



TRAUMA INFORMED SUPPORTS AND THE PATH TO HEALING

KARYN HARVEY, PH.D.



PRESENTED BY KARYN HARVEY, PH.D.

karynharvey911@gmail.com

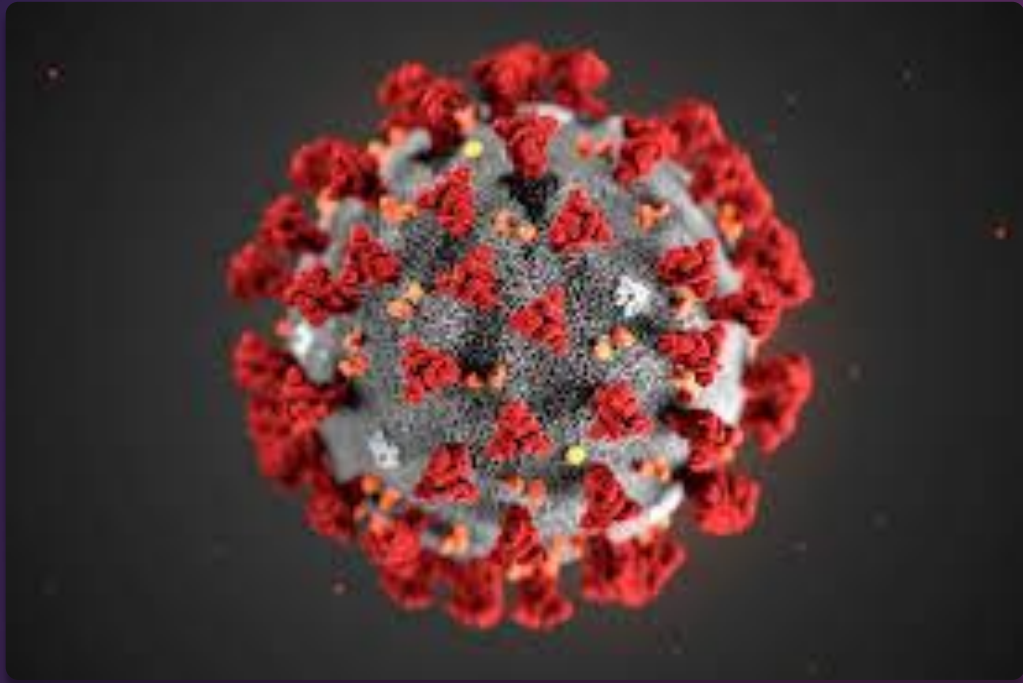
Materials at:

Karynharvey.org

Books at Amazon.com



THANK YOU!!!



Trauma of Covid





BIG T TRAUMA: GRIEF AND LOSS





WE HONOR ALL THE LIVES THAT WE LOST TOO
SOON

**“BEREAVEMENT IS A
PUBLIC HEALTH
ISSUE”**

DR. TONY MILES – UNIVERSITY OF GEORGIA

MENTAL HEALTH ISSUES AND COVID

- ▶ NOT BEING ABLE TO PREDICT WHAT IS GOING TO HAPPEN
- ▶ BEING ISOLATED
- ▶ BEING IMMOBILE
- ▶ LOSS OF A SENSE OF SAFETY
- ▶ LOSS OF A SENSE OF PURPOSE
- ▶ ANXIETY

**Phase 1 -
FEAR**



**Phase 2 -
ISOLATION**



**Phase 3 -
ANXIETY &
FATIGUE**

**3 PHASES OF
MENTAL
HEALTH
CHALLENGES
FOR THE
PEOPLE WE
SUPPORT**

MENTAL HEALTH CHALLENGES FOR PEOPLE WITH INTELLECTUAL DISABILITIES DURING THE PANDEMIC

- **Autism and difficulties with change**
- **Closing of day programs**
- **Disappearance of jobs and volunteer opportunities**
- **Lack of clear explanations**
- **Turnover of staff**
- **Death of staff**
- **Death of Friends, housemates or co-workers**

ARE PEOPLE WITH IDD ALLOWED TO GRIEVE?

