

National Resource Center on Domestic Violence

NRCDV Webinar Series Loss, Self-care & Healing:

Surviving and Thriving in the
Midst of a Pandemic
A Community Response to Loss and Grief to
COVID19
Part II

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RYT

NRC DV STANDS

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WE STAND with individuals and groups who have been targeted, degraded, threatened, or marginalized because they are Native Americans, people of color, immigrants, women, Muslims, LGBTQ, or people with disabilities.

WE STAND against white supremacy, racism, misogyny, anti-Semitism, homophobia, transphobia, xenophobia, and all other forms of structural oppression.

WE STAND with survivors of domestic and sexual violence, especially those most vulnerable and with limited access to services and protection.

WE STAND together in celebration of the rich diversity of people in this country and the vitality and strength they bring to our communities and society.

WE STAND with those who embrace self care and community connection as necessary and powerful for social change.

WE STAND with other activists and organizations who continue to work passionately for gender, racial, economic, and social justice for ALL.



National Resource Center
on Domestic Violence

November 11, 2016



TRAUMA & RESILIENCY: A HEALING RESPONSE TO UNCERTAINTY

Latoya C. Mcleod,
LCSW

OVERVIEW

- COVID 19 PANDEMIC
- TRAUMA
- TRAUMATIC EXPERIENCE IN THE WAKE OF COVID 19
- VICARIOUS TRAUMA
- COMPASSION FATIGUE
- CHANGING THE NARRATIVE
- HOW ARE YOU COPING?
- HEALING
- EVIDENCE BASED PRACTICES



HOW ARE YOU REALLY DOING?

Wellness check-in poll



COVID 19 PANDEMIC

- This is undoubtedly a stressful time for a lot of people.
- We are going through a collective traumatic experience.
- We find ourselves evaluating what's working and what's not working in our lives, whether personally or professionally. We're constantly seeing people around us who are hurting and suffering.
- There's a need to help ourselves and to help others and find purpose and this process can be overwhelming, mentally draining and traumatic

Definition of Trauma

- The Center for Treatment of Anxiety and Mood Disorders defines trauma as:

A Psychological, emotional response or an experience that is deeply distressing or disturbing. Trauma is an emotional response to something terrible that's happened for example car accidents, natural disasters , violence, wars and pandemics. Extreme stress overwhelms the person's capacity to cope. Our threshold for trauma is low. Our bodies enter fight, flight or freeze mode.

Trauma Overview and Statistics

- 70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's over 200 million people.
- In public behavioral health, over 90% of clients have experienced trauma.
- Trauma is a risk factor in all behavioral health and substance use disorders.
- John Hopkins University COVID 19 Mental Health Measurement Working Group is studying mental health amid the COVID 19 pandemic. Early results from the general public shows and increase in the mental distress due to the traumatic events related to COVID 19.
- There has been nationwide increase in calls to domestic violence helplines and suicide hotlines.

Trauma experience in the wake of COVID 19



- An overwhelming amount of the general public has experienced a traumatic event as a result of COVID 19.
- Loss& Grief (Loved ones, jobs, health care, businesses, sense of self, personal safety).
- Isolation- The message through this pandemic has been to social distance. For many people, especially our vulnerable populations, this can easily be translated to or result in isolation.
- Increased paranoia around contracting COVID19 and how to keep their loved ones safe.
- Increased exposure to abusive and other adverse circumstances due to social distancing restrictions.
- Our healthcare workers are having a hard time keeping it together; their anxiety and fear for personal and professional safety is on the rise.

VICARIOUS TRAUMA

- The American Counseling Association defines Vicarious Trauma as the emotional residue of exposure that Counselors have from working with people as they are hearing their trauma stories and become witness to their pain, fear and terror that trauma survivors experience.
- Let's consider the emotional vulnerability of our frontline and health care workers and the vicarious trauma they are experiencing while taking care of others. It's important to be aware of the signs and symptoms of vicarious trauma and the potential emotional effects of working with trauma survivors.
- This is also true for family members who are caring for each other following a traumatic experience.

