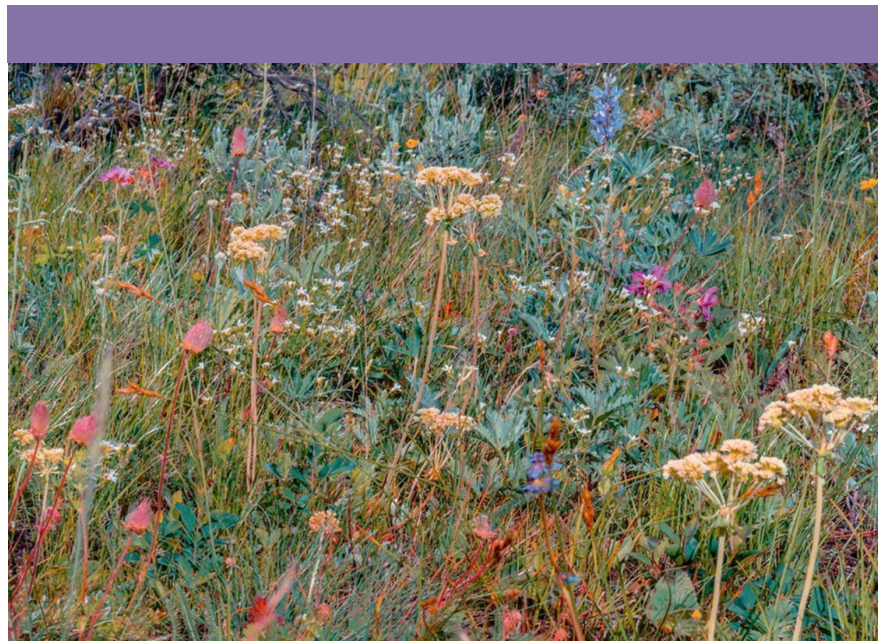


AGENDA

Welcome, agreements, L.A.	01
Overview of the program	02
Complex Trauma Consideration in PAT	03
Case	04
Q&A	05
Closing	06

GROUP AGREEMENTS

CENTRE



Confidentiality



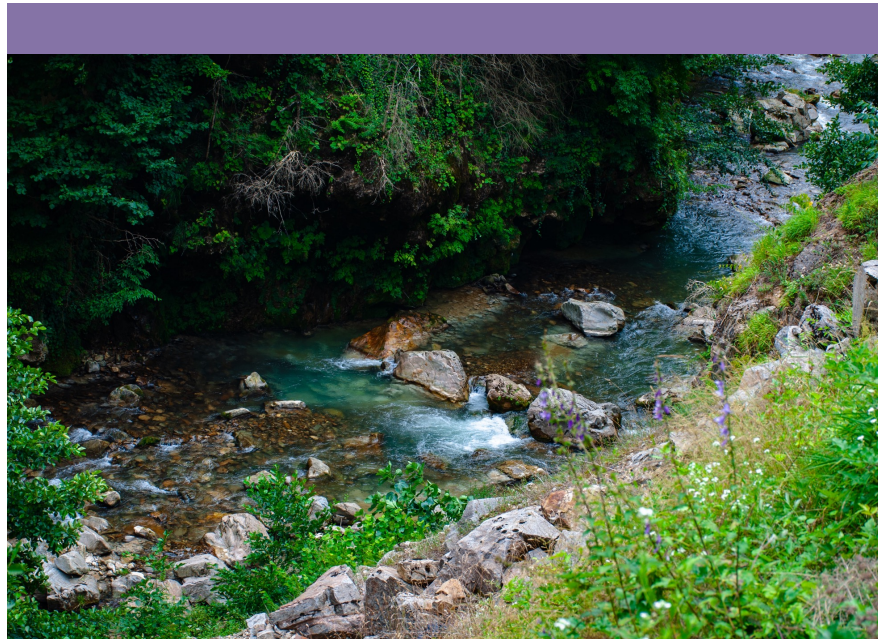
Engagement



Non-judgmental listening

GROUP AGREEMENTS

CENTRE



Timeliness



Right to pass



Equity

Life Course Theory

Physical, environmental and socioeconomic exposures through development shape health