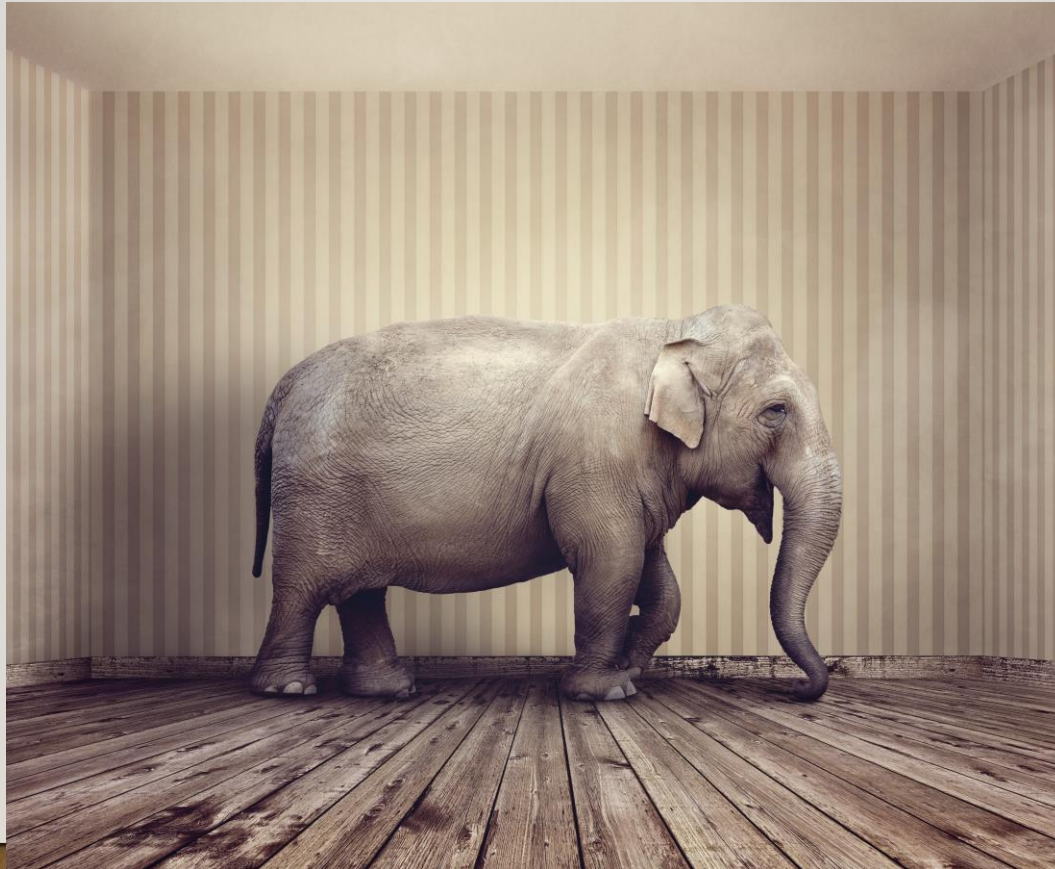
Do we “silver-line” their loss?

Can we access grief counseling?

Do we miss grief when it is manifested as behavioral issues?

Do we judge people for their symptoms of PTSD?

TRAUMA –THE ELEPHANT IN THE ROOM FOR PEOPLE WITH IDD



SOURCES OF TRAUMA FOR PEOPLE WITH INTELLECTUAL DISABILITIES

Sexual Abuse

Physical Abuse

Bullying

Exclusion

Institutionalization

BIG T AND LITTLE “T” TRAUMAS

Major Events

Little “t” Trauma

Sexual Abuse

Discrimination

Physical Abuse

Neighborhood Violence

Neglect

Social Exclusion

Negative Events

Exclusion from Family

Grief and Loss

Frequent foster care or group home placements and lack of stability

BULLYING

[HTTPS://YOUTU.BE/IOWPQAVJHWQ](https://youtu.be/iowpQAVjHWQ)



POST TRAUMATIC
STRESS
DISORDER ON A
CONTINUUM



BETRAYAL TRAUMA

BUCHAREST EARLY INTERVENTION ORPHAN STUDY

- 138 children between 6 and 31 months who were in an orphanage in Bucharest were studied
- 68 kept in institution
- 68 placed in a new foster care system – full time paid parenting
- Results: After 54 months (4 1/2 years):
- Compared to 138 children raised in birth families
- <http://www.unicef.bg/public/images/tinybrowser/upload/PPT%20BEIP%20Group%20for%20website.pdf>

