

Why Does This Still Upset Me?

A Youth's Guide to Understanding Trauma



A Guide For Youth: Understanding Trauma

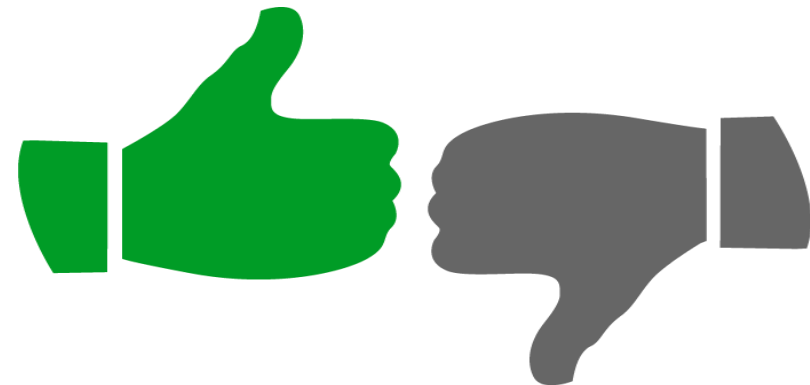
Overview: Was developed in partnership with Youth M.O.V.E. National and The National Technical Assistance Center for Children's Mental Health

Authors and Contributors: Brie Masselli, Johanna Bergan, Sherry Peters, Hayley Winterberg and Waving Hand Photography & Design

Overview of Session



- ☐ **Welcome & Introductions**
- ☐ **Overview of goals from the session**
- ☐ **Creating a safe space for everyone**
 - ☐ **Stretch Zone**
 - ☐ **Thumbs Up**



What is Trauma?

- ❑ **How do you define trauma?**
- ❑ **What may cause trauma?**



Trauma is....

☐ How some define trauma.....

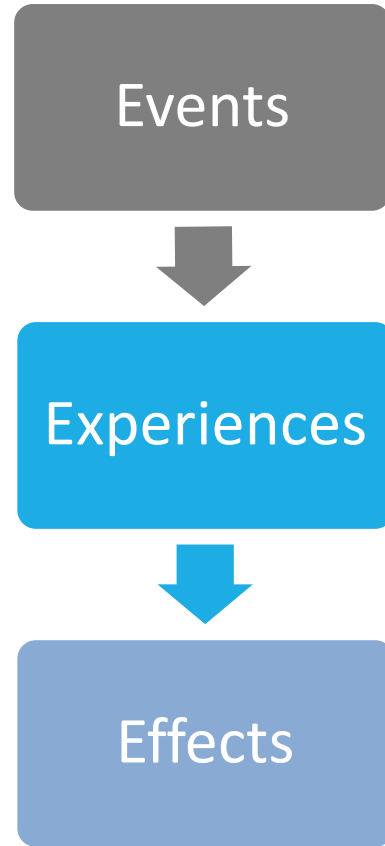
- **Extreme stress brought on by a shocking or unexpected circumstance or event that overwhelms a person's ability to cope.**
 - **Results in feeling of helplessness, fear, sadness and shame**
 - **Events are perceived as psychological, emotional and/ or bodily violation, threat of death, or serious injury to self or a loved one**
 - **Event may be witnessed or experienced directly**

Understanding Trauma

- ❑ **Have I experienced Trauma? Many don't call it trauma.**
- ❑ **Trauma can be complex, confusing, stressful or minimized as “bad things happen to good people”**
- ❑ **Often times people brush it off ...**
 - **...That's just how things are**
 - **...Oh, this is normal for my family**
 - **...Maybe I provoked it**
 - **...Its my fault, I just don't do anything right**
 - **...I should have know better**
 - **...Bad things happen to everyone**



