



**DEFENSE CENTERS
OF EXCELLENCE**

For Psychological Health
& Traumatic Brain Injury



**TRAUMA INFORMED PSYCHOLOGICAL
EMPOWERMENT PROGRAMS (TIPEP)
FOR MILITARY FAMILIES**

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Overview

- Military families are the experts on their own lives, needs, options, and solutions.
 - *But they face unprecedented challenges that require new knowledge and skills*
- TIPEP (Trauma Informed Psychological Empowerment Programs) Affirm Families' Expertise & Provide Skills and Knowledge
- Outcomes = Enhanced communication, safety, growth, involvement, connectedness



A two-word Definition of
Trauma Informed Psychological
Empowerment (*TIPEP*)

ASK US

Psychological Empowerment = ASK US

- **A** : Affirmation of Strengths & Connections
- **S** : Skills for Communication & Achievement
- **K** : Knowledge about Trauma & Resilience
- **U** : Understanding the Challenge of Recovery
- **S** : Solutions that Highlight a Path to Success



ASK US



Military Families Cope with ...

- Traumatic Uncertainty
- Traumatic Loss
- Vicarious Trauma



TIPEP is a Collaboration among ...

- Families / Personnel
lived experience

- Scientists
evidence-informed practices

- Clinician Educators
skillful applications

3 Evidence-Based TIPEP Models

- **Seeking Safety**

www.seekingsafety.org

- **TREM ~ Trauma Recovery & Empowerment Model**

www.communityconnectionsdc.org

- **TARGET ~ Trauma Affect Regulation: Guide for Education & Therapy**

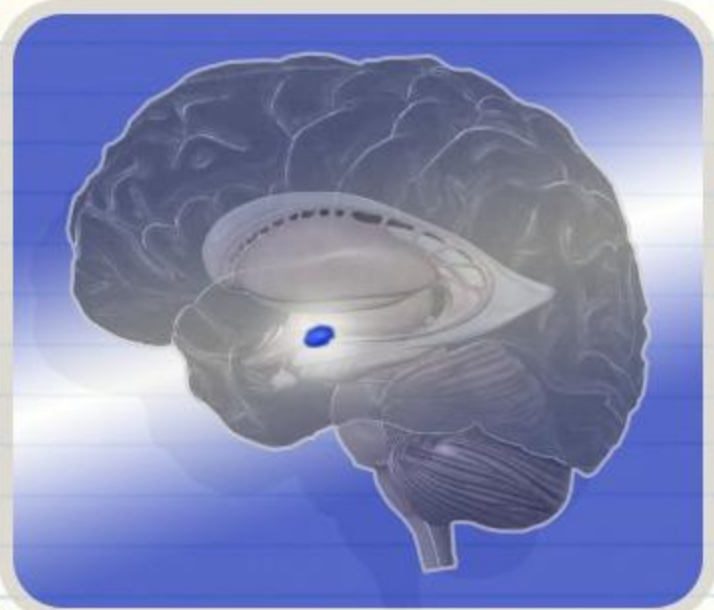
www.advancedtrauma.com

How Does TIPEP Increase Military Families' Knowledge?

Explaining Trauma, Resilience &
Recovery in New Ways that are
Empowering

The Brain

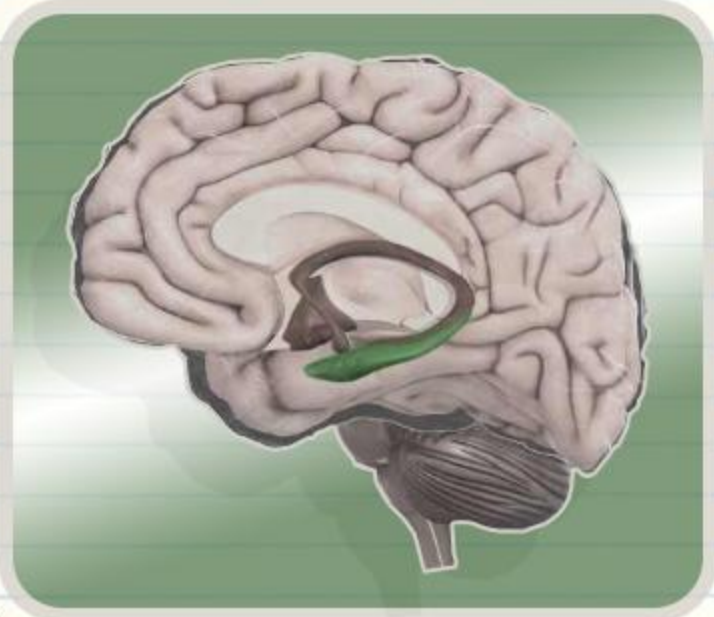
ALARM SYSTEM



(amygdala)

The Brain

FILING CENTER



(hippocampus)

The Brain

THINKING CENTER



(prefrontal cortex)

The Brain Under Normal Stress

The Brain & Body Working Together

The Brain Under Normal Stress



The Brain Under Extreme Stress

The Alarm Takes Control

The Brain Under Extreme Stress



Peanuts Classics ®



How Does TIPEP Enhance Military Families' Skills?

