



1



Meet your facilitator!





DONNA LUCERO IS THE TRAINING INSTITUTE DIRECTOR AT ALL FAITHS, A NATIVE NEW MEXICAN, A UNIVERSITY OF NEW MEXICO GRADUATE (BA IN PSYCHOLOGY, WITH A MINOR IN FAMILY STUDIES; MA IN COUNSELING). WITH OVER 28 YEARS OF EXPERIENCE WORKING WITH KIDS & FAMILIES WHO HAVE EXPERIENCED TRAUMA, MENTAL HEALTH ISSUES, POVERTY AND ADVERSITY,

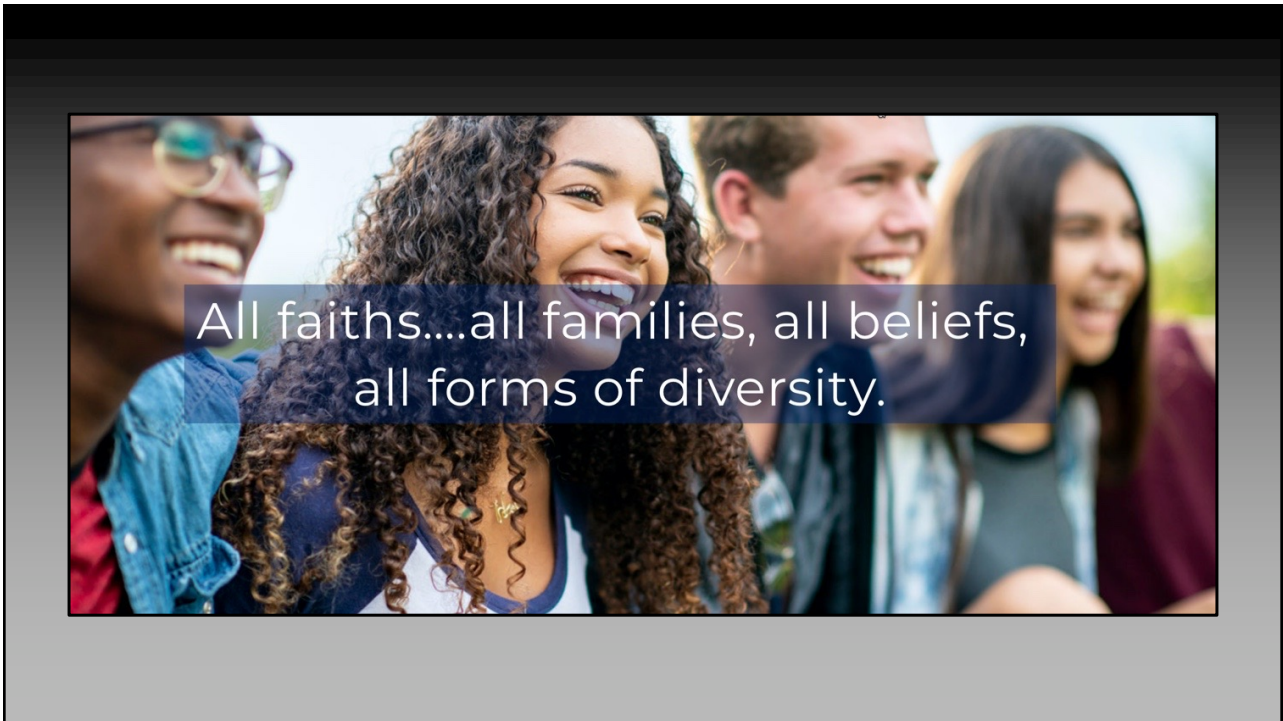
DONNA STRONGLY BELIEVES IN THE CRITICAL NATURE OF EARLY CHILDHOOD DEVELOPMENT AND THE IMPORTANCE OF HEALTHY BRAIN DEVELOPMENT, ATTACHMENT & RELATIONSHIP FOR KIDS TO GROW TO BE HEALTHY, PRODUCTIVE ADULTS. SHE BELIEVES STRONGLY IN THE CRITICAL IMPORTANCE OF FAMILY, COMMUNITY AND SOCIAL SUPPORT, HEALTHY RELATIONSHIPS, MOVEMENT, MUSIC, NATURE AND ACTIVITY, NOT ONLY HELPING PEOPLE HEAL, BUT ERADICATING VIOLENCE AND HARM IN OUR FAMILIES AND COMMUNITIES.

DONNA HAS EXTENSIVE EXPERIENCE AND TRAINING WORKING FROM A TRAUMA INFORMED LENS, AND AS THE CLINICAL DIRECTOR OF ALL FAITHS, STRIVES TO ASSURE EXEMPLARY QUALITY OF CARE TO THE CLIENTS SERVED FROM A TRAUMA SENSITIVE PERSPECTIVE. TRAINING IS PROVIDED BASED ON THE MOST RELEVANT RESEARCH IN THE AREAS OF BRAIN DEVELOPMENT, IMPACT OF DEVELOPMENTAL TRAUMA AND THE STRATEGIES AND RESOURCES TO FACILITATE HEALING, MASTERY AND INTEGRATION OVER TRAUMA.