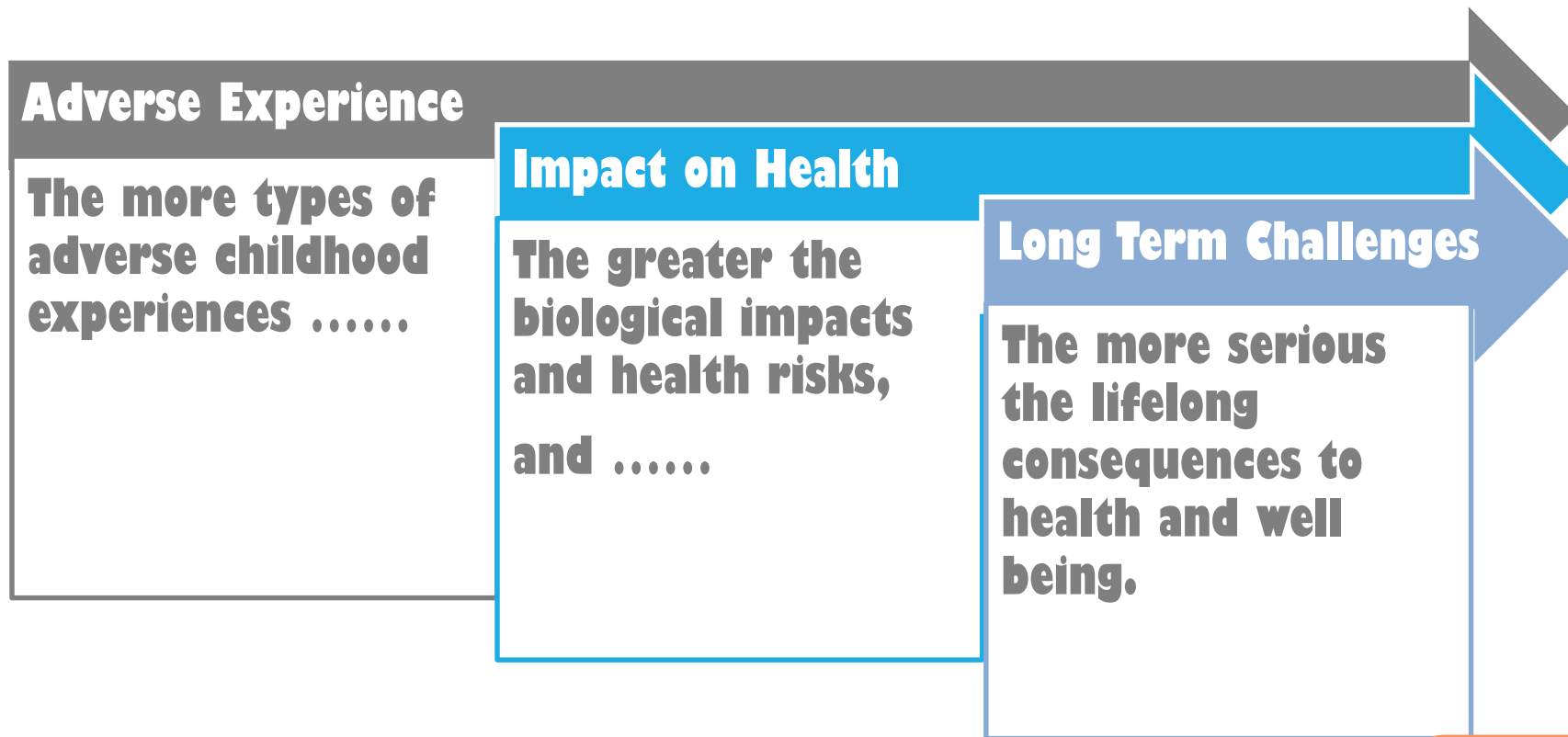
Making Connections



- **What has happened?**
 - **Events are individualized and impact people differently**
- **How one experiences the event**
 - **May be influenced by culture, beliefs, developmental factors or age**
- **Effects maybe immediate or over time**
 - **Effects may include physical, emotional, cognitive, behavioral, social and spiritual challenges**



Have I Experienced Trauma?



