

WHEN SMOKE FILLS THE ROOM

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GOALS FOR TODAY

- ✘ Our Brain
- ✘ What is Trauma
- ✘ Trauma Informed Care
- ✘ Special Topics in Trauma Informed Care

THE ROOM



Prefrontal Cortex

Cerebral Cortex

Limbic System

Cerebellum

Brain Stem

**The
Brain**

BRAIN HIERARCHY

FRONTAL LOBE

- *Abstract Thinking
- *Problem Solving
- *Reasoning
- *Executive Functioning
- *Organizing
- *Motor Functions
- *Regulates Emotions
- *Expressive language

FUNCTIONS

- *Organizes thoughts on paper
- *Remembers facts from teacher
- *Starts and completes tasks
- *Tells stories

TEMPORAL LOBE

- *Speech
- *Auditory Processing
- *Hearing
- *Behavior
- *Emotions
- *Short-Term memory
- *Long-term memory

FUNCTIONS

- *Processes what the teacher teaches
- *Fear
- *Fight or Flight
- *Retains Facts

FRONTAL
LOBE

PARIETAL
LOBE

PARIETAL LOBE

- *Sensory Information

FUNCTIONS

- *Taste
- *Touch
- *Smell
- *Temperature

OCCIPITAL
LOBE

OCCIPITAL LOBE

- *Visual System
- *Visual Information

FUNCTIONS

- *Processes words on a page
- *Knows shapes and sizes
- *Recognizes letters
- *Knows left from right

TEMPORAL
LOBE

SPINAL CORD

CEREBELLUM

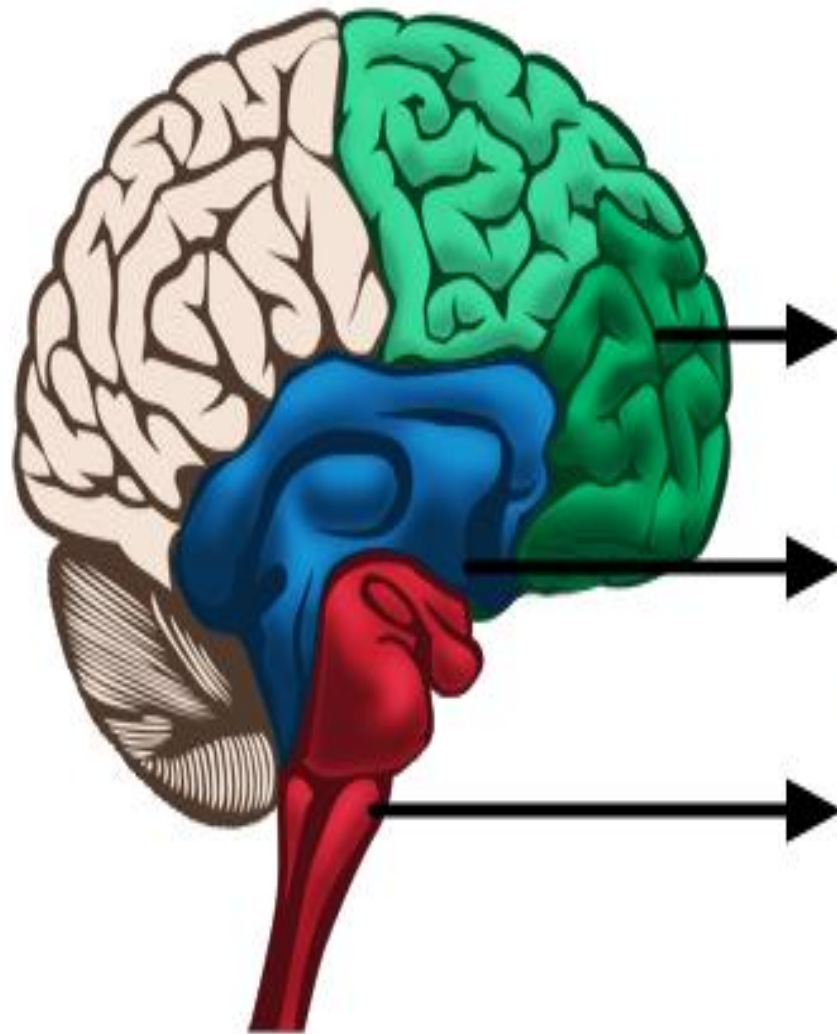
CEREBELLUM

- *Balance
- *Coordination
- *Attention
- *Rhythm
- *Proprioception
- *Vestibular

FUNCTIONS

- *Kick a ball
- *Throw a ball
- *Jump on one foot
- *Ride a bike





Executive State

Prefrontal Lobes

What can I learn from this?

