



Trauma Informed Care: Healing the
Healer
Maintaining
Your Mental Health
with Frequent Exposure
to Trauma Particularly in the Era of
COVID-10[©]

Annual NAPSA Conference
Healing the Culture of Abuse
November 16, 2020
Online

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Prevention & Management

- Repeated exposure to trauma:
 - Direct
 - Indirect
- Vicarious Trauma
- Paying attention to risks to mental health
- Doing something about these risks

Prevention of Traumatization



What is trauma?

Direct and indirect exposure to images, in-person experience of traumatic scenes or information, with consequent psychological distress, usually lasting several weeks or longer.

This exposure effects the individual's mood, energy level, motivation, physical well-being, ability to function normally (distracted, anxious, depressed, interfering memories of the scene or event...along with inability to recuperate prior level of well-being physically and psychologically.

Directly experienced trauma as well as vicarious trauma (learning about a trauma through hearing about it, reading about it, seeing photos/videos of the trauma) can deeply affect us.



Management of Traumatization

Illustration of successful management on next slide





Professional Distancing

QUICK QUIZ:

- *Which is the best goal?*
- Ability to observe and listen to the traumas of others ***without***
 - A. Emotional involvement
 - B. Emotional response, or
 - C. Emotional damage

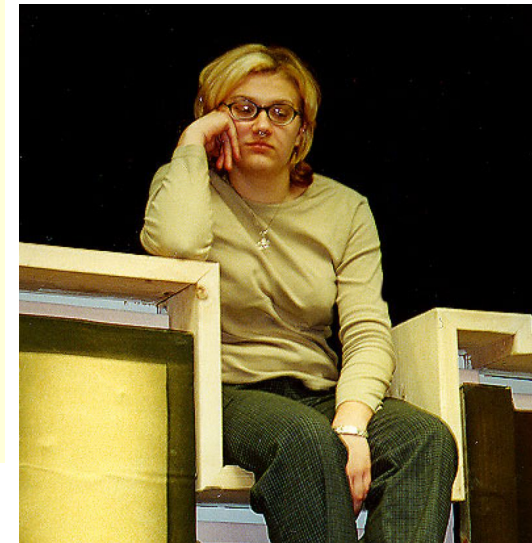
(Enter choice in chat)



Professional distancing

QUICK QUIZ: Enter your response in Chat

- *What are the “best” emotional responses to tragic situations:*
 - A. Empathy?
 - B. Sympathy?
 - C. Pity?
 - D. Dispassionate regard?



“Distancing” from the client/case

- A delicate balance of caring enough without caring too much or too little.
- Recognition of the limits of your ability to make a change.
- During your time with a client, recall the broader context. Take verbal note that:
 - They survived,
 - They now have access to help and support,
 - You are both part of a helping network,
 - The “village” is working with them.

“Distancing” from the client/case

- Acknowledging that the client must find her/his own personal resources to use what you offer. (Story of Pat)
- Recognition that listening, caring and offers of help **do make a difference**...just not immediate life altering ones (magic wand syndrome).



Self Administration of trauma treatment is advised to prevent development of vicarious trauma.

- TFT - Thought Field Therapy
- Other natural healing methods (Emotion Code, Body code, music, meditation, being in or observing nature's beauty, poetry, rest among others)

Vicarious Trauma

Trauma that is imagined then experienced through the detailed description provided by another accompanied by observation of directly viewed or recorded images.

- Through the telling of the story
- Reading case notes
- Discussion of cases with colleagues
- Viewing of injuries or other evidence
- Viewing of photos or videos of evidence

Signs of Vicarious Trauma

- May begin with slight then more serious changes in
 - Mood
 - Energy
 - Desire to come to work
 - Increased impatience with self and others
 - Onset of sense of sadness

Signs (cont'd)

- Beginnings of depression
- Difficulties with sleep (going to bed, getting to & staying asleep)
- Nightmares or night terrors
- Changes in appetite (eating too much, eating for solace, more sweets, eating less)
- Changes in social relationships (isolation) (reduced sex interest)
- Changes in relationships at home

Signs (continued)

- Noticeable change in level of anxiety
- Increased worry about self or family members
- Increased worry at work
- Onset of stress-related illnesses
 - Headache
 - Abdominal (GI tract) distresses
 - Cold, flu, etc.

