



Medina County

board of developmental disabilities



We are the community resource responsible for connecting, coordinating and funding vital services for individuals with developmental disabilities.

We help with everything from early intervention and education opportunities for children to employment and community inclusive living for adults.

WELCOME

BEFORE we start

- Sign-in
- Restrooms
- Silence Cell Phones
- Handouts

Responding to Hurt: Trauma, Grief, and Caregiving

A workshop for caregivers.

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OhioGuidestone

WHERE NEW PATHS BEGIN

THE INSTITUTE OF
FAMILY & COMMUNITY
IMPACT



What is happening to me? Trauma



- “Trauma, by definition, is **unbearable and intolerable**....While we all want to move beyond trauma the part of our brain that is devoted to ensuring our survival (...) is not very good at denial.
- Long after a traumatic experience is over, it maybe reactivated at the slightest hint of danger and **mobilize disturbed brain circuits and secrete massive amounts of stress hormones**.
- This precipitates **unpleasant emotions, intense physical sensations, and impulsive and aggressive actions.**”

• Van Der Kolk, The Body Keeps the Score, Prologue

Event/Situation



(Memory)



Brain Activation

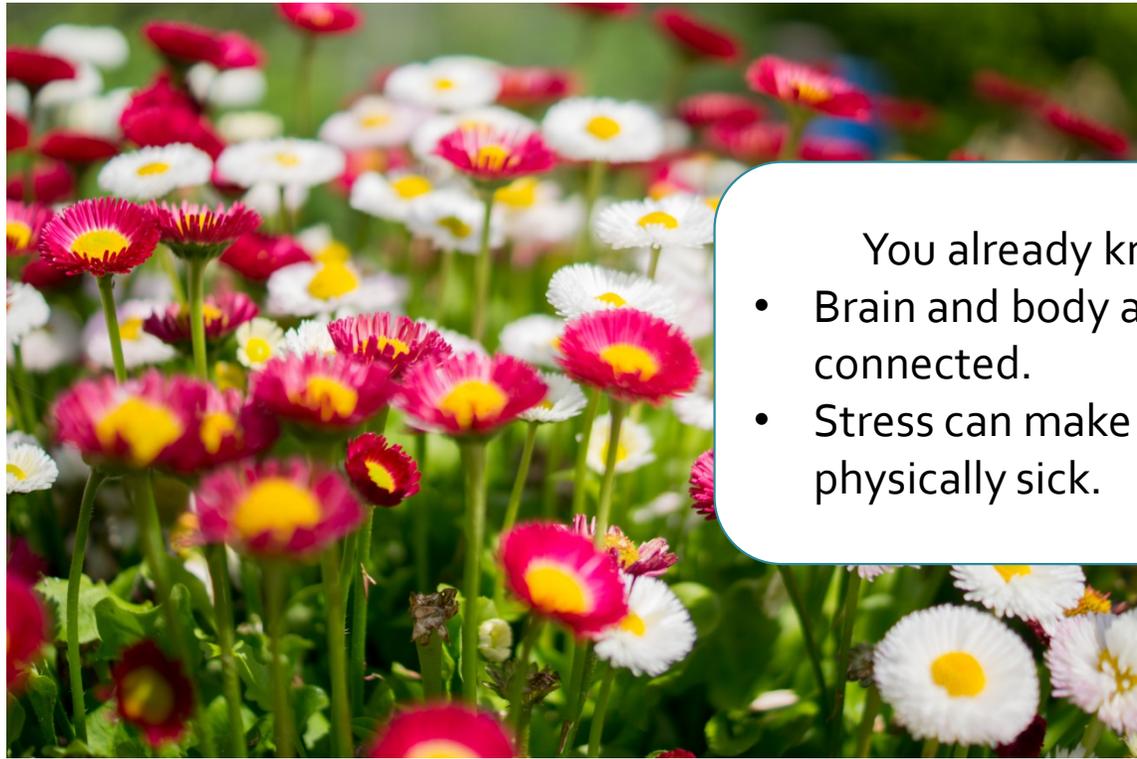
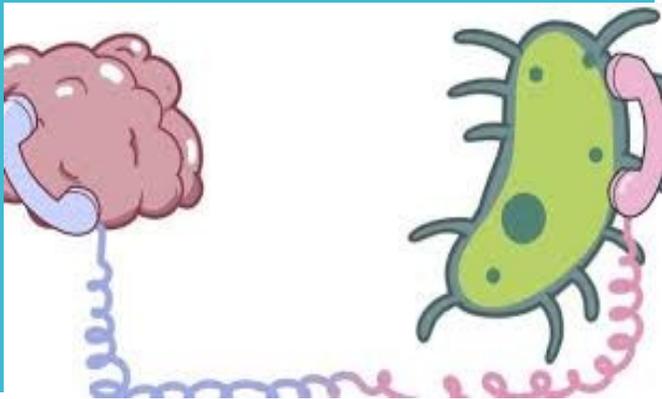


