

Heal the Healer

Sharon Wise, M.H.S., C.P.S.



What is Trauma?

- **Definition** (*NASMHPD, 2011*)
 - The experience of violence and victimization including sexual abuse, physical abuse, severe neglect, loss, domestic violence and/or the witnessing of violence, terrorism or disasters
- **DSM IV-TR** (*APA, 2011*)
 - Person's response involves intense fear, horror and helplessness
 - Extreme stress that overwhelms the person's capacity to cope

Types of Trauma

- **Pre and Peri-natal Trauma**
- **Single Episode Trauma**
- **Developmental or Complex Trauma**
- **Historical Trauma**
- **Intergenerational Trauma**

What Does Trauma Do?

- Trauma shapes a child's basic beliefs about identity, world view, and spirituality.
- Using a trauma framework, the effects of trauma can be addressed and a person can go on to lead a "normal" life.
- It creates Symptoms as ADAPTATIONS.

Heal the Healer: Are You the Working Wounded?

2009 GALLOP POLL

EMPLOYEE ENGAGEMENT INDEX

33% - Engaged in their jobs

49% - Are not Engaged

18% - Actively Disengaged

ACE Study

Compares adverse childhood experiences against adult status, on average, a half century late.

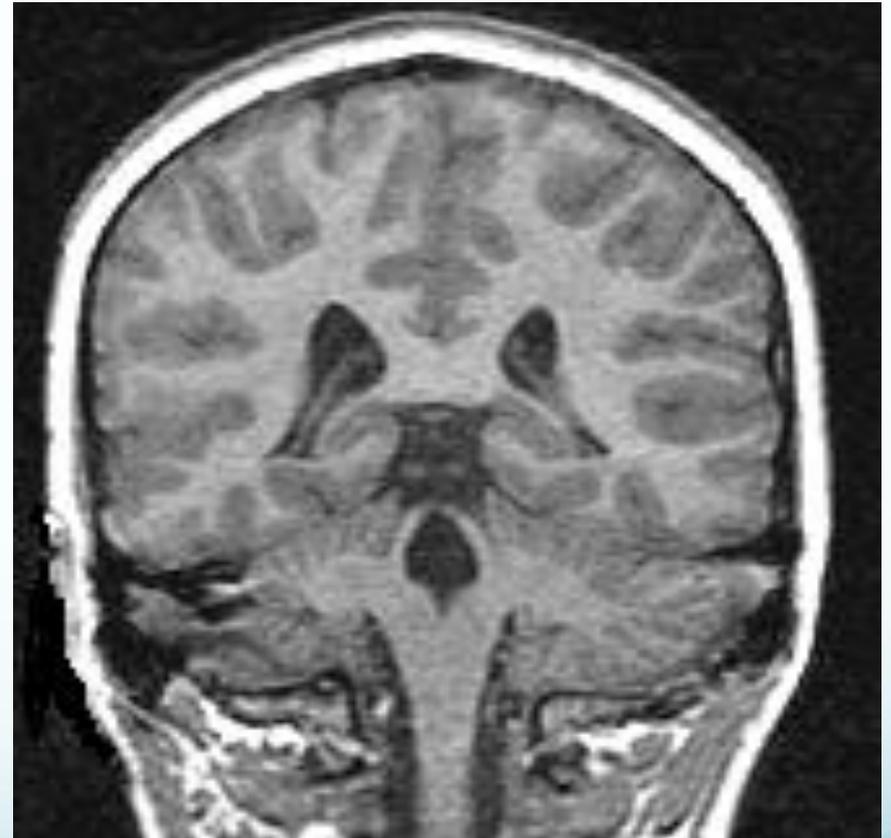
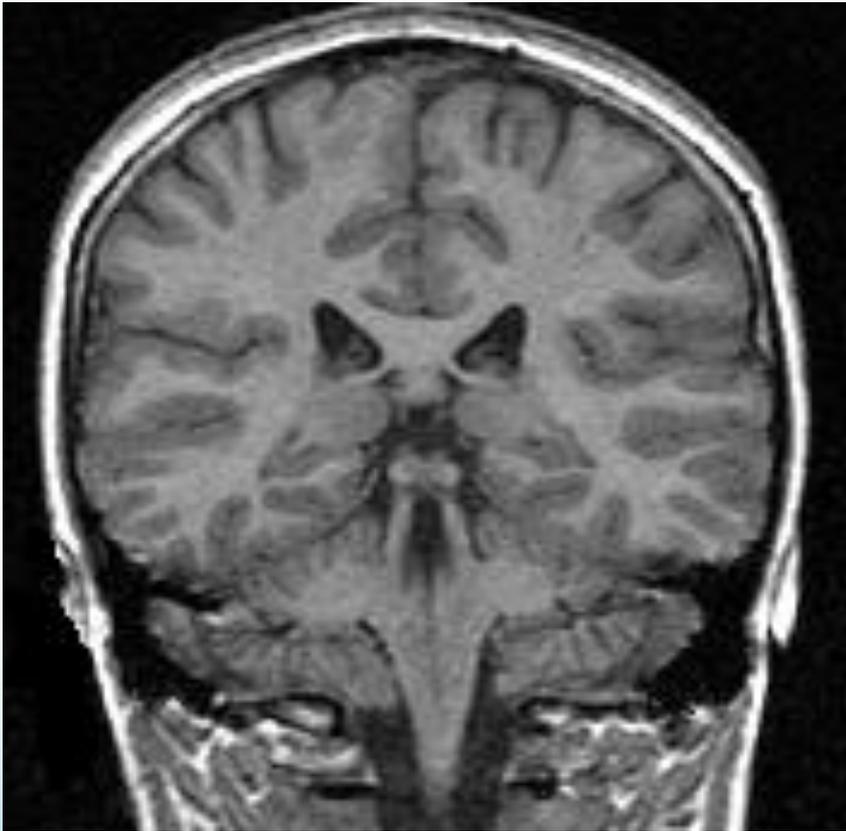
Dr. R. Anda & V. Felitti, Kaiser Permanente, La Jolla, CA

