

Tri-Phasic Model (J.Herman, 1992)

- **Safety** and Stabilization
- **Remembrance & Mourning** (Trauma Memory Processing)
 - Trauma Resolution
 - Desensitization & reprocessing
 - Metabolization of trauma
- **Reconnection**
 - Present & future

Necessary Ingredients for trauma processing

Three active & necessary ingredients

Relaxation, Self-Soothing (R)

Relaxation & Exposure (RE)

Cognitive Restructuring (CR)

“Trauma Practice, Tools for Stabilization and Recovery” by A.Baranowsky, E.Gentry and F.Schultz

Each exercise in the book addresses at least 1

Each is offered at a specific phase

Necessary Ingredients for trauma processing

- Cognition
- Emotion/Feeling
- Body
- Behavior

Phase 1: Safety

- Central task of recovery is safety (external and internal)
- Clinician's goal – help clients regain external and internal control
- Through Dx, education and skills development
- To increase emotional and behavioral stabilization
- Shift from unpredictable danger to reliable safety (in the environment and within)
- May require days, weeks, months

Safety/Stabilization Interventions

Suggested

- **3-2-1 Sensory grounding**
- **Diaphragmatic breathing**
- **Safe-place visualization**
- **Flashback Journal**
- **Trigger List**
- **Emotional Containment Exercise**

Additional

- **Progressive Relaxation**
- **Anchoring**
- **Transitional Object**
- **Postural grounding**
- **Timed/metered expression**
- **Other ...**
- **MINDFULNESS!**

Safety/Stabilization Interventions

- *Trigger List* of disturbing life experiences that continue to feel unresolved, upsetting and traumatic
 1. Time-out (Braking explained)
 2. Break-Down (age related)
 3. Use Brakes when needed
 4. Create Guardrails (limit discussion)
 5. SUD'S Rating
 6. Add till complete
 7. Identify Themes

- NEXT SLIDE SAMPLE

Safety/Stabilization Interventions

(TI-204 Trauma Practice Coverage)

- *Trigger List & Titration* *SUDS*
 1. Age 10, teased in school overweight 8
 2. Age 12, cornered, molested 3 boys 10
 3. Age 12, police leave, parents silent 10
 4. Age 27, not lose weight, shamed by doc 7
- THEMES – What is similar in memories?
 - Not acceptable as I am
 - Unlovable
 - Rejected when people get to know me
 - People are cruel

Safety/Stabilization Interventions

- Flashback Journal

Symptom	Trigger	Memory	SUDs	Self-soothing skill(s) used	SUDs
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Safety/Stabilization Interventions

(TI-204 Trauma Practice Coverage)

- **Emotional Containment**



Safety/Stabilization

WHEN ARE WE SAFE & STABLE ENOUGH FOR PHASE 2?

1. Resolution of impending environmental & physical danger
2. **Ability to distinguish “Am safe” vs. “Feel safe”**
3. Development of battery of self-soothing strategies (grounding, containment, expression)
4. Ability to demonstrate self-rescue
5. Positive prognosis and contract with client to address traumatic material.

Phase 2: Trauma Memory Processing

- Goal: process trauma history, bringing memories to greater resolution
 - Reconstructing the story (from implicit memory to explicit)
 - Transform traumatic memory
 - Mourn traumatic losses
- Process is not linear
- Create safe space and bear witness

“survivor is not responsible for the injury that was done to her, she is responsible for her recovery”

Herman, Judith L..

Trauma and Recovery: The Aftermath of Violence

Phase 2: Trauma Processing Approaches

- Trauma Cognitive-Behavioural Therapy
- Eye Movement Desensitization & Reprocessing (EMDR)
- Thought Field Therapy
- Traumatic Incident Reduction
- Time-Limited Trauma Therapy (T-LTT)/Trauma Recovery Institute Method (TRI-Method)
- Neuro-Linguistic Processing (NLP)

When we pair relaxation with exposure to c.f./ trauma eventually we extinguish the trigger and get bored ...

Reciprocal Inhibition
we extinguish events through exposure with relaxation ...

