

Transformative Healing: Trauma-Informed Holistic Wellness for Mind, Body, and Spirit

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Learning Objectives

Understand the principles of trauma-informed care and its importance in promoting holistic wellness for individuals impacted by trauma.

Identify key strategies and modalities for integrating trauma-informed practices into various aspects of care, including mental, physical, and spiritual wellness.

Explore practical techniques and approaches for fostering healing and resilience in individuals affected by trauma, while also recognizing the importance of self-care and burnout prevention.

“The axe forgets; the tree remembers.”

- Shona Proverb



What is Trauma?



“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

The Impact of Trauma

****Epigenetics and Trauma****

Emerging research suggests that trauma can leave lasting imprints on our genes, affecting not only the survivor but potentially future generations. This field of epigenetics explores how traumatic experiences can lead to changes in gene expression, potentially impacting mental health and wellness across generations.

****Neuroplasticity and Healing****

Recent studies have shed light on the brain's remarkable ability to change and heal even after traumatic experiences. Neuroplasticity, the brain's capacity to rewire itself, highlights the potential for trauma survivors to recover and build resilience through practices like mindfulness, therapy, and self-care.

****Intersectionality and Trauma****

Understanding the intersectionality of trauma acknowledges that individuals may experience multiple forms of trauma simultaneously due to their identities and social circumstances. Recognizing how factors such as race, gender, sexuality, and socioeconomic status intersect with trauma can inform more inclusive and effective trauma-informed care approaches. These evolving concepts and data contribute to a deeper understanding of trauma's complex effects on holistic wellness and the importance of tailoring trauma-informed practices to individuals' unique experiences and needs.



Adverse Childhood Experiences (ACEs)

- ❖ **STRESSFUL OR TRAUMATIC EVENTS, INCLUDING ABUSE, NEGLECT, AND HOUSEHOLD DYSFUNCTION, SUCH AS WITNESSING DOMESTIC VIOLENCE OR GROWING UP WITH FAMILY MEMBERS WHO HAVE MENTAL ILLNESS AND/OR SUBSTANCE USE DISORDERS.**
- ❖ **1 IN 6 ADULTS HAVE EXPERIENCED FOUR OR MORE TYPES OF ACEs.**
- ❖ **AT LEAST 5 OF THE TOP 10 LEADING CAUSES OF DEATH ARE ASSOCIATED WITH ACEs.**
- ❖ **PREVENTING ACEs COULD REDUCE THE NUMBER OF ADULTS WITH DEPRESSION BY AS MUCH AS 44%.**