DONNA HAS EXTENSIVE TRAINING WORKING WITH YOUTH WHO HAVE ENGAGED IN SEXUAL HARM AND CHILDREN WITH SEXUAL BEHAVIOR PROBLEMS. EXTENSIVE TRAINING IN EARLY CHILDHOOD DEVELOPMENT AND VARIOUS INTERVENTION MODELS INCLUDING THE NEUROSEQUENTIAL MODEL OF THERAPEUTICS; ATTACHMENT, REGULATION AND COMPETENCE; PRACTICE SELF-REGULATION, CIRCLE OF SECURITY; NURTURED HEART; NURTURING PARENTING AND BRAIN GYM.

DONNA HAS 18 YEARS' EXPERIENCE AS A CLINICAL SUPERVISOR/CLINICAL DIRECTOR PROVIDING ONGOING CLINICAL SUPERVISION TO THERAPISTS AND VARIOUS BEHAVIORAL HEALTH WORKERS IN AGENCIES WHOSE MISSION IS WORKING WITH THE IMPACT OF TRAUMA.

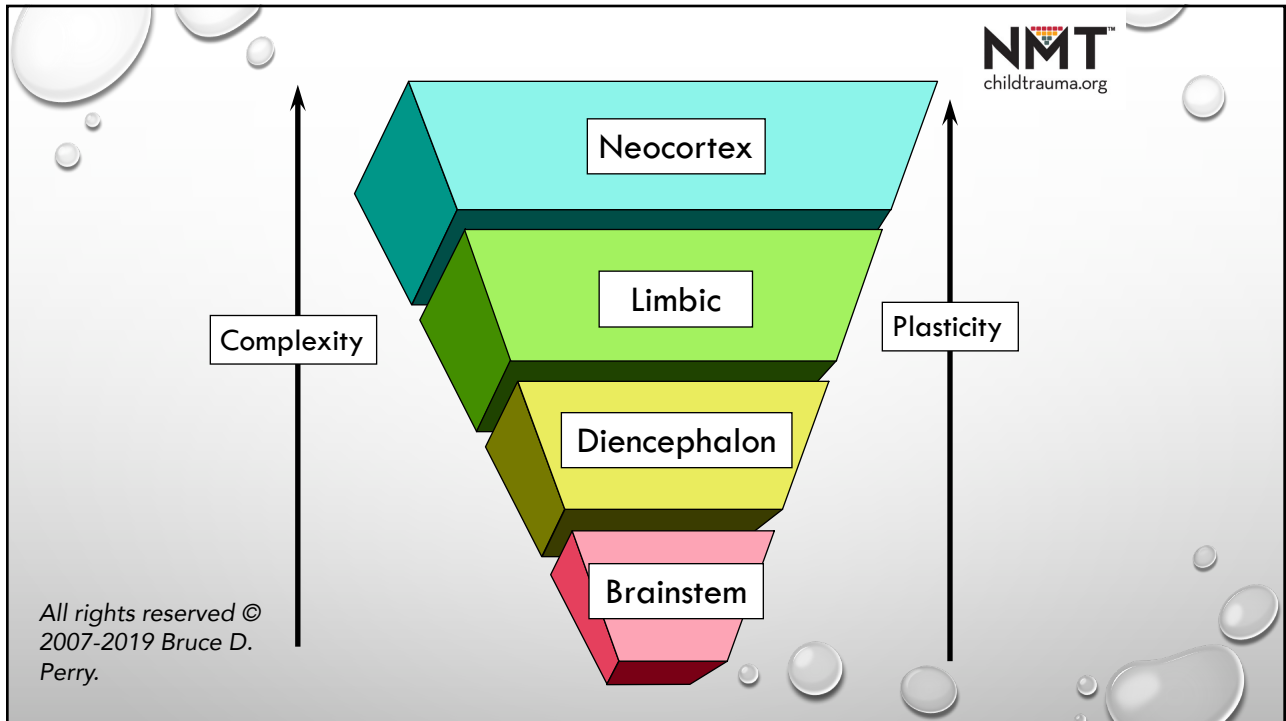
3



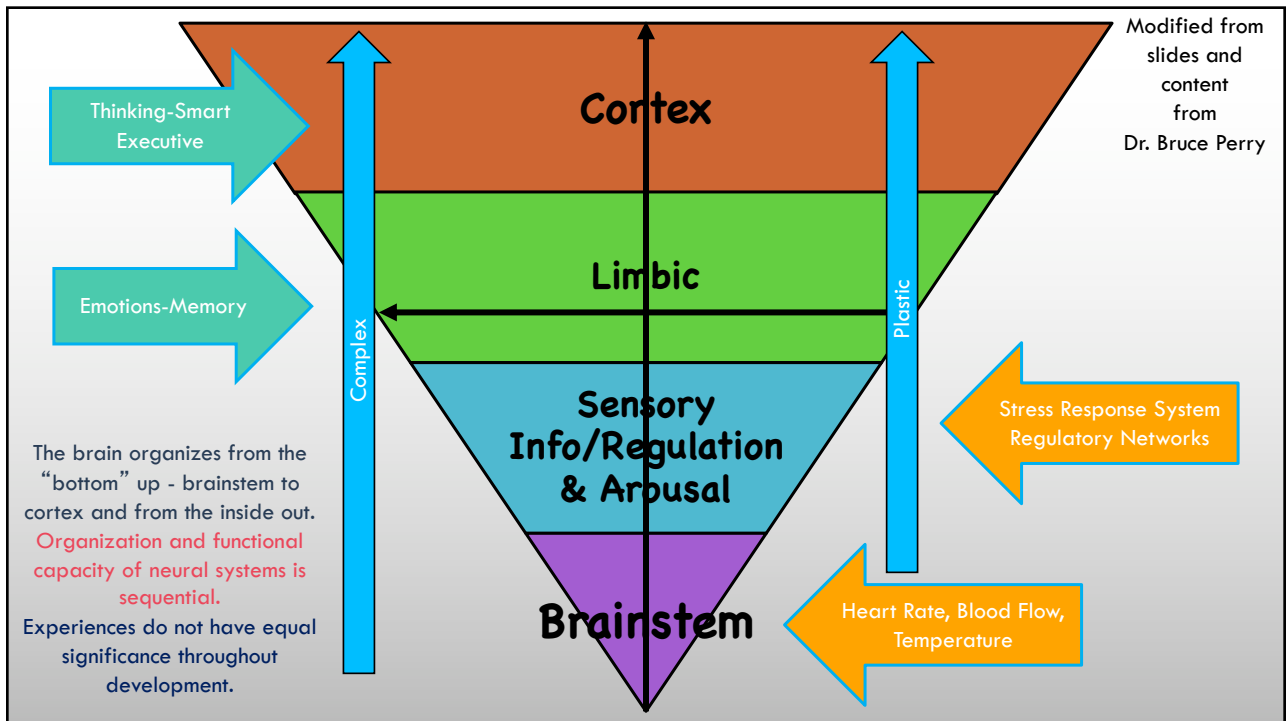
4



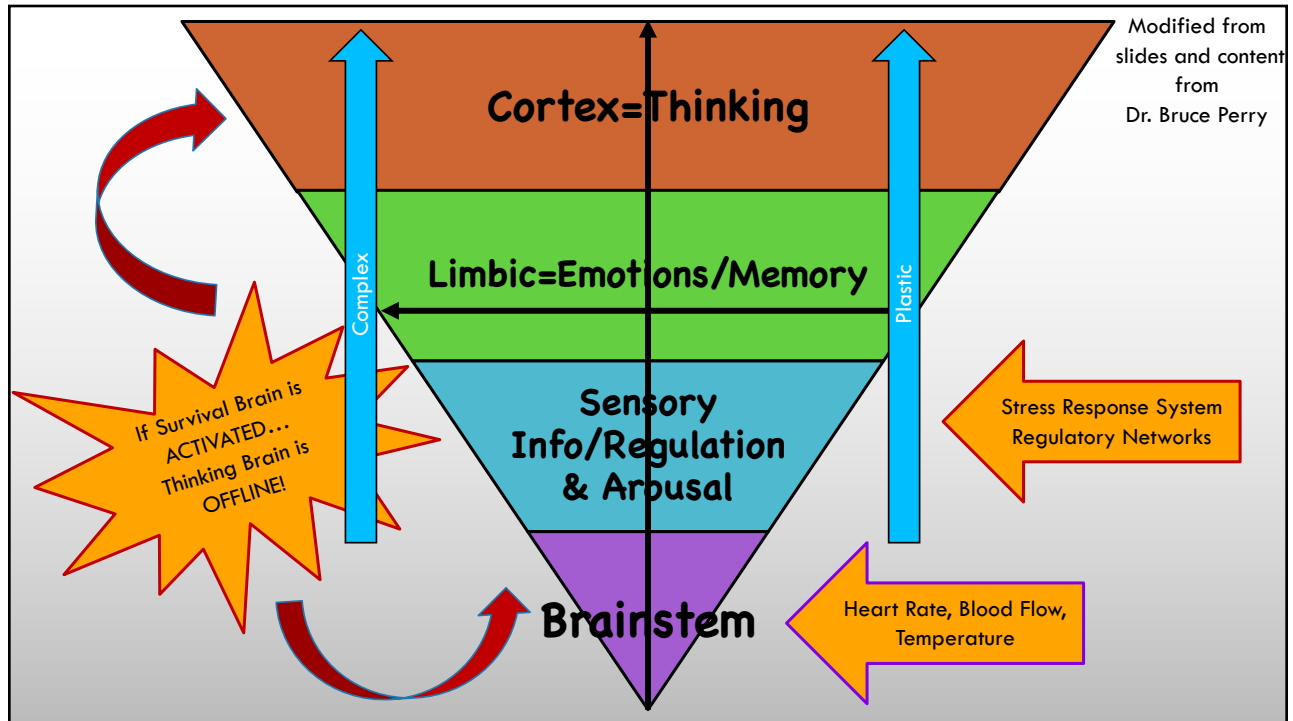
5



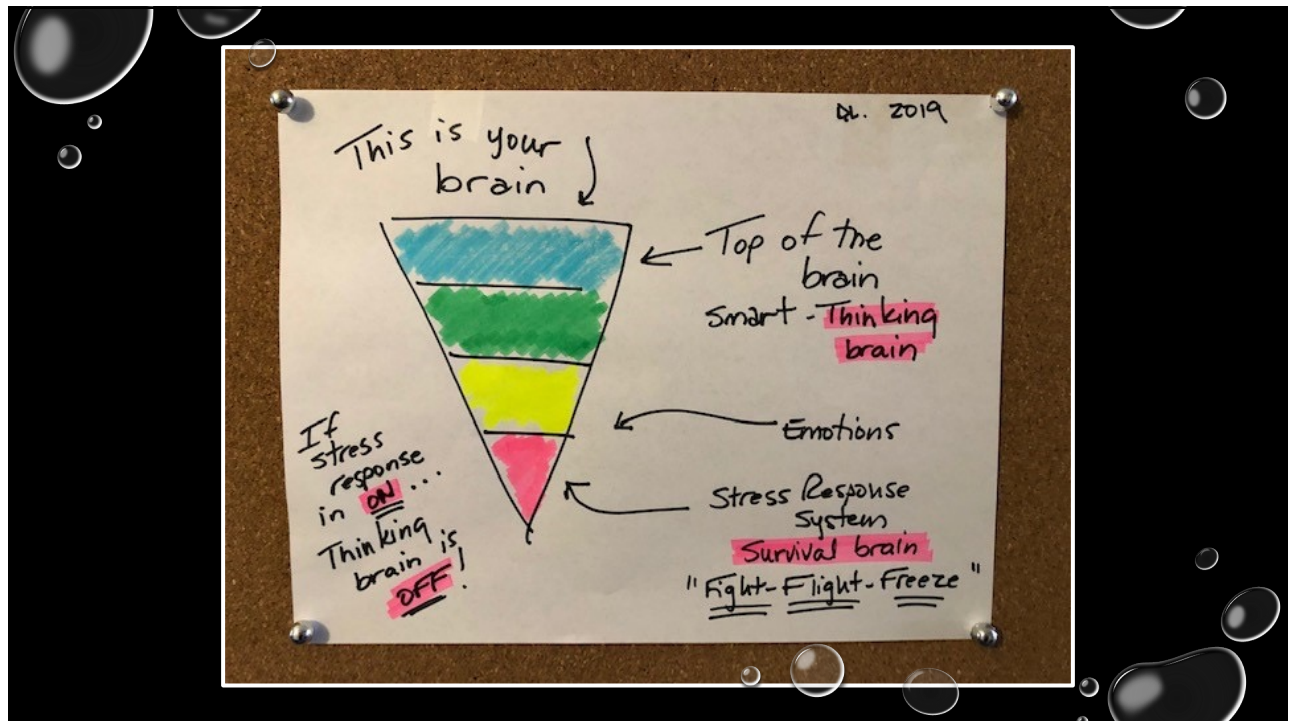
6



7



8



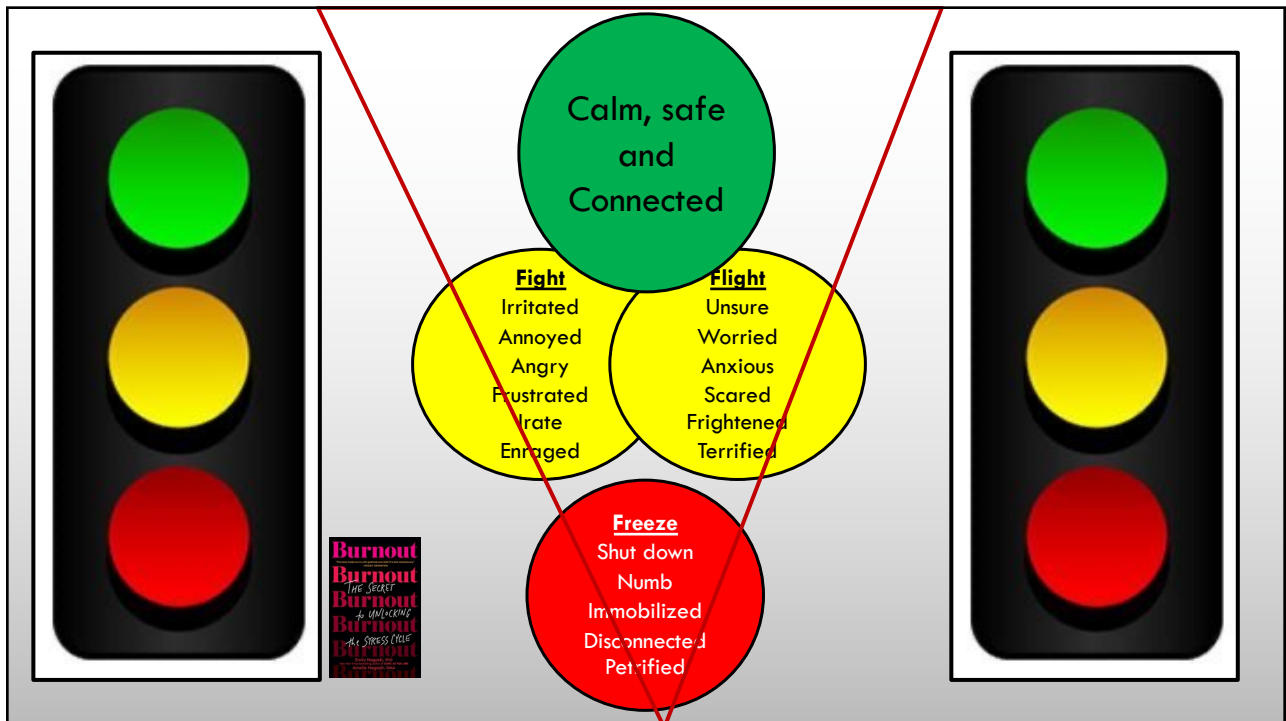
9

The 8 Executive Functions

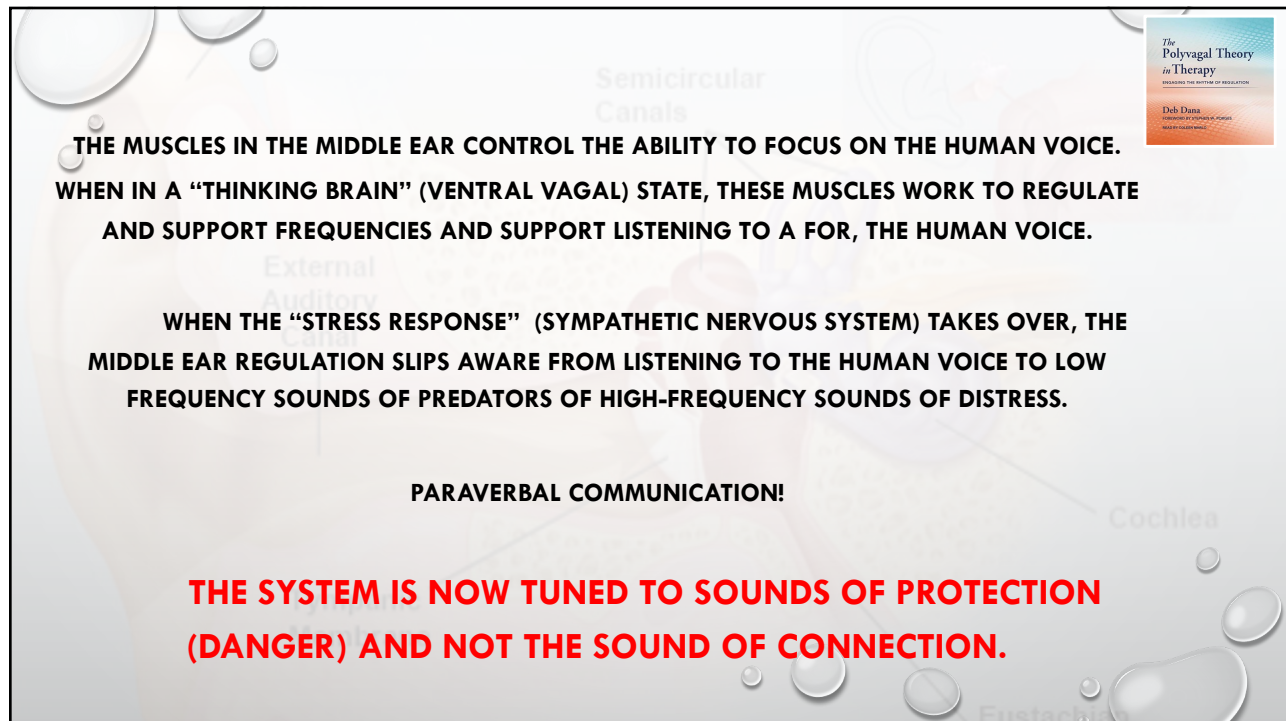
- Self-Control**: The ability to stop and think before acting
- Self-Monitor**: The ability to view and evaluate oneself
- Emotional Control**: The ability to manage feelings to achieve goals and complete tasks
- Flexibility**: The ability to adapt to changing conditions by revising plans or changing strategies
- Task Initiation**: The ability to start and finish tasks without procrastinating
- Organization**: The ability to develop and use systems to keep track of materials and information
- Working Memory**: The ability to use information held in memory to complete a task
- Planning & Time Management**: The ability to create steps to reach a goal

www.livemindsutoring.com

10



11

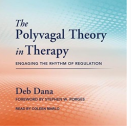


THE MUSCLES IN THE MIDDLE EAR CONTROL THE ABILITY TO FOCUS ON THE HUMAN VOICE. WHEN IN A “THINKING BRAIN” (VENTRAL VAGAL) STATE, THESE MUSCLES WORK TO REGULATE AND SUPPORT FREQUENCIES AND SUPPORT LISTENING TO A FOR, THE HUMAN VOICE.

