

NUMINUS

# Applied PAT

PRESENTED BY

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MODULE 3.  
POST-TRAUMATIC  
STRESS



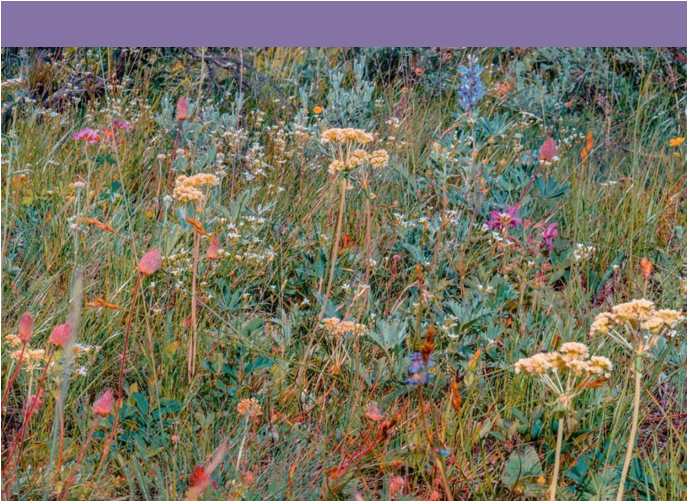


# AGENDA

Welcome, agreements, L.A.	01
Trauma- and violence-informed care	02
Post-traumatic stress	03
Trauma psychobiology and treatment approaches	04
Case 1	05
Case 2	06
Closing	07