Signs & Symptoms of Vicarious Trauma

- Losing sleep over patient/client.
- Having difficulty talking about feelings.
- Worried about not doing enough for clients.
- Dreaming about clients' trauma experiences.
- Feelings of hopelessness associated with work.
- Diminished feelings of personal and professional satisfaction.



COMPASSION FATIGUE- WHAT IS IT?

- Psychic Exhaustion
 - After serving traumatized, suffering individuals over time you begin to experience physical and emotional exhaustion leading to a diminished ability to empathize or feel compassion for others.
- Symptoms
 - Feeling burdened by the suffering of others
 - Physical & Emotional exhaustion
 - Nightmares
 - Grief
 - Anxiety
 - Depression
 - Sleep disturbance
 - Physical Complaints
 - Bottling up your emotions



CHANGING THE NARRATIVE: RESILIENCY & HOPE

What does this look like?

COPING SKILLS

HEALTHY

- JOURNALING
- EXERCISING
- MEDITATING
- ART
- MUSIC
- TALKING
- READING
- PRAYER



UNHEALTHY

- OVEREATING (EMOTIONAL EATING)
- COMPULSIVE SPENDING
- DISSOCIATION/DETACHMENT (LETTING GO OF REALITY)
- ISOLATION
- OVERWORKING
- IRREGULAR SLEEP PATTERNS
- SELF-HARMING BEHAVIORS





A Healing Response to Uncertainty

- Starts with embracing healing from a place of hope.
- Tuning in to our emotions and experiences and acknowledging that what we're feeling is ok.
- Recognize that you do not have to have everything figured out to move forward.
- Feel, heal and return to your focus.
- It is during the most challenging times that your grit comes through the most.
- Allowing yourself flexibility be willing to bend but not break.
- Your traumatic experience & grief is unique to you.

H.E.A.L.I.N.G

- H- Hope in the present and future. Continue to look forward to the positive outcomes no matter what is going on in your life.
- E- Energy. What we focus on, we fuel. Invite positive, hopeful, favorable energy into your emotional and physical space.
- A- Acceptance. Accept the reality of our situations without trying to fight or resist it. This helps you to not get carried away by what we imagine or how we want things to be.
- L- Love. True healing requires love. Love for self, Love for others, Love for the things around you.
- I- Intentional. Become intentional with your purpose. Say no to things that aren't important so that you can intentionally focus on matters most.
- N- "New Normal". What this means moving forward in this pandemic is unique to you. Many lives and circumstances have been changed, be willing to embrace what comes next.
- G- Gentle, growth. Be gentle with yourself during your growth. What works today might not work tomorrow. Do not be afraid to start over again.



EVIDENCE BASED PRACTICES : A GUIDE TO YOUR HEALING JOURNEY

MINDFULNESS, GROUNDING, PROGRESSIVE MUSCLE RELAXATION



MINDFULNESS

- The quality of being present and fully engaged in whatever you are doing in the moment.
- A growing concept in the field of psychotherapy in the treatment of depression, anxiety, substance use, eating disorders & couples' conflict.
- Helps people to accept their experiences rather than react to them with avoidance.

PROGRESSIVE MUSCLE RELAXATION

- This helps to control your body sensations by paying attention to where in your body you hold your stress. Relaxing the body relaxes the mind.