Event

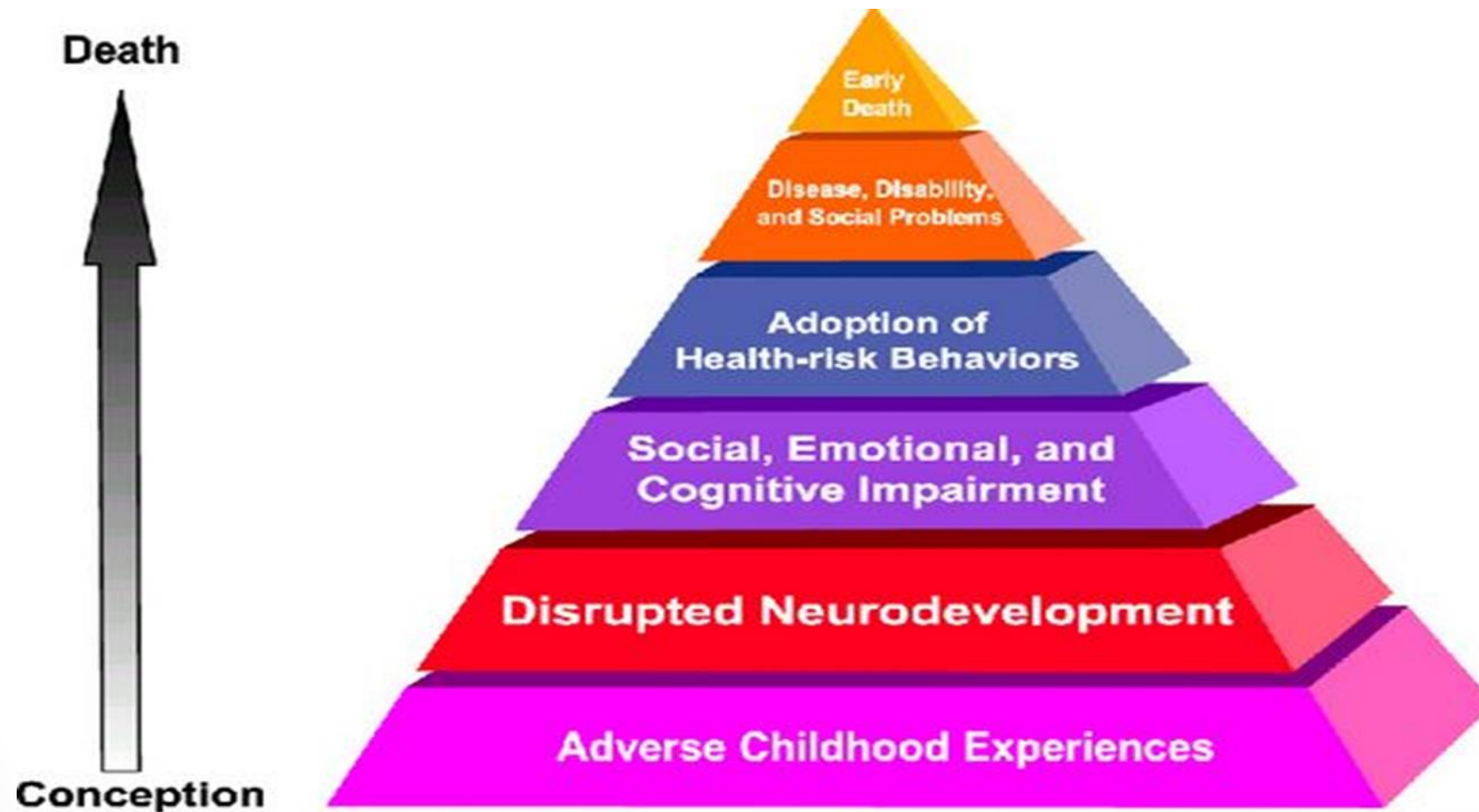


Serious Illness

Adverse Childhood Experiences

(Felitti, V.J, Anda, R. F., et. al., 1998)

Adverse Childhood Experiences



Impact of Trauma

❑ Trauma Affects Development

- It shapes human development
- We develop ways to cope, survive and defend ourselves

❑ Flight, Fight, or Freeze

- Impact of experience on the brain and how your body responds
 - When threat or fear is gone, the body will return to a state of one's "normal"
 - When threat is ongoing, the body remains ready to respond to the threat, resulting in a "trauma response": this feeling can remain for a long-lasting period of time.