Body Activation



Emotions and Behavior

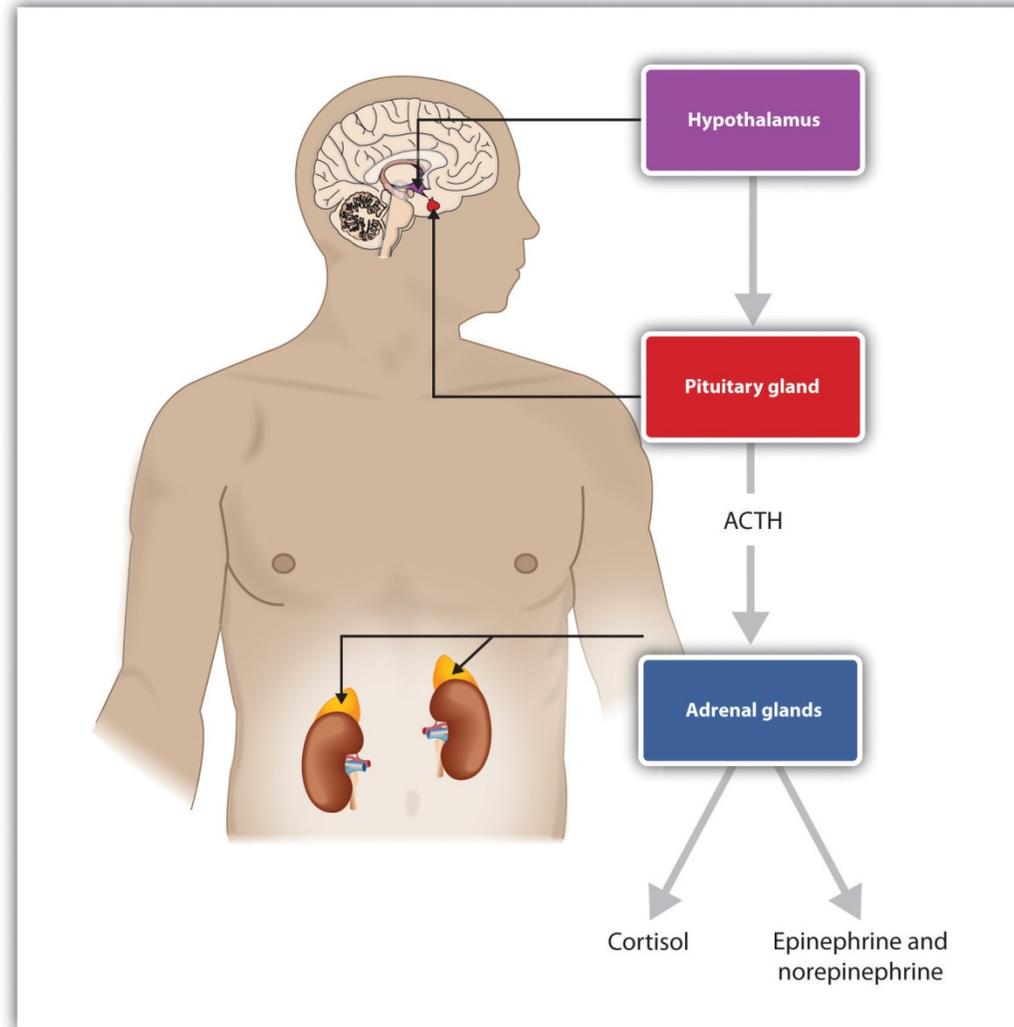
Trauma: A Full Body Experience



You already know it:

- Brain and body are connected.
- Stress can make you physically sick.