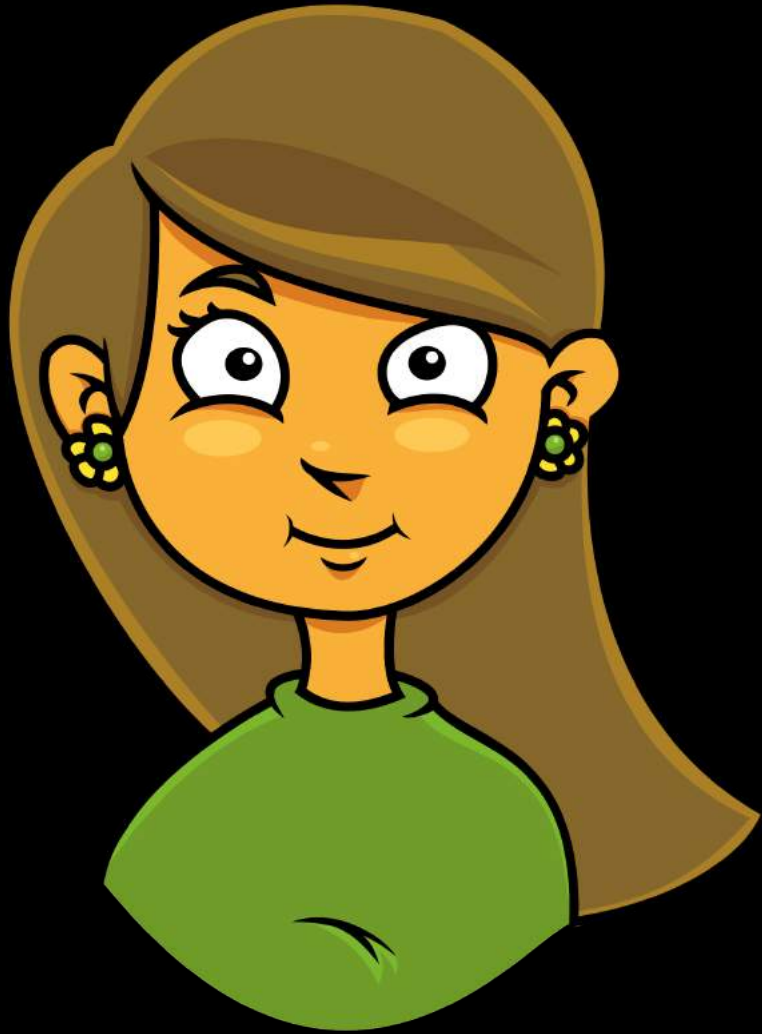
Beginning with your lower limbs, tense the muscles for 8 seconds, then relax.

Next, tense chest and abdomen muscle, then relax.

Tense arms, shoulders and neck and relax

Finally, tense the face and relax.

Practice this at anytime, anywhere until you feel your body responding and relaxing



GROUNDING

- Effective coping technique for Anxiety.
- Take a deep belly breath to begin.
- Name 5 things you can see.
- Name 4 things you can feel.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste.



HEAL

- EVERY SCAR THAT YOU HAVE IS A REMINDER NOT JUST THAT YOU GOT HURT, BUT THAT YOU SURVIVED- Former First Lady Mrs. Michelle Obama

RESOURCES

<https://www.nimh.nih.gov/index.shtm> - National Institute for Mental Health

<https://www.thenationalcouncil.org> – National Council for Behavior Health

<https://coronavirus.jhu.edu> – John Hopkins University Coronavirus Task Force

<https://centerforanxietydisorders.com/what-is-trauma>

<http://www.nrcdv.org> – National Resource Center for Domestic Violence



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Resilience, Trauma & Hope: A Healing Response



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KINDRED TREE HEALING CENTER
OWNER, PSYCHOTHERAPIST

Dr. Seuss said



“Unless someone like you
cares a whole awful lot,
nothing is going to get better.
It’s not.”





“Atrocities refuse to be buried...Remembering and telling the truth about terrible events are prerequisites both for restoration of the social order and for the healing of individual victims.”

-Judith Herman

Trauma & Recovery: The Aftermath of Violence-from domestic abuse to political terror

Objective



Focus on the impact of trauma and explore how to center hope, healing, and resilience for ourselves and our community.

Learn about holistic healing approaches involving culture, spirituality, civic action and collective healing.

Collective trauma



A collective trauma is a traumatic psychological effect shared by a group of people of any size, up to and including an entire society. Traumatic events witnessed by an entire society can stir up collective sentiment, often resulting in a shift in that society's culture and mass actions.