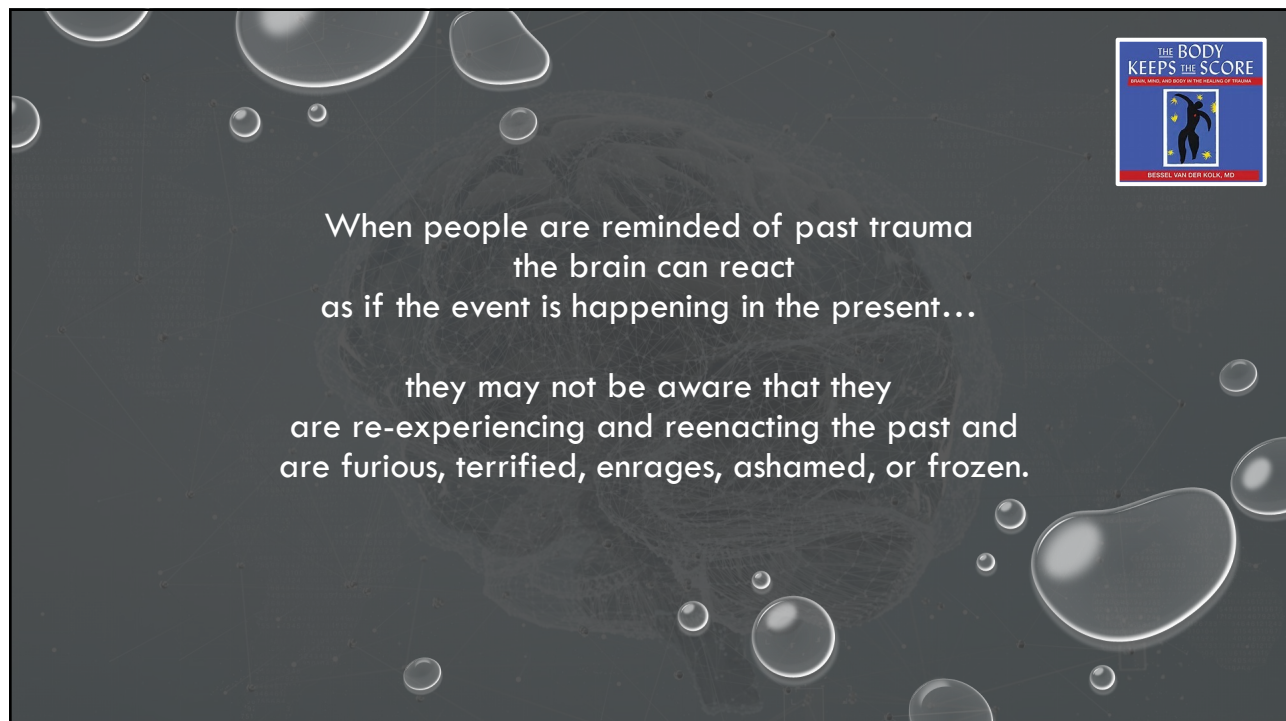
WHEN THE “STRESS RESPONSE” (SYMPATHETIC NERVOUS SYSTEM) TAKES OVER, THE MIDDLE EAR REGULATION SLIPS AWAY FROM LISTENING TO THE HUMAN VOICE TO LOW FREQUENCY SOUNDS OF PREDATORS OF HIGH-FREQUENCY SOUNDS OF DISTRESS.

PARAVERBAL COMMUNICATION!

THE SYSTEM IS NOW TUNED TO SOUNDS OF PROTECTION (DANGER) AND NOT THE SOUND OF CONNECTION.




12



When people are reminded of past trauma
the brain can react
as if the event is happening in the present...

they may not be aware that they
are re-experiencing and reenacting the past and
are furious, terrified, enraged, ashamed, or frozen.



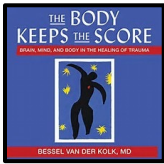
14



15



16



STRESS RESPONSE SYSTEM

TRAUMA PRODUCES ACTUAL PHYSIOLOGICAL CHANGES INCLUDING A RECALIBRATION OF THE BRAIN'S ALARM SYSTEM, AN INCREASE IN STRESS HORMONE ACTIVITY, AND ALTERATIONS IN THE SYSTEMS THAT FILTER RELEVANT INFORMATION FROM IRRELEVANT.

THIS IS WHY PEOPLE BECOME HYPER-VIGILANT TO THREAT ...AND WHY THEY SO OFTEN KEEP REPEATING THE SAME PROBLEMS AND HAVE SUCH TROUBLE LEARNING FROM EXPERIENCE (P.2-3)



17



18



19

UNDERSTAND THE HUMAN DANGER RESPONSE

The body's alarm system

The normative danger response

The danger response & arousal

The overactive alarm

What triggers the alarm?

How do you know a child has been triggered?



ARC Model Developed by Margaret E. Blaustein and Kristine M. Kinniburgh

20



Our stress response system is like a super deluxe firehouse with a fleet of fancy trucks, highly specialized tools and an expert team of firefighters. When the alarm bell rings the firefighter don't take time to analyze exactly what the problem is and figure out how the firefighter can be most effective and appropriate. Instead, the trucks rush off with sirens blaring and at top speed and respond with every tool at their disposal. This strategy is probably quite effective in saving lives in fires, but if the trucks pull up and it is only a smoldering trash can or worse and it is only a false alarm.

21




22




23

TRAUMA IS IN THE BODY



The body is where we live. It's where we fear, hope, and react. It's where we constrict and relax. And what the body most cares about are safety and survival. When something happens to the body that is too much, too fast, or too soon, it overwhelms the body and can create trauma. . . .



Trauma is not primarily an emotional response. [It] always happens *in the body*. . . Trauma is the body's protective response to an event—or a series of events—that [the body] perceives as potentially dangerous. This perception may be accurate, inaccurate, or entirely imaginary. . . .