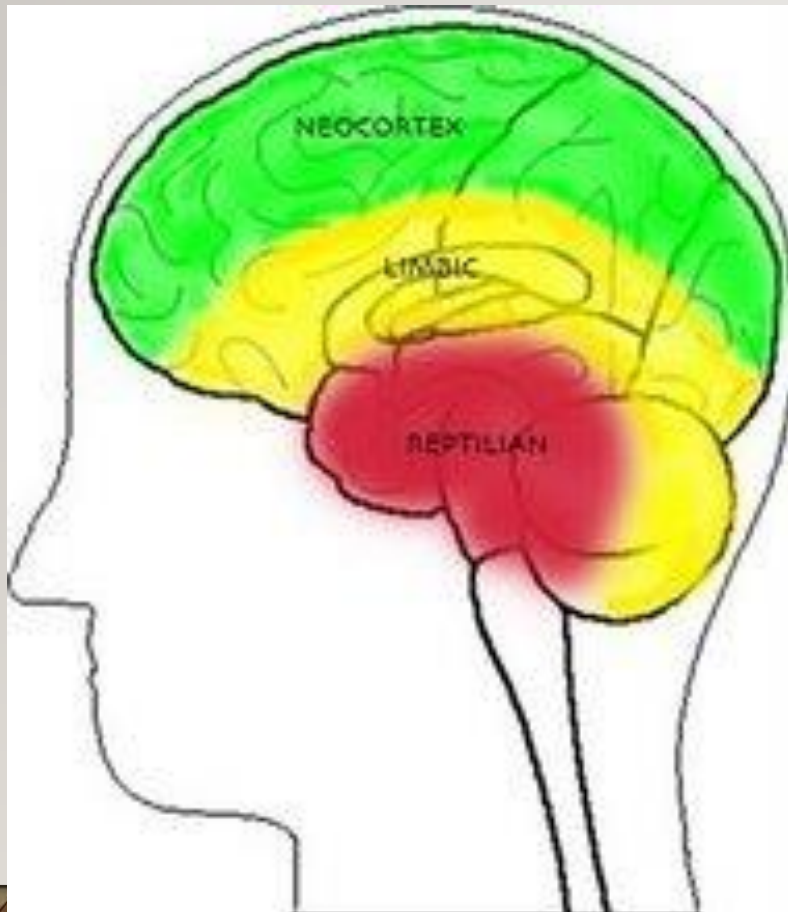
RESULTS:

Issues:	Institution	Foster Care	Biological
Axis I Disorders	55%	35%	13%
Emotional Disorders	49%	29%	8%
Behavioral Disorders	32%	25%	6.8%
Intellectual Disability Average IQ Score	73	85	110