Collective Sentiments

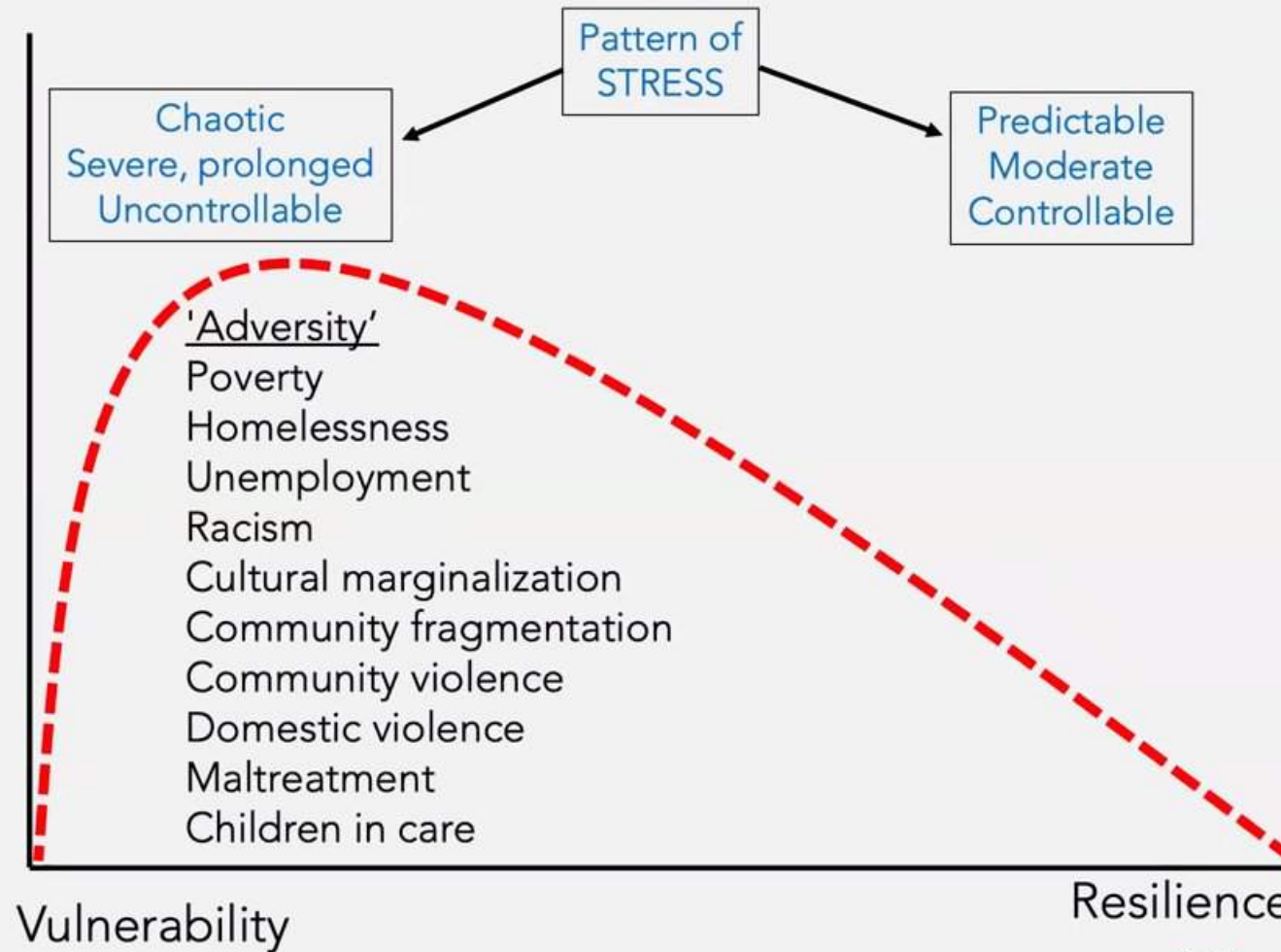


In response to our current pandemic, what are the collective sentiments you are seeing in your communities?