Signs (continued)

- Change in sense of humor
- Less enjoyment in life
- Things that used to be of interest no longer are “worth it”
- Lack of self care
- Work productivity slows
- Lack of energy

Intrusive thoughts of traumatic scenes when not working on that client's case
Development of phobias (new fears of driving, heights, elevators)
Marital discord
Developing “super-responsibility” at home and at work.

Five Areas of Stress Impact

- Safety
- Trust
- Esteem
- Intimacy
- Control

What to do if you start feeling effects personally?

- Antidotes include workplace and personal care
- Distraction: reading novels, watching movies
- Spend time laughing...one of the greatest known healing tonics
- Enjoy being with your friends & family
- Engage in therapeutic work

Energy & Energy Medicine

- Energy bodies
- Energy felt (how do people **feel** to you?)
- Your body's energy field
- Muscle testing
- Energy sweep (pelvis to crown x 3)

There are now many forms of energy therapy. I love it because it works, it works fast, lasts, and requires no “upkeep” or later treatment.

It is, hands down, the most effective trauma-relief intervention I have found. Anyone can learn it and use it.

Thought Field Therapy

- A “thought field” is an energy field, like a magnetic field...you cannot see it, but you can feel it.
- *Example:*
- Enter into chat box (or write down) how happy you feel **right now**, on scale of 1 to 10, ten being happiest you have ever felt, and 1 being not very happy at all.

Now,

- Bring to mind one of the best moments of your life...notice a feeling accompanies the thought. The feeling is evidence of the energy charge of the thought, called a field. (Did it make you smile?)
- Enter the new number into the chat box.
- What happened? You changed your focus, and your brain responded by flooding you with the feelings that are energetically attached to that mental focus. (This can be measured in several ways externally with shift in GSR, temperature, HRV, etc.)

Thought Field Therapy

- Application of ancient Chinese medicine knowledge of energy, energy flow channels (meridians) and centers (points) to emotional states.
- With TFT you can treat: trauma, terror, nightmares, daymares, flashbacks, phobias, depression, anxiety, grief, rage, anger, betrayal, jealousy, etc. In fact, any negative or troubling feeling, including the #1 FEAR in the US: PUBLIC SPEAKING. If you ever want a FREE DEMO to finally be rid of this phobia...just contact me.
- With TFT one can also treat physical problems, such as headache or any other type of pain or discomfort.
- With TFT one can also treat hoarding!

Thought Field Therapy: What is the process?

- Treating negative thought fields
- Identify the negative thought
- Identify the degree of charge on the thought (1-10, 10 being highest)
- Identify the type of feeling (trauma, sadness, anger, etc.)
- Administer TFT tapping sequence
- Focus on thought field, re-rate degree of charge.
- Continue treatment to full release.

THOUGHT FIELD THERAPY

Thought Field Therapy is the first of the Energy Psychology methods, discovered in the 1970's to treat phobias, anxiety, depression, trauma and other intransigent emotions.

WHAT IS IT?

It is the application of a series and sequence of stimulation of energy meridian points while the patient focuses on the disturbing thought, images and feelings.

WHAT DOES IT DO?

The treatment collapses the negative energy field of the target emotions, and the patient can then recall the traumatic material without experiencing emotional distress.

QUICK! Make a circle with everyone holding hands!



Remember the book, “The Body Electric?”



THE BODY IS ELECTRO-MAGNETIC

The effect of Thought Field Therapy is to:

Reset the Vagus Nerve, that manages our “emergency response” functions: fight, flight, freeze, which may have remain “engaged” due to lack of effective trauma treatment.

