

*Trauma Aware
Responses to
GBV*



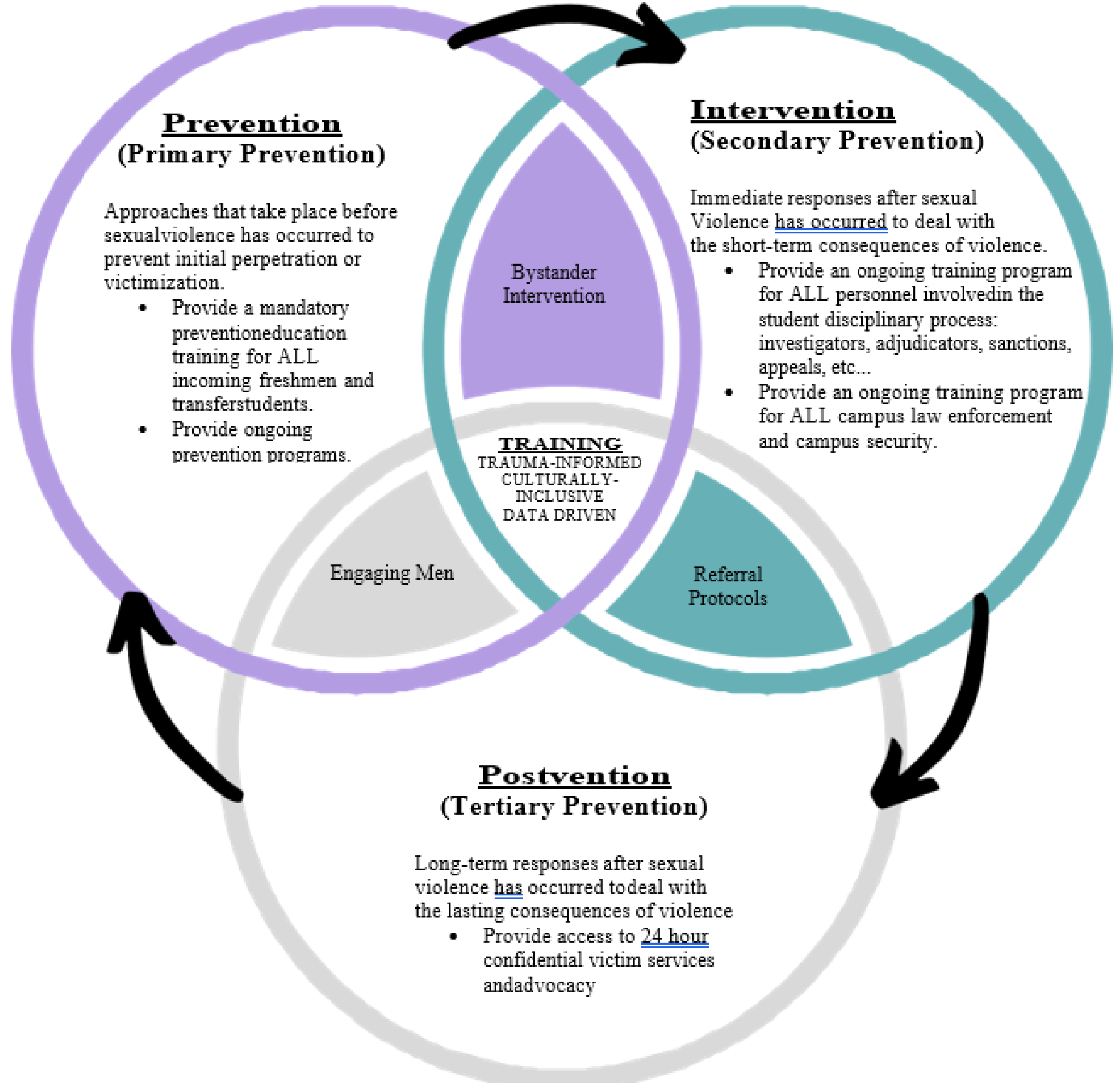
PAVE




- Located in Bartlett 102
- 3 year grant from OVW
- Aimed at reducing stalking, sexual assault, domestic violence, and dating violence

