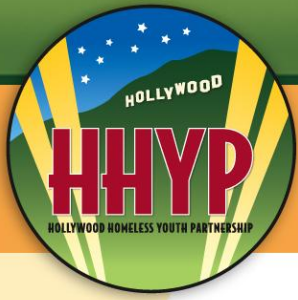
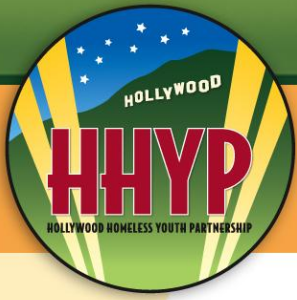


**Trauma, PTSD,
Complex
Trauma, and
the ARC
Framework**



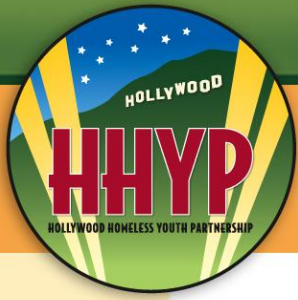
Learning Objectives

- What do we mean when we use the term trauma?
- What do different types of traumatic events have in common?
- Why do people respond differently to the same traumatic event?
- What do we mean by the term PTSD?
- What is “Complex Trauma?”
- How is Complex Trauma different from PTSD and how is it the same?
- Eight Domains of Impairment
- ACES Study



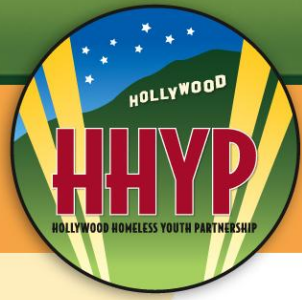
What are some examples of \ “traumatic events?”

- Military combat
- Violent assault
- Witness to violence
- Natural disaster
- Automobile accident



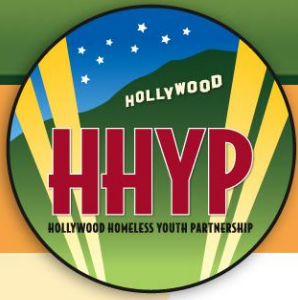
What do these events have in common?

- The event is unexpected
- The victim was unprepared for the event
- There wasn't anything the person could do to prevent the trauma
- The person experienced intense fear, helplessness and horror



What was Dorothy's trauma?





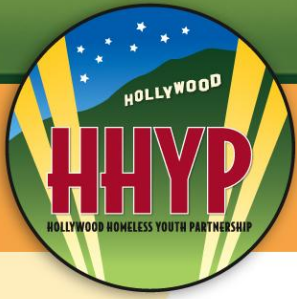
What was Harry's Trauma?



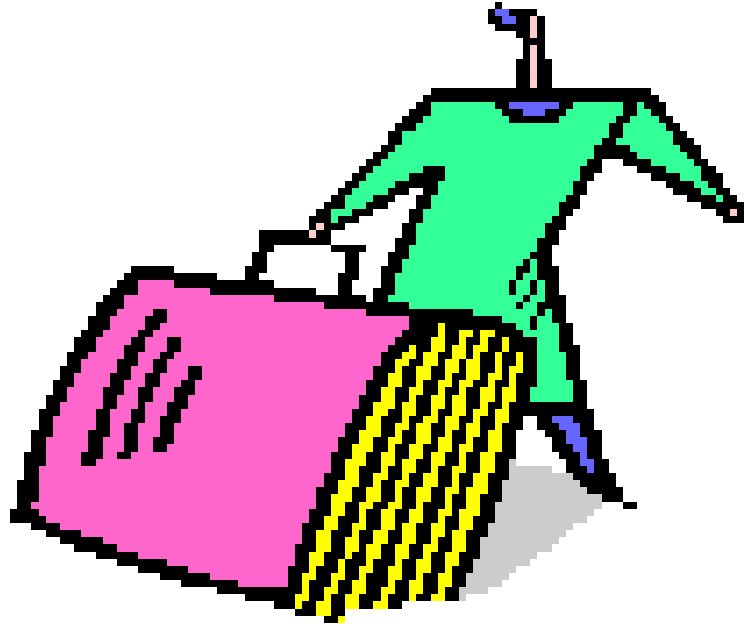


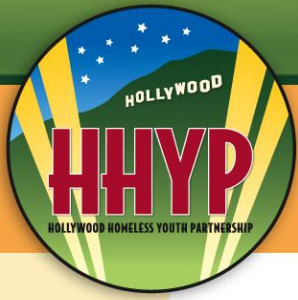
Why do some people respond differently?

- Pre-event factors
- Event factors
- Post-event factors
- Personal characteristics



Pre Event Factors



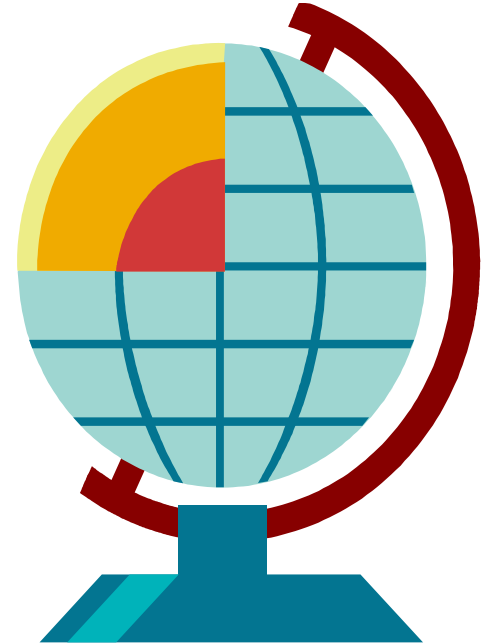


Negative Pre-event Factors

- Previous exposure to trauma or child abuse
- Ineffective coping skills
- Previous Mood or Anxiety Disorders
- Family Instability
- Family History of Criminal Behavior
- Trouble with authority
- Absence of social support
- Age at the time of the event--- under age 25



Event Factors





Event Factors

- Geographic nearness to the event
- Level of exposure to the event
- The event's meaning to the victim
- Being a victim of multiple traumatic events
- Duration of the trauma
- The existence of an on-going threat



Post Event Factors





Negative Post Event Factors

- The absence of social support
- Indulging in self-pity
- Not being able to do something about what happened
- Being passive rather than active
- Inability to find meaning in the suffering



Personal characteristics that help us cope

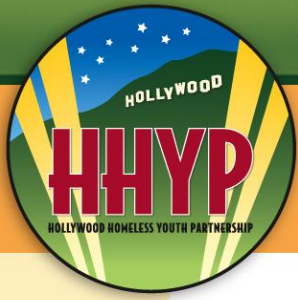
- Internal Locus of Control
- Self-efficacy
- Sense of coherence
- Strength (physical and emotional)
- Motivation to deal with the trauma
- Optimistic attitude



Posttraumatic Stress Disorder - PTSD

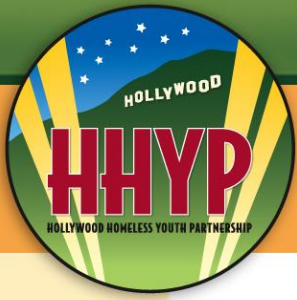
Diagnostic Criteria:

- Re-experiencing the event
- Avoiding the stimuli and numbing of responsiveness
- Increased arousal



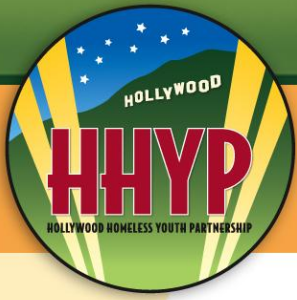
Re-experiencing the Event

- Recurrent images and thoughts
- Recurrent and distressing dreams
- Reliving the experience (flashbacks)
- Distress at exposure to cues that symbolize the traumatic event
- Physiological reactivity



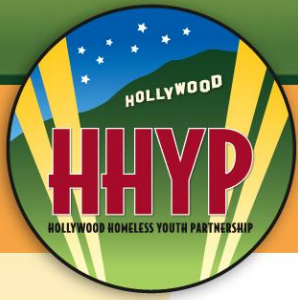
Avoidance and Numbing

- Efforts to avoid thoughts and feelings
- Efforts to avoid activities, places or people
- Inability to recall important aspects of the trauma
- Diminished interest in activities
- Feeling detached from others
- Restricted range of affect
- Sense of foreshortened future



Increased Arousal

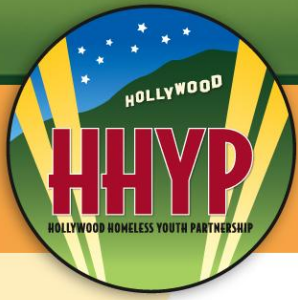
- Difficulty falling asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hyper-vigilance
- Exaggerated startle response



What is Complex Trauma?

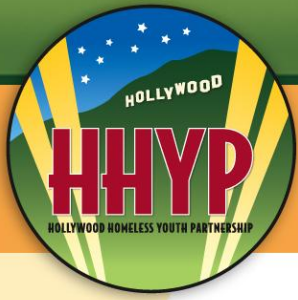
- Complex Trauma describes the dual problem of children's exposure to traumatic events and the impact of this exposure on immediate and long-term outcomes.
- This exposure often occurs in the care giving system and social environment that are supposed to be a source of stability in a child's life.
- This on-going exposure to traumatic events often leads to subsequent traumatic exposure.

(NCTSN "Complex Trauma in Children and Adolescents" White Paper 2003).



Examples of Complex Trauma

- Childhood abuse (physical, sexual, emotional, neglect)
- Frequent change of caregivers
- Witness to domestic violence
- Victim of gang or street violence
- Homelessness



Complex Trauma vs. PTSD

- Complex Trauma refers to multiple and on-going stress, primarily experienced in childhood and adolescence.
- The impact of complex trauma may not mirror the symptoms of PTSD,
- A diagnosis of PTSD may result from a single event at anytime in the lifecycle.
- A diagnosis PTSD is limited to specific symptom criteria, including re-experiencing, avoidance, and increased arousal.



The ARC Framework

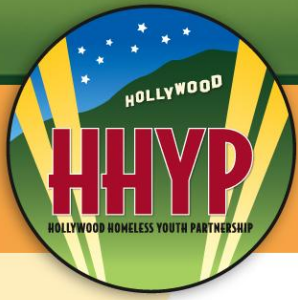
Focusing on the impact of trauma in these domains:

- Attachment
- Self-Regulation
- Competencies



Attachment

“Positive attachment is the capacity to form and maintain a healthy emotional bond with another person or persons which is a source of mutual comfort, safety, and caring.”



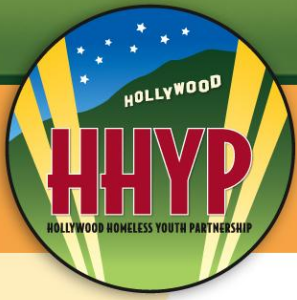
Challenges to Positive Attachment...

- Suspicious of others; preoccupied with perceived threats
- Defiant and/or aggressive towards peers, caregivers or other adults
- Non-discerning in making friends or sharing information
- Unaware of their own emotions
- Not attuned to others' emotions
- Avoids asking for help or communicating needs
- Needy and demanding behavior
- Allows oneself to be victimized by others
- Isolative behavior
- Engages in loud attention seeking behavior
- Inappropriate attempts to gain intimate contact;



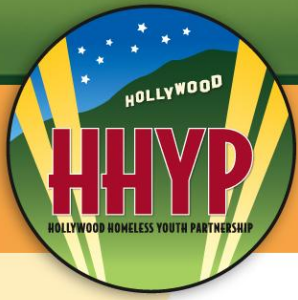
Self-Regulation

“Self-Regulation refers to developing and maintaining the ability to notice and control feelings such as frustration, anger and fear.”



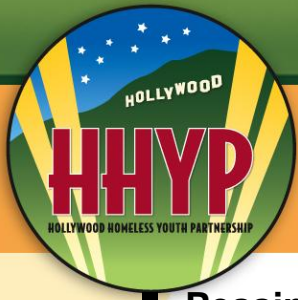
Challenges to Self-Regulation...

- **Hypersensitivity to physical contact**
- **Hyper vigilance – overreacts to perceived threats or danger**
- **Hyper arousal – feeling tense, on edge, easily startled, difficulty sleeping or having angry outbursts**
- **Somatization – experiencing emotional stress in one's body**
- **Inability to be in the moment or to be “mindful”**
- **Disturbances in regulation of bodily functions – sleeping, eating and digestion.**



Competencies

“Developmental skill competency refers to mastering the developmental tasks of adolescence and developing the ability to plan and organize for the future.”



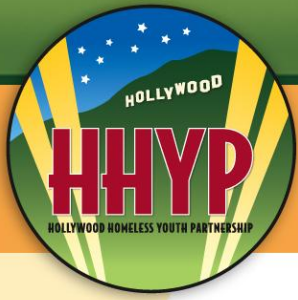
Challenges to Competency

- **Pessimistic and hopeless outlook**
- **Lacking a sense of meaning or purpose in life**
- **Perceptions of self:**
 - **Low sense of self-efficacy (inability to complete necessary tasks within one's environment)**
 - **Low self-worth (not worthy or deserving of love, attention, help, etc...)**
- **Difficulties in the following:**
 - **focusing on the task at hand**
 - **Planning and future oriented thinking**
 - **Realizing consequences for one's actions**
 - **Setting realistic, achievable goals**
- **Examples of Developmental Skill Deficiencies:**
 - **Budgeting and banking;**
 - **Shopping and cooking**
 - **Completing job applications and interviewing**

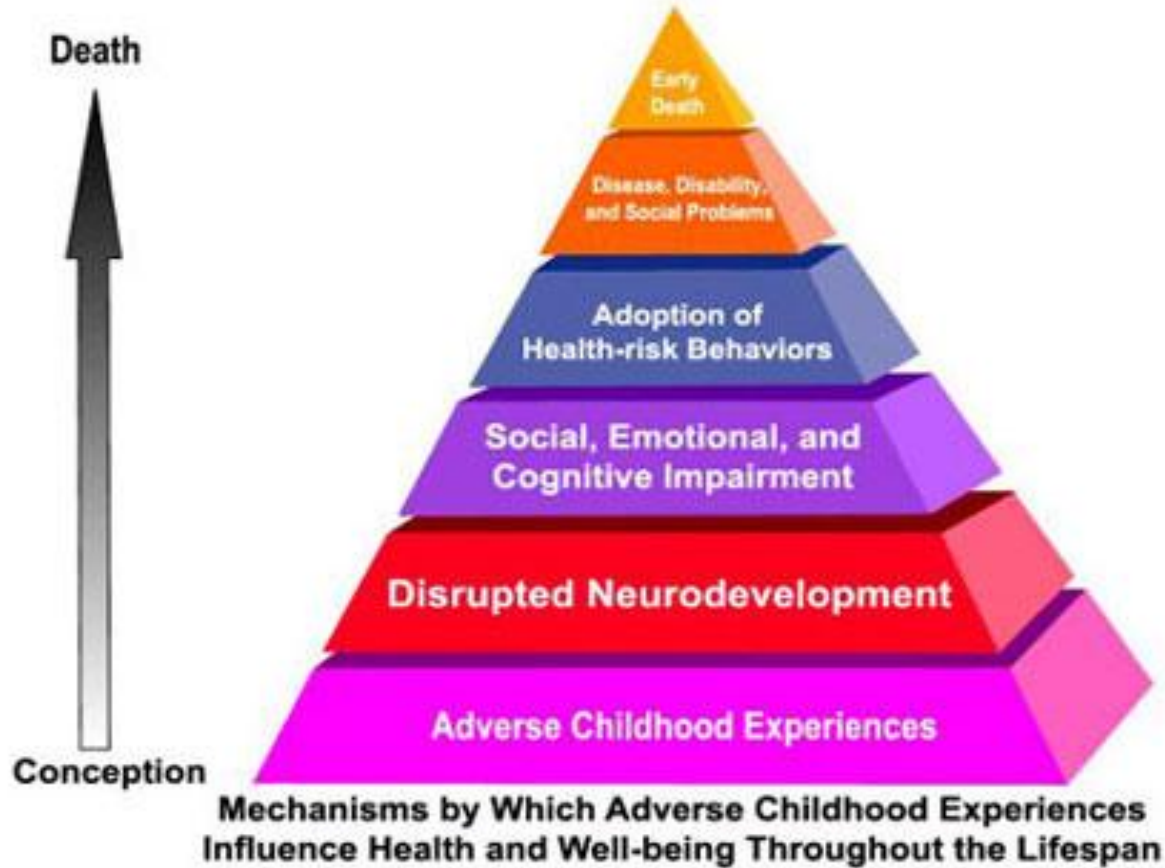


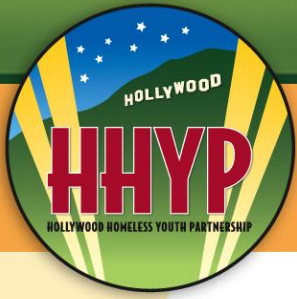
Special Populations

- LGBT youth
- Youth of color
- Immigrant youth
- Gang involved youth
- Other populations



ACES Study





Trauma as a lens

Why is it helpful to use “trauma” as a lens to gain a perspective on the youth we serve?

- Builds empathy
- Normalizes their behavior and presentation
- Comprehensive and flexible
- Other reasons?