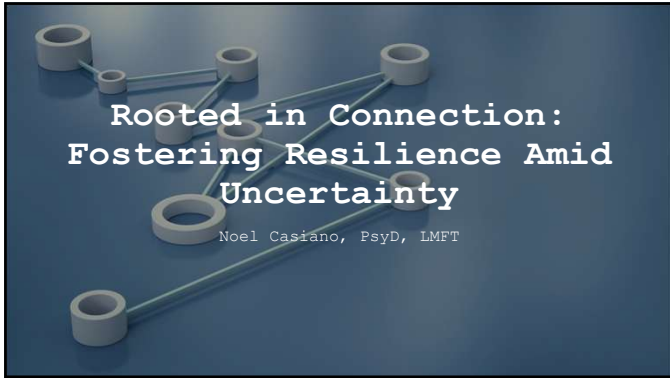




Risking Connection

- Congratulations on 25 years!!
- Has enriched lives by:
 - Strengthening Relationships
 - Developing & strengthening Partnerships
 - Strengthening & Supporting Families & Communities
- We all benefit from Trauma-Informed principals & practices

A stylized, cursive "Congrats!" in gold with black outlines, surrounded by small gold stars and confetti.

You Are Not Alone

- *We aren't here to fix each other.*
- *We're here to witness, to stay and to believe in one another's healing."*
- Breathe

A photograph showing several pairs of hands clasped together in a supportive gesture, with a blurred background of people.

A World on Edge

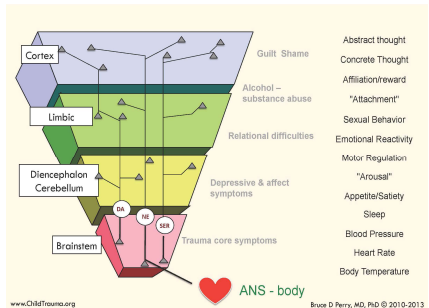
- Cultural disconnection
- Economic instability
 - Affecting families, communities & clinicians
- Political hostility
 - (creating fear & trauma among marginalized groups)
- *This is not just happening to our clients. It's happening to all of us. And yet, we keep showing up!*



Differential Response to Trauma

- | | |
|--|---|
| <ul style="list-style-type: none"> • Dissociation <ul style="list-style-type: none"> • Numb • Decrease HR • Suspension of time • De-realization • Mini-psychosis • Fainting | <ul style="list-style-type: none"> • Hyperarousal <ul style="list-style-type: none"> • Hypervigilance • Anxious • Reactive • Alarm response • Increased HR • Fight, Flight, Freeze |
|--|---|





A world on edge...effects on us

- Vicarious Trauma
- Compassion Fatigue
- Moral Distress

• Sometimes, it may feel as we are holding pain, inside of pain..



Integrating issues of diversity/cultural identity into trauma-informed practices

- Trauma must be understood in relation to the meanings created through the lens of the individual's identity.
- Helpers must practice cultural humility and be willing to attend to their own biases.
- Helpers must accept the likelihood that they will play out problematic systemic patterns with the client/family in order to facilitate exploration of how those patterns manifest in the client/family's life.
- Chen, et al (2024).

The dangers of dis-connection

- There is a growing body of evidence across a variety of physical health outcomes, including major health indicators such as cardiovascular diseases, stroke and diabetes.
- Cardiovascular diseases are the leading cause of death globally, accounting for roughly one third of all deaths.
- Dozens of studies have found that social isolation and loneliness significantly influence the risk of cardiovascular morbidities (AHA 2022).
- 16 independent longitudinal studies demonstrates that poor social relationships (social isolation, poor social support, loneliness) were associated with a 29% increase in the risk of incident coronary heart disease and a 32% increase in the risk of stroke. These findings were consistent across genders.
- Holt-Lunstad, J. (2024)

Social Connections

- Structure of Connections:
 - (Network size, marital status, living alone)
- Function of Connections:
 - (Perceived & received social supports, social roles)
- Quality of Connections:
 - (Relationship satisfaction, strain, ambivalence)

• Holt-Lunstad, J. (2024)



Rooted in Connection = Resilience: How We Rise Together

*Resilience is not a
personality trait,
it's a relational process.*

*We're not asking people to
be strong alone.*

*We're asking how we can
help them stay connected*

Relational resilience

- Connection > Correction
- Attunement > Assessment
- Community > Competence

- We are not just helpers;
- We are co-regulators, co-creators, co-healers!

- What is a way that you regulate yourself?





What It Means to Stay Connected

- *It's okay to need others. You don't have to carry this alone.*
- *How:*
 - Relational Empathy
 - Connections to others & the self
 - Healing from psychological, social, cognitive & spiritual trauma
- We can do this, but only within a connected community.
- Stanley, S. (2025). Relational & body-centered practices for healing trauma: Lifting the burdens of the past.

Protective strategies for therapists

- Community consultation & peer supports
- Reflective Supervision
- Creative expressions & rituals
- Advocacy & activism as healing practices



Invitation

- Pause
- How can you reconnect to the healing power of relationships & connections?



You Belong Here: Reclaiming Our Hope

- May we continue to risk connection. +
- May we remain soft in a hard world.
- May we risk connection, again and again."



References

- Chen, C. K., O'Neill, A., & O'Malley, C. (2024). Recommendations for dynamic treatment of identity-based trauma: Opening the "I" to reflection. *American Journal of Psychotherapy*, 77(3), 123-138. <https://doi.org/10.1176/appi.psychotherapy.20220059>
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Thank You!

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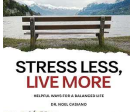
• ncasiano@casianoclinicalservices.org

• ces.org

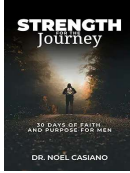
• 860-792-6999



The Fatherhood Code



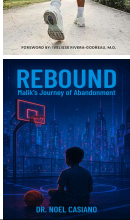
STRESS LESS,
LIVE MORE



STRENGTH
Journey



JUST A KID
FROM PARK STREET



REBOUND





momentum

7