Sources of Trauma for Individuals with IDD

- Report on Abuse of People with Disabilities - 2013 Spectrum Institute
- Over 70% of people with disabilities report being victims of abuse - 90% of them said it was on multiple occasions
- Only 37% reported the abuse to the authorities
- Sexual Abuse - Hingsberger - 8 out of 10 females sexually abused more than once with developmental disabilities
- Males - 6 out of 10
- Social Trauma - Bullying, Name-calling, Verbal Abuse
- Psychology of Exclusion - Stimulation of Anterior Cingular Cortex
- Trauma of Institutionalization, Foster-care Placements
- Trauma of Physical Abuse and Neglect
Bucharest Early Intervention Orphan Study

- 138 children between 6 and 31 months who were in an orphanage in Bucharest were studied
- 68 kept in institution
- 68 placed in a new foster care system – full time paid parenting
- Results: After 54 months (4 1/2 years):
- Compared to 138 children raised in birth families

<table>
<thead>
<tr>
<th>Issues:</th>
<th>Institution</th>
<th>Foster Care</th>
<th>Biological</th>
</tr>
</thead>
<tbody>
<tr>
<td>Axis 1 Disorders</td>
<td>55%</td>
<td>35%</td>
<td>13%</td>
</tr>
<tr>
<td>Emotional Disorders</td>
<td>49%</td>
<td>29%</td>
<td>8%</td>
</tr>
<tr>
<td>Behavioral Disorders</td>
<td>32%</td>
<td>25%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Intellectual Disability Average IQ Score</td>
<td>73</td>
<td>85</td>
<td>110</td>
</tr>
</tbody>
</table>

MIRROR NEURONS: Interaction during infancy is needed for brain wiring
The Effects of Cocaine and/or Alcohol Exposure During Gestation

- Crack Cocaine
- Meth-Amphetamines
- Alcohol
- Combinations

Effects of Fetal Alcohol Spectrum Disorder

- Smooth philtrum (space between nose and mouth)
- Half-opened lids and mouth
- Upturned nose if Caucasian
- Flattened nose if African-American

- Issues with Cause and Effect,
- Cannot understand or process how what they do brings them a certain effect.
- Cannot understand that their actions bring consequences.
- Consequences don’t work - only frustrate them and make them angry.
- Coaching works!

Psychological Trauma – past is present

How did the brain react?

- Neocortex
  The rational brain: Intellectual tasks
- Limbic
  The intermediate brain: Emotions
- Reptilian
  The primitive brain: Self preservation, aggression

The Triune Brain
Trauma Responses
Due to “Buttons Pushed”

- Trigger Response: Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode.
- Thinking he or she is in Danger!

Trauma-Mind/ Trauma Response

- Activation of Fight, Flight or Freeze trauma response -
- Dan Siegel - People will revert to the age that trauma first occurred when in trauma response mode!
- Rational Mind Shuts Down
- If people are in trauma response and we treat them as though they are “being manipulative” - we will lose their trust and they will become further alienated.
- This is not the “Teachable Moment!”

https://www.youtube.com/watch?v=1qPFAT4p8Lc
Chemistry When Sympathetic Nervous System Is Triggered

- Cortisol goes from Amygdala to Frontal lobe
- Adrenaline is released and floods the system
- Regions of Brain do not communicate and Integrate

What To Do When Someone is Triggered

- Symptoms of Trigger (Activation of Sympathetic nervous system)
- Fight
- Flight
- Freeze
- What does this looks like for individuals with ID?
- Cool Down System (Activation of Parasympathetic nervous system)
- Calming
- Breathing
- Getting away from trigger
- Being Safe

Trauma Response versus Behavioral Response:

<table>
<thead>
<tr>
<th>Trauma Response</th>
<th>Behavioral Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triggered by Amygdala</td>
<td>Deliberate intent triggered by Antecedent</td>
</tr>
<tr>
<td>Consequence is not what might be desired</td>
<td>Consequence clearly meets a need</td>
</tr>
<tr>
<td>Shame is a result</td>
<td>Patterns continue that are empowering to the individual</td>
</tr>
<tr>
<td>Self-hate ensues</td>
<td></td>
</tr>
</tbody>
</table>
The Behavioral Pyramid

Behavioral Issues:
- Emotions Expressed
- Often Rooted in Trauma

When we only address the behavior, we miss the true cause and root of difficulties.

4 Areas of symptoms of PTSD

1. Re-experiencing (interfering with present to different degrees):
   - Intrusive Memories
   - Nightmares
   - Flashbacks: Person can disconnect from reality and be convinced he or she is being attacked, hurt or threatened due to a memory that becomes present.

2. Avoidance:
   - Blunted emotions
   - Shut down responses
   - Person can become obsessive about details concerning self and safety
   - Disconnection and withdrawal
Symptoms of PTSD Continued

3. Negative Alterations in Cognition and Mood
   - Persistent negative-trauma related emotions
     - ie. fear, horror, anger, guilt and shame
   - Constricted emotion - inability to express positive emotion
   - Alienation and withdrawal from others

4. Arousal
   - Easy to startle
   - Agitated - can lead to property destruction
   - Periodically Combative
   - Impulsive
   - Also associated with reckless or self-destructive behavior

Looks Like - Could Be PTSD

- Schizophrenia, Paranoid Type
- Depression
- Bipolar disorder
- Obsessive Compulsive Disorder
  - Fear, avoidance, flashbacks
  - Grief, sense of impending doom
  - Fear of sleeping - nightmares
  - Hyperarousal
  - Avoidance - Hypervigilance

Being an “Un-Person”

- https://www.youtube.com/watch?v=4c5_3wqZ3Lk
THE BODY STORES THE TRAUMA

- GASTRO- INTESTINAL ISSUES
- PHANTOM PAIN
- EXAGGERATED PAIN RESPONSE

TREATMENT:
- BEING PRESENT IN BODY -
  YOGA
  DANCE
  MASSAGE

"If you try to treat someone's illness without knowing its cause, you will only make the person sicker than before."
Nichiren Daishonin

Ingredients Necessary for Post traumatic Recovery

- Perceived Safety
- Empowerment
- Connection
EMDR STUDY

- 8 INDIVIDUALS DIAGNOSED WITH PTSD
- EMDR FOR 1 YEAR
- ALL INDIVIDUALS NO LONGER DIAGNOSED WITH PTSD - SYMPTOMS GONE!

Behavioral Results 2012 - 2013:
- Individual 1 - false accusations - from 6 to 0
- Individual 2 - excessive crying - 58 to 13
- Individual 3 - aggression - 16 to 0

Ingredients Necessary for Post traumatic Recovery

- Perceived Safety
- Empowerment
- Connection

Mindfulness Training Study

<table>
<thead>
<tr>
<th>Ages</th>
<th>Male</th>
<th>Female</th>
<th>Psychosis</th>
<th>Autism</th>
<th>Mood Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff</td>
<td>25 to 59</td>
<td>3</td>
<td>15</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Individuals</td>
<td>20 to 35</td>
<td>10</td>
<td>15</td>
<td>5</td>
<td>0</td>
</tr>
</tbody>
</table>

Participants were trained for 2 hours, once a week for 12 weeks -
## RESULTS

<table>
<thead>
<tr>
<th></th>
<th>Before Training</th>
<th>After Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incidents - Altercations</td>
<td>19.27</td>
<td>12.98</td>
</tr>
<tr>
<td>Verbal Redirects</td>
<td>8.47</td>
<td>3.74</td>
</tr>
<tr>
<td>Physical Restraints</td>
<td>3.27</td>
<td>0</td>
</tr>
</tbody>
</table>

### Who Am I?

- **Positive Identity Development**
  - **Positive Identity**
    - Who I am
    - What I do well
    - Who my friends are
    - What my preferences are
    - Where I make a difference
    - What I am proud of
  - **Negative Identity**
    - NOT the person who gets the job
    - NOT the person who gets married
    - NOT the person who drives
    - NOT the person who plays on a high school sport team
    - NOT the person who is popular or liked
    - Not the cool one
What matters most is how YOU see yourself!

“Ultimately happiness rests on how you establish a solid sense of self or being.”

Daisaku Ikeda

Alenna
Grief Work: Goodbye Book and Memory Box

From Recovery to Happiness
Seligman – “Flourish!”

Five levels of Happiness:
1. Pleasure
2. Engagement
3. Positive Relationships
4. Achievement
5. Meaning
*Happiness Assessment

Elements to Include in a Behavior Plan
- Trauma History
- Positive Identity Development
- Happiness Assessment
- Happiness Procedure
The Power of Positive Regard

- Mice and Bob Rosenthal
- Signs were put up for experimenters “Smart Rats” “Dumb Rats” - All rats were actually the same
- Experimenters had rats run mazes -
- Big difference between the performances - Smart rats ran mazes twice as fast!!

Carol Dwek, Ph.d.

“How you see someone determines how they are able to see themselves!”

Teachers who thought they had gifted children got a significantly better performance from classes they were told were “average”. Even though they were the same!

Resiliency Studies
Training in Positive Regard

1. Positive Identity Speak
2. Listening
3. Coaching
4. Supporting the Pursuit of Happiness

REFERENCES


