



Be Heard... Be Hope

Welcome










TODAY'S TOPIC AWARENESS PRESENTATION

Trauma



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Meeting Agenda

	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Trauma
	Group Discussion
	Lessons Learned and Takeaways
	Next Club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



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

clubhope™ Affirmation

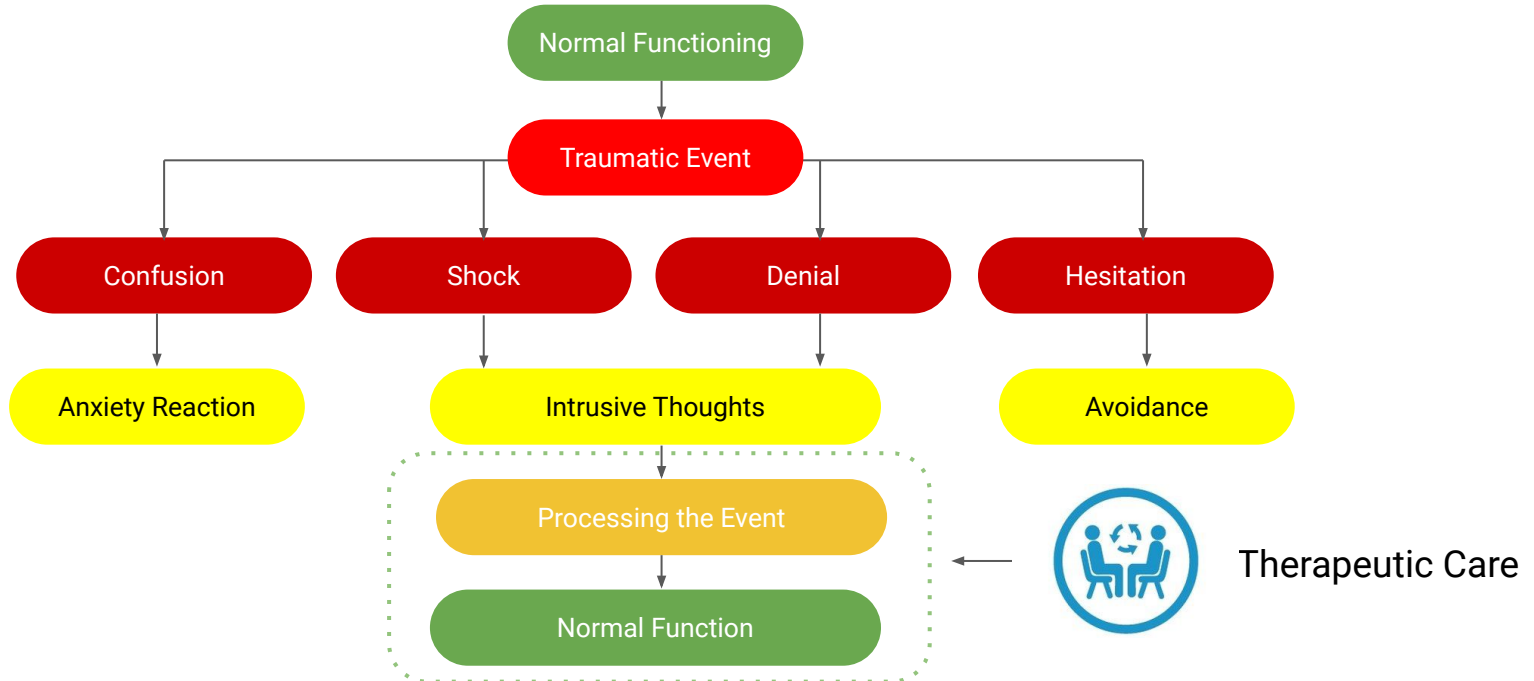
- *We respect and honor all opinions and feelings.*
- *It is okay not to talk but all are encouraged to participate when ready.*
- *No one is judged, we show respect and empathy for each other.*
- *No one is perfect, we all face problems, and we try to improve our situation one day at a time.*
- *I may 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*

What Is Trauma?

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

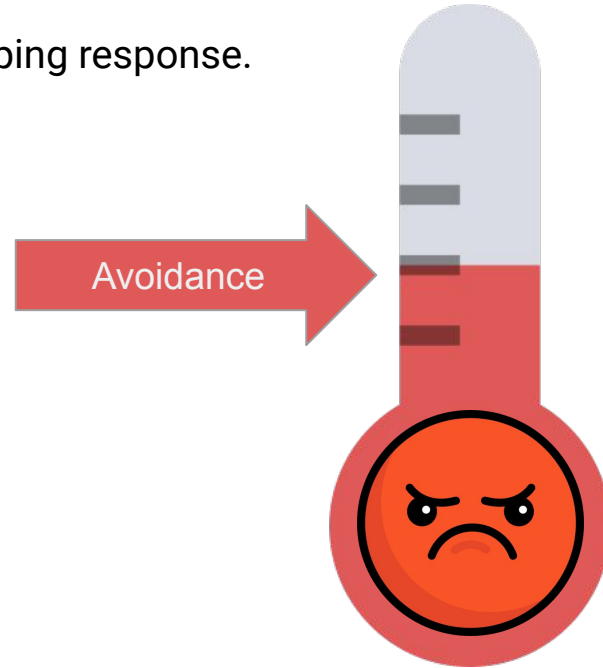
How Are Brain Processes A Traumatic Incident

Hypothetical: You are mentally and physically bullied!!!