Survival & Learning

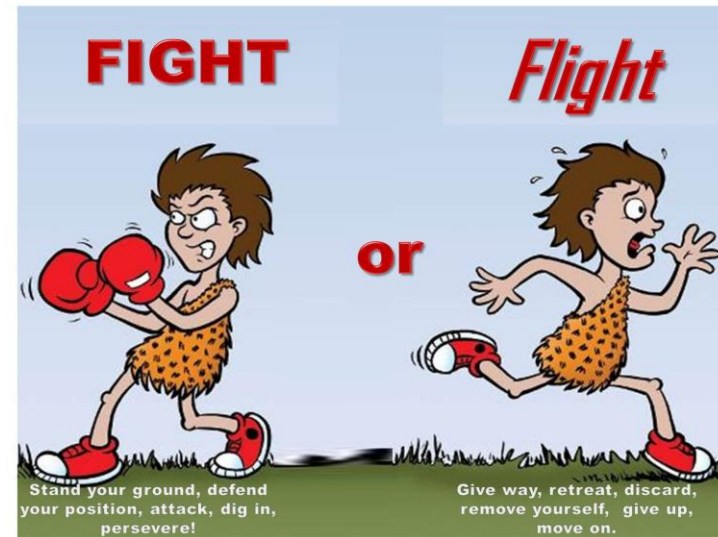
Stress response

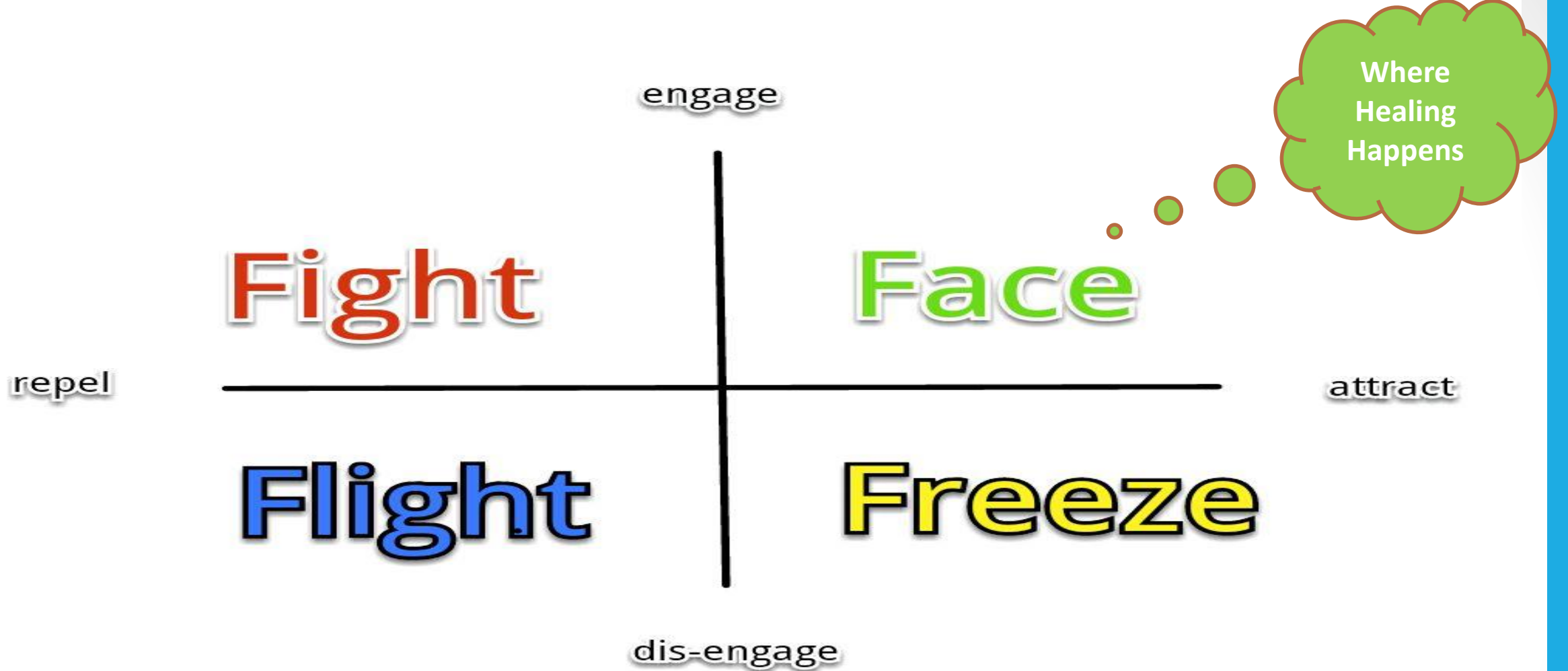
- ☐ Positive Stress
- ☐ Tolerable Stress
- ☐ Toxic Stress