MIRROR NEURONS:
INTERACTION
DURING INFANCY
IS NEEDED FOR
BRAIN WIRING



21 PSYCHOLOGICAL TRAUMA – PAST IS PRESENT



Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

Reptilian

The primitive brain: Self preservation, aggression

The Triune Brain

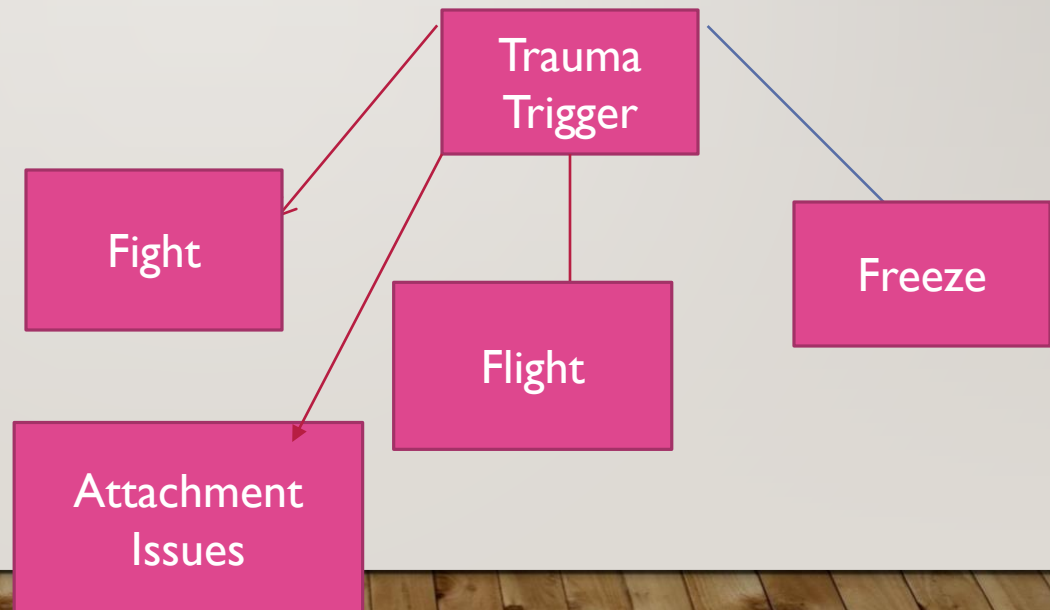
TRAUMA RESPONSES

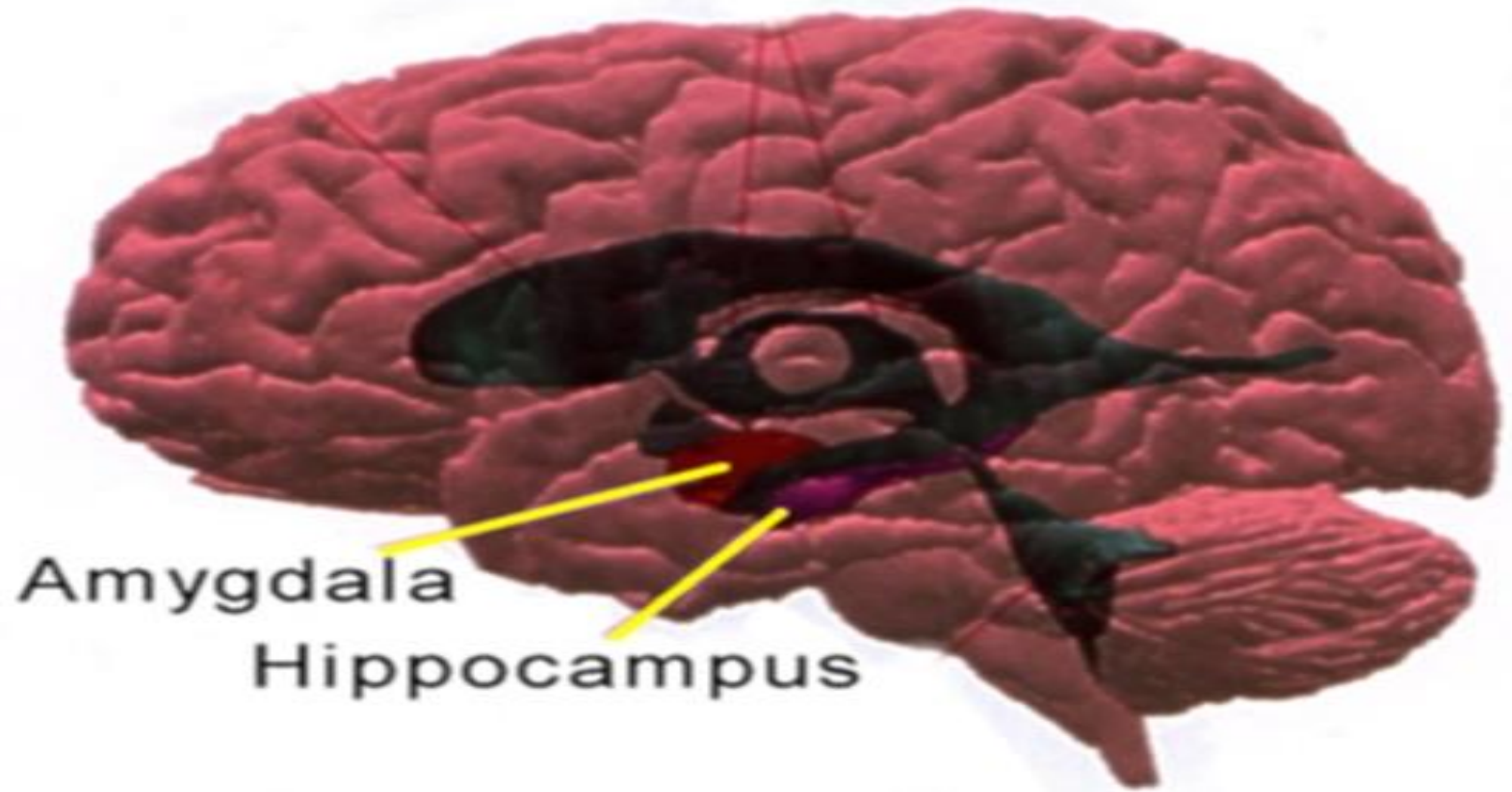
- Trigger Response – Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:

- Thinking he or

she is in

Danger!