Emotional State

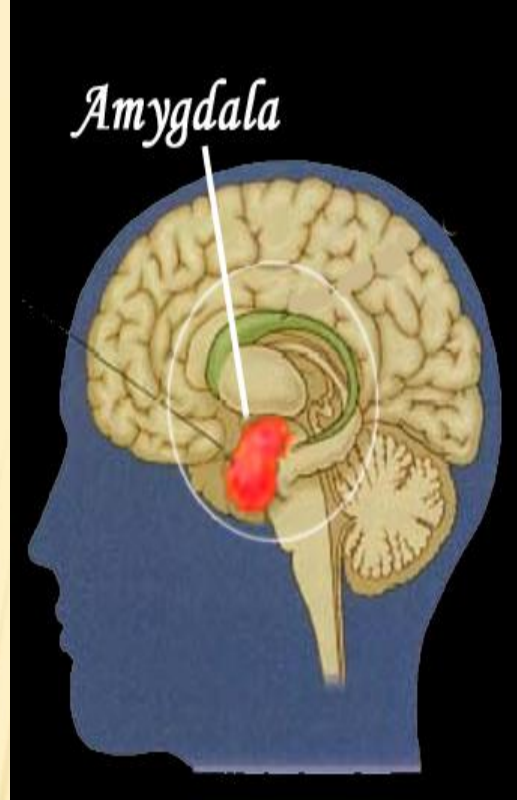
Limbic System

Am I loved?

Survival State

Brain Stem

Am I safe?



AMYGDALA: is responsible for reading the environment (including visual facial cues of other and others cues such a tone of voice), then acts to protect the person by triggering the alarm,





HOMELAND SECURITY ADVISORY SYSTEM

SEVERE

SEVERE RISK OF
TERRORIST ATTACKS

HIGH

HIGH RISK OF
TERRORIST ATTACKS

ELEVATED

SIGNIFICANT RISK OF
TERRORIST ATTACKS

GUARDED

GENERAL RISK OF
TERRORIST ATTACKS

LOW

LOW RISK OF
TERRORIST ATTACKS

SYMPATHETIC AND PARASYMPATHETIC SYSTEMS

HOT SYSTEM: PERCEIVES THREAT

- ❖ Built to react
- ❖ Built to keep us safe
- ❖ Designed to perceive threat
- ❖ Able to navigate threat quickly
- ❖ Uncomfortable Behaviors
- ❖ Uncomfortable Emotions
- ❖ Shows up physiologically (sweaty palms, racing heart, etc...)



COOL SYSTEM: PERCEIVES SAFETY

- ❖ Built to connection
- ❖ Relationships
- ❖ Safety with self
- ❖ Problem solving
- ❖ Attunement
- ❖ Solutions
- ❖ Comfortable Behaviors & Emotions



TRUAMA



DEFINITION:

“An event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”

ACUTE

- ✘ Single Incident (Crime victim, serious accident, natural disaster)



CHRONIC

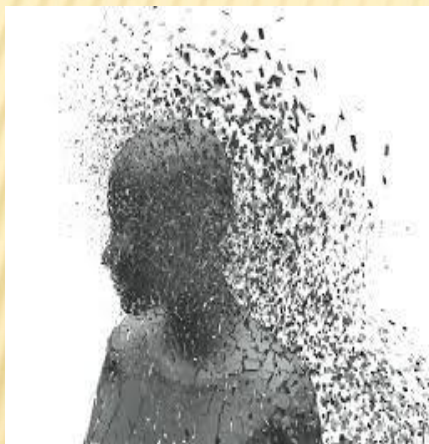
- ✘ Repeated, prolonged trauma (domestic violence, abuse, war)



TYPES OF TRAUMA

COMPLEX

- ✘ Chronic, interpersonal trauma; varied and multiple traumas; early onset; often by trusted caregivers



DEVELOPMENTAL

- ✘ Childhood trauma such as chronic abuse, neglect, or other harsh adversity in their own homes



TYPES OF TRAUMA CONTINUED...

TRAUMA TRAIN THE BRAIN



PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



A graphic featuring a circle of diverse hands of various skin tones (white, light brown, dark brown, black) reaching in from the edges and holding each other in a supportive grip. The hands are arranged in a ring, with fingers interlaced or resting on top of each other, creating a sense of unity and care. The background is plain white.