Enabling all family members to handle (alarm) reactions consistent with their values, goals, and mutual respect



SOS: 3 Steps to Focusing

- **Step I: Slow Down**
 - Sweep your mind completely clear
- **Step II: Orient Yourself**
 - Focus on ONE THOUGHT that YOU CHOOSE
- **Step III: Self Check**
 - Stress Level (1 to 10)
 - Personal Control Level (1 to 10)





STRESS
level



PERSONAL
control





How Does TIPEP Affirm Military Families' Strengths?

Validating families' and military personnel's courageous & resilient pursuit of FREEDOM

FREEDOM steps

FOCUS

Slow down, Orient, Self-Check

REGOGNIZE

Stress Triggers

EMOTION

One MAIN Emotion

EVALUATE

One MAIN Thought

DEFINE

One MAIN Personal Goal

OPTIONS

Build On Your Positive Choices

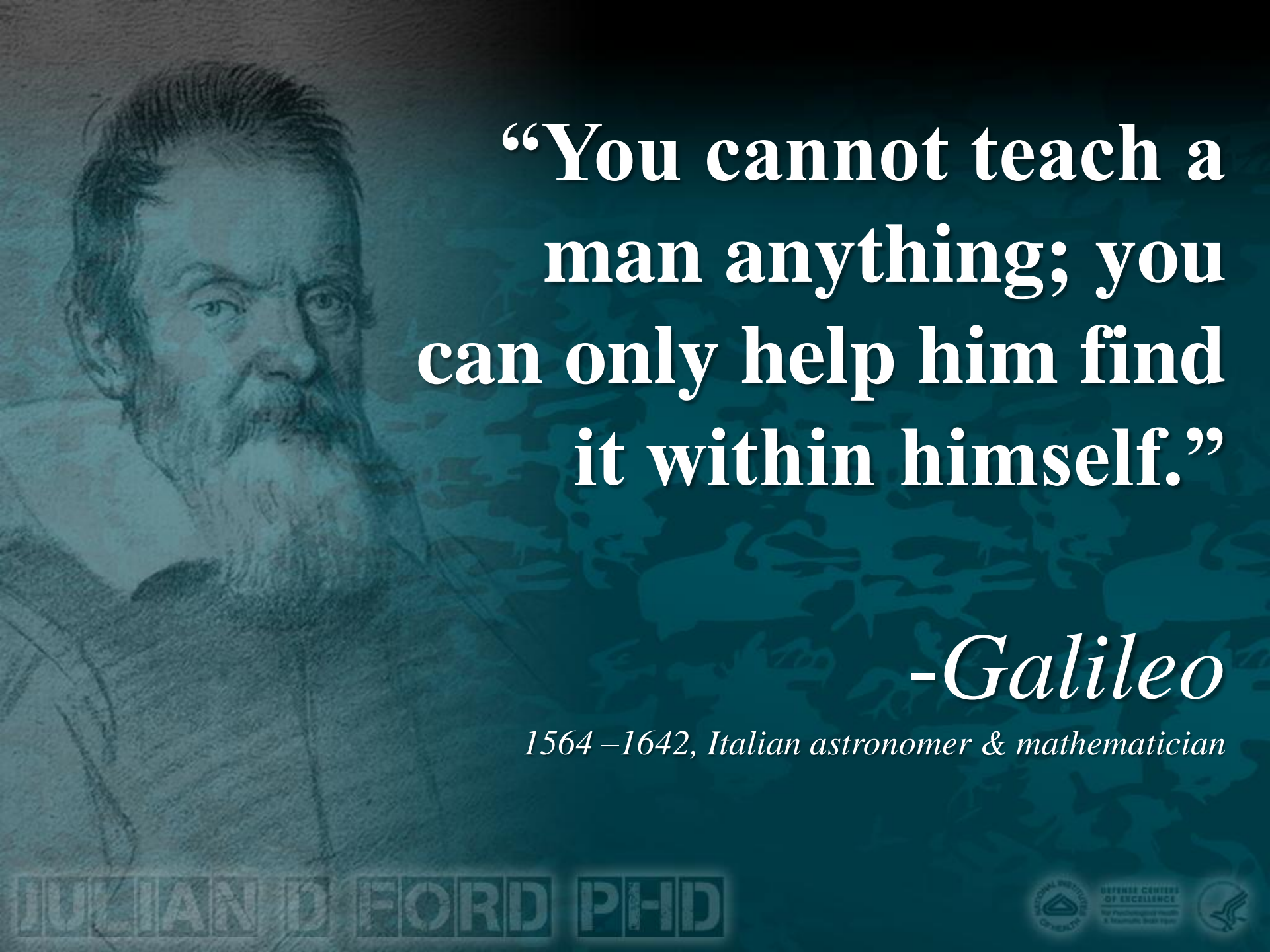
MAKE A CONTRIBUTION

Make the World a Better Place



Implications

- **For Clinicians:** at least 1 TIPEP model should be in every clinician's tool kit.
- **For Researchers:** Studies of TIPEP's efficacy w/military families are needed. (TARGET vs. PE Study begins Jan 2010)
- **For Policymakers:** All military families should get TIPEP educational materials and have access to TIPEP services.



**“You cannot teach a
man anything; you
can only help him find
it within himself.”**

-Galileo

1564 –1642, Italian astronomer & mathematician



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