

Emotional Emancipation from the Life Long Impact of Trauma

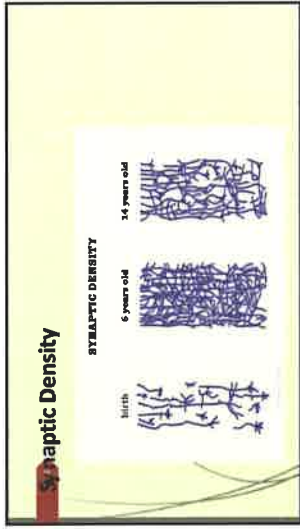
Presented by: Dr. Susannah Fitzmaurice, MA and Maria Fitzgerald, PhD
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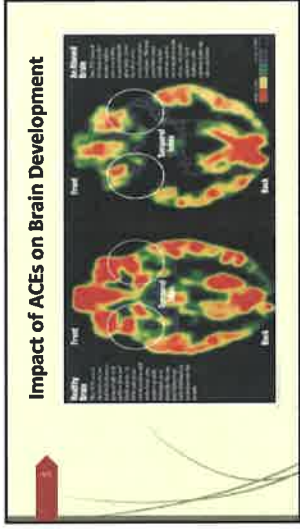
Our Time Together

- > Emotional Emancipation – Truths, Challenges
- > Trauma – The Science and Study
- > Epigenetics and Historical Trauma – It lives
- > Trauma – The invisible wound
- > Healing from trauma – sacred, secular and the moral injury
- > Now that we know

N.E.A.R. Science

- > **Neurobiology** – the study of the brain and nervous system, which are the cells and tissue that generate sensation, perception, movement, learning, emotion, and many of the functions that **make us human**.
- > **Epigenetics** – the study of how social and other environments turn our genes on and off (experiences alter our genes and cause long-term changes in all parts of our bodies and brains). These changes can be transferred from generation to generation
- > **ACES** – the study of adverse childhood experiences that harm children's brains so profoundly that the effects show up decades later.
- > **Resilience** – the brain and body wants to heal. As changes occur or stop and are replaced by positive things that build, the brain can slowly undo stress induced changes.







Epigenetics and Historical Trauma
From the National Center for Human Genome Research, 2010



Historical Trauma and Epigenetics
From the National Center for Human Genome Research, 2010

EPIGENETIC MECHANISMS

- DNA methylation
- Histone modification
- Non-coding RNA

Epigenetics, which governs gene expression, makes all changes reversible.

HEALTH ENDPOINTS

- Cancer
- Autoimmune disease
- Mental disorders
- Diabetes

Impact of historical trauma on Health Outcomes

INDIGENOUS AMERICA: Invisible wounds



There is no agency like ours in the world today made of you.
 - Maya Angelou



MORAL INJURY VS POSTTRAUMATIC STRESS DISORDER

MORAL INJURY

- Shame, guilt
- Anger about being perceived as cowardly or weak
- Perceptions of self or others that are not shared by others
- Frustrations in standards and expectations
- Moral injury can lead to:
 - Suicidal thoughts
 - Alcohol or substance abuse problems

PTSD

- Highlights about the traumatic event
- Flashbacks
- Avoidance of anything that reminds of the event such as avoiding and difficulty breathing
- Detachment from people
- Sleeplessness
- Jumpiness
- Hypervigilance
- Alcohol or substance abuse problems

SACRED AND SECULAR INTERVENTIONS

- Treat Posttraumatic Stress Disorder
- Acknowledge Spiritual Disconnection
- Recognize that practices are different and deserve separate interventions
- Sacred: Ministry of Presence
- Secular: Skills re-connection/Praxis model

TOOLS FOR HOPE

- Intentional Ministry of Presence
- Grief Work
- Prayer
- Creative (Poetry, Art, Music, Gardening)
- Healthy Living
- Becoming Trauma Informed
- Faith Based Scriptures from various religions



Areas of Trauma Informed Care

- Outreach and engagement
- Screening and assessment
- Resource coordination and advocacy
- Crisis intervention
- Mental health and substance abuse services
- Trauma-specific services
- Counseling /Community support
- Healthcare

A trauma-informed health services system would be one in which the needs of people who have experienced trauma are fully considered in all aspects of the program, services, and environment.

Let's help change the narrative



Healing can occur

- > The cycle can be broken
- Safe, stable, nurturing relationships heal parent and child

Remember we all have a story...

- > Instead of your narrative is my narrative
- > Instead of asking, "What's wrong with you?"

Ask, "What happened to you?"



Resources

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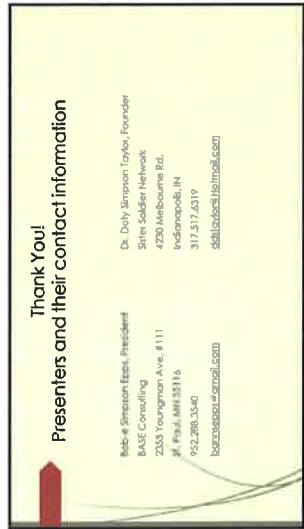
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**Thank You
Presenters and their contact information**

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