Within and across generations

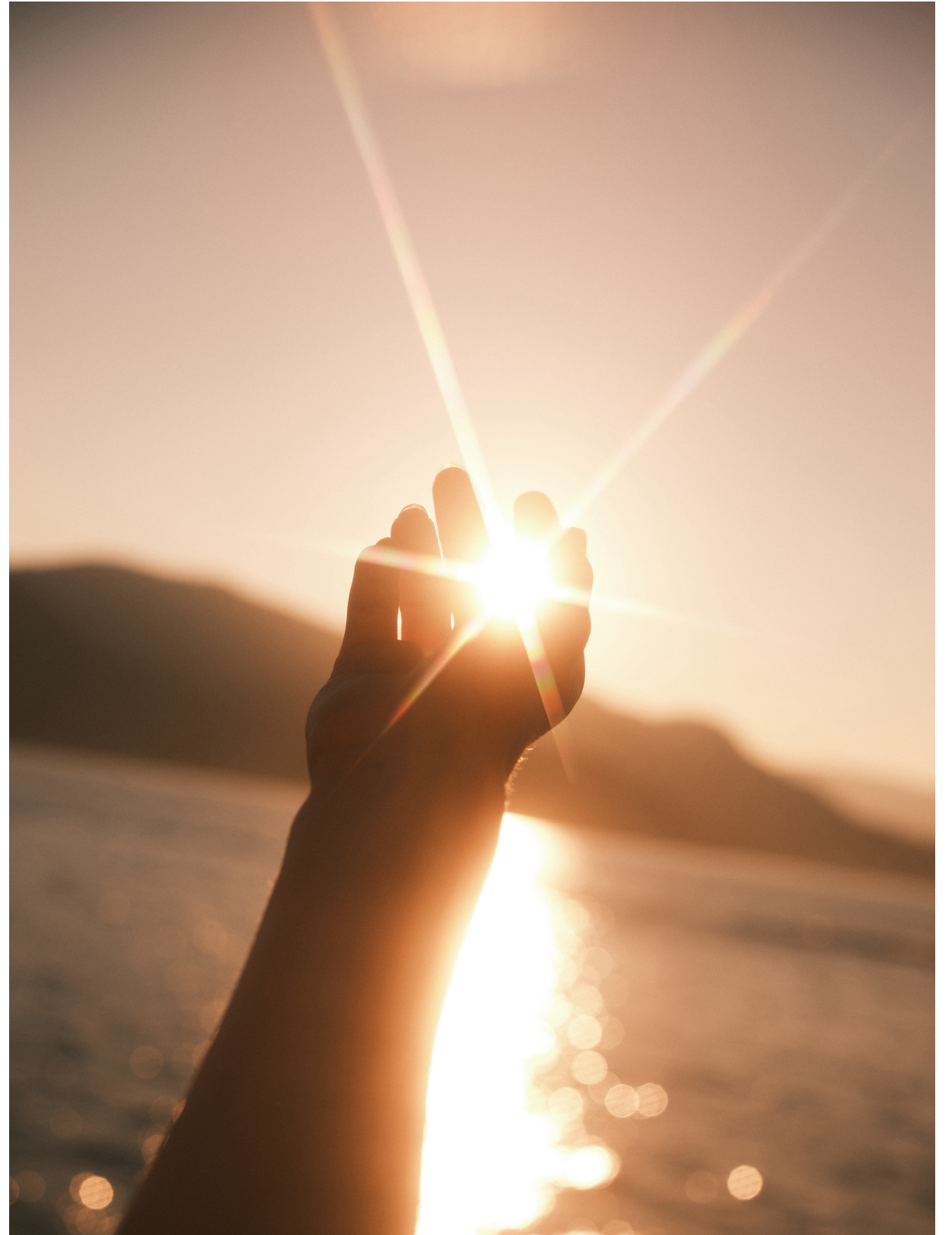
Developmental: experiences at different sensitive periods shift health trajectories