Trauma- Informed Care



**Safety
First**

TRIGGERS



**KNOW YOUR
TRIGGERS**

PEER SUPPORT



TRUSTWORTHINESS



COLLABORATION





RESPONSIVENESS & HUMILITY







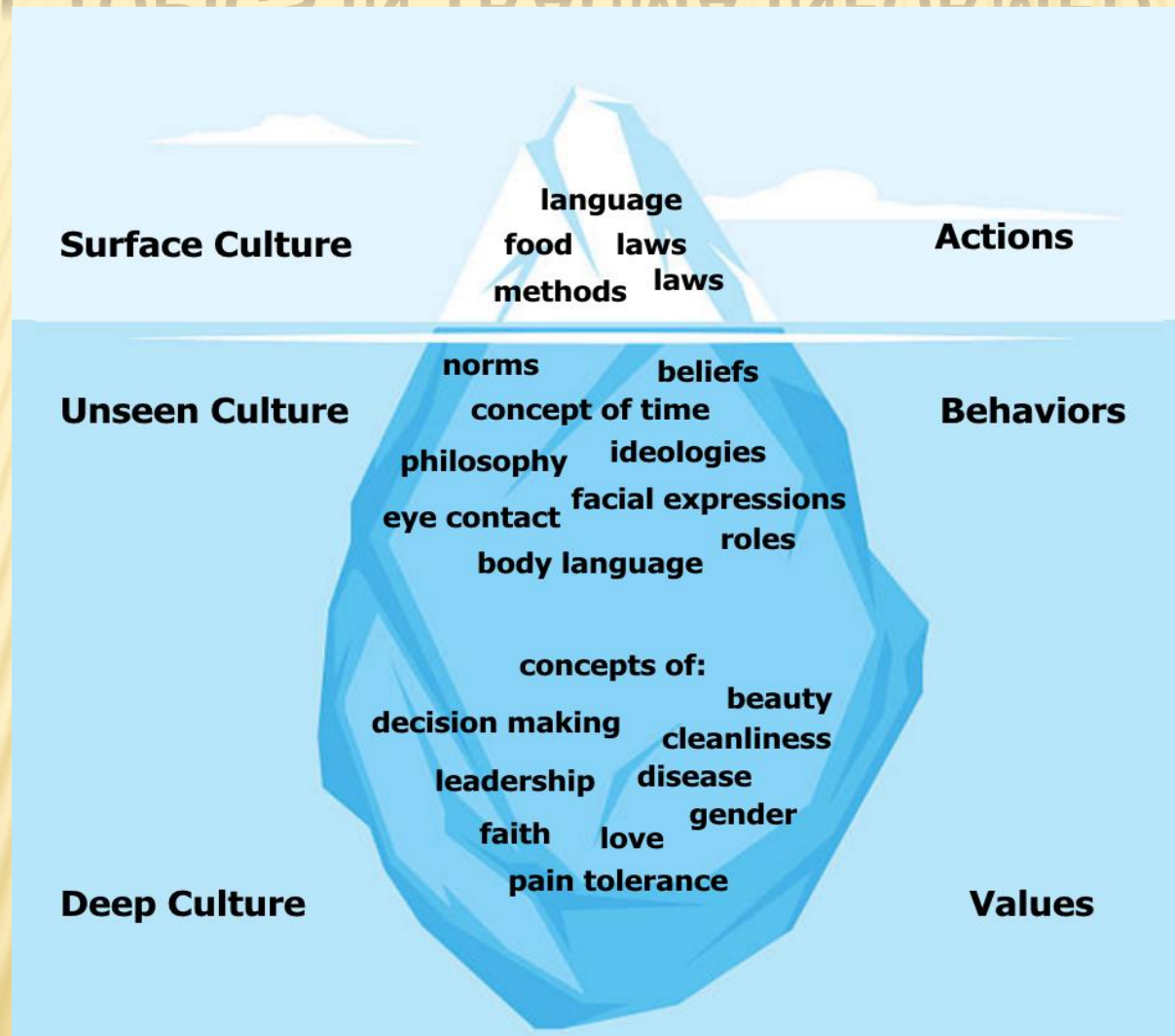
Special
TOPICS



- ✘ Attunement
- ✘ Get Curious
- ✘ Listen
- ✘ Make connections
- ✘ Don't Make it about you
- ✘ Don't Personalize Anger
- ✘ Problem solve



SPECIAL TOPICS IN TRAUMA INFORMED CARE





THANK
YOU