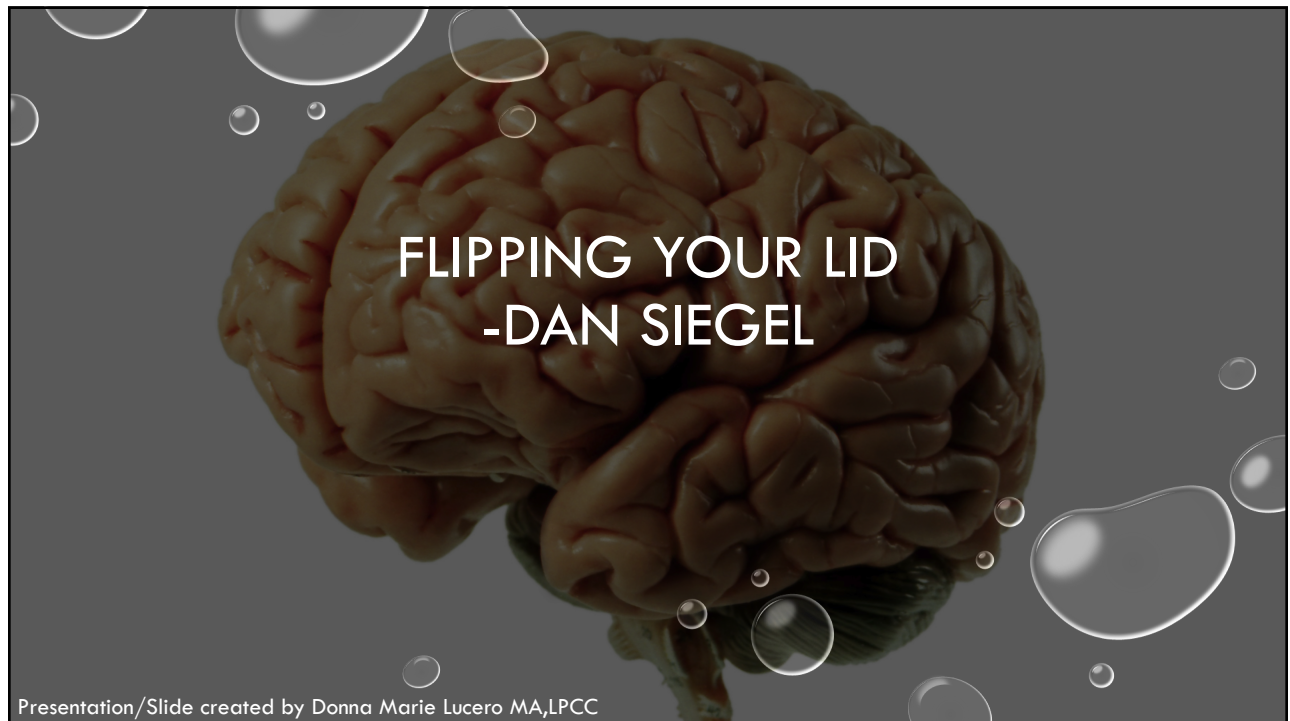
An embedded trauma response can manifest as fight, flee, or freeze—or as some combination of constriction, pain, fear, . . . reactive behaviors, or other sensations and experiences. This trauma then gets stuck in the body—and stays stuck there until it is addressed.

Fr. Richard Rohr-Franciscan Priest
Daily Meditation

25





27




28

This is called...
FLIPPING YOUR LID!





Flipping your lid is when your brain is so stressed out that it makes you act *without thinking first.*


THE STRESSED BRAIN



When your brain is calm, it's like a closed fist! Your wise owl is in control.



When your brain is stressed, it's like you FLIP A LID. Your wise owl flies away and your guard dog is in control.




The good news is that you can close the lid by making the choice to calm down your guard dog. Name your feeling, take some deep breaths, and talk about how your body is feeling!

©The Responsive Counselor

29


Meet your...



PFC

I am the **WISE OWL** of your brain. I help you do smart decision making, and I'm the part of your brain where you think before you act.


Meet your...



HIPPOCAMPUS

I am the **MEMORY SAVER** of your brain! I save new memories and bring out your old memories. I also help you learn!

Meet your...



AMYGDALA


I am the **GUARD DOG** of your brain. I'm the part of your brain where you feel emotions. My biggest focus is on your safety!

Flipping a Lid: Parts of the Brain and Our Emotions

30

When your guard dog senses you're in danger, it tells your body to do one of these three things:


- FIGHT
- FLIGHT
- FREEZE



20

FLIGHT


...means running away or trying to escape. It could mean leaving the area or leaving the room.



22

FIGHT


...can mean fighting someone. But it can also mean yelling, using mean words, blaming others, stomping your feet, etc.



21

FREEZE

...is when you are "shut down". It might mean your body is frozen and you can't move, or it could mean your brain has stopped understanding what's going on.