Survival Responses

- ☐ Fight
- ☐ Flight
- ☐ Freeze





Why it Matters!!!!!!

What's Next?

Post-traumatic growth: *does NOT mean that the pain or fear from trauma go away. It means that individuals are able to find meaning in the trauma, learn more about themselves in the process, and find opportunities to apply self- knowledge to making healthy life choices*

Moving Forward

- ☐ **Understanding what has happened supports you to better understand self**
- ☐ **Moves you away from a hopeless feeling to one of growth and empowerment**
- ☐ **Allows you to regain a sense of control**
- ☐ **Helps you understand what is helpful and harmful**
- ☐ **Helps you name what you have been feeling**

Talking to Someone

- ☐ **Share with a caring adult**
- ☐ **Set up a safe place in which to share**
- ☐ **Tell your story, as your story**
 - **It is key that you are open and honest, but you don't have to share anything you don't want to**
 - **Know what you want to come out of your sharing, be specific with them on why your sharing and what could be helpful**
 - **Be open to suggestions for ongoing support**

Seeking Support

- ☐ **Discuss how it has impacted you, what your feelings are and how you are coping.**
- ☐ **Create a space for support and share what could be helpful to your healing process.**
- ☐ **Discuss what you would like to do in the future and what are your next steps for healing and growth.**

Taking Care of Self

- ☐ **Acknowledge, Seek & Knowledge (ASK!) (Masselli. B. 2014)**
- ☐ **Think Whole Health & Wellness**
- ☐ **Be committed to what you can and cannot do**
- ☐ **Set boundaries and be clear on what you need**
- ☐ **Remember you are the key to building your
RESILIENCY!!!!**