Phase 2: Trauma Memory Processing Exercises

- *Body*

Trigger List and SUDs

Layering (RE-CR)

Comfort in One Part (RE)

Time-Line Approach (RE-CR)

Biofeedback (R-RE-CR)

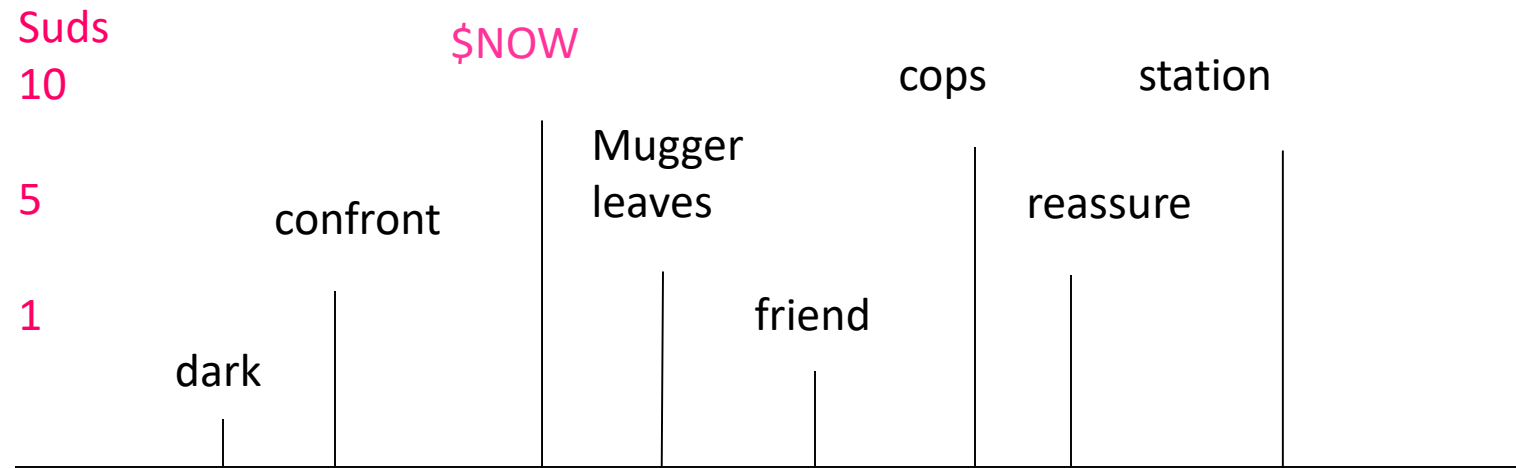
Phase 2: Trauma Memory Processing

Time-Line Approach

- Decide on Self-Soothe / Relax approach to use...
 1. ID traumatic memory to process
 2. Draw line lengthwise on a sheet of paper. Write “Beginning” on end of line & “End” on the other
 3. Relax now. Ask “client” to view the event from a distance (observer position) and separate event into as many segments as needed
 4. Draw line up and label each segment
 5. Height of each line should indicate SUDS level
- NEXT SLIDE IS A SYMBOLIC REP OF EVENT ...

Phase 2: Trauma Memory Processing

Body – Time-Line Approach



EVENT: Mugging after theatre

This is the SYMBOLIC REP OF EVENT ...

Phase 2: Trauma Memory Processing

- *Cognition*

Downward Arrow Technique

Cognitive Continuum

Calculating True Danger

Looped Tape Scripting

Cognitive Processing Therapy

Story-Book Approach

Written Narrative

Imagery Re-scripting

Phase 2: Trauma Memory Processing

‘Reliving’ the memory and Imagery Re-scripting

- **IMAGERY RESCRIPTING THERAPY and Protocol**
- **Mervin R. SMUCKER.** Department of Psychiatry, Medical College of Wisconsin, Milwaukee, Wisconsin, USA
- Definition: Helping clients to relive and then transform recurring, distressing images (e.g. flashbacks, nightmares) into mastery and self-soothing imagery.

Phase 2: Trauma Memory Processing

- *Emotions/Feelings*

Emotional Processing through Imagery

Acknowledgement Exercise

Learning to Be Sad

Assertiveness Training

Phase 2: Trauma Memory Processing

Returning a gift

- Often we suffer from anger or attacks toward us. But only until we continue to accept those “gifts”.
- **When we react to anger with hurt it “sticks” to us and we continue to carry and feed it with our energy.**



Phase 2: Trauma Memory Processing Exercise

- Imagine those “gifts” and to return it to the original owner because you are not responsible for it.
- Instructions: Find anger/hurt/pain in your body. Imagine it in front of you (symbolic representation). Return it to your offender.

Phase 3: Reconnection

- Redefine oneself in the context of meaningful relationships
- Engage in life activities
- “Trauma does not determine who I am”
- “I always have myself”
- Mission / purpose / helping others
- Post-traumatic growth