23

Flipping a Lid: Parts of the Brain and Our Emotions

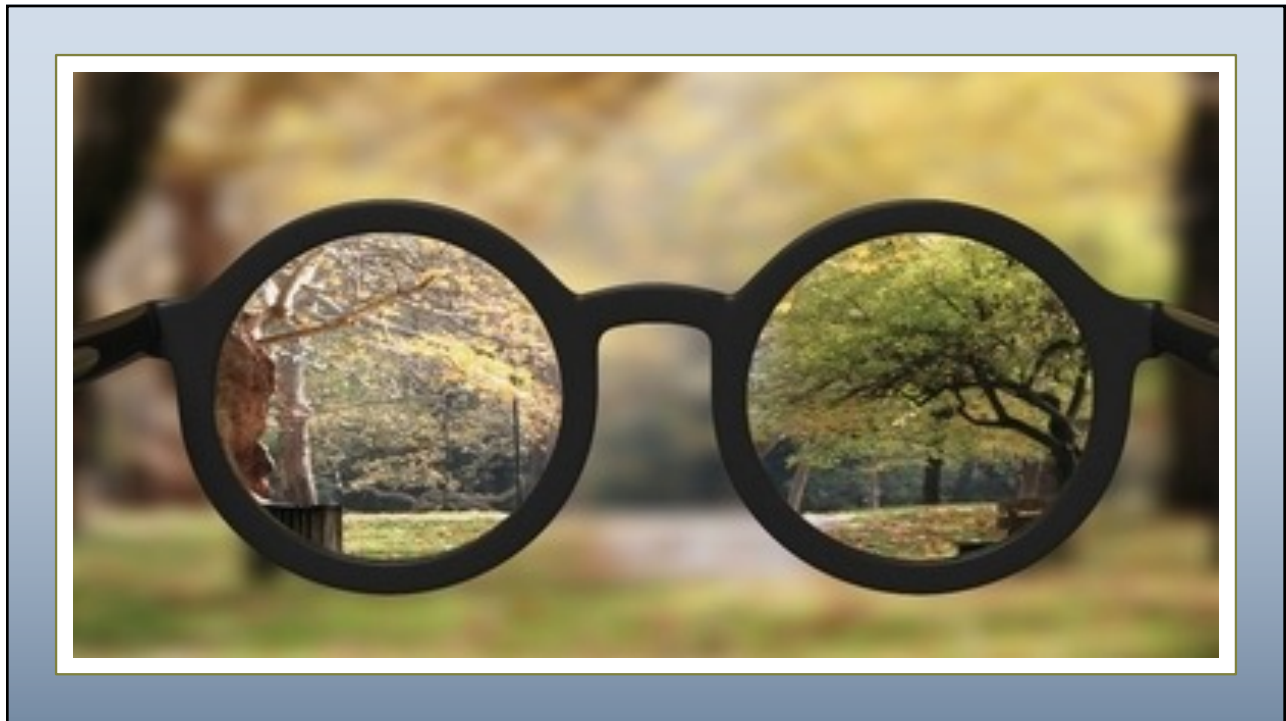
31

WHAT CAN WE DO?





Presentation/Slide created by Donna Marie Lucero MA,LPCC

32



33




Connectedness is the key.

Your history of connectedness is a better predictor of your health than your history of adversity.

Be with each other. Celebrate diversity. Listen and learn from others. Share time, food, work.

The 'super-power' of humankind is our capacity to connect; it is regulating, rewarding and the major "route" by which we can teach, coach, parent, heal and learn.

All rights reserved © 2008-2019 Bruce D. Perry



34

EFFECTIVE ANTIDOTE TO
THE ILL EFFECT OF EARLY
STRESS/TRAUMA

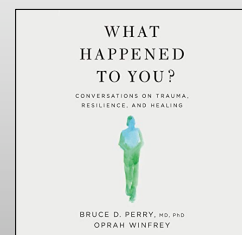
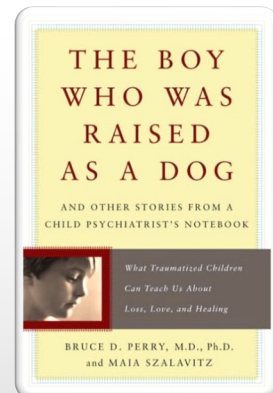
CLOSE, NURTURING
RELATIONSHIPS WITH TRUSTED
ADULTS CAN FOSTER
RESILIENCE AND OFFERS
PROTECTION FROM THE
EFFECTS OF HARSH EARLY
ENVIRONMENTS



35

MOST THERAPEUTIC
EXPERIENCES DO
NOT
TAKE PLACE IN
THERAPY.

The neural networks involved in relational connection and regulation are very responsive to **MOMENTS**. This means that a meaningful “dose” of therapeutic interaction isn’t 45 minutes once a week. When you are dealing with intense trauma, a “tolerable dose” may be only seconds long.



36



37



38



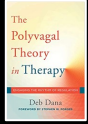
41

A KIND FACE,
OR SOOTHING TONE OF VOICE
CAN DRAMATICALLY ALTER THE
WAY WE FEEL.

FOCUSED ATTUNEMENT WITH OTHERS
CAN SHIFT US OUT OF
DISORGANIZED AND FEARFUL STATES.



42



CUES OF SAFETY COME FROM THE EYES AND SMILES.

PROSODY IS POWERFUL.

GESTURES OFFER AN INVITATION FOR CONNECTION.

PROXIMITY IS A REGULATOR OF THE NERVOUS SYSTEM.



43



PATTERNED

REPETITIVE

RHYTHMIC

RELATIONAL



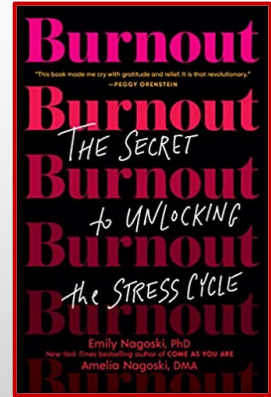
Helps Us Get Back
"IN BALANCE."

44

The Most Efficient Ways to Complete the Stress Response Cycle



- 1) Physical Activity
- 2) Breathing
- 3) Positive Social Interactions-
Relationship/Connection
- 4) Laughter
- 5) Affection-touch, animals
- 6) A big, good cry
- 7) Creative Expression



45

**Do the best you can
until you know better;
then when you know
better do better.**

Maya Angelou



46

THANK YOU AND PEACE!



All Faiths[™] Healing Kids & Families in Crisis
CHILDREN'S ADVOCACY CENTER

1709 Moon NE
Albuquerque, NM 87112
505-271-0329
dlucero@allfaiths.org