Stress Is Real: It's Not "All In Your Head."

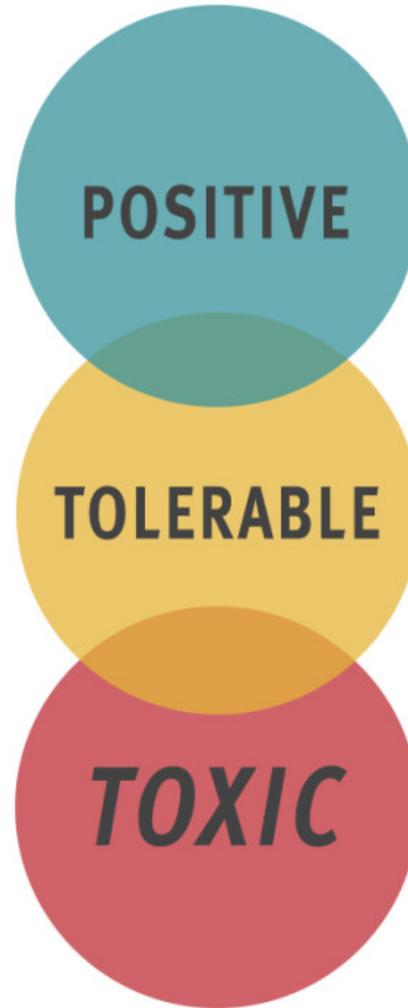


Why do we need the stress response system?

- Survival.
- Fight/Flight/Freeze.
- **Keep us safe/Get us safe.**
- When there is danger, act fast.

Three Types of Stress:

Long Term Toxic Stress



Brief increases in heart rate,
mild elevations in stress hormone levels.

Serious, temporary stress responses,
buffered by supportive relationships.

Prolonged activation of stress
response systems in the absence
of protective relationships.

What About Grief and Loss?



**GRIEF IS
JUST LOVE
WITH NO PLACE
TO GO.**

Grief is complex: We may grieve a loss, and feel a sense of relief at the same time. This is ok.

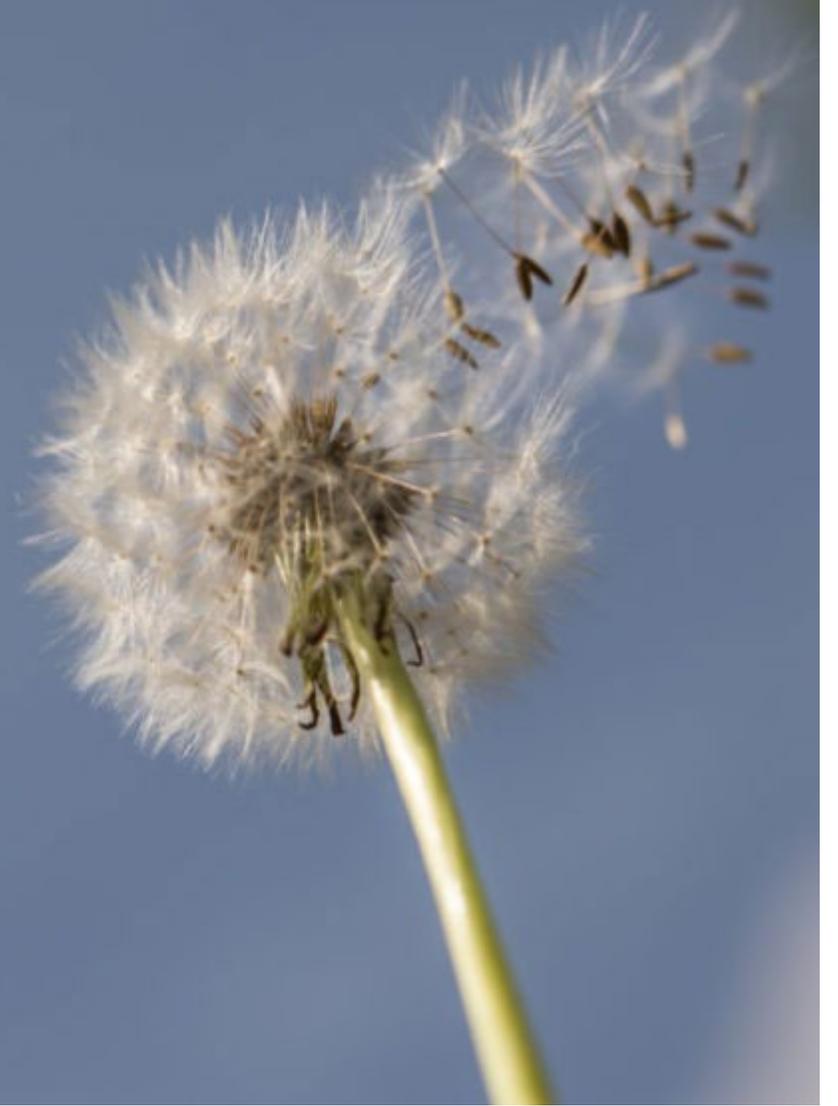
Grief that is not supported, not felt and carried by our communities, can become traumatic grief and trigger the stress response system.