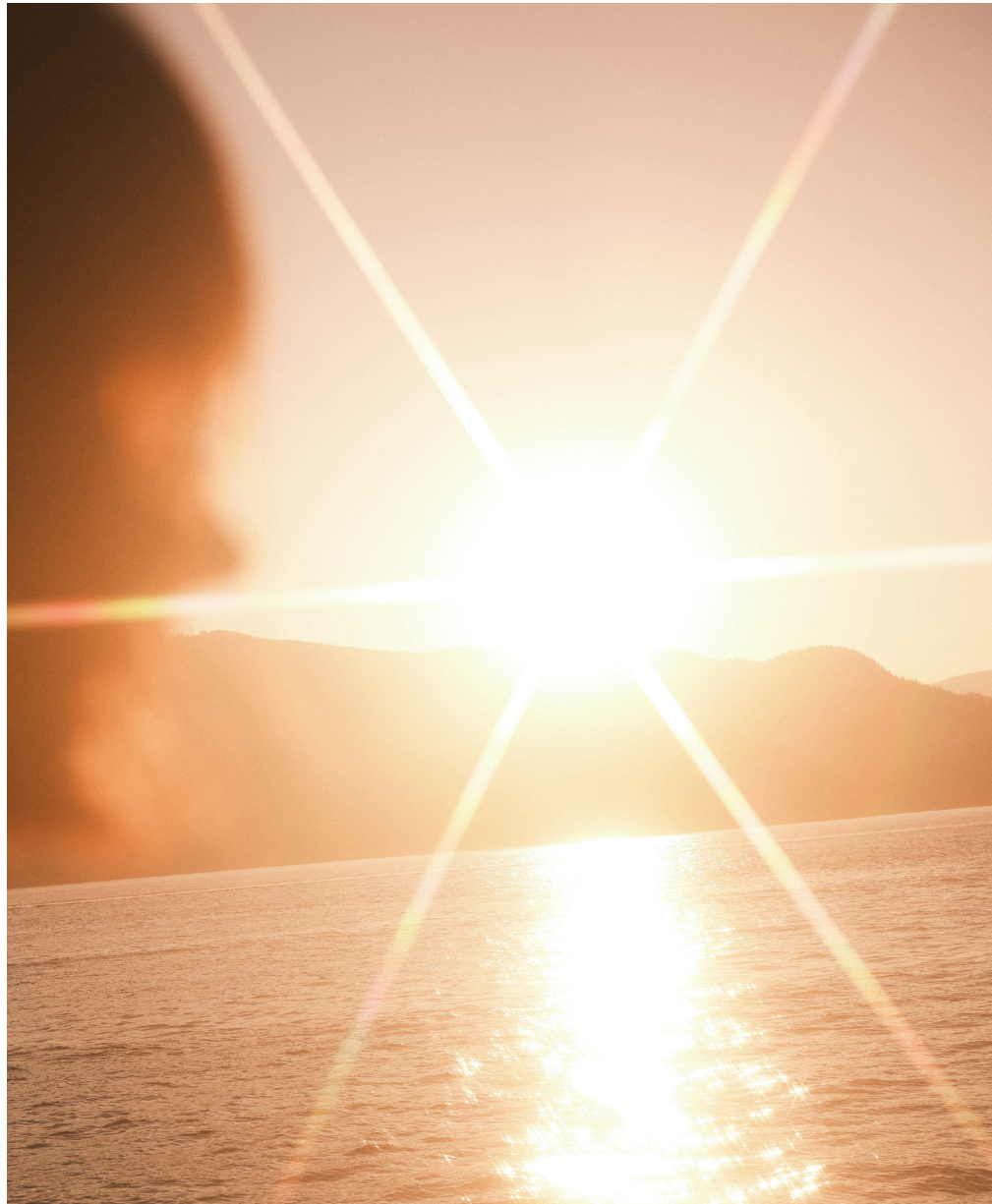
Structural: social identity and position disproportionally allocate risks and resources.



