

The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular elements: a large scale on the left with numbers from 140 to 260, and several smaller circles with dashed lines and arrows, some of which are partially cut off by the edges of the frame.

# THE MENTAL HEALTH NEEDS OF ABUSE VICTIMS

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SEPTEMBER 2019

# OBJECTIVES

- To define trauma and identify the types of trauma
- To gain or review knowledge of causes and risk factors of trauma
- To gain knowledge about the effects on victims
- To gain knowledge and understanding of the ACE study
- To know the signs of emotional and mental trauma
- To understand and review the challenges and barriers to meeting the needs of victims
- To learn healthy ways of coping (self-approach and professional options)

# WHAT IS TRAUMA?

Trauma results from an event, series of events or set of circumstances that is experienced by an individual as physical or emotionally hallucinations or threatening and can have lasting adverse effects on the individuals functioning and physical, social, and emotional wellbeing.

# TYPES OF TRAUMA

## Acute Trauma

- Trauma that results from a single incident

## Chronic Trauma

- Trauma that is that is a result of repeated and prolonged situations

## Complex Trauma

- Trauma that is the result of exposure to varied and multiple traumatic events; often invasive and interpersonal in nature

# POTENTIAL CAUSES OF TRAUMA

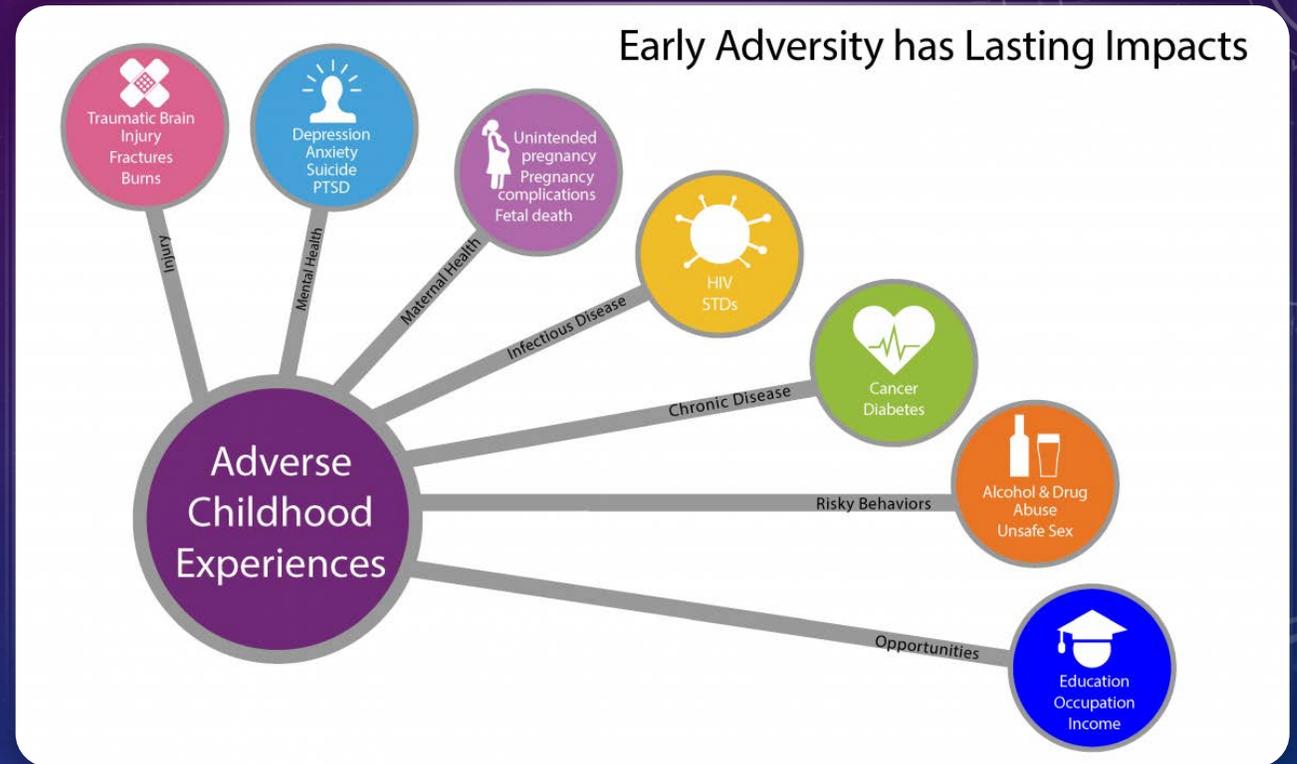
- Natural disasters
- Sexual, physical, and/or emotional abuse
- Domestic violence
- Medical injury, illness, or procedures
- Community violence
- Neglect
- Grief and/or loss
- Victim of a crime
- Kidnapping
- Accidents
- School violences