ACE and the Impact of Trauma Over a Life Span

- Effects are neurological, biological, psychological and social in nature, including:
 - Changes in brain neurobiology
 - Social, emotional & cognitive impairment
 - Adoption of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self harm, sexual promiscuity, violence)
 - Severe and persistent behavioral health, health and social problems, and early death

(Felitti et al, 1998; Herman, 1992)

Sharon's Brain on the Right? Right!



(*De Bellis et al., 1999*, Brains of two, eleven year old males. The one on the right had emotional abuse and the one on the left, did not)

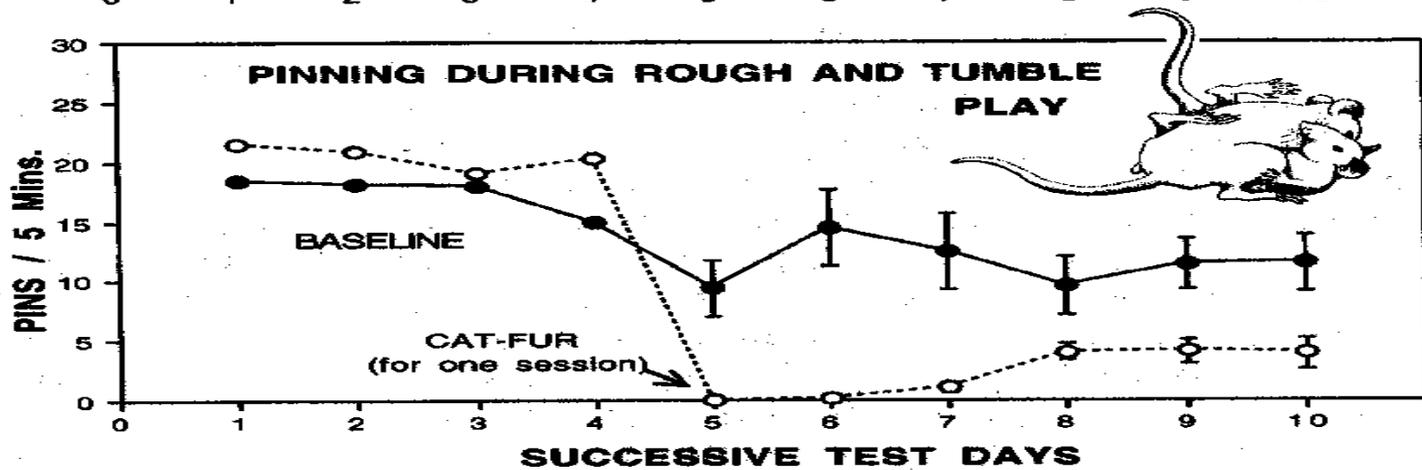
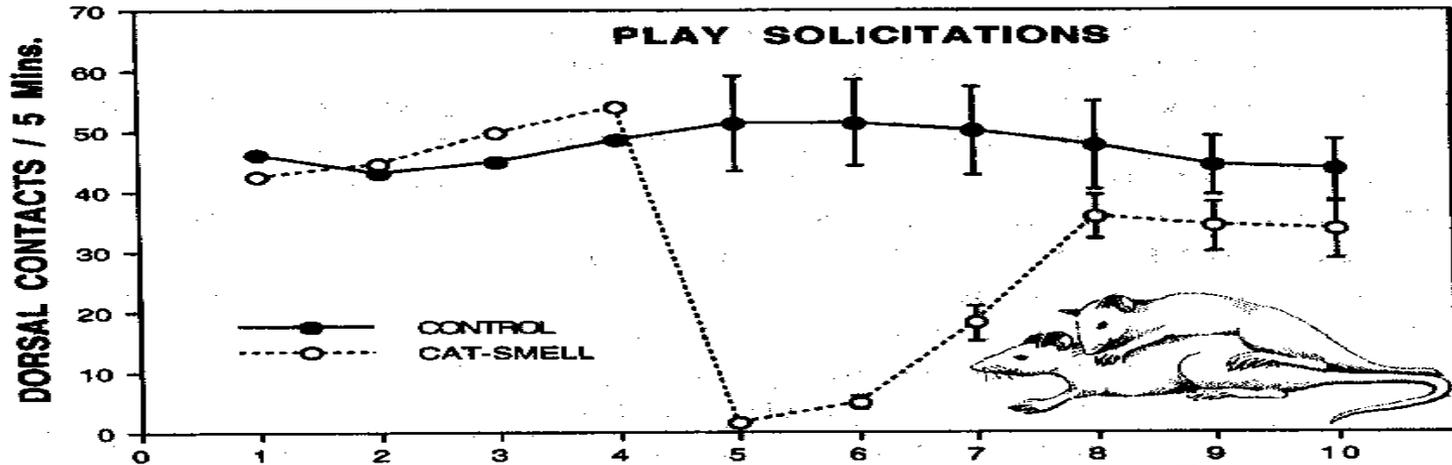
Therefore....

We need to presume the students we serve have a history of traumatic stress and exercise “universal precautions”

Assume everyone you come in contact with has a trauma history.

(Hodas, 2004)

They never played that way again....



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**When a child isn't rocked it grows up
and throws rocks, smokes rocks and
attempt to rock your world.**

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According to SAMHSA 2009 report, the Annual Cost of Child Abuse Services totaled in the Billions.

Cost of Unaddressed Trauma to our Systems

Total Direct Cost-\$ 24,384,347,302

These are primary expenses that are direct cost for the individual.

Total Indirect Cost-\$ 69,692,535,227

These are secondary expenses that are indirect because of someone else's un-addressed trauma.

Total Cost-\$ 94,076,882,526

Direct and Indirect Expenses

Unbelievable!

But.....When the Healer Begins to Heal



“As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation - either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course.”

~ Rev. Dr. Martin Luther King Jr.

We must all decide at some point to turn our suffering into a creative force.

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"It is easier to build strong children than to repair broken men and women."

Frederick Douglass
My ACE Score was 8

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We ask "What Happened to You?"
not "What's Wrong with You?"

This question alone can change the
Climate in any room!

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When environments and climate change, those changes have to be lasting, measurable and significant!

This may mean we change our perspective and not allow the behavior of those we serve to dictate our interactions with them or how we treat ourselves.