Amygdala

Hippocampus

4 AREAS OF SYMPTOMS OF PTSD

1. Re-experiencing (interfering with present to different degrees) –

- Intrusive Memories
- Nightmares
- Flashbacks- Person can disconnect from reality and be convinced he or she is being attacked, hurt or threatened due to a memory that becomes present

2. Avoidance –

- Blunted emotions/
- Shut down responses
- Person can become obsessive about details concerning self and safety
- Disconnection and withdrawal

SYMPTOMS OF PTSD CONTINUED

3. Negative Alterations in Cognition and Mood

- Persistent negative-trauma related emotions
ie. fear, horror, anger, guilt and shame
- Constricted emotion – inability to express positive emotion
- Alienation and withdrawal from others
- SHAME

4. Arousal –

- Easy to startle
- Agitated – can lead to property destruction
- Periodically Combative
- Impulsive
- Also associated with reckless or self-destructive behavior

BRUCE PERRY – “THE STATE BECOMES A TRAIT”

- Symptoms of PTSD can be misdiagnosed as

Schizophrenia

Bipolar Disorder

Borderline Personality Disorder

Intermittent Explosive Disorder

Oppositional Defiant Disorder

Obsessive Compulsive Disorder

ASPECTS OF AUTISM ALSO MISDIAGNOSED

- Anxiety disorder
- Obsessive compulsive disorder
- Oppositional Defiant Disorder
- Conduct Disorder

A photograph of Stephen Hawking in his motorized wheelchair, positioned on the left side of the frame. He is wearing a dark jacket and glasses, looking towards the camera. The background is a dark, out-of-focus street scene with a building and a flower bed. A semi-transparent dark grey box covers the right two-thirds of the image, containing white text.

STEPHEN HAWKING QUOTES

- “The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge.”
-



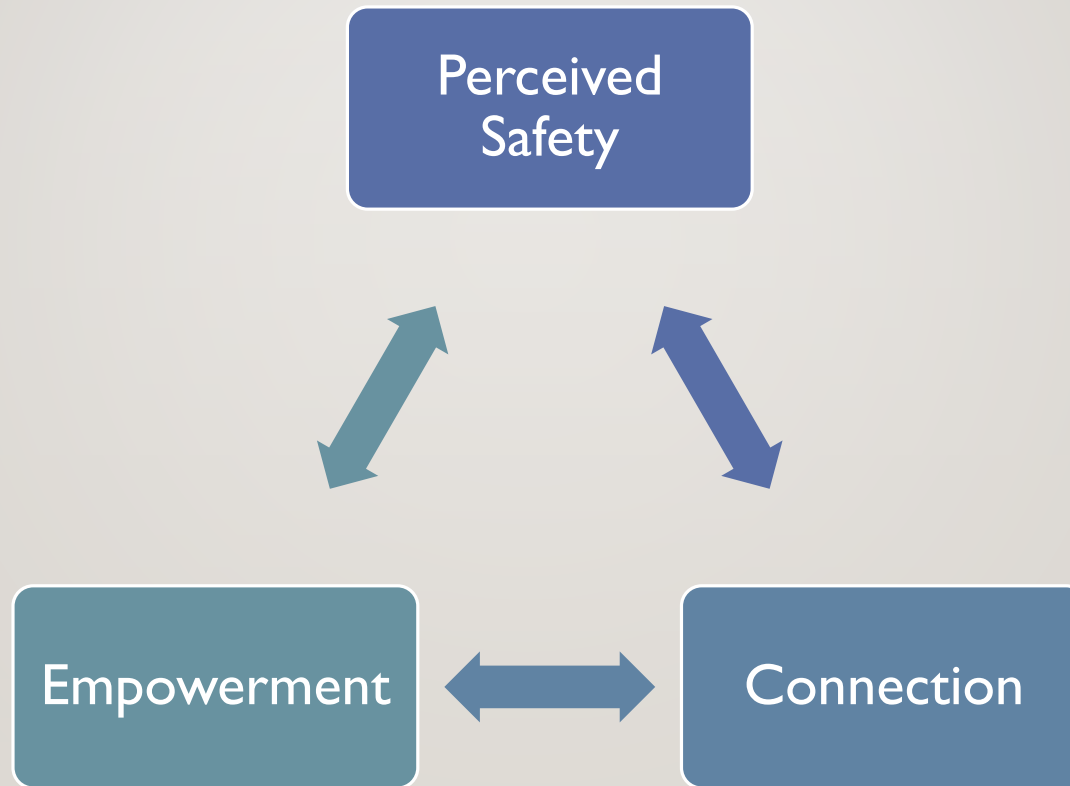
BEING AN UNPERSON: THE TRAUMA OF BEING INVISIBLE