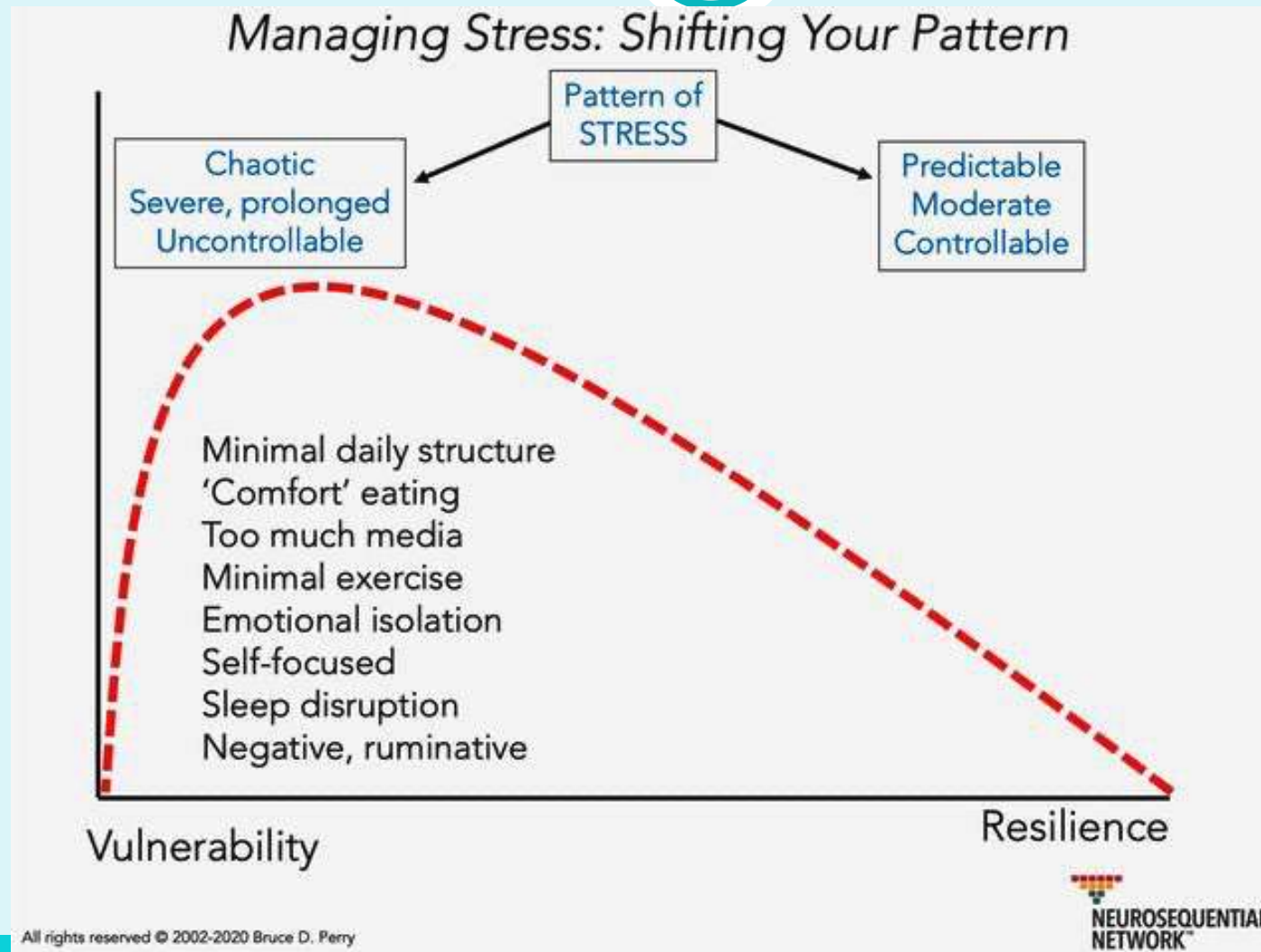


Risk and Resilience

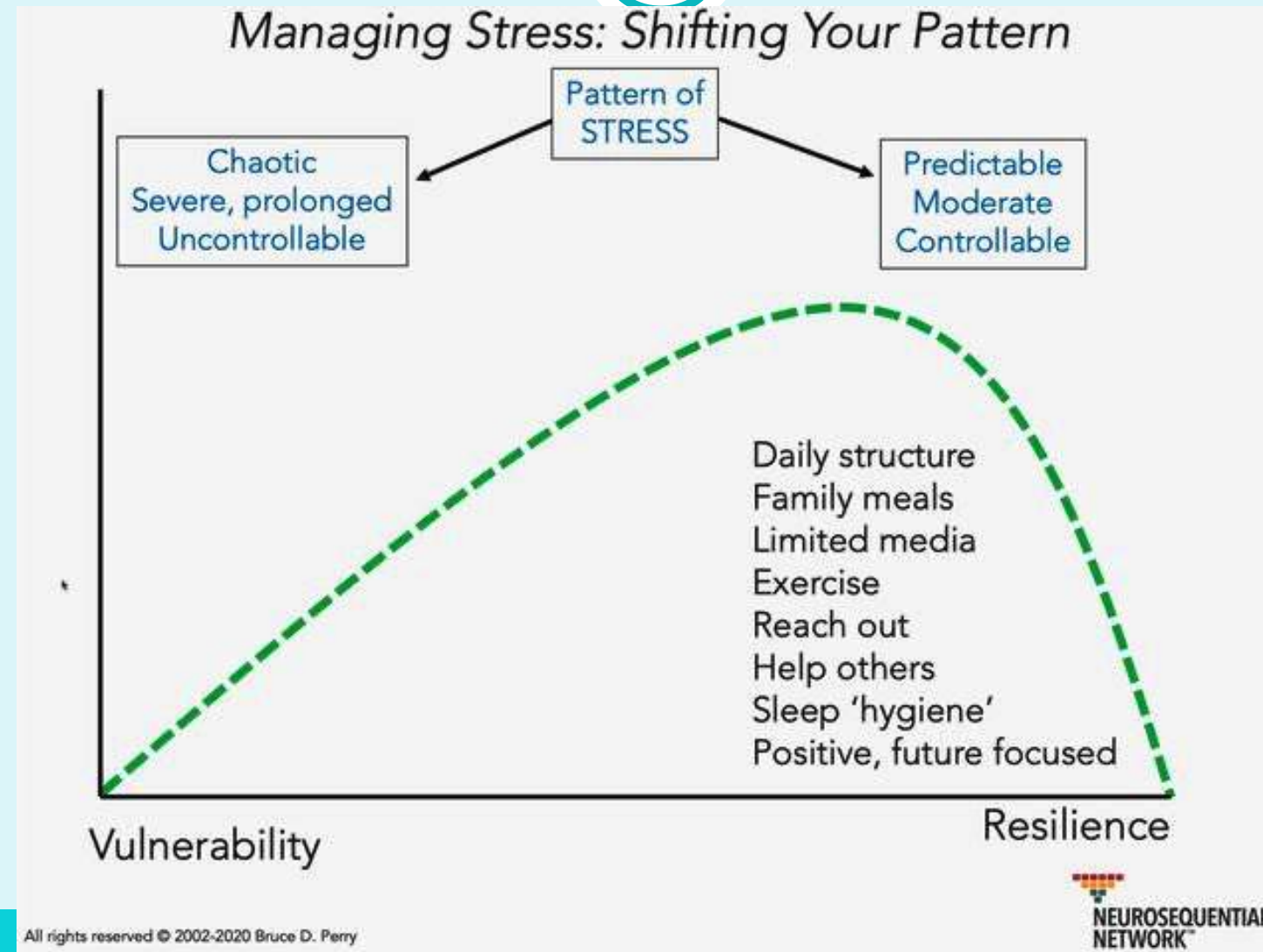
Factors involved in Risk and Resilience



Coping style vs. Resilience



Regulating Brain and Nervous System

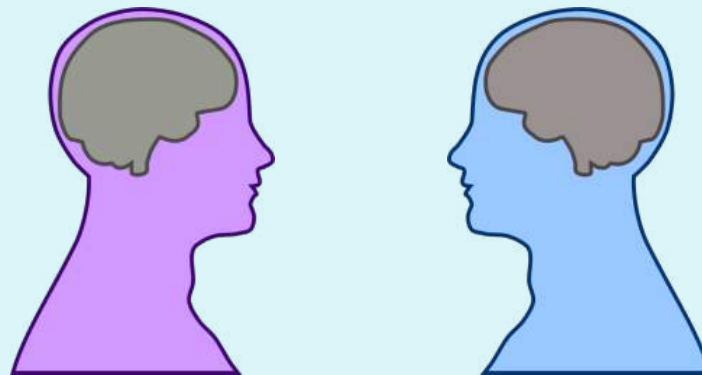


Interpersonal Neurobiology



Dr. Bruce Perry says:

The brain is malleable, and we can use interpersonal neurobiology to promote healing and positive and secure influences. This leads to brain growth and repair.



