

Facilitator Guide



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Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

Slide 1: Introduce yourself and welcome members.

Slide 2: The topic we are covering today is Trauma.

Slide 3: READ SLIDE: REVIEW MEETING AGENDA

Slide 4: STATE: Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

Slide 5: Let's begin our meeting with our clubhope Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

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Slide 6: What Is Trauma?

- An emotional response that causes significant **mental and physical stress**.
- Recovery is possible with time and treatment.

Slide 7: Here is a good diagram that shows how our brain processes trauma. Our brain in a way works to try to protect us from trauma because it is so painful. The side effect of our brain trying to deal with trauma is that we can experience:

- Confusion
- Shock
- Denial
- Hesitation
- This can lead to reactions such as anxiety, intrusive thoughts and avoidance.
- With professional help, we can learn to process the event and confront it. Over time, we can then move toward more normal functioning.

Slide 8: If we avoid or ignore dealing with our trauma it is not healthy, often avoidance can intensify the trauma we have experienced.

Slide 9: Read off the slide

Slide 10: ASK: Can anyone share what different types of experiences might cause trauma?

Slide 11: Here are some experiences in most people's lives that commonly cause trauma.

- Physical, sexual, or psychological abuse and neglect (including trafficking)
- Divorce or breakup
- Sudden or violent loss of a loved one
- Substance or alcohol abuse (personal or familial)
- Family, community, or school violence
- Serious accidents
- Life-threatening illness (e.g., cancer, chronic conditions, STDs, STIs)
- Bullying
- Embarrassment and/or shaming
- Loss of a pet

Slide 12:

- Having to suddenly move or relocate
- Financial or legal troubles

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- Natural and technological disasters or terrorism
- Military family-related stressors (e.g., deployment, parental loss, or injury)
- Refugee and war experiences (including torture)

Slide 13: Here are some common effects of trauma we can all experience.

READ SCREEN

Slide 14: People are more prone to drug overdose and suicide if they have experienced trauma as children.

Slide 15: Read off the slide

Slide 16: Read off the slide

Slide 17: There is a myth associated with trauma that it has to be a catastrophic “big event” to be considered “traumatic”. This is furthest from the truth, we can experience many events large and small that can create trauma. What may be traumatic for you may not be traumatic for someone else.

Another myth is that only weak-minded people let themselves have trauma. That is not the case, anyone can experience trauma. Many of our most resilient and bravest soldiers who experience war experience trauma. It is a very real and natural human condition.

Slide 18: It’s important again to state that everyone reacts to trauma differently.

Slide 19: What is Post-Traumatic Stress Disorder (PTSD)?

We only think that soldiers and first responders - not everyone else - can have PTSD. This is not the case, anyone who has experienced trauma can develop PTSD.

PTSD stems from:

- Unresolved trauma
- Is a very specific mental disorder that includes the following signs:
 - Reliving the event (flashbacks or nightmares)
 - Avoidance
 - Anxiety
 - Depression
 - Anger
 - Problems with trust

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- Self-destructive or risky behaviors
- Withdrawal

Slide 20:

- If you are dealing with unresolved trauma the first step is to admit it's a debilitating problem for you.
- You should see a doctor if you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control. Talk to your doctor or a mental health professional to seek help.

Slide 21: What are Trauma Informed Care Services?

These are trained professionals who:

- Deal every day with trauma disorder.
- May use talk therapy, art therapy, play therapy, and other techniques to help clients process their experiences.

They can also be psychiatrists who are:

- Medical doctors who specialize in the diagnosis, treatment, and management of mental health conditions.
- Can prescribe medications when needed to address symptoms of trauma-related disorders, such as depression, anxiety, and PTSD.

Slide 22: There are also other forms of trauma specialists including:

EMDR Therapists:

They use forms of bilateral stimulation such as auditory tones, tapping or eye movement to address trauma.

- The eye movement therapy is called: Eye Movement Desensitization and Reprocessing (EMDR)

Somatic Experiencing Therapists

- They focus on the body's physical sensations and responses to trauma, helping individuals release pent-up energy and emotions related to their traumatic experiences.

Slide 23: Other specialists include:

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Art Therapists:

- Uses creative expression to help individuals explore and process their emotions related to trauma. This can be particularly beneficial for individuals who find it difficult to verbalize their feelings.
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Support Groups

- Led by professionals who bring together individuals who have experienced similar types of traumas. They help provide sharing experiences, coping strategies, and emotional support in a group setting as a form of therapy.