When stabilized, we are relaxed, not experiencing any stress.

When in danger, we are on high alert (ready for flight, fight or freeze) [survival mechanisms] and all unnecessary systems (digestion, sexual system) shut down.

Thought Field Therapy restores the normal status of the vagus nerve, and collapses the energy field trapped in the body causing ongoing distress.

HOW IS TFT DONE?

Using a series and sequence of energy meridian points (acupressure points, the sites used in acupuncture), the practitioner:

Asks the patient to identify the problem emotion(s), troubling thought or image

Asks the patient to rate on a scale of 1 to 10 how bad it feels when focusing upon it

Guides the patient to tap on a sequence of treatment points while focusing on the problem thought/image/memory.

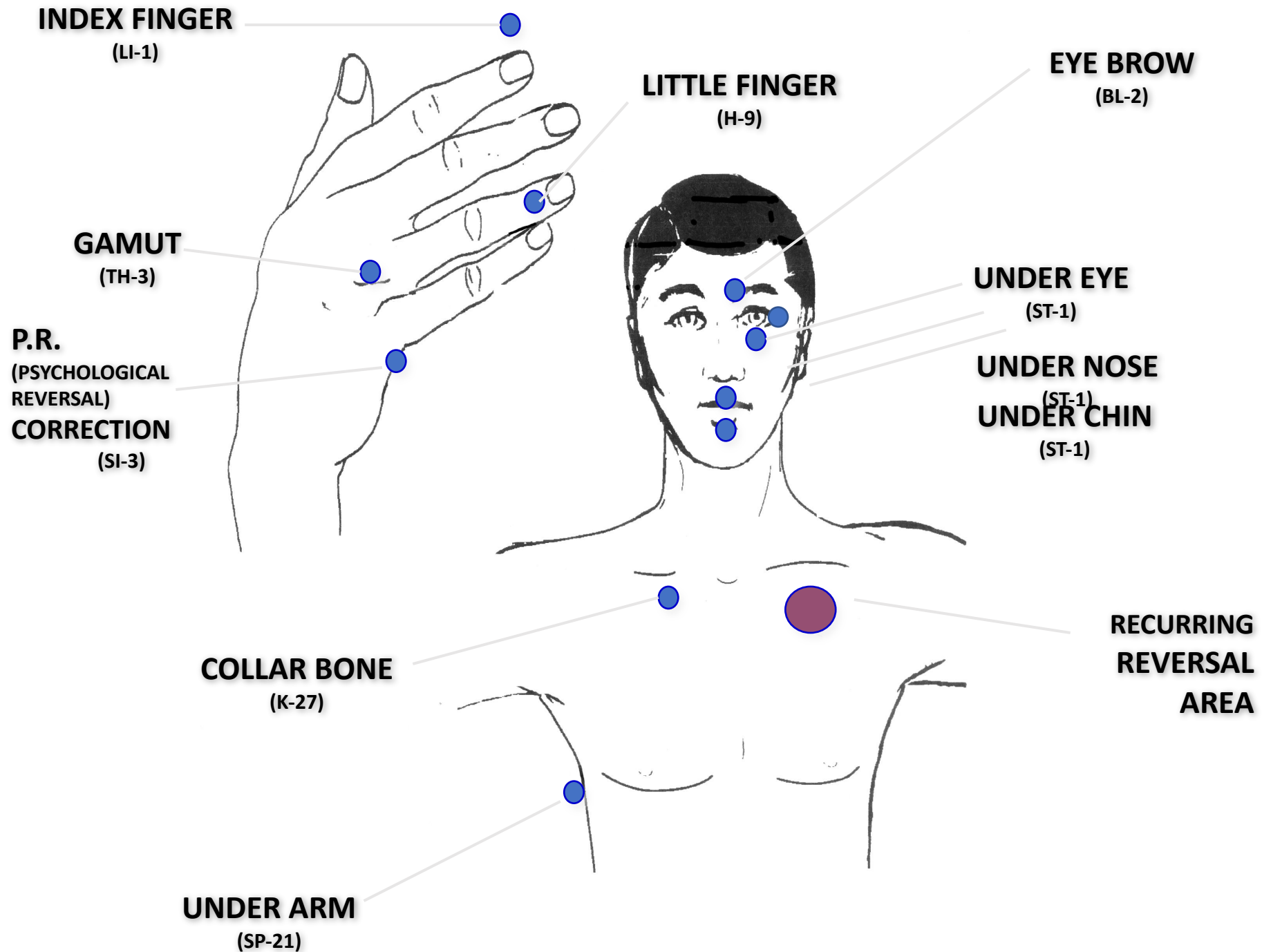
When complete, asks the patient to rate their distress when focusing on the distressing image or thought.