# Group Agreements

# CENTRE



CONFIDENTIALITY



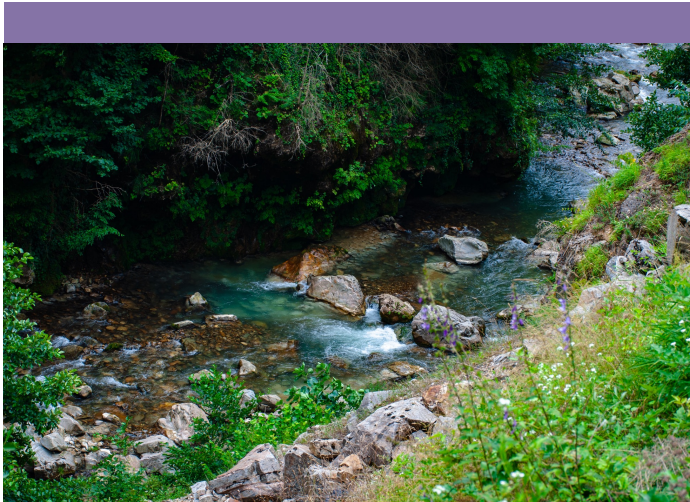
ENGAGEMENT



NON-JUDGMENTAL  
LISTENING

# Group Agreements

# CENTRE



TIMELINESS



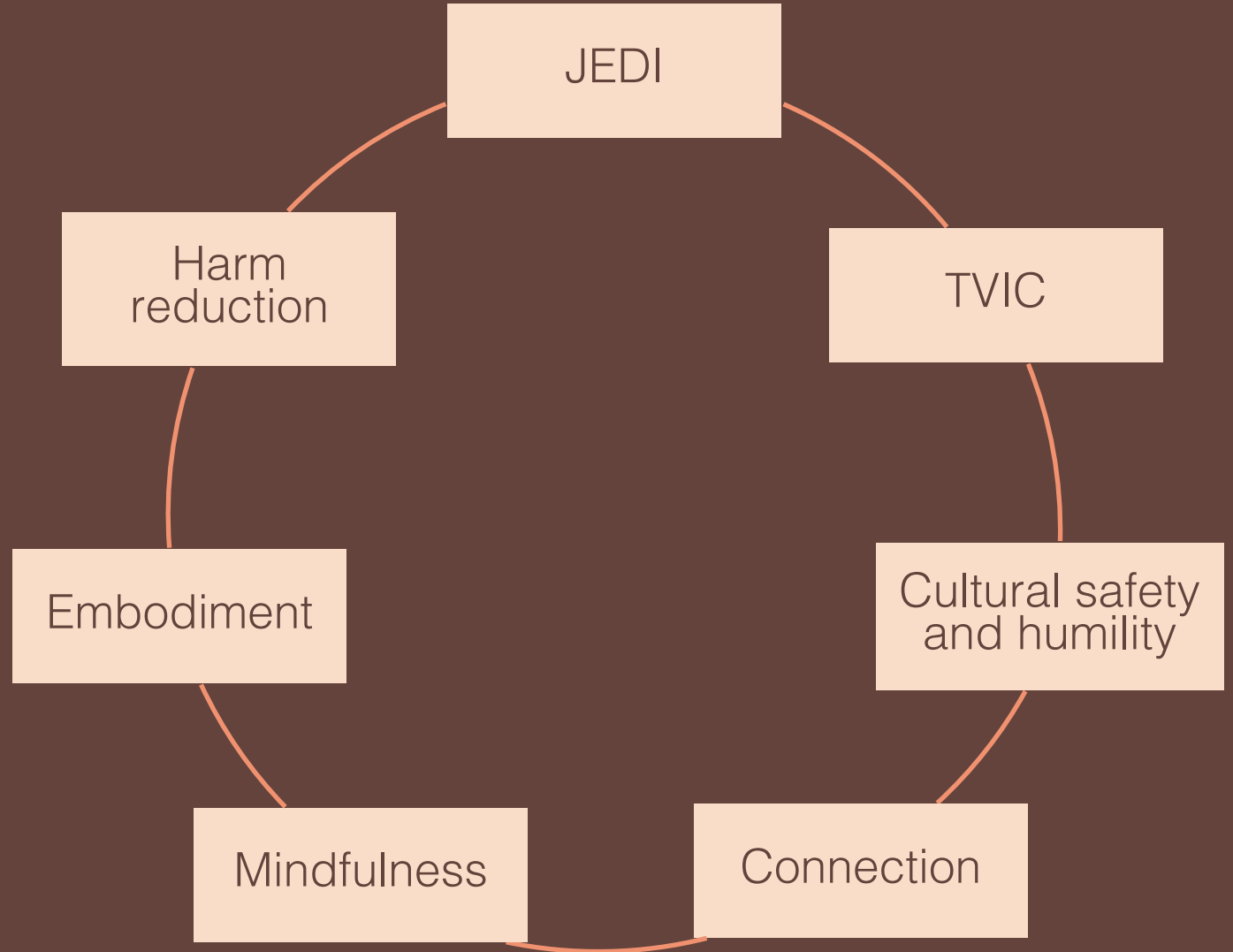
RIGHT TO PASS



EQUITY

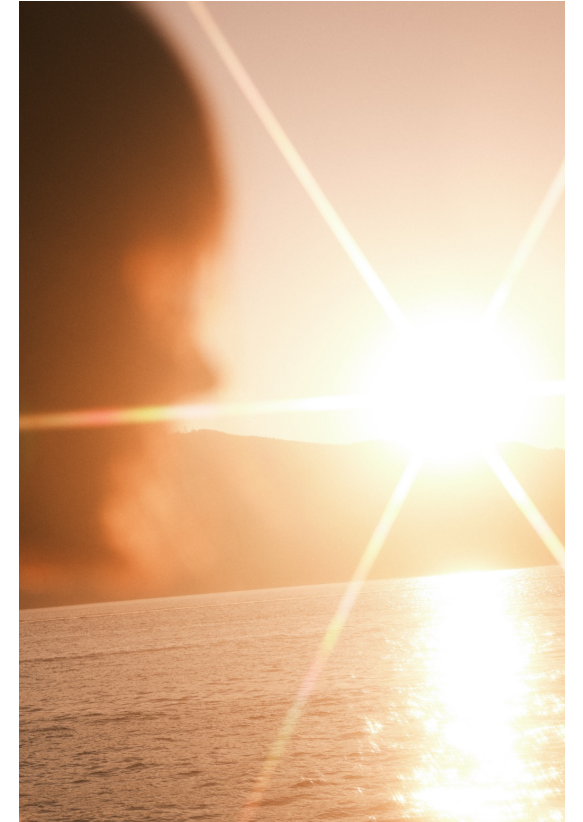


# SEVEN GUIDING PRINCIPLES



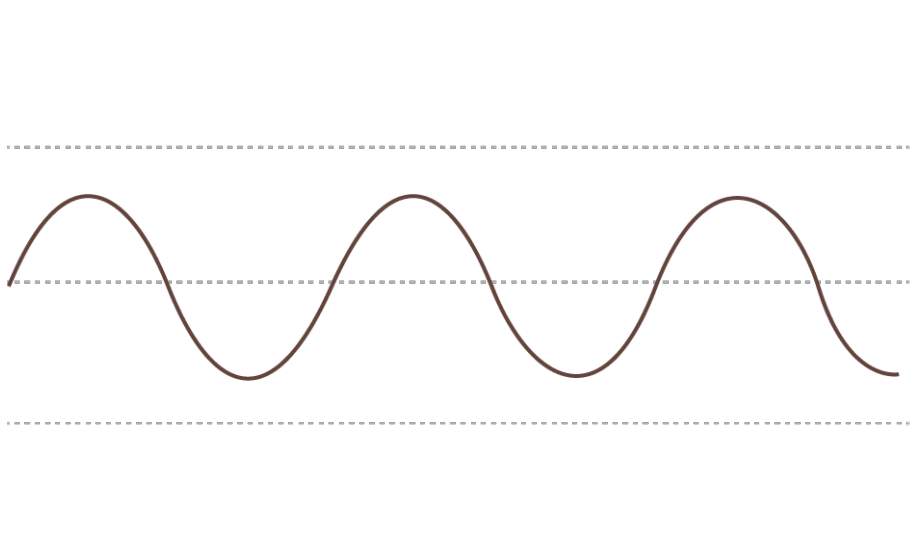
