In Her Shoes:

★ Goals:
- Increase awareness
- Illustrate DV is a community tragedy, not private problem
- Show that we all have a role in the movement to end DV
- Encourage everyone to think creatively about the ways we can work to end DV
In Her Shoes:

★ Instructions
○ Simulations are based on real-life experiences
○ Opportunity to walk in these women’s shoes for awhile
○ Pair up; Need 1st pair to partner with (give phone #)
    ■ One person “survivor” and other is “shadow” (objective observer)
○ Simulation begins with Character Card. Remember your color
○ Every time goes to “Abuse Happens” apply Band-Aid
○ Dolls: Danielle, Denise, Lucy and Sierra

★ Process
Trauma

★ Overwhelm the nervous system: Physiological, cognitive, behavioral and spiritual symptoms

★ Biological Process--incomplete arousal response of our survival energies
  ○ Bhanu Joy Harrison, LISW, LMT, *Trauma and the Body: Ethical Way of Working with Traumatized Massage Clients*

★ Disorganizes
  ○ Survival responses in the lower brain structures
  ○ Nervous system
Trauma

★ Leaves it in hyperarousal or immobility response (dissociative/detached)
★ Types of Trauma:
  ○ Child Abuse and Neglect, DV, Community Violence, Homelessness, Refugee and War Zone, Multigenerational/Historical Trauma (Hx of attempted genocide, colonialism, and/or systematic racism), Natural Disasters, and Terrorism (School Shootings)
Trauma and the Brain

Three Parts:

- Forebrain (Neocortex)
  - Thinking, Language
  - Higher Brain Functions, Rational
  - Conscious Control
- Midbrain (Limbic Area/Mammalian)
  - Feelings/Emotions
Trauma and the Brain

Three Parts:

- Hindbrain (Brainstem/Reptilian)
  - Sensing Autonomic and Instinctual Centers
  - Breathing, circulation, digestion, reproduction
  - Fight/Flight/Freeze Response—unconscious control
Trauma and the Brain

- Why are animals in the wild rarely traumatized despite routine threat?: “Trauma represents animal instincts gone awry”
  - Peter Levine, PhD, (pg32), *Waking the Tiger: Healing Trauma*

- Freeze state
  - immobility/ altered state where time seems to slow down and body and mind seem disconnected
Trauma and the Brain

● Freeze state
  ○ Purpose:
    ■ 1. To shut down system with the ability to reactivate it once danger/life threat has passed or
    ■ 2. Altered state in which NO PAIN is experienced
  ○ Animals: once threat has passed, they are able to shake it out and become fully mobile and functional again
Trauma and the Brain

- Freeze state
  - Humans:
    - Our species has played role of both predator and prey. Our brains often second guess our ability to take life-preserving actions
    - When confronted with life-threatening situations, our rational brains may be confused and override our instinctive impulses
Bruce Perry, MD, PhD

- Psychiatrist and Senior Fellow at ChildTrauma Academy in Houston, TX
- Adjunct Professor of Psychiatry and Behavioral Health Sciences at the Feinberg School of Medicine in Chicago, IL
- Internationally recognized authority on children in crisis
- Uses Neurosequential approach: Assesses which regions and functions are underdeveloped or poorly functioning. Works to provide missing stimulation
Bruce Perry, MD, PhD

- When students are in a continuous state of fear, when they go to school, they can’t learn well, because parts of their brain are shut down.
- How Violence Changes the Brain in Children (YouTube, Tina Brown Live Media, February 1, 2016): https://www.youtube.com/watch?v=u1L08Xpw7lo
Others in the Field and Interventions

● Dr. Daniel Siegel: Clinical professor of Psychiatry at UCLA School of Medicine and Executive Director of Mindsight Institute ("name and tame" emotions vs being overwhelmed by them)
● Peter Levine, PhD: Somatic Therapist (holistic therapy of mind and body)
● EMDR (Eye Movement Desensitization and Reprocessing), EFT (Emotional Freedom Technique), Trauma Informed, Art and Music Therapy
Others in the Field and Interventions

- Psychodrama therapy, Brain Gym, and Trauma First Aid (Crisis Intervention)
- Alternative/Traditional Healings: Shamanic, Medicine, Men/Women, Curader@s (Temazcal/Sweats, Limpias (energy cleansing), Herbalists, Placticas (heart to heart talking), Reiki, Acupuncture and Massage
- Spirituality and prayer
- Poetry, gardening, dancing, being with nature, Tai Chi, Yoga
Adverse Childhood Experiences (ACE)

- Study by Kaiser Permanente from 1995 to 1997 to study the correlation of ACE and health outcomes
- Economic Hardship--Most common nationally
- Divorce or Separation of Parent/Guardian--Second common
- Prevalence of ACEs increases with Child’s age, except for economic hardship: equal for all ages
- 46% of children have experienced at least one ACE
Adverse Childhood Experiences (ACE): 8 Areas Studied

- Parental Separation or Divorce
- Parent died
- Parent Incarceration
- Parental Mental Illness
- Substance Dependence
- Physical, emotional, or sexual abuse
- Domestic Violence
- Economic Hardship
Dr. Nadine Burke Harris

- Pediatrician
- Founder of Center for Youth Wellness, San Francisco, CA
- #RollUpOurSleeves with Dr. Nadine Burke Harris (YouTube, Shinola, Published on Apr 27, 2017)
- https://www.youtube.com/watch?v=xyVg_J3LUUI
Shake it off

Exercise that integrates Brain Gym and Traditional Healing

Step 1: Shake appendages

Step 2: Cross the Right and Left Hemisphere and use wiping strokes down the arms and down the body

Step 3: Tapping--Cross The Right and Left Hemisphere using taping movements down the arms and down the body
References

- How childhood trauma affects health across a lifetime | Nadine Burke Harris (MD) (YouTube: TED, February 17, 2015): [https://www.youtube.com/watch?v=95ovJ3dsNk](https://www.youtube.com/watch?v=95ovJ3dsNk)
- Official Brain Gym Website: [http://www.braingym.org/](http://www.braingym.org/)
- EMDR Institute Website: [http://www.emdr.com/what-is-emdr/](http://www.emdr.com/what-is-emdr/)