Adverse Childhood Experience (ACE) Questionnaire

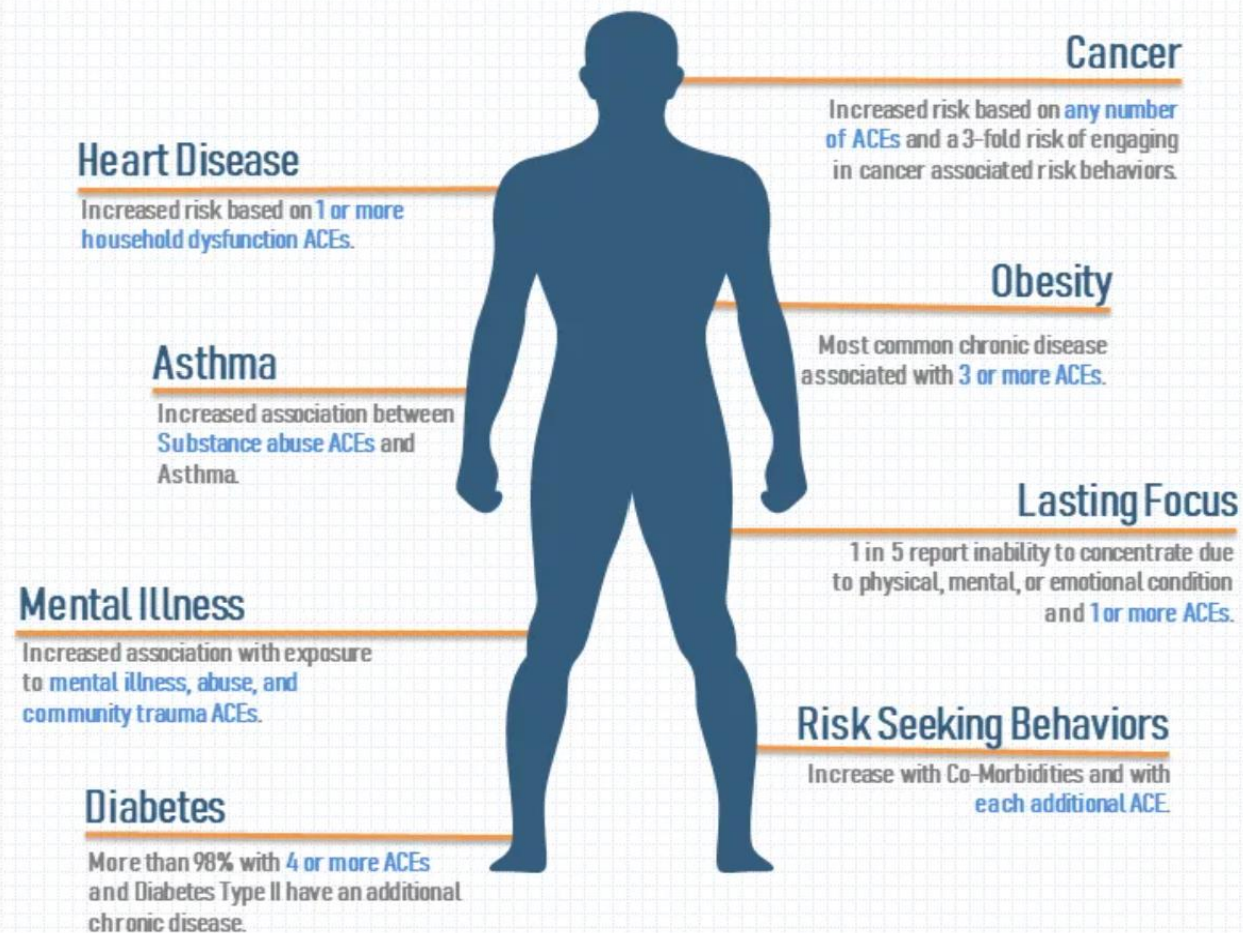
Finding your ACE Score

While you were growing up, during your first 18 years of life:

- Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1
- Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1
- Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1
- Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1
- Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1
- Were your parents **ever** separated or divorced?
Yes No If yes enter 1
- Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1
- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1
- Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1
- Did a household member go to prison?
Yes No If yes enter 1

Now add up your "Yes" answers: This is your ACE Score

Adverse Childhood Experiences (ACEs) & Adulthood



What is Trauma-Informed Care (TIC)?

“A service-delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. It also involves vigilance in anticipating and avoiding institutional processes and individual practices that are likely to retraumatize individuals who already have histories of trauma, upholding the importance of consumer participation in the development, delivery, and evaluation of services.”

Why are Trauma-Informed Approaches Important?

Trauma-informed recognizes the widespread impact of trauma and emphasizes creating environments that promote safety, trustworthiness, collaboration, and empowerment.

Trauma can have profound effects on individuals' mental, physical, and emotional well-being.

Adverse Childhood Experiences (ACEs) research highlights the long-term consequences of trauma on health and behavior.

Trauma-informed approaches focus on understanding the root causes of behaviors rather than solely addressing symptoms.

By recognizing trauma's impact, practitioners can create more effective and compassionate interventions.

Trauma-informed care prioritizes creating environments where individuals feel safe, respected, and validated.

Safe spaces are essential for healing and promoting trust between practitioners and clients.

Trauma-informed care empowers individuals by giving them a voice and choice in their treatment and recovery.

Empowerment fosters resilience and supports individuals in reclaiming control over their lives.