Mindfulness and Meditation Practitioners

- Help individuals manage symptoms of trauma-related disorders, reduce stress, and promote emotional regulation
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Trauma Centers & Clinics

- Specialized trauma centers and clinics focus specifically on trauma-related disorders and their treatment. They often have a team of experts from different fields to provide comprehensive care.
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Slide 24:

- For those seeking help, it is important to find the right type of professional service you are comfortable with.
- Trauma specialists are just people and there are many of them out in our community.
- If you are not comfortable working with someone or going to a center you have every right to try to try someone else.
- You have to click with the right person in order to open up and become a willing participant.
- It is often recommended to interview someone first to see if they are a right fit.
- Also, reach out to relatives and close friends to see if they have a good referral based on personal experiences.

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Slide 25:

- **Practice mindfulness and meditation.** These techniques can help you stay present and reduce anxiety. Mindfulness allows you to observe your thoughts and emotions without judgment.
- **Exercise regularly:** releases endorphins, which can improve mood and reduce stress. Engaging in activities like jogging, yoga, or dancing can be beneficial.
- **Maintain a healthy routine.** Provides a reliable structure and stability. Establishing a daily routine can provide structure and stability, helping you regain a sense of control over your life.

Slide 26:

- **Limit Substance Use:** Avoid using drugs or alcohol as a way to cope, as they can worsen your mental and emotional state in the long run.
- **Set Boundaries:** Learn to say “no” and establish healthy boundaries to protect your emotional well-being.
- **Practice Self-Compassion:** Treat yourself with the same kindness and understanding you would offer a friend. Avoid self-blame and practice self-compassion.
- **Educate Yourself:** Learning about trauma, its effects, and coping strategies can empower you to better understand your experiences and develop effective ways of managing them.
- **Connect with supportive people:** Talking to friends, family, or support groups about your experiences can help you feel understood and less isolated.
- **Engage in Creative Outlets:** Art, music, writing, and other creative activities can provide an outlet for expressing emotions that may be difficult to articulate verbally.
- **Practice Deep Breathing and Relaxation Techniques:** Deep breathing exercises and progressive muscle relaxation can help calm your nervous system and reduce feelings of anxiety.

Slide 27:

- **Volunteer or Help Others:** This can create a sense of purpose and connection, which can be healing.
- **Practice Positive Affirmations:** Replace negative self-talk with positive affirmations to foster a more compassionate inner dialogue.

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- **Practice Patience:** Healing from trauma takes time. Be patient with yourself and acknowledge that progress may come in small steps.
- **Explore Nature:** Can have a calming and grounding effect, promoting a sense of serenity.
- **Practice Gratitude:** Focusing on the positive aspects of your life can help shift your perspective and improve your overall mood.
- **Practice Grounding Techniques:** help bring you back to the present moment when you're feeling overwhelmed by traumatic memories or emotions.
- **Engage in Relaxing Activities:** Taking a warm bath, listening to soothing music, or reading a book can help you unwind and reduce stress.

Slide 28: Okay, it's time to talk about this subject as a group. I am going to ask the group some questions and I would like people to weigh in on what I am asking.

Slide 29: FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)

ASK THESE QUESTIONS AND WRITE (OR HAVE ANOTHER PEER) WRITE THE ANSWERS (TAKEAWAYS)

- How has trauma affected you or others in terms of relationships, school, or day-to-day life?
- What does resilience mean to you? How can it help individuals overcome the effects of trauma?
- Can you think of any examples of people who have demonstrated resilience in the face of adversity?
- What are some ways you can effectively communicate your feelings to others, especially when dealing with trauma?
- What are some healthy ways you've seen people cope with trauma or difficult emotions?
- Have you ever tried any of these coping strategies yourself?
- How effective were they?

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- When do you think it's a good idea to seek professional help or counseling after experiencing trauma?
- What are some reasons people might hesitate to reach out to professionals, and how can we address those concerns?

Slide 30: We had some great conversations on today's Topic Awareness Presentation. For those that are willing - this will really help grow our club - I would like you to please follow clubhope™ on Instagram.

Slide 31: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN?)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

Thank you for today!

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