MEL BAGGS

LISTEN

-
- <https://youtu.be/H7dca7U7GI8>

INGREDIENTS NECESSARY FOR POST TRAUMATIC RECOVERY



ACCESS TO TREATMENT- A HUMAN RIGHT



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IMPORTANCE OF TREATMENT GRIEF WORK



POSITIVE IDENTITY DEVELOPMENT

- **Negative Identity**

- NOT the person who gets married
- NOT the person who drives
- NOT the person who plays on a high school sport team
- NOT the person who is popular or liked
- Not the cool one

- **Positive Identity**

- Who I am
- What I do well
- Who my friends are
- What my preferences are
- Where I make a difference
- What I am proud of



What
matters
most
is how
YOU
see
yourself !

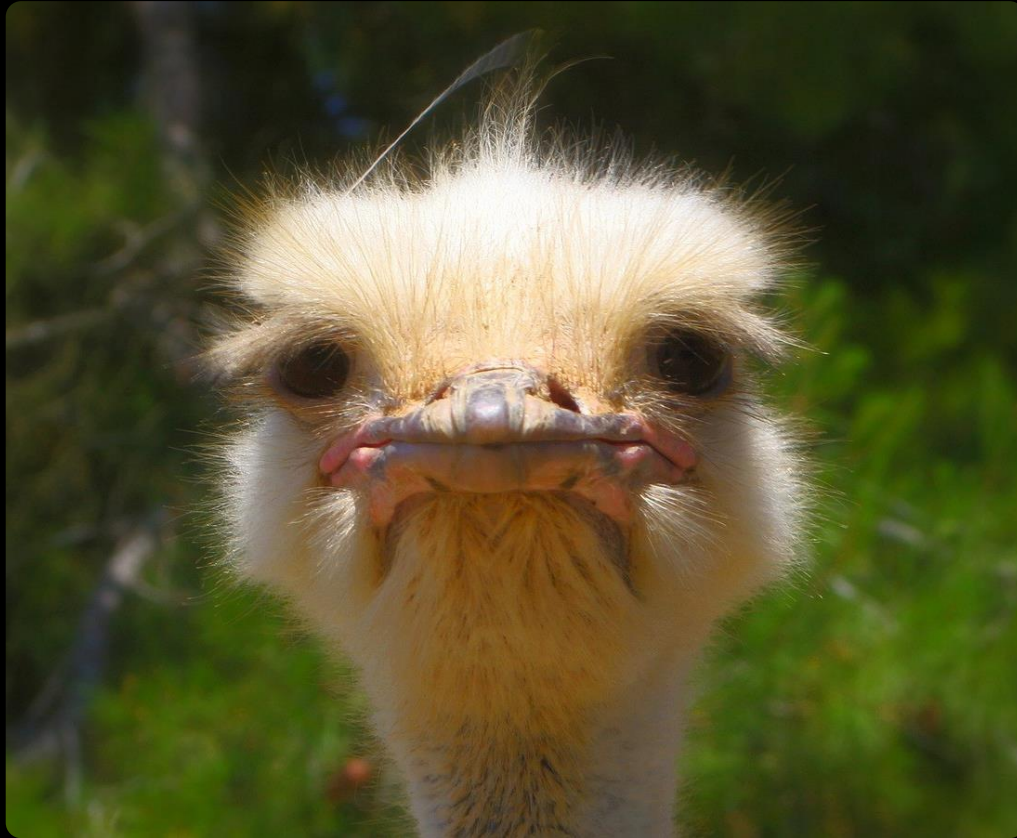
“ULTIMATELY
HAPPINESS RESTS ON
HOW YOU ESTABLISH
A SOLID SENSE OF
SELF OR BEING.”

Daisaku Ikeda





“THERE IS ALWAYS
LIGHT- IF ONLY WE
ARE BRAVE
ENOUGH TO SEE
IT. IF ONLY WE ARE
BRAVE ENOUGH
TO BE IT.”



**HEALING
HAPPENS**

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