Hope and Healing of Creating a Culture
Healing of Trauma

The Body Keeps the Score: Brain, Mind, and Body in the

Bessel van der Kolk

“...central to restoring well-being relationships and community is restoring to heal one another. Restoring another is matched by our capacity "Our capacity to destroy one"
"Hope is the lifeblood of resilience."

-WILLIAM C. BELL
What is „Re-traumatization“?
Intense internal violation.

My body had been invaded by a substance that caused a feeling of intense pain. Not only was the leather binding into my wrists, degrading and painful, alone with the restraint was a torturous, dehumanizing, terrorizing experience.
Childhood Experiences Replicated in Services

- Controlled, Powerless
- Blamed & Shamed
- Isolated
- Sexually Violated
- Trapped
- Unseen & Unheard
- Betrayed
- Crazy-making
- Objectified
- No Privacy or Boundaries
- Threatened
- Unprotected & Vulnerable
the person concerned,“ administered without the free and informed consent of
constitute torture or ill-treatment when enforced or
mediated at corrective or alleviating a disability, may
medical treatments lacking a therapeutic purpose, or
severe pain and suffering, intrusive and irreversible
Whereas a fully justified medical treatment may cause
constitute torture or ill-treatment:
that cause pain and suffering, and those that may
distinguish between legitimate medical treatments
Survivors of Psychiatry, articulated a standard for
concept pioneered by the World Network of Users and
In 2008, the UN Special Rapporteur on Torture, adopting a
Assumptions

Restraint/Seclusion are needed to ensure safety

Restraint/Seclusion are therapeutic
Inappropriate intervention of last resort (Mental Health Commission, 2004, p.1). Seclusion is not a treatment... (but) ... an

(Hamner et al., 2011). Seclusion and restraint practices promote challenging behavior, causes conflict between clinical staff and service users, and violates recovery potential. Seclusion and restraint re-traumatizes service users and promotes feelings of isolation, hopelessness.

(Champagne & Størmer, 2004) Seclusion and restraint promote anger, confusion, and frustration.
11,940 distinct reports received of alleged abuse or neglect

2017 Reports
NYS Justice Center
or neglect

Had at least one substantiated allegation of abuse

Death Involved

Abuse and Neglect Investigation cases in which a

2017 Reports - Death Involved

NYS Justice Center
Vulnerable populations.

Prevents them from securing any position serving

Placed on the Staff Exclusion List.

398 individuals

Since June 30, 2013,

Staff Exclusion List

NYS Justice Center
(Goetz & Taylor-Trujillo, 2012, p. 97).

"A culture of safety" is imperative to building elements that contribute to building organizational environmental and interpersonal, and includes "the interpersonal foundation that culture change"
Allows for stories to be shared and explored worldview

Needs not just what one of us needs.

Navigates relationships with a focus on what the relationship

Diagnoses.

Uses the language of experience rather than the language of

Symptoms

Sees coping strategies and adaptations rather than

Changes the conversation - event, impact, and meaning

Reconnects people to their life experience

From "What's wrong with you?" To "What happened to you?"

Trauma-Informed Practices
Seek to understand the meaning people make of their experiences.

"What's wrong with you?" not "What happened to you?"

Focused on understanding what happened to you?

Based on the universal expectation that trauma has occurred.

Trauma-Informed Practices
Cultural, Historical, and Gender Issues
Empowerment, Voice and Choice
Collaboration and Mutuality
Peer Support
Trustworthiness and Transparency
Safety

Trauma-Informed Approaches
SAMHSA's Key Principles of
Non Trauma-Informed Practices
Responsive Help is collaborative and authoritarian. Help is top-down and solving and accessing resources.

Relationships are based on problem-solving and resources. Relationships are based on problem-solving and resources.

They want survivor survivors choose the help. The helper decides what help looks like.

Survivor safety defined by each survivor. Management safety is defined as risk.

Needs are identified by each survivor. Needs are identified by staff.

Trauma-Informed Not Trauma-Informed

What does help look like?
Six Core Strategies

1. Data
2. Leadership
3. Workforce Development
4. Reduction Tools
5. Service User Inclusion
6. Debriefing

NASHMHPD
National Association of State Mental Health Program Directors
PARS NYSOMH

- The Positive Alternatives to Restraint and Seclusion (PARS) project of the New York State Office of Mental Health (OMH)
- January 2007 through December 2011
- 3 participating mental health treatment facilities
- demonstrated significant decreases in restraint and seclusion episodes per 1,000 client-days.
What contributed to success?

- Increased involvement of youth in program decision-making.
- Respectful two-way communication between management and staff.
- Mutual understanding between staff and youths.

- 62% reduction in the number of service users requiring seclusion and restraint.
- 79% reduction in seclusion and restraint hours.
- Intervention program used NAMHSD Six Core Strategies and Sensory Modulation.
- America's Restraint/Seclusion Data from eight (8) project states in.

Pilot Project

The Six Core Strategies
New Zealand study conducted by Sutton, Wilson, van Kessel, and Vanderpyl (2013) concluded that sensory modulation is an effective tool to reduce aroused states and manage challenging behavior transferred to other settings.

- Taught self-management and regulation tools that could be taught to staff and inpatients
- Enhanced interpersonal relationships between the clinical and service users
- Gave them a sense of control and promoted a calm inner state
- Evaluated the impact of a pilot sensory modulation intervention in four (4) mental health inpatient units (three adult and one youth)
Reduce levels of agitation and aggression

Sutton, Wilson, Vankessell, & Vandenberg, 2013
States and reduces clinical staff's need for restrictive practices
Sensory-based intervention that helps de-escalate arousal

Sensory Modulation
Glide rocking chair

Mindfulness activities with sensory cues

Art therapy/crafts

Isometric exercises

Hot shower/bath

Yoga/exercise groups

Sensorimotor Activities:
Sensory Modalities:

- Pet therapy
- Light therapy
- Aromatherapy
- Beanbag taping
- Sound therapy
- Music therapy
Reclaiming our Power

Bessel van der Kolk, the Body Keeps the Score

"moving, and touching..."

through such basic activities as breathing,

involuntary functions of the body and brain,

physiology, including some of the so-called

we have the ability to regulate our own
Continually for...
Mindfulness practice
Meditation
Rhythm, e.g. drumming, clapping, stomping the feet
Sound - singing, chanting, singing bowls, Gong therapy
Movement
A - Action B - Breath C - Centering (Nirguna Institute)
Emotional Regulation Techniques
Moments from the relationship. When they derive sustenance and strength, they derive without judgment and receive without judgment; when they can give, and valued; when they feel seen, Connection is the energy that exist.
Bessel van der Kolk

"Feel safe and where they can survive.

environments in which children and adults can

We can change social conditions to create."