What are the treatment points?

There are fourteen treatment points. Each is the energy meridian point for organs including the heart, the liver, kidneys, bladder, gallbladder, etc.

The patient is asked to gently but firmly tap on the energy points while focusing on the problem thought/image.

Although there are millions of combinations, specific treatment sequences have been found effective for specific problems, such as: trauma, anger, rage, embarrassment, phobias, fear, terror, nightmares, physical pain, shame, etc.



What is the psychological or emotional model that describes how TFT works?

Thought + Emotional distress

Administer TFT (administer tapping sequence, retest)

Thought minus Emotional Distress

How is treatment impact/success measured?

1. The patient rates level of distress when focusing on the problem at the beginning and end of treatment using standard pain scales.
2. One can precede the treatment by taking HRV (heart rate variability) measures and then repeat following treatment.
3. One can also use blood pressure, pulse or heart rate to assess treatment progress or success.
4. One can use a voltmeter to assess treatment progress/success
5. The treating therapist can observe physical changes in the patient's face color, stress signs, posture, and other measures.

BENEFITS OF USING TFT

- It works
- It works fast & relief is permanent
- There is nothing ingested, injected or inhaled
- Repeat treatment is unnecessary once healing has occurred
- Verbal skills are not required
- Any person trained in TFT can successfully administer the treatment
- People heal from trauma quickly and relatively painlessly
- No discussion or description of the trauma is needed or required

Treatments work for:

Successful treatment of children and adults with & without disabilities

Sexual assault (trauma)

Physical pain

Depression

Anxiety

Nightmares

Trauma

Nocturnal enuresis

TREATMENT SUCCESS EXAMPLES

1. Man with D.S. was sexually assaulted by day program staff. He was severely traumatized. With no treatment provided, time went on and he began to have pain with urination. Mother, a secondary trauma victim, took him to a general practitioner and a urologist when pt. developed pain with urination. No cause for the pain was identified by the physicians.

During the session, initially mother was treated for her trauma. Then the man was treated for his trauma. His response to treatment was immediate and visible as his countenance and mood immediately changed. Believing the pain with urination may be psychosomatic, I treated him for this condition, after which he no longer had pain with urination.

TREATMENT SUCCESS EXAMPLES

2. Man with D.S. was sexually assaulted by family members when the mother was not present. He was severely traumatized. There were many additional issues (abandonment, betrayal, helplessness, etc.)

Treatment was completed when he indicated (two thumbs up) that he no longer felt bad when thinking about the abuse.

He asked for paper, scissors, a stick, scotch tape and markers, with which he constructed a collage with rectangles, flags and people. He then signed, "Towers. Airplane flying into towers...BOOM! I LOVE THE FIREFIGHTERS" then he saluted...he wanted to honor the first responders to 9-11...just after having healed from his own trauma. He asked to have his collage sent to NYC and delivered to the first responders, to thank them for their work. Prior, I had not understood/realized the impact upon PWIDD of the 9-11 tragedy.