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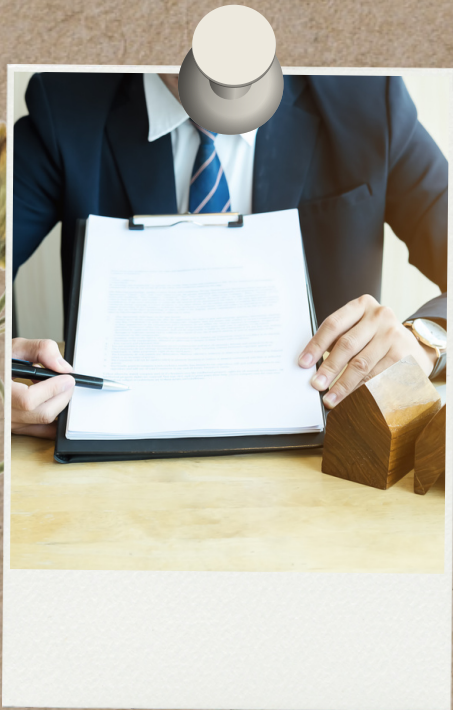


What is "trauma"

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



SEXUAL ASSAULT: A Trauma Informed Approach to Law Enforcement First Response



*Trauma is not
evidence*

*Mindful of supportive
statements*

*A bit more on
responses*



Window of Tolerance

Hyperarousal

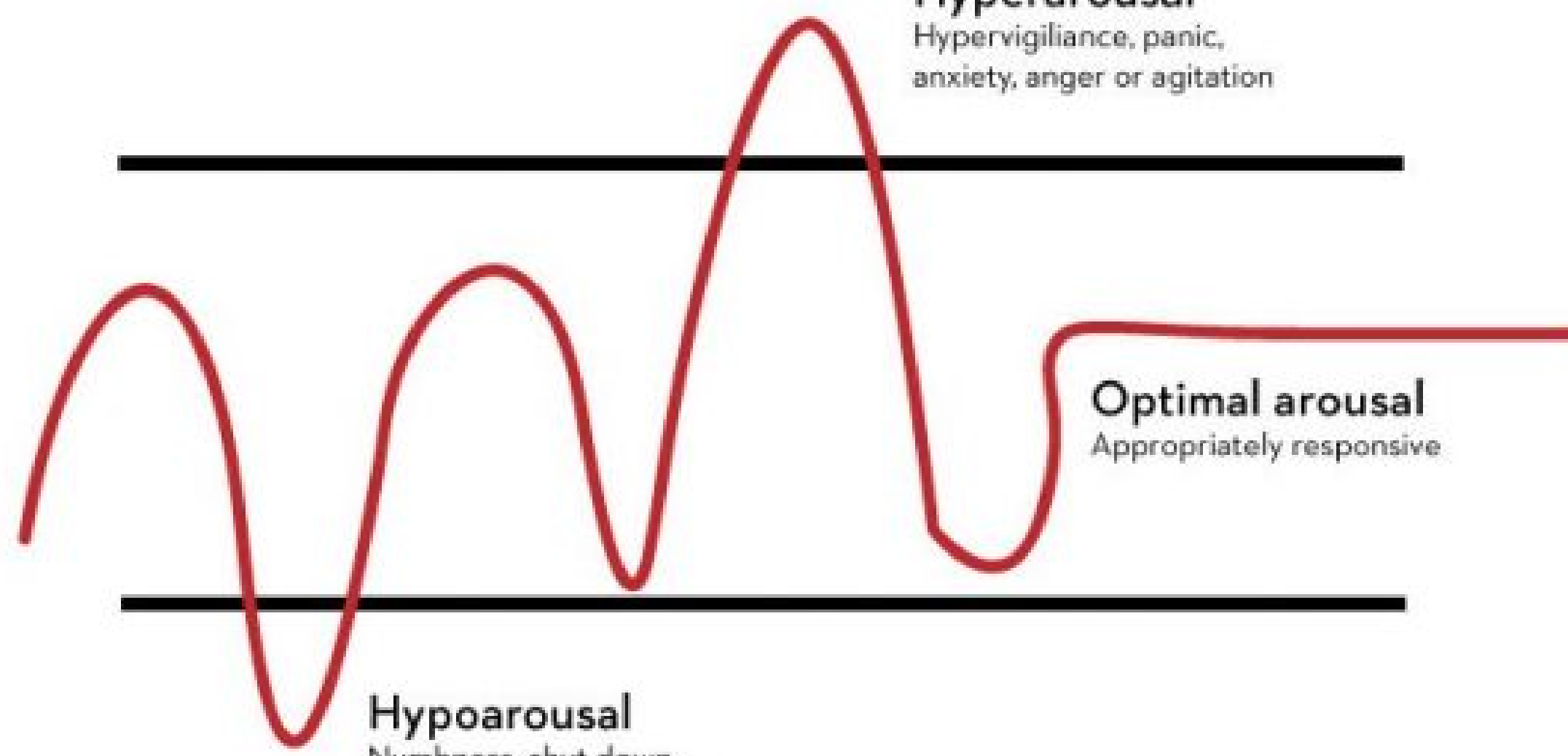
Hypervigilance, panic,
anxiety, anger or agitation

Optimal arousal

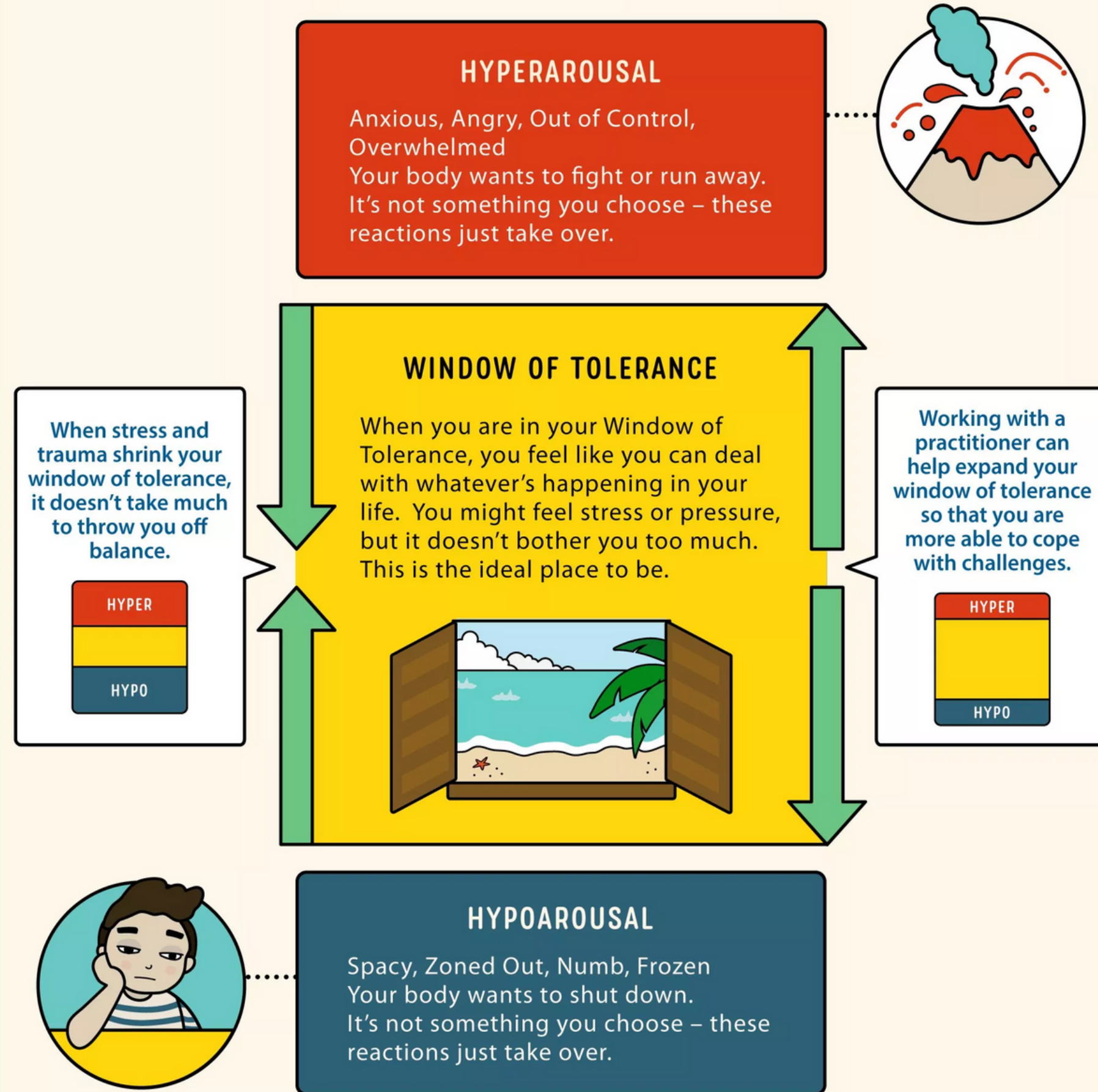
Appropriately responsive

Hypoarousal

Numbness, shut down,
poor self care, poor boundaries



How Trauma Can Affect Your Window Of Tolerance





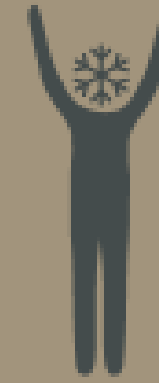
Fawn



Fight