"WHAT DOES IT MEAN TO TREAT TRAUMA? DOES IT MEAN WE TREAT THE EVENTS? OR DOES IT MEAN WE TREAT THE SHAME, THE SENSE OF DEFECTIVENESS, THE HOPELESSNESS?"

- RACHEL YEHUDA



# Stress and Survival Physiology

## NATURAL FUNCTION

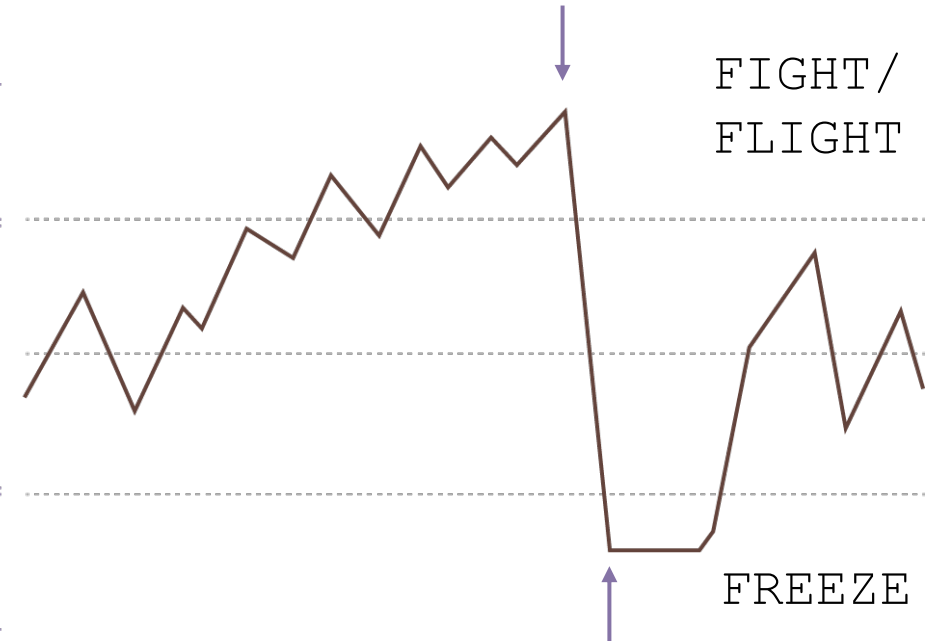


SYMPATHETIC

WINDOW OF  
TOLERANCE

PARASYMPATHETIC

## TRAUMATIZED FUNCTION



FIGHT/  
FLIGHT

FREEZE



# PTSD

## Post-traumatic symptoms

Complex Trauma

Relational-developmental trauma:

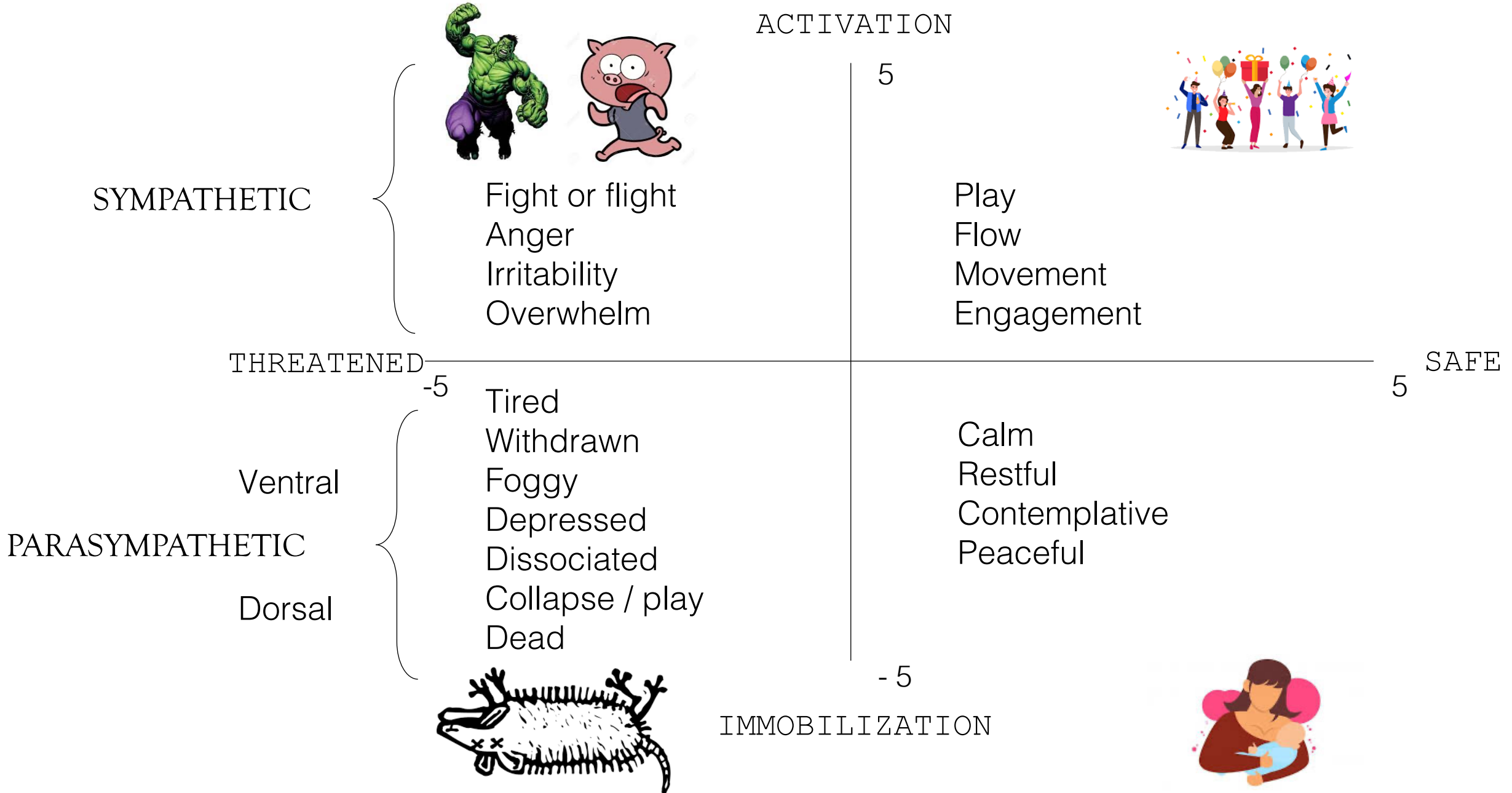
DESNOS (Spinazzola, Van der Kolk)

Trauma of oppression

"Borderline Personality"

Other: somatic symptom disorder, functional neurological disorders





# Common comorbidities (DSM)

- Most common: major depression, substance use disorder, other anxiety disorders
- Chronic pain
- Somatization
- Traumatic brain injury

SUBSTANCE  
ADDICTION

MAJOR  
DEPRESSION

SUICIDALITY

TRAUMATIC  
BRAIN  
INJURY

PTSD

GENERALIZED  
ANXIETY  
DISORDER

OBSESSIVE-  
COMPULSIVE  
DISORDER

SOCIAL  
PHOBIA,  
PANIC



# PTS Unique Considerations & Goals

## WHAT IS LOST IN TRAUMA?

- Reliable access to regulation
- Access to one's social engagement system
- Accurate immediate embodied self-awareness
- Access to Self

# 3 phase model for trauma treatment:

Phase I: Safety, Stabilisation and Engagement.

Phase II Processing of Traumatic Memories and Meaning Making for Self.

Phase III: Developing sense of personal and relational integrity and well-being. Integration – reintegration.