Trauma-informed approaches not only address past traumas but also focus on building resilience and promoting overall well-being.

Resilience helps individuals cope with adversity and thrive despite past experiences.

Six Components of Trauma-Informed Care

Collaboration

- Power differences — between staff and clients and among organizational staff — are leveled to support shared decision-making

Empowerment

- Clients and staff strengths are recognized, built on, and validated — this includes a belief in resilience and the ability to begin healing from trauma

Humility + Responsiveness

- Biases and stereotypes (e.g., based on race, ethnicity, sexual orientation, age, geography) and historical trauma are recognized and addressed

Safety

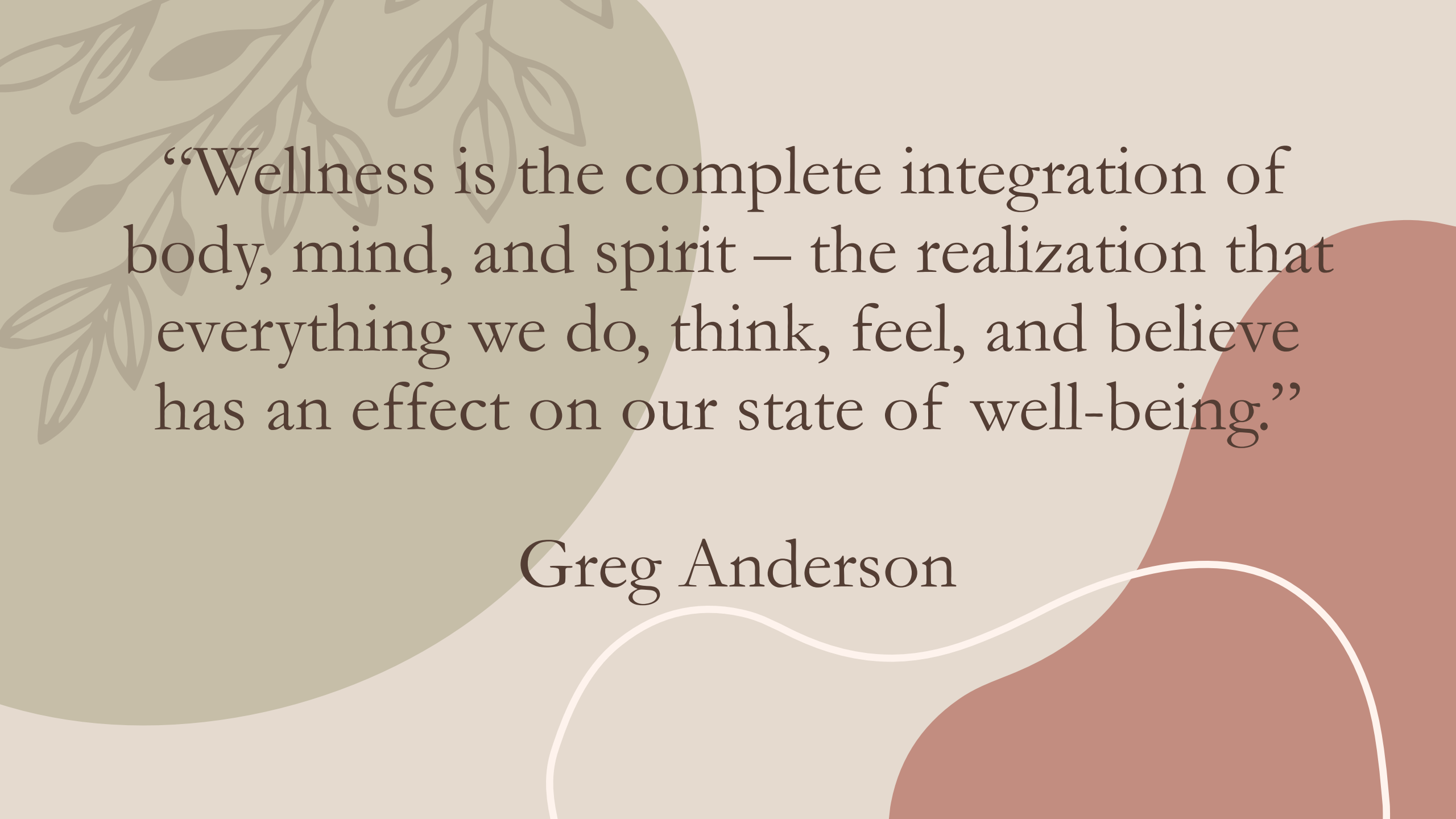
- Throughout the organization, clients and staff feel physically, emotionally, and psychologically safe