YOUR TAPPING BOOK

For my patients, I give them a book called “Your Tapping Book” so that between sessions, they can tap on themselves for a variety of negative/unpleasant emotions. This empowers them, and also reduces actual costs for therapy sessions (travel, parking, etc.)

In some cases, I have trained parents and caregivers to administer TFT to themselves (for stress, etc.) and to their loved ones in case they have difficulties between sessions or after therapy has terminated and new issues or incidents occur.

THOUGHT FIELD THERAPY APPROVED BY SAMHSA

**U. S. Department of Health & Human
Services**

**Substance Abuse & Mental Health
Administration**

Thought Field Therapy Approved for the Treatment of Post-Traumatic Stress Symptoms

SAMHSA'S NATIONAL REGISTRY OF EVIDENCE-BASED PROGRAMS AND PRACTICES

Substance Abuse and Mental Health
Services Administration, U.S. Department of
Health and Human Services

TRAUMA & STRESSOR RELATED DISORDERS AND SYMPTOMS

This program is ***effective for reducing trauma- and stressor-related disorders and symptoms***. The review of the program yielded strong evidence of a favorable effect. Based on two studies and five measures, the average effect size for trauma- and stressor-related disorders and symptoms is .94 (95% CI: .77, 1.02).

DEPRESSION

This program is ***promising for reducing depression and depressive symptoms***. The review of the program yielded sufficient evidence of a favorable effect. Based on two studies and two measures, the average effect size for depression and depressive symptoms is .66 (95% CI: .33, .83).

GENERAL FUNCTION & WELL-BEING

This program is ***promising for improving general functioning and well-being.*** The review of the program yielded sufficient evidence of a favorable effect. Based on one study and three measures, the average effect size for general functioning and well-being is .55 (95% CI: .21, .72).

PHOBIAS, PANIC, AND GENERAL ANXIETY DISORDERS

This program is ***promising for reducing phobia, panic, and generalized anxiety disorders and symptoms.*** The review of the program yielded sufficient evidence of a favorable effect. Based on two studies and two measures, the average effect size for phobia, panic, and generalized anxiety disorders and symptoms is .76 (95% CI: .42, .93).

ADDITIONAL BENEFITS

This program is ***promising for reducing unspecified and other mental health disorders and symptoms.*** The review of the program yielded sufficient evidence of a favorable effect. Based on one study and one measure, the effect size for unspecified and other mental health disorders and symptoms is .59 (95% CI: .01, 1.18).

Thought Field Therapy

TFT for trauma, self-reset

- 7 second treatment
 - For urgent needs, stress, headache, hiccups
- SH treatment
 - For clearing such as dropping things, memory, mixing up words, word finding.
- Eye Roll
 - For quick relaxation - physical relaxation (instant valium!)

The proof is in the pudding!



Yes, you can use TFT
to eliminate food
cravings!

Professional Self Care

- Permission
- Limited Information
- Specific Suggestions for Action

Permission

- In recognition of the fact that having this job may cause permanent changes in your psychological health, you are free to
- *Decline the job!*
- *Make a commitment to personal care*
- *Commit to frequent self monitoring*
- *Ask colleagues for monitoring support*

Limited Information

- Some people are excellent at working with certain types of people and not so good with others...
 - work to your strengths,
 - do not self-criticize your personal strengths and preferences
- This work is best managed in teams
- Everyone has limits

Limited Information

- Understand that some days are “best” for you emotionally, mentally and physically.
- Use biorhythm charts to “play to your strengths”, and validate your awareness of these regular fluctuations.
- <http://www.astrology4free.com/AstBioR.html>

Specific Suggestions

- Social Support
- Workplace support practices
- Personal Self care

Intensive/Individual Therapy

Individual Therapy

With professional therapist

Using bio-energy methods such as

Meditation

Yoga

Relaxation

Mindfulness

Visualization

Social Support



Social Support

- Enjoy time with your family and friends.
- Do not spend time with your friends talking about the troubles at work, but the joys of your contribution.
- Do hobbies or activities unrelated to work, such as singing or writing.

