Healing from the Inside Out
EMPOWERMENT

Dr. Debra Luther
Trauma Defined

• What is trauma?
  - Trauma is the result of an **event** that an individual **experiences** as threatening and has lasting adverse **effects** on functioning and well-being.

• The Three E’s of Trauma:
  - Event
  - Experience
  - Effects
Trauma dresses up like other problems…
Adverse Childhood Experiences (ACES)
<table>
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<tr>
<th>Effects of Trauma Exposure</th>
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<tbody>
<tr>
<td>Lots of anger or irritation</td>
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<td>Startle/being jumpy</td>
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<tr>
<td>weight loss/gain</td>
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<tr>
<td>Trouble Sleeping</td>
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<tr>
<td>Use of drugs/alcohol</td>
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<td>Feelings of hopelessness</td>
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<tr>
<td>Blaming others</td>
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<tr>
<td>Isolation</td>
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<td>Missing work</td>
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Impact of Trauma Exposure

- Traumatic events are associated with:
  - Suicide
  - Violence
  - Drug Use
  - Physical Health problems
  - Mental illness
Trauma’s Effects on the Body

- Sleeplessness
- Weight Gain
- Weight Loss
- Headaches
- Asthma
- High Blood Pressure
- Fatigue
- Inflammation
How do we heal from trauma?

- Stop
- Talk
- Act
- Re-awaken
Creating a Safe Place

Love Yourself
Acknowledge your own pain

- Seek help from a therapist
- Create a self care plan
- Take care of your body
- Don’t make decisions when painful memories are distracting you
What if I a loved one has experienced trauma?
“What happened to you?”

“What’s wrong with you?”
What feels comforting to you when you are hurting?
There is help out there…

- Inpatient treatment
- Outpatient treatment
- Group therapy
- Individual therapy
- Medication
- Faith Communities
People can, and do, **RECOVER**!
POST-TRAUMA GROWTH

A GREATER APPRECIATION OF LIFE
CLOSER RELATIONSHIPS
IDENTIFICATION OF NEW POSSIBILITIES
INCREASED PERSONAL STRENGTH
POSITIVE SPIRITUAL CHANGE
IF I CAN LIVE THROUGH THIS I CAN DO ANYTHING
HELLO
my name is

Deb
Thank you!