Whole Person Care

- Therapist and client
- People are within a cultural context
- Intersecting identities
 - Power & privilege
 - Working across difference
- Our own personal histories and triggers
- Therapist risk tolerance & honouring our limits



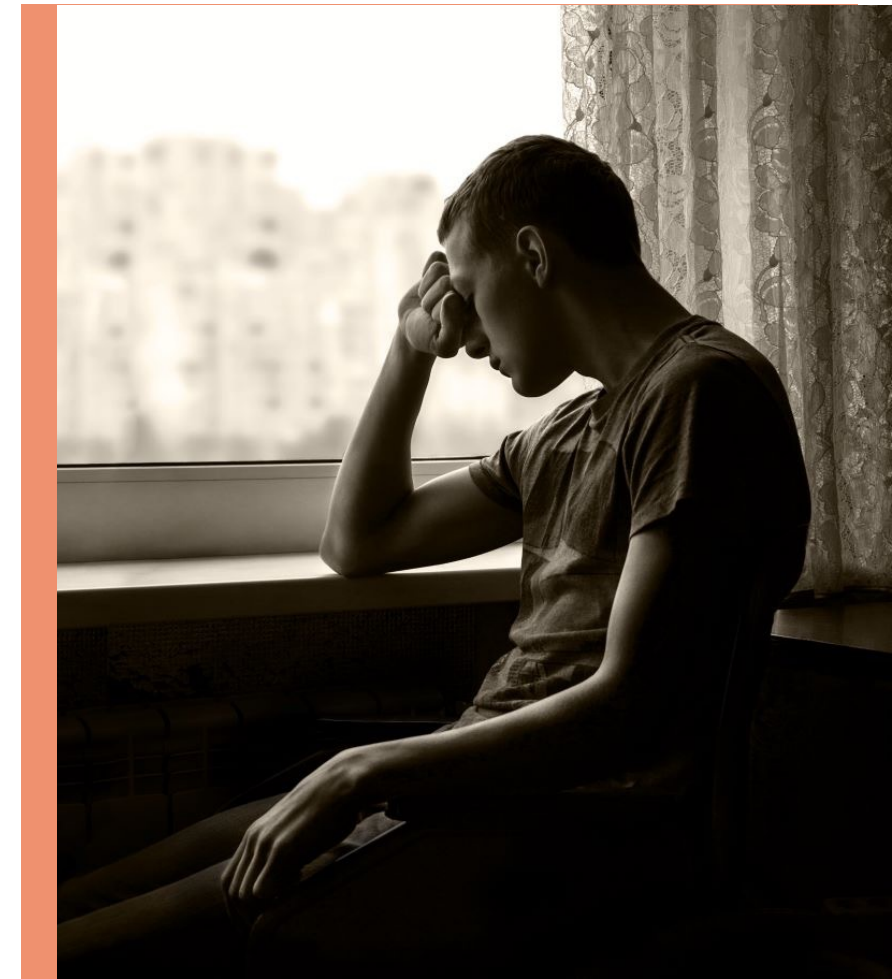


Considerations for Working with Complex Trauma

- Therapist self-care
- Responsibility for the vulnerability and opening up of the client
- The art of boundaries
- Do thorough assessment
- Extended Preparation
- Rupture and repair – high level of sensitivity with working with high trauma loads
- Show up as a whole person
- Working with shame

Working with Shame

- + Shame is a physiological response
- + Shame wants to hide, feels small, frozen
- + Core belief: there's something wrong with me, I'm fundamentally damaged
- + Key principles: patience, give lots of space, name the shame and associated sensations, titrate connection, micro-movements, pendulate vitality energy
- + “Off-gassing”
- + Developmental discharge – face/throat, disgust often
 - + invite or comment on facial expressions
 - + encourage coughing/retching/vocalizations, spitting even if you see/sense it appearing



“SHAME IS A SOUL-EATING EMOTION” – CARL
JUNG

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Working with Shame

- Viscous spiral: shame cognitions reinforce shame physiology/felt experience
 - Ask, "How might that thought have helped you to survive as a kid?"
 - Interruption is okay to disrupt unhealthy shame spiral patterns
 - Requires repetition
 - Ask, "Is that a resourcing or de-resourcing thought?"
 - Game: drop the hot potato (de-resourcing thoughts)
- Psychoeducation:
 - Reframe freeze/collapse as "act of resistance"
 - Healthy remorse versus guilt versus toxic shame
 - Shame needs to be seen
 - Rubber band effect