# Practice Traps to Avoid

## TRAP

- Fixing (taking over)
- Becoming the expert
- Feeling overwhelmed
- Rigidity – one way for recovery
- Believing information alone leads to change
- Losing awareness of body language and facial expression
- Micro-aggressions

## CHANGE

- Offer choice (empowerment)
- Listening, collaborating
- Presence, breathing, boundaries
- Flexibility, curiosity
- Process-based change (appeal to emotional, head & heart)
- Register intention, clarify, embody mindful awareness
- Micro-inclusions, examine own implicit biases, racial literacy, Cultural Safety and Humility

# Cornerstones of Trauma Therapy

Trauma and violence informed care (tvic)

Psychoeducation

Mindfulness & embodiment

Increasing regulation capacity

Parts work

Attachment-informed social engagement

Pacing (time is on your side! Trauma was always "too much, too fast, too soon")

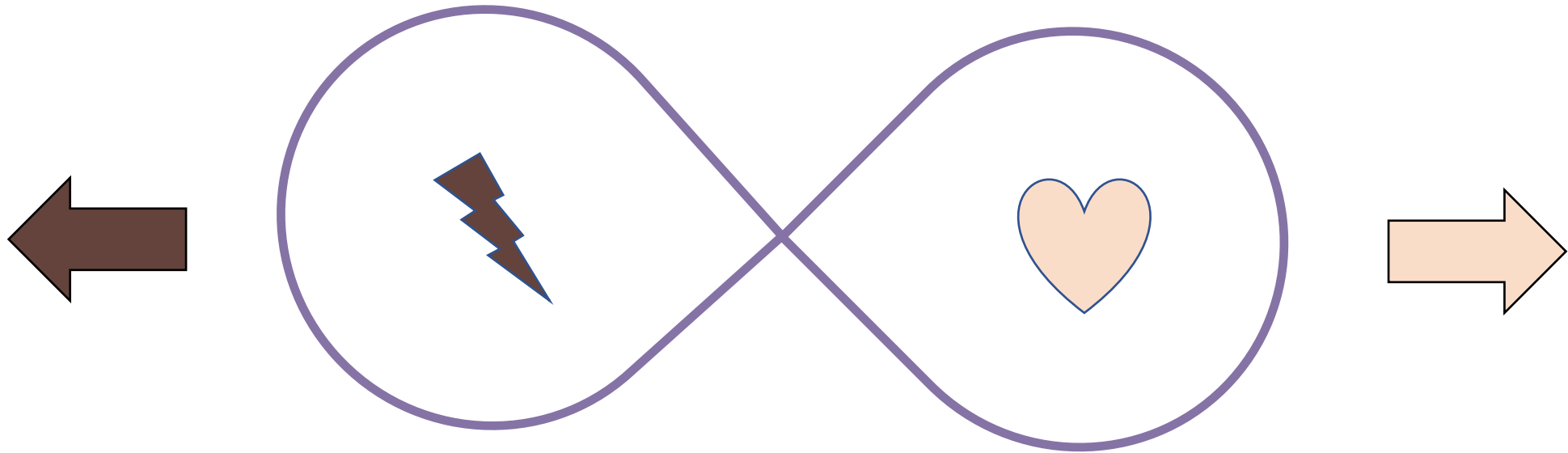


## TREATMENT GOALS: INCREASING INTEGRATIVE CAPACITY

- Increasing window of tolerance – increasing the ‘container’ / ability to hold the trauma
  - Maintaining first-person awareness as one’s whole self in the present moment
  - Maintaining awareness of and ongoing organization of multiple sensory inputs in the present moment
  - Synthesizing experience in a way that allows coherent meaning-making in real time
  - Being able to differentiate past from present; metabolizing implicit trauma imprints
  - Shifting out of threat perception and into relationality and cooperation
- Relational healing and restoring social engagement
- Increased integration of parts, access to Self, forming secure intra- and interpersonal attachments
- Reference for what is possible, to be cultivated and practiced (not a direct A --> B path)
- Post-traumatic growth

Trauma vortex

Healing vortex



## DIRECT EMBODIED RESOURCES

Internal:

- Contact points (feet, chair)
- Sensations of breathing
- Bilateral oscillatory movements

## ELABORATED EMBODIED RESOURCES

External, experienced Internally:

- Person, place, spiritual figure, plant, animal, circumstance, etc.
- Brings sense of connection, nourishment, security, warmth
- “Elaborated” using EI

Embodied INQUIRY:  
LEADING BY FOLLOWING THE CLIENT