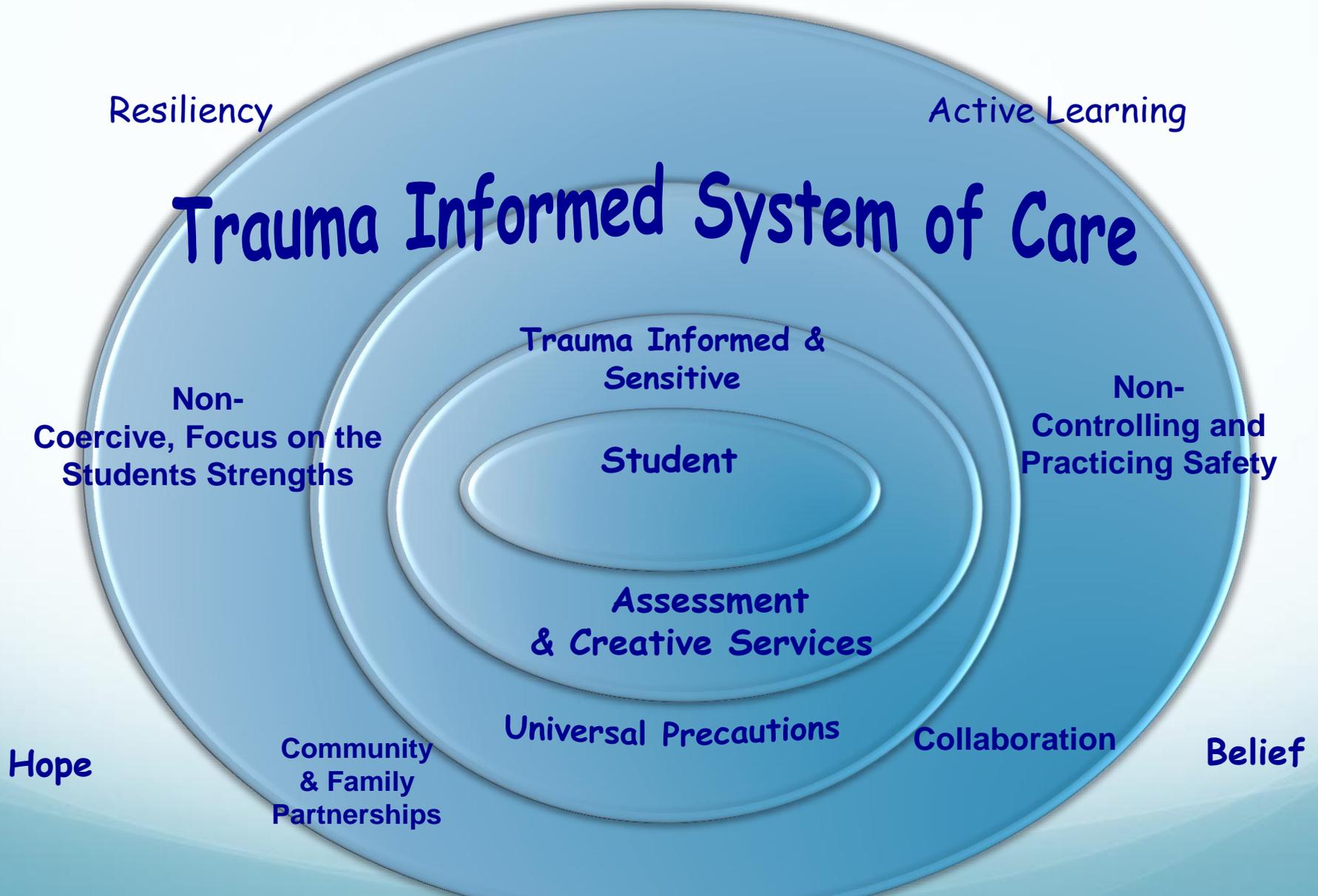
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AND...WE go from “Stakeholder” to “Shareholder” and change our language from “Got to” to “Get to”...

At the end of the day, we are serving the same person.

HEAL THE HEALER



HEAL THE HEALER



Things learned from the field....

- **As HEALERS “WE” need to all feel useful.**
- **Showing and being shown respect & dignity.**
- **Opportunity to be apart of “something” and “someone” else life.**
 - **Using partnerships that work.**
- **Training with those who will become apart of your network.**
 - **Creating “Partnership” based on my assets, not deficits.**
 - **Alternatives to traditional services and learning**
 - **Those we serve and their families voice & choice must be heard.**
- **Internal & External physical environment that is conducive to hope, learning and succeeding.**

Heal the Healers

We start off Gold.....Babies are resilient.

**We are effected by our adverse childhood experience and
feel like lead.**

**And then we turn into Diamonds, getting the support,
nurturing care and an opportunity to feel useful.**

**We all come into partnership with one another, realizing,
we are all in this together.**

Contact Information

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