Let It Be: Mindful Grief

1. Recognize
2. Observe
3. Accept
4. Sit with
5. Share
6. Connect
7. Compassion
8. Release

...and repeat.

Grief comes in cycles.
It is your process.



Help! My
person is
grieving...and
it's not pretty!



Grief does not always look like grief. It can be expressed as:

- Anger
- Rejection
- Anxiety
- Lethargy
- Risk-Seeking
- And many other things...

When the person in your care struggles with understanding the situation, grief can be even harder to feel.

How Can I Help?

Calm



Begin with you.
Be present.



Respond, don't react.



Keep it simple.



Connect.



Co-regulate.

Trauma and Toxic Stress in the Disability Community



STRESS

I am so tired.

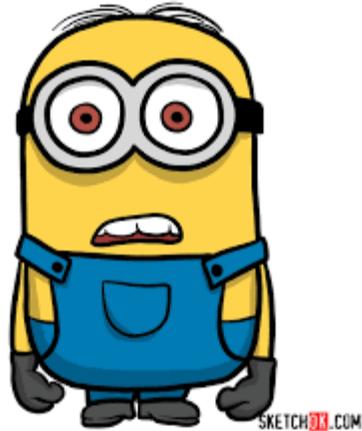
What you already know:

- Caregiving is stressful.
- Caregiving can isolate.
- Caregiving can overwhelm.
- It's hard to communicate this kind of stress to those who do not experience it.
- Resources are scarce.

My body hurts.

I need help.

Trauma and Toxic Stress in the Disability Community



What you already know:

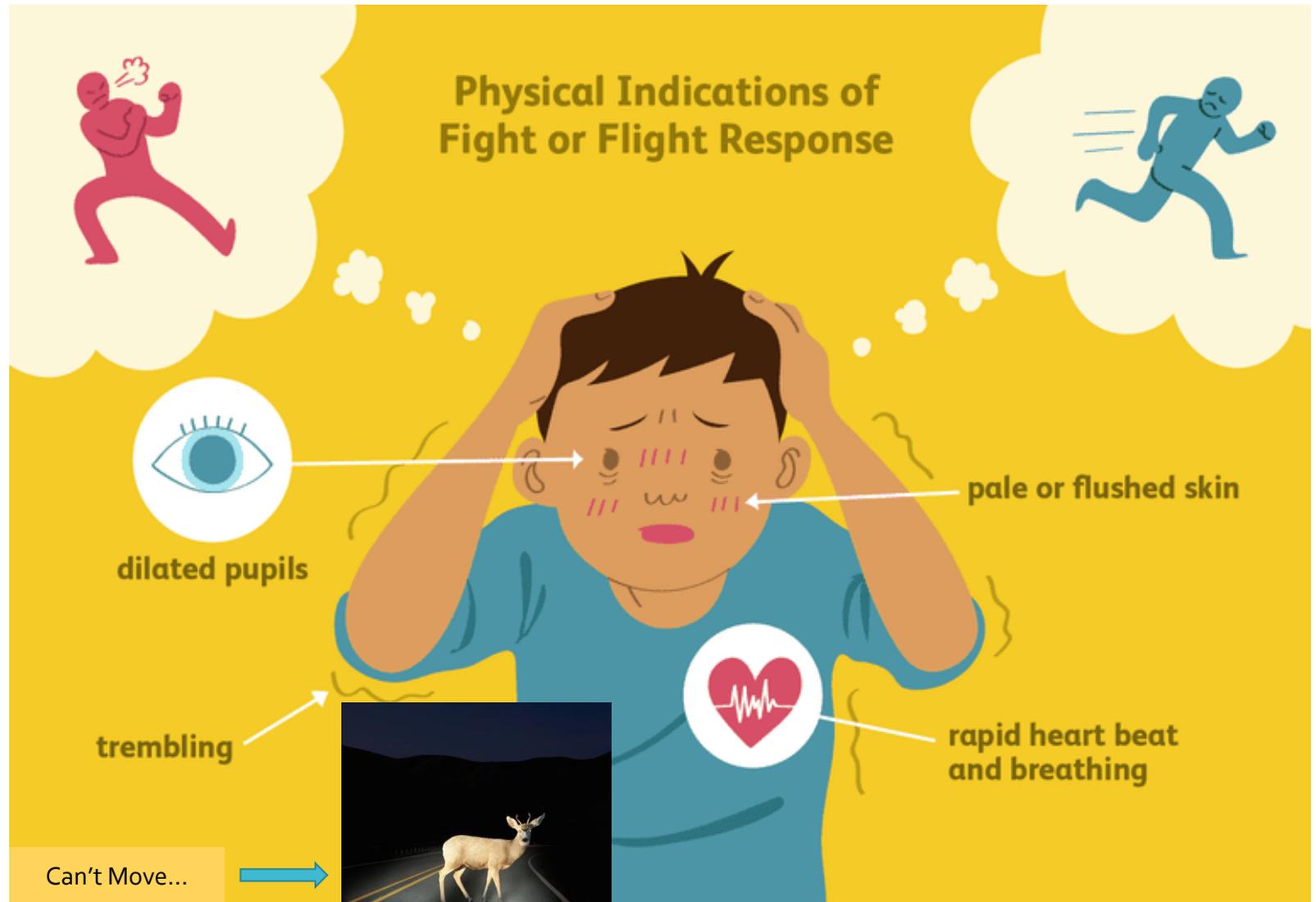
- Disabilities can make you more vulnerable to trauma.
- Cognitive disabilities can make it difficult to identify danger.
- As a caregiver, the person in your care may perceive you to be a threat, even when you are not.
- This is stressful for you, because you are just here to help.

Increased Vulnerabilities

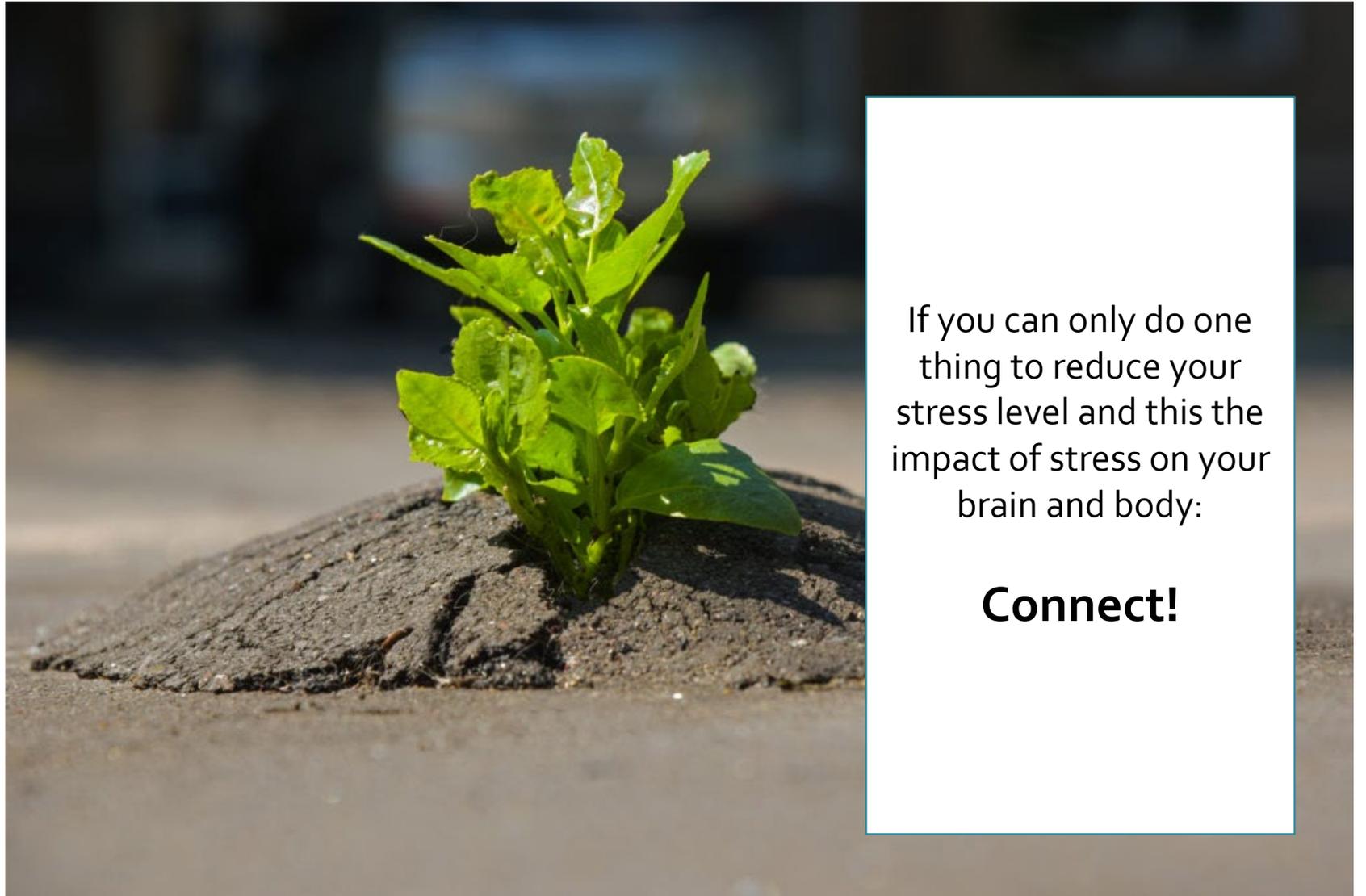
“People with developmental disabilities are

- trained to be compliant to authority figures;
- dependent on caregivers for a longer period of time for more types of assistance than a nondisabled child, and they are dependent on a larger number of caretakers;
- often unable to meet parental expectations;
- isolated from resources to whom a report of abuse could be made;
 - sometimes impaired in their ability to communicate;
 - sometimes impaired in their mobility;
- sometimes more credulous and less prone to critical thinking than others, which may result in it being easier for others to manipulate them;
- often not provided with general sex education.”

It's A Human Thing: Us and Those We Care For



Resilience: The Not-So-Secret Recipe



If you can only do one thing to reduce your stress level and this is the impact of stress on your brain and body:

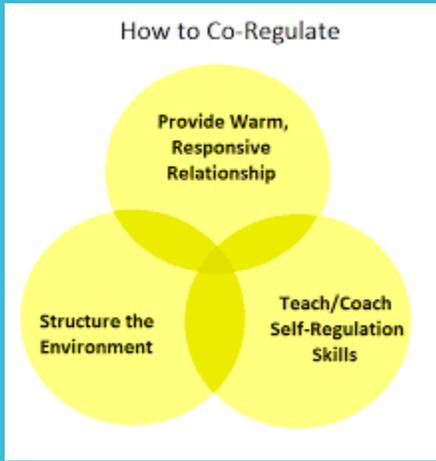
Connect!

Community Builds Resilience

When we connect with others for support, we literally change our biology. We calm the hormonal stress response system. Relational connections are “healthcare”!



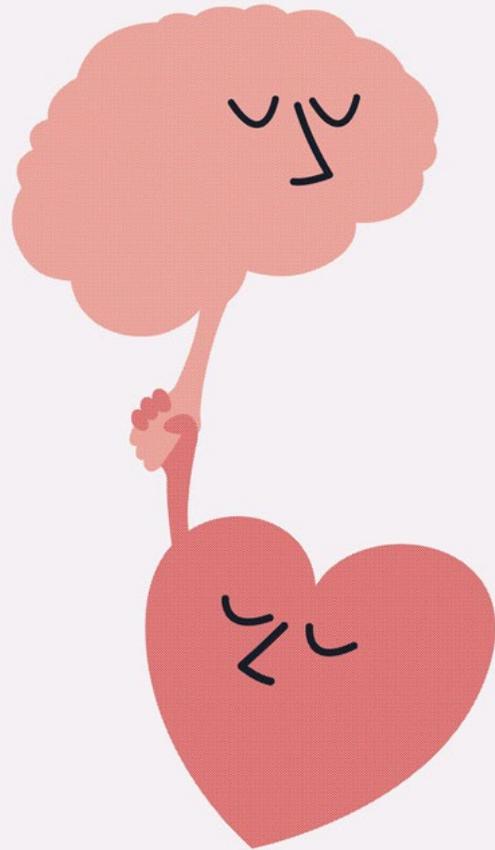
The Magical Ingredient:



Co-regulation- *interpersonal connection that depends on 'other' to regulate and modify affective states*

- “Team” approach versus isolated alternate of “Self-regulation”
- **All humans co-regulate**
- Co-regulation helps those in your care and you!
- Impact for adults strong as well
 - Points out importance of reducing stress for caregivers, too
 - High Adult Stress, less likely or able to co-regulate
 - Continuous & greater health benefits

The Care of You...



But what can I do right here right now?

Giving yourself a hand:
Giving your brain and hand and
giving your heart a hand.

When I am better (calmer, able to
manage emotions, focused,
committed),
those in my care tend to be better.
(But when they are not, it is not my fault. There are so
many external factors).

Radical Self Compassion



WHAT IS SELF COMPASSION?



SELF
KINDNESS

I am doing the best I can and it is enough. I accept myself and embrace who I am.



HUMANITY

I am only human. I will make mistakes. I let go of perfectionism.



MINDFULNESS

I acknowledge my pain, my setbacks and I can sit with them. It's ok to have them.

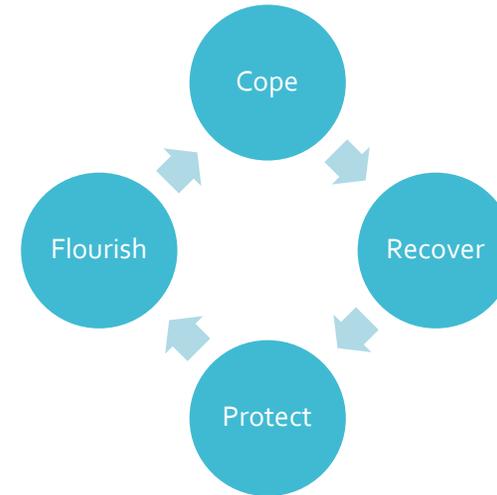
Micro- Moments of Self Care

Micro Moments!

- What is it?

"Self-care is any life-giving activity that restores, sustains, or improves your health. In the simplest of terms, I think of self care as nourishment." Reading, p. 17

- What does it do?



"Stress isn't going to go away, so rather than stress management, let's focus on energy management. Self-care is the way we top up our energetic bank balance and we are aiming for daily micro moments of nourishment."

Micro Moment # 1

Things you can do, every day, right where you are for the purpose of calming, re-charging, and nourishing.



Turn off the ringer 😊. Sit. Hold your phone flat in your hand. Feel the weight of the phone. The way it touches the surface of your hand.

Breathe.

Gently cover the phone with your other hand.

Slowly flip the phone into the other hand.

Hold the phone flat in your hand. Feel the weight of the phone. The way it touches the surface of your hand.

Breathe.

Micro Moment # 2



Bring headphones.
Close the door.
Turn on your favorite music.

Dance (as if no one is watching).
Listen quietly.
Let images of joy visit you.

Slow down.
Breathe.

Return to this moment and this day.

But what is the point?
These things habituate
when you do them over and
over.
Now you feel joy/relaxation
the moment you put your
headphones on!
Because your brain knows
what is coming...

Micro Moment # 3

Breath!

Your most powerful tool to return to yourself and calm your central nervous system.

- No need to set high standards.
- Just breathe, your body knows how.
- If you can close your eyes, but you don't have to.
- In-breath through your nose.
- Out-breath through your mouth. Out-breath longer than in-breath.
- Add an affirmation?



UPCOMING Opportunities

All Trainings Are Offered at Medina County Board of Developmental Disabilities

Trust & Estate Planning- Wednesday March 11th, 2020 at 6:00 PM

Ann Salek-Critchfield, Critchfield & Johnson, Ltd

THANK YOU



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