

In Her Shoes:

<https://wscadv.myshopify.com/products/in-her-shoes-living-with-domestic-violence>

★ 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

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★ Instructions

- Simulations are based on real-life experiences
- Opportunity to walk in these women's shoes for a while
- 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 Harris on, LISW, LMT, *Trauma and the Body: Ethical Way of Working with Traumatized Massage Clients*
- ★ Disorganizes
 - Survival responses in the lower brain structures
 - Nervous system

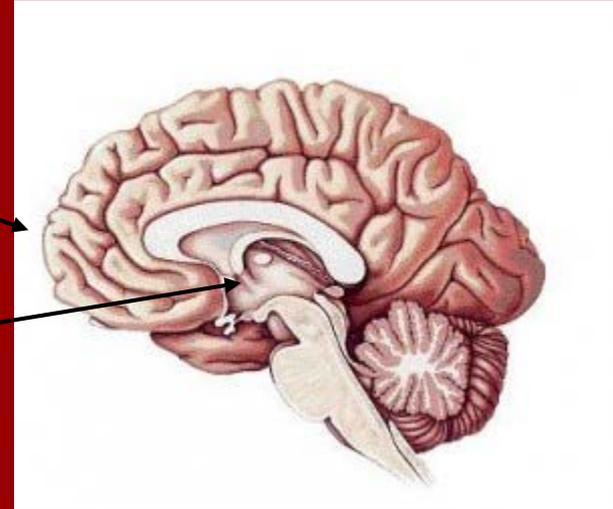
Trauma

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

Trauma and the Brain

Three Parts:

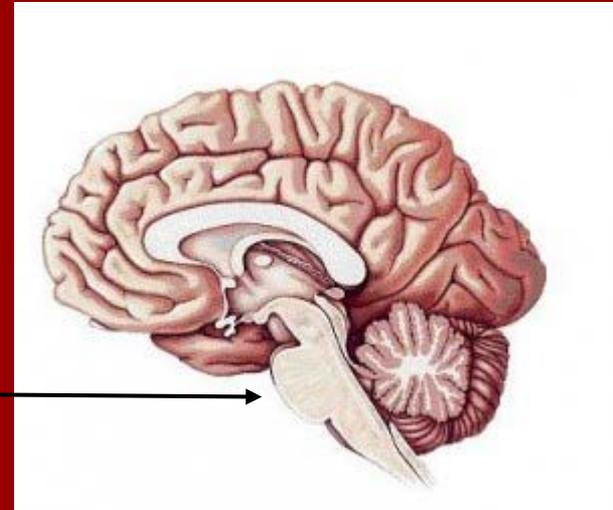
- Forebrain (Neocortex)
 - Thinking, Language
 - Higher Brain Functions, Rational
 - Conscious Control
- Midbrain (Limbic Area/Mammalian)
 - Feelings/Emotions



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 tapping movements down the arms and down the body

References

- Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) study. Vincent J Felitti MD, FACP, Robert F Anda MD, MS, Dale Nordenberg MD, David F Williamson MS, PhD, Alison M Spitz MS, MPH, Valerie Edwards BA, Mary P Koss PhD, James S Marks MD, MPH. American Journal of Preventive Medicine. May 1998. Volume 14, Issue 4. Pages 245-258
- How childhood trauma affects health across a lifetime | Nadine Burke Harris (MD) (YouTube: TED, February 17, 2015):
<https://www.youtube.com/watch?v=95ovlJ3dsNk>
- Official Brain Gym Website: <http://www.braingym.org/>
- EMDR Institute Website: http://www.emdr.com/what_is_emdr/