Trustworthiness + Transparency

- Decisions are made with transparency, and with the goal of building and maintaining trust

Peer Support

- Individuals with shared experiences are integrated into the organization and viewed as integral to service delivery



“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

Greg Anderson

8 DIMENSIONS OF WELLNESS



What is Holistic Wellness?

A comprehensive approach to health and well-being that considers the interconnectedness of various aspects of a person's life. It encompasses physical, mental, emotional, social, and spiritual dimensions, recognizing that each of these elements contributes to overall wellness.



Holistic Wellness



Healing Through Mindfulness - Guided mindfulness exercises for grounding and self-regulation



Holistic Nutrition - Nourishing the body to support mental and emotional well-being



Self-Care and Resilience - Self-compassion, self-care routines, and setting healthy boundaries



The Role of Relationships - Building supportive social connections



Creativity and Expression - Journaling, Storytelling, Music, Art



Community Resources - Accessible support networks and organizations

How Can Trauma-Informed Care and Holistic Wellness Intersect?



Creating Safe Spaces

Both holistic wellness and trauma-informed care prioritize the importance of a safe space where individuals can feel comfortable exploring their thoughts and emotions. The marriage of these two practices reinforces the essential need for security in the healing process.

Emotional Regulation

Holistic wellness techniques, include mindfulness, deep breathing, and guided visualization, can be integrated into trauma-informed care to help individuals better regulate their emotional responses. This is especially beneficial for those dealing with triggers or anxiety related to past trauma.

How Can Trauma-Informed Care and Holistic Wellness Intersect?

Empowerment Through Awareness

Holistic wellness enhances self-awareness, which can be an empowering experience for individuals working through trauma. Coupled with trauma-informed care, this heightened sense of awareness can guide individuals in recognizing their strengths and challenges, allowing them to make more informed choices in their healing journey.

Practicality and Adaptability

Both holistic wellness and trauma-informed care offer a range of techniques that can be tailored to meet individual needs. Whether it's through mindful meditation or guided reflection, individuals can take these tools and adapt them to various aspects of their daily lives.



Trauma-Informed Holistic Wellness

Strategies for Implementation

- **Training and Education:** Providing trauma-informed training for healthcare providers, educators, and community members.
- **Screening and Assessment:** Incorporating trauma-informed screening tools to identify individuals who may benefit from additional support.
- **Integrative Care:** Collaborating with mental health professionals, social workers, and other providers to offer comprehensive care.
- **Self-Care Promotion:** Encouraging self-care practices and resilience-building activities for individuals and caregivers.

Benefits of Trauma-Informed Holistic Wellness

- **Improved Health Outcomes:** Enhancing physical and mental health outcomes by addressing the impact of trauma.
- **Empowerment and Resilience:** Promoting empowerment, self-efficacy, and resilience in individuals and communities.
- **Healing-Centered Approaches:** Fostering healing-centered approaches that prioritize dignity, respect, and self-determination.

IF YOU REMEMBER NOTHING
ELSE FROM TODAY, REMEMBER
TO:

BE CURIOUS!

Resource List

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
- <https://nationalwellness.org/resources/six-dimensions-of-wellness/>
- <https://nourishingbalance.ca/holistic-wellness-trauma-informed-care/>
 - <https://www.samhsa.gov/>
 - <https://www.attcnetwork.org>

Thank You!

LET'S CONNECT:

