



# Working with Adults impacted by Trauma

October 20, 2021

# IAFSP Rapid Response Virtual Home Visiting

The screenshot displays the website's header with navigation links: "Your Dashboard", "All Modules", "Your Compass", and "Hi Red". The main heading is "RAPID RESPONSE VIRTUAL HOME VISITING". Below this, there are buttons for "Resources" and "Frequently asked questions". A section titled "Want to help?" includes a link to "Contact the RR-VHV for more information". The "Guiding Principles" section lists: "Accessible" (materials available in multiple formats), "Strength-based" (focus on provider strengths), and "Shared Responsibility" (collaborative process). A "Available Webinars" section features a video titled "Home Visiting Models and COVID 19 Response" with a description and a link to download the video. A "Virtual Visit Readiness" section offers "Available Resources" including a "Readiness Subaction (pdf)" and a "Troubleshooting Tips (pdf)".

Webinar recordings, slide decks and resources are available at:

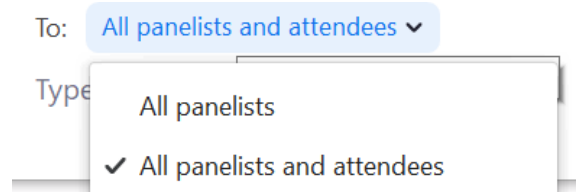
- <https://institutefsp.org/COVID-19-rapid-response>



# Q&A and Chat Features

If you have a specific question for one of our speakers, please use the Q&A function

Please use the chat box to respond to questions we ask you!



# Content Outline

**Grounding Exercise**

**Developmental Lens on Trauma**

**Core Sensitivities and Intervention Goals**

**Techniques for working with Adults  
Impacted by Trauma**



# Presenters



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"The skill of mindfulness is noticing when we have wandered off in thought and then bringing our attention back to the present moment. With awareness comes choice - only then can we decide how to move forward in times of stress."

Diana Tikasz, MSW, RSW, TEND Associate

# THREE MINUTE BREATHING SPACE

Developed by Diana Tikasz, MSW, RSW



## FIRST MINUTE



### NOTICE ANY SOUNDS YOU HEAR

What sounds are near or far?

Notice how the sounds arise and disappear

Every time that you notice your thoughts wander, simply and without judgement, return to the sounds

## SECOND MINUTE



### NOTICE ANY BODY SENSATIONS

What parts of your body are warm or cold?

Notice the sensations of contact with the chair or with your clothing

Whatever you notice is perfectly fine and does not need to be changed in anyway. Just notice.

## THIRD MINUTE



### NOTICE YOUR BREATH

Where do you notice your breath- is it at the nostrils, the chest, the belly?

Notice the expansion and the settling of the body as you breathe

Can you follow the full inhale and exhale of breath?

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For more information and other downloadable resources, go to [www.TENDacademy.ca/resources](http://www.TENDacademy.ca/resources)

# Developmental Lens on Trauma



Neurons that fire together, wire together



Children that feel loved and cared for, have brains that specialize in exploration, play and cooperation



Children that feel frightened and unwanted, have brains that specialize in managing their feelings of fear and abandonment.



Can be modified by later experiences.



# Low Road and High Road

PSYCHALIVE

Features

Dr. Dan Siegel

The Low Road



# Adult Capacities



Narrative coherence



Representation of the Child and Self



Relationship patterns



Reflective functioning

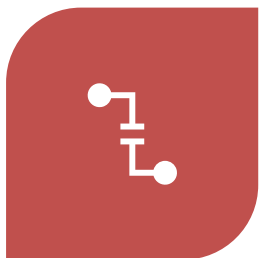


Empathy



Core sensitivity

# Core Sensitivities



Separation



Safety



Esteem



# Separation Sensitive

Need to feel continual availability of significant others

Fear of abandonment if other really knew us

Exercising extreme control in the relationship in order to keep others close

Act helpless to keep others close

When significant other leaves, fears confirmed



# Separation Sensitive

## Work Goals



Recognition that our needs are essential and healthy



Learning that expressing one's needs will not lead to abandonment



# Esteem Sensitive



Perception of what others think of us is fragile, so we seek constant reassurance.



Need to prove our worthiness



Sensitive about being perceived as having failed or being inadequate



Need for significant others to be perfect and see us as perfect



Disagreements lead to withdrawal and anger



# Esteem Sensitive

## Work Goal



Learning that mistakes are inevitable, that differences are healthy, and that despite imperfections, we are lovable



# Safety Sensitive



Concern that closeness will lead to intrusion, so we keep others at a distance



Scan for others being dominant, manipulative, or intrusive



Remain hidden and self-sufficient



Become isolated if autonomy is threatened





# Safety Sensitive

## Work Goal



Learning that intimacy does not necessarily lead to enslavement and that closeness can be safe

# Provide a Holding Environment



Space for caregiver to speak freely



Radical acceptance by hearing without judgement



Sensitive attunement



Tolerate full range of affect in client and ourselves



Show genuine interest in getting to know the client

# Regulating Affect



Notice relationship  
patterns



Provide comfort and  
security



Notice over and  
under-arousal



Identify their adaption  
to circumstances

# Help identify and express strong feelings



Therapy is a good place to begin to challenge defenses



Notice problems in narrative: coherence, lack of affect, overwhelming affect.



Sensitive about being perceived as having failed or being inadequate

# Focus on core vulnerability



**ESTEEM**

Highlighting the child's interest in the caregiver rather than the caregiver's accomplishments



**SAFETY**

Emphasize the child's lack of interest in controlling the caregiver



**SEPARATION**

Noticing that the child leaves but always returns

# Making Connections



Provide playspace



Listen closely to content and process



Highlighting how their histories impact their present



Listen to latent content in the discourse

# Credits

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**RAPID RESPONSE**  
**VIRTUAL HOME VISITING**

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