

Trauma- Informed Cognitive Behavioral Therapy

Presented by

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Housekeeping

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Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Trauma

- A frightening or overwhelming experience that significantly alters a person's life view or sense of self, as well as altering their daily routine.

Statistics

- 50 – 70% of US adults experience a trauma
- About 30% of those who experience a trauma will suffer from PTSD
 - ~20% women; 8% men
 - ~Women are twice as likely to experience PTSD
- Those with PTSD are 8 times more likely to attempt suicide than those without
- This figure doubles if person suffers from PTSD and depression
- American Indian/Native Alaska children are at 2.5 times greater risk of experiencing a trauma

What is PTSD?

Emotional and Physiological reaction
Everyday experiences => crisis situation

Need 3 things:

1. Traumatic event (threatens death, serious injury, or physical/emotional integrity of self)
2. Response involves intense fear, helplessness, horror, shame
3. Symptoms lasting more than 1 month

- Fight, Flight, or Freeze
- Complex Trauma

So, how do we treat PTSD?

- Recommendations of American Psychiatric Association:
 - Cognitive-Behavioral Therapy
 - Exposure Therapy
 - EMDR
 - (Eye Movement Desensitization and Reprocessing)
 - Medications
 - FDA approved: SSRI's (ie. Zoloft, Paxil)

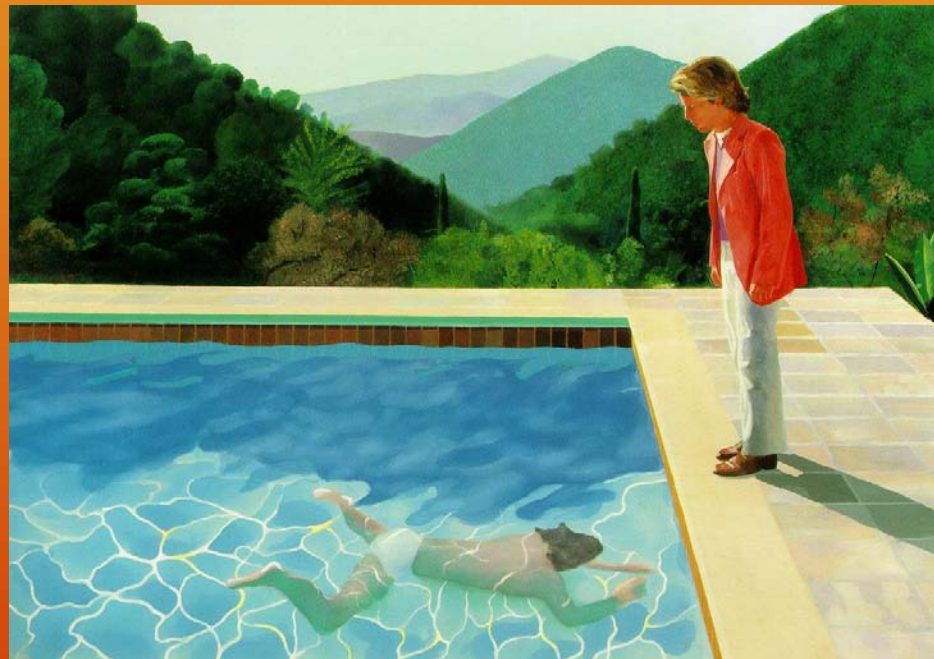
Why Trauma-Informed Cognitive Behavioral Therapy?

- Combines CBT and Gradual Exposure
- Emotion regulation
- Caregivers/natural supports
- Minimizes therapist avoidance
- Lends order to a disorder that feels disordered, unpredictable, overwhelming
- Short term!
- Effective

Emotional Regulation

- Learning how and when to intervene with coping skills to moderate emotions
- Use rating scales
- Can include:
 - Dialectical Behavior Therapy (DBT), Mindfulness
 - Acupuncture, Yoga, Meditation, Exercise, Omega 3
 - Sleep Hygiene coaching, Gratitude Journaling, Visualization Exercises
 - Humor, Hobbies, Volunteerism, Spirituality, Journaling***, Art/Dance

Progressive Exposure



Cognitive Restructuring

○ Detective Hunt for Untruths

- Example: “It’s my fault because I didn’t tell anybody”
- Reflect back on psycho-education
- Look for both stated and unstated cognitive distortions

○ Maybe a thought is true but unhelpful

- Example: “If I hadn’t gone to see Jimmy, this would never have happened.”
- Reframe to something more helpful
- Regret versus Responsibility

○ Encourage strong, direct language

How to Find TI-CBT?

- www.nctsnet.org
- Ask questions:
 - Specified trainings in trauma?
 - Experience with progressive exposure?
 - Ongoing supervision?

Coordination w/ Community

- Education
- Avoid doing more harm
- Know when to refer
- Increased awareness for physicians, mental health professionals, schools, clergy, tribe leadership, social services, etc...
- Building a referral network

Crisis Hotline Numbers

- Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

- National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

- National Child Abuse Hotline:

- 1-800-4-A-CHILD

- Sexual Assault Hotline:

- 1-800-262-9800

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