Trauma Avoidance

- Avoiding or ignoring trauma is not a health coping response.
- Avoidance can make things even worse.



Trauma & Your Mind

- Those who have experienced trauma can internalize it in different ways.
- Your mind can constantly keep the trauma at the forefront of your thoughts or “at the ready”.
- Alternatively, your mind can completely block it out for years until it resurfaces.



What Experiences Might Be Traumatic?

Can anyone share what different types of experiences might cause trauma?

What Experiences Might Be Traumatic?

- 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



What Experiences Might Be Traumatic?

- Having to suddenly move or relocate
- Financial or legal troubles
- Natural and technological disasters or terrorism
- Military family-related stressors (e.g., deployment, parental loss or injury)
- Refugee and war experiences (including torture)
- Human trafficking



Trauma Effects

- Anxiety
- Depression
- Anger
- Eating Disorders
- Panic Attacks
- Dissociation (disconnected to oneself)
- Self-harm
- Social withdrawal
- Mistrusting

- Headaches
- Stomach problems
- Poor eating and sleeping habits
- Fatigue
- Chronic pain
- Low-self esteem
- Phobias
- Mood swings & outbursts
- Nervousness

Overdose and Suicide

The chances of dying by two of the leading causes of death, suicide and drug overdose, **are increased in people who experience deep trauma as children.**



Child Traumatic Stress

- Children at any age can experience trauma including infants.



Child Traumatic Stress

- Reactions to trauma can interfere with daily life and the ability to have healthy relationships.
- Without treatment repeated exposure can affect the brain and nervous system and increase health-risk behaviors such as:
 - Smoking
 - Eating disorders
 - Substance use

Trauma: The Myth

- Only “big” traumatic events count
- Strong people don’t get affected by trauma



Everybody Is Different

- Everyone reacts to trauma differently.

Reactions to Trauma Are Normal & Justified

- Having strong adverse responses to trauma are completely normal.
- You are not alone, many people exhibit the same responses of feeling sad, angry, scared, and even numb.



Post-traumatic stress disorder (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
 - Self-destructive or risky behaviors
 - Withdrawal



When to See a Doctor?

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they are severe, or if you are having trouble getting your life back under control, talk to your doctor or a mental health professional to seek help.



Professional Services – Trauma Informed Care

- Trained to deal with trauma disorder.
- May use talk therapy, art therapy, play therapy, and other techniques to help clients process their experiences.
- Psychiatrists
 - 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.



Professional Services – Trauma Informed Care

EMDR Therapy:

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

- Eye Movement Desensitization and Reprocessing (EMDR)

Somatic Experiencing Therapy

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

Professional Services – Trauma Informed Care

Art Therapy

Support Groups

Mindfulness and Meditation

Trauma Centers and Clinics



Professional Services – Trauma Informed Care

- When seeking help for trauma, it is important to find a professional who is experienced in trauma treatment and whose approach aligns with your needs and preferences.
- The therapeutic relationship and your comfort with a chosen professional are crucial for the effectiveness of treatment.
- You can even interview a professional before you commit to their services. You may want to speak with a few professionals to see who you like best.
- Consider networking with relatives or close friends to see if they know a good provider from personal experiences.

Practicing Self-Care

- **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.** Establishing a daily routine can provide structure and stability, helping you regain a sense of control over your life.



Practicing Self-Care

- **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-care.
- **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.

Practicing Self-Care

- **Volunteer or Help Others:** 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.
- **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.
- **Engage in Relaxing Activities:** Taking a warm bath, listening to soothing music, or reading a book can help you unwind and reduce stress.



- **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.

Group Discussion



CAPTURE TAKEAWAYS

Group Discussion



- 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?
- 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?

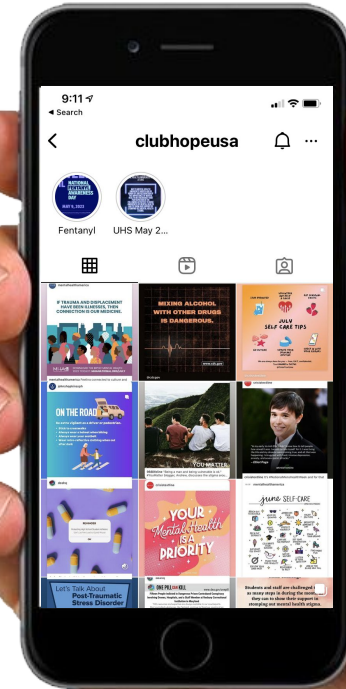


CAPTURE TAKEAWAYS

Instagram

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Club Business

- Status of Fundraisers & Events
- Next Meeting Date & Time



See You At The Next Meeting



That's All Folks
Meeting Adjourned