Social Support

- Attend community programs that keep you in touch with a variety of other people.
- If you are spiritually or religiously oriented, attend to rituals, practices or gatherings that feed you spiritually.
- Allow yourself time to enjoy non-work time with your loved ones.



Work Place Prevention Practices



- Make sure to take real breaks. Use this time for contemplation & healing.
- “Check in” with yourself to see how you are feeling daily, especially right after a phone call or house call. (Journal)
- Your feelings are your guide to well-being. Use a “feelings chart” for a concrete tool.
- Check in with others on tough days.

Workplace Prevention Practices

- Make sure your work area is pleasant.
- Use the ancient knowledge of Feng Shui to assure a positive work space
- No clutter
- Positive energy flow
- Beauty in the environment
- Real flowers on the desk
- A working fountain



Workplace Prevention Practices

- Make sure to hear and tell one good joke a day. One good chuckle or belly laugh causes those good hormones to release.
- Play music.
- Do not use fluorescent lighting. It is toxic and creates negative feelings. Replace with full spectrum bulbs.

Workplace Support Practices-by Employer

- Positive attitude by Admin toward the impact of trauma on workers
- Excellence in supervision, including respect for “errors” in action or judgment...mutual discovery opportunities!!
- One hour weekly: group review of feeling responses to traumatic exposures.

Workplace Support Practices-by Employer

- Assumption that workers will be affected by the traumas they see
- Assumption that all workers will have strong feelings
- Assumption that such reactions are normal, no shame/blame/isolation.
- Flexibility: workload & scheduling
- Indemnity not HMO insurance plan for workers (can choose their own therapist)

Workplace Support Practices-by Employer

- Tell workers of the value of the work they do on a regular basis in a meaningful way.
- Reward good work and good balance of work-play-rest.
- Develop programs after work that promote health: karaoke night, yoga, meditation, music enjoyment.
- Play movies that elicit laughter

Personal Care - Boundaries



Personal Care - Boundaries

- Do resist *personal involvement* with the clients
- Do not put yourself in *danger OR come prepared!*
- If you are unable to personally do “all the work” that is called for on a case do not hesitate to *inform your supervisor* and get help...a “guilt” eliminator.

Personal Care - Boundaries

- Do not overwork or overload yourself.
- If there are stressors at work (interpersonal conflicts, unduly difficult work policies or practices) take steps to resolve them, but stay “out of the fray”
- Do the work you are able to do within the time frame, advise your supervisor of what remains “to do”
- Do not allow yourself to engage in negative conversations (gossip, critiques of others)
- Do not allow yourself to engage in negative self-talk without quick correction.



Personal Healing Care

- Talking is healing. Talk to a supervisor, colleague or work team regularly about the impact of cases on workers.
- DO NOT SKIP THIS STEP!!!!
- If you feel the need, talk with a counselor or therapist from time to time...or regularly if possible.

Personal Healing Care

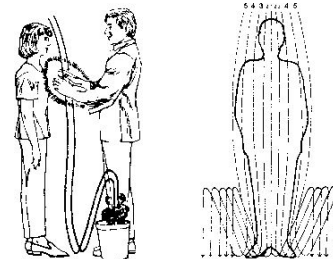
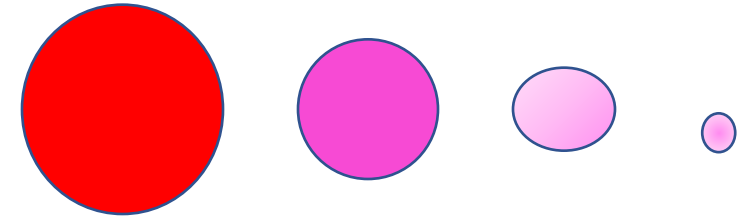
- Nature as a healer
 - Make sure to get at least 10 minutes exposure to the sun each day.
 - EXERCISE
 - Sea salt baths or ocean dipping/swim

Personal Healing Care

- Observe nature through your senses each day: earth, sky, wind, sun, moon
- EXERCISE
- Ground yourself (grounding exercise)
- Visualization
- Breathe!!!

Personal Healing Care

- Breathing as healing (exercise)
- Guided Imagery healing (exercise)
- Relaxation healing exercise
 - (Progressive Relaxation)
- Positive touch



Personal Healing Care

- Daily or frequent 20m bath (sea salt or bubble bath with candles, music)
- Meditation
- 15 minute walk in park or place of beauty (walking the dog, cat or pig)



Personal Healing Care

- Complementary or Integrative Medicine approaches for Prevention or Pro-Active Health Care
- Energy meridian clearing exercises using Asian/Chinese Medicine knowledge. 5000+ year old knowledge and practice
- Thought Field Therapy
- Emotion Code
- Yoga
- Meditation
- Crystalline Consciousness

Personal Healing Care

- Frequent exposure to beautiful and fun music, poetry, beauty
- Eat delicious & nutritious foods
- Get adequate rest
- Allow yourself to be in a dependent or receiving mode in your relationships (not always the giver)

Personal Healing Care

- Do creative activities:
- writing,
- acting,
- singing,
- Gardening
- ...???

Do something physical:
help a friend move,
bike,
hike,
Jump rope (with or
without a rope!)
walk!

Pay attention to
your spiritual and
philosophical
values.

Personal Healing Care

- Reconnect with your body through massage, dance, movement therapy, yoga, mind-body therapy.
- Recognize that taking the time for personal healing care is requisite to personal and professional success.

Personal Healing Care

- Appreciation
- Each day, take a moment to appreciate all the good you have in your life. (personal health, family, work/employment, friends, transportation, vision/hearing, literacy, professional standing).
- Remember why you are doing this work. Write this out. EXERCISE
- If the work begins to deviate from your reason for choosing this work, make proper adjustments *in a timely fashion*.

Personal Healing Care

- Affirmations. The power of positive thinking cannot be underestimated.
- If you find you are entertaining negative thoughts, redirect your thoughts to the positive...what exists or “wouldn’t it be nice if...” thoughts.

Affirmation for Today

- I enjoy my work.
- I enjoy my work colleagues.
- I enjoy learning from others.
- I enjoy sharing my knowledge with others.
- I am becoming a better person daily.
- I am committed to my well-being.
- I accept myself exactly as I am today.

Start Today!!!

- Live your passion
- Do good work
- Take care of yourself
- Know yourself
- Be positive
- Love yourself
- Live each day with purpose

If you want more information, here's the best

- Thought Field Therapy, visit website www.tftrx.com
- “Secondary Traumatic Stress: Self Care Issues for clinicians, researchers & educators”, edited by Sidran Press www.sidran.org
- TRAUMATOLOGY. Visit website www.fsu.edu/~trauma/

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Maintaining your **Personal Priorities**

A professor placed a huge empty mayonnaise jar on the table, and filled it with golf balls. He asked the students, "Is the jar full?" Yes, they answered. He then poured in as many pebbles as would fit and again asked if the jar were full. Yes, they answered....

He then poured sand into the jar, and repeated his question. The students hesitantly agreed the jar was full.

He then poured in 2 cups of coffee! The students were now sure the jar was full.

The golf balls could represent family, loved ones...and would not have fit if poured in last. The pebbles are your career, income, reputation. The sand is your stuff: house, car, clothes. And the 2 cups of coffee are to share with a friend. Any could fill the jar. In the right order it all fits together.

Sally Harvey, Exchange Club of California/NV/HI...Thanks!