# COMMON RISK FACTORS FOR VICTIMS

- Low self-esteem
- Mental health, cognitive, or behavioral concerns
- Economically and emotionally dependent
- Feels powerless over many aspects of life (victim mentality)
- Uncertain of his or her basic needs
- Previously abused or traumatized
- Abuses drugs and/or alcohol
- Impulsivity
- Lives at or below poverty level

# ADVERSE CHILDHOOD EXPERIENCES STUDY (ACES)

- The Advertise Childhood Experiences Study underscores the impact of trauma on physical and mental health over time
  - One of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health an well-being
  - More than 17,000 members who underwent a comprehensive physical examination chose to provide detailed information about their childhood experience of abuse, neglect and family dysfunction
- The greater the number of ACESs the greater risk for the following problems later in life including alcoholism, depression, multiple sexual partners, suicide attempts, smoking and liver disease among other negative health issues.



# PHYSICAL EFFECTS OF TRAUMA

## Trauma & Brain Development

- For more information – look at attached readings

# EMOTIONAL/ BEHAVIORAL EFFECTS OF TRAUMA

## Short-term Effects

(Compared to diagnosis “acute stress disorder”)

- Numbness & detachment – “in a daze”
- Disoriented
- Agitated/ Anger
- Thinking about only what happened
- Anxiety/ Depressed
- Withdrawal from work, family, and social activities

## Long-term Effects

(Compared to diagnosis “PTSD”)

- Re-experiencing event in flashbacks or images of the event
- Nightmares about the event and disturbed sleep
- Avoiding things, thoughts and feeling that remind of the event
- Difficult remembering aspects of the trauma
- Withdrawal from friends and family
- No interest in normal activities
- Symptoms of increase arousal and anxiety
- Intense arousal and anxiety when faced with reminders of trauma
- Having depressed or irritable mood
- Difficulty concentrating on and remembering things
- Having depressed or irritable mood

# SIGNS OF TRAUMA

- Difficult concentrating, thinking, or remembering (especially aspects of the traumatic event)
- Feelings of sadness, loss, or aloneness
- Preoccupied thinking about the trauma
- Distortion of time and space
- Feelings of guilt or self-blame – feeling responsible
- Difficulty making decisions
- Intrusive memories/ flashbacks
- Physical symptoms such as tense muscles, trembling or shaking, nausea, headaches, and sweating
- Lack of interest in usual activities, including sex
- Anxiety or fear of danger to self or loved ones; fear that a similar event will happen again
- Startled reactions to loud noises or sudden movements
- Sleep and appetite disturbances
- Inability to express oneself
- Anger, irritability, and argumentative behavior
- Engagement in high-risk behaviors
  - Drugs, alcohol and tobacco
  - Eating disorders
  - Gambling
  - Sex
- Increase used of drugs, alcohol and tobacco
- Withdrawal/ isolation
- Avoidance of triggers or thoughts/situations that remind of the event

# CHALLENGES AND BARRIERS

- Language & Culture
- Religious Beliefs
- Financial Barriers
- Protection or Safety Challenges
- Secondary Trauma (also known as Vicarious Trauma)

# HOW TO DEAL/ COPE WITH REACTIONS TO TRAUMA

## Self-Care Approach

- Try not to let them be alone – isolation is the worst!
- Talk with others about the incident – helps them to get past the reactions
- Remind them that their reactions are normal result of the trauma and will pass with time
- Try to get them back to a normal routine as soon as possible
- Relaxation Techniques – helps them to stay in the present – focused on today
  - Prayer/ Meditation/ Yoga
  - Expressing oneself in a different medium (art, music, narratives)
  - Journaling
  - Grounding exercises
  - Deep breathing
- Avoid alcohol, sedatives, or sleeping pills – will dull the world and not allow them to deal with feeling properly
- Restrict stimulants (i.e. coffee, tea, chocolate, cola, or cigarettes) – tends to make the body more agitated
- Try to eat, exercise, and sleep on a routine – can become habitual and reminds them to eat or sleep even when they may not want to
- If reaction continues to seriously disrupt life activities and progress, then it is time to speak to a professional

# HOW TO DEAL/ COPE WITH REACTIONS TO TRAUMA

## Professional Approach

- Therapy
  - Educate and give information
  - Anxiety management
  - Exposure to trauma-related stimuli
  - Cognitive restructuring
  - Managing grief, loss, and bereavement
  - Medications
- Types of Therapy
  - CBT
  - Trauma-informed
  - EMDR

# IMPORTANT THINGS TO REMEMBER

- Trauma effects all parts of self (MIND, BODY, AND SPIRIT)
- Trauma is universal
- Trauma effects not only the individual but those around them
- As professionals – trauma can effect us too, so self-care needs to be a priority for all of us

QUESTIONS?



# THANK YOU!



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