Collective healing

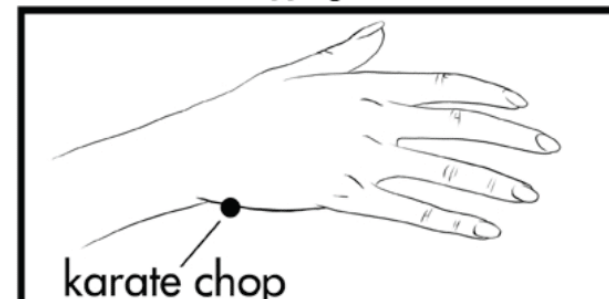
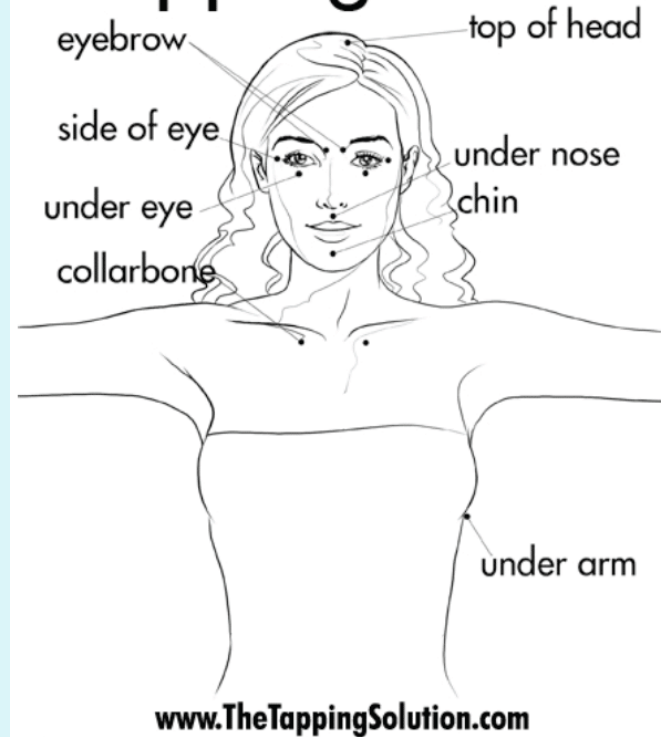


Coping with Covid-Grief & Stress

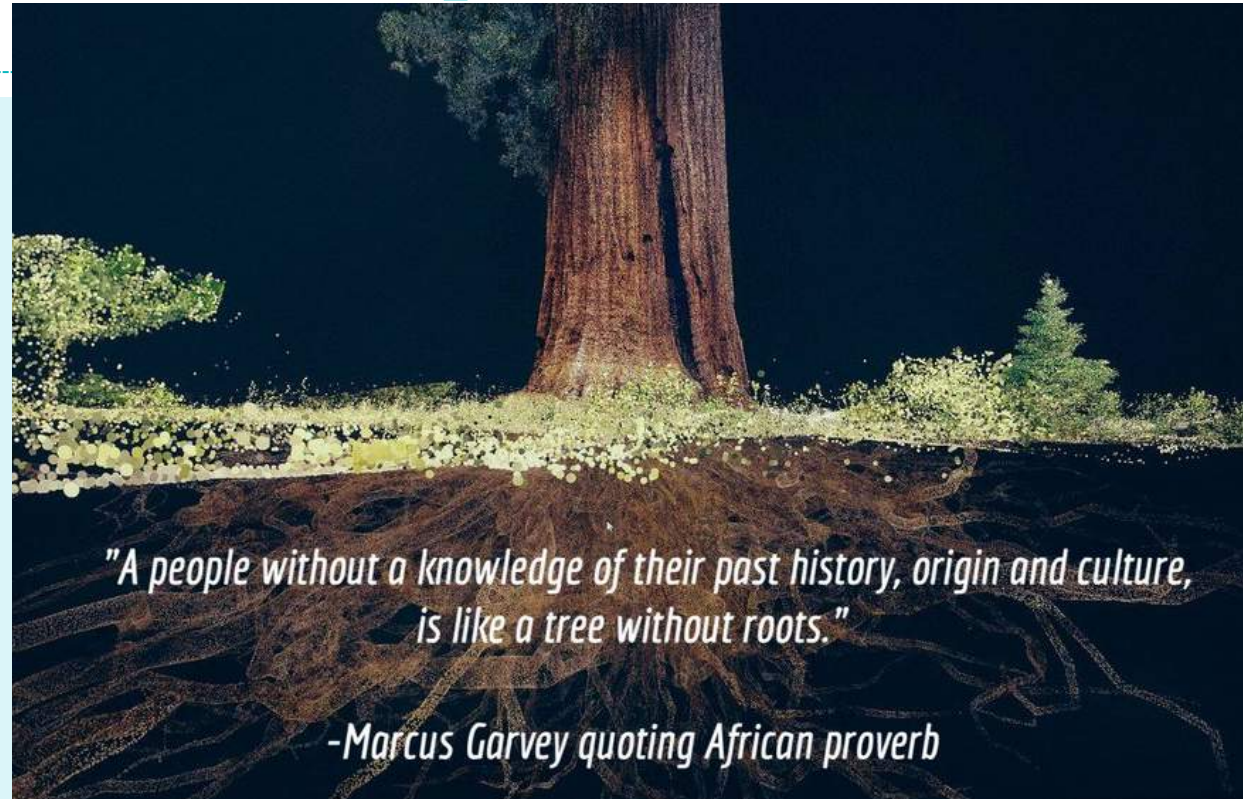
- Utilize EFT (Emotional Freedom Technique)
- Right now I feel _____
and I fully and completely accept myself.



Tapping Points



Recipe for Resilience



Follow our ancestors footsteps:

- Movement/Play
- Art
- Music
- Nature



Mother & Child, Painting by Vanessa Durrant

Partners, Painting by Vanessa Durrant



Questions



What has stuck out for you?

Is there anything you'd like to discuss further?

ETC.....



Thank you!!



I love doing this! It's my honor to be a part of
your learning journey.

Now, go practice some *positive*
interpersonal neurobiology!!

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Brain Development References



- **Perry, B.D. and Hambrick, E.** (2008), “The Neurosequential Model of Therapeutics (NMT),” in *Reclaiming Children and Youth*, 17 (3) 38-43; and **Dobson, C. & Perry, B.D.** (2010), “The role of healthy relational interactions in buffering the impact of childhood trauma in “Working with Children to Heal Interpersonal Trauma: The Power of Play,” (E. Gil, Ed.) The Guilford Press, New York, pp. 26-43. Both at: <http://childtrauma.org/nmt-model/references/>
- **Bruce Perry MD, Daniel Siegel MD, et.al**, “Trauma, Brain & Relationship: Helping Children Heal,” www.youtube.com/watch?v=jYyEEMlMMbo – introductory video on Attachment Disorder and development trauma. Copies at www.postinstitute.com/dvds.
- **Perry, Bruce D., MD**, “Born for Love: The Effects of Empathy on the Developing Brain,” Annual Interpersonal Neurobiology Conference “How People Change: Relationship & Neuroplasticity in Psychotherapy,” UCLA, Los Angeles, March 8, 2013 (unpublished). Library of articles on interventions, trauma, brain development: <https://childtrauma.org/cta-library/>. Training in NMT Method and Somatosensory Regulation, Power of Rhythm — Individual and Site Training Certification Programs, DVD/streaming training, and online training: <http://www.ctaproducts.org>. Dr. Perry’s latest research and key slides: “Helping Children Recover from Trauma,” National Council LIVE, National Council on Behavioral Health, Sept. 5, 2013 at www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/ (scroll down to Sept. 2013.) Dr. Perry’s YouTube channel with educational videos in depth: <https://www.youtube.com/channel/UCf4ZUGIXyxRcUNLuhimA5mA?feature=watch>
- **Herman, Judith**, “Trauma and Recovery,” Basic Books, New York, 1992

We Need your Feedback



Thank you for attending our session today. Your experience at this training is very important to us.



We invite you take a few minutes to complete a short survey and provide your feedback. The survey should take less than four minutes. Your participation is voluntary, anonymous and confidential.



National Resource Center on Domestic Violence

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