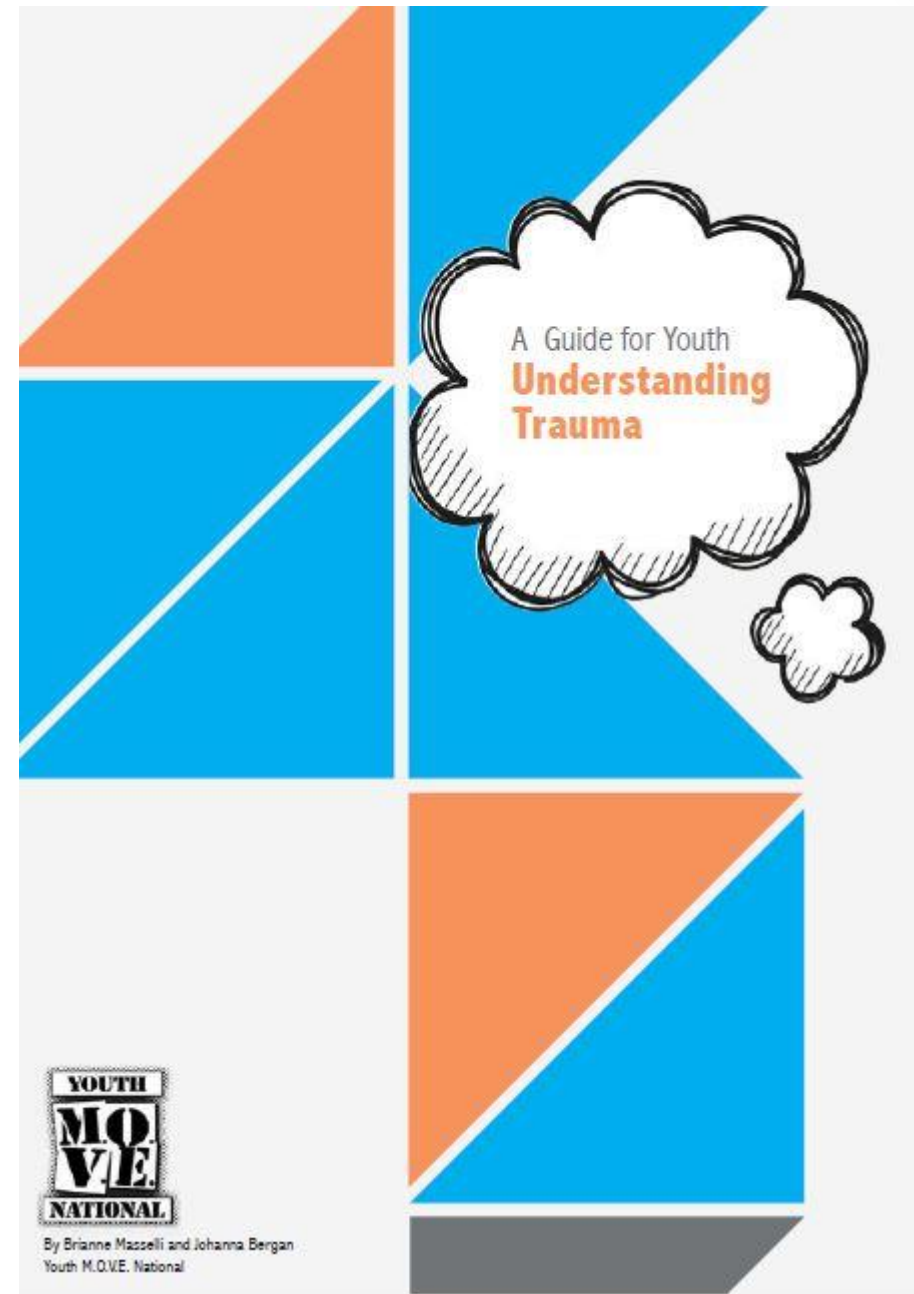
Building Resiliency

- ☐ **Understand that your experiences are unique: It's okay to take time to make sense of it all.**
- ☐ **Build and Identify Coping Skills: There are numerous coping skills to choose from, and choose what works best for you (for example, calling a friend, exercising, drawing, creating music).**
- ☐ **Make connections to others: It is important to find supportive people to build resilience.**

Building Resiliency

- ☐ **Make connections to services:** You may need professional help in processing trauma. There is nothing wrong with asking for help, and there are many who specialize in working with trauma.
- ☐ **Take care of yourself:** This may seem simple, but it is essential to take good care of yourself. This includes getting enough sleep, healthy meals, and making time for things you enjoy.
- ☐ **Build resilience:** You have the power to rewrite your story, choose how you relate to and manage your experiences.

Resources:



Contact Information:

- **Brie Masselli, Youth M.O.V.E. National**
 - [**bmasselli@youthmovenational.org**](mailto:bmasselli@youthmovenational.org)
- **Sherry Peters, The National Technical Assistance Center for Children's Mental Health**
 - [**slp45@georgetown.edu**](mailto:slp45@georgetown.edu)

Permission to use these slides is required by Youth MOVE National, Please submit use request to [**info@youthmovenational.org**](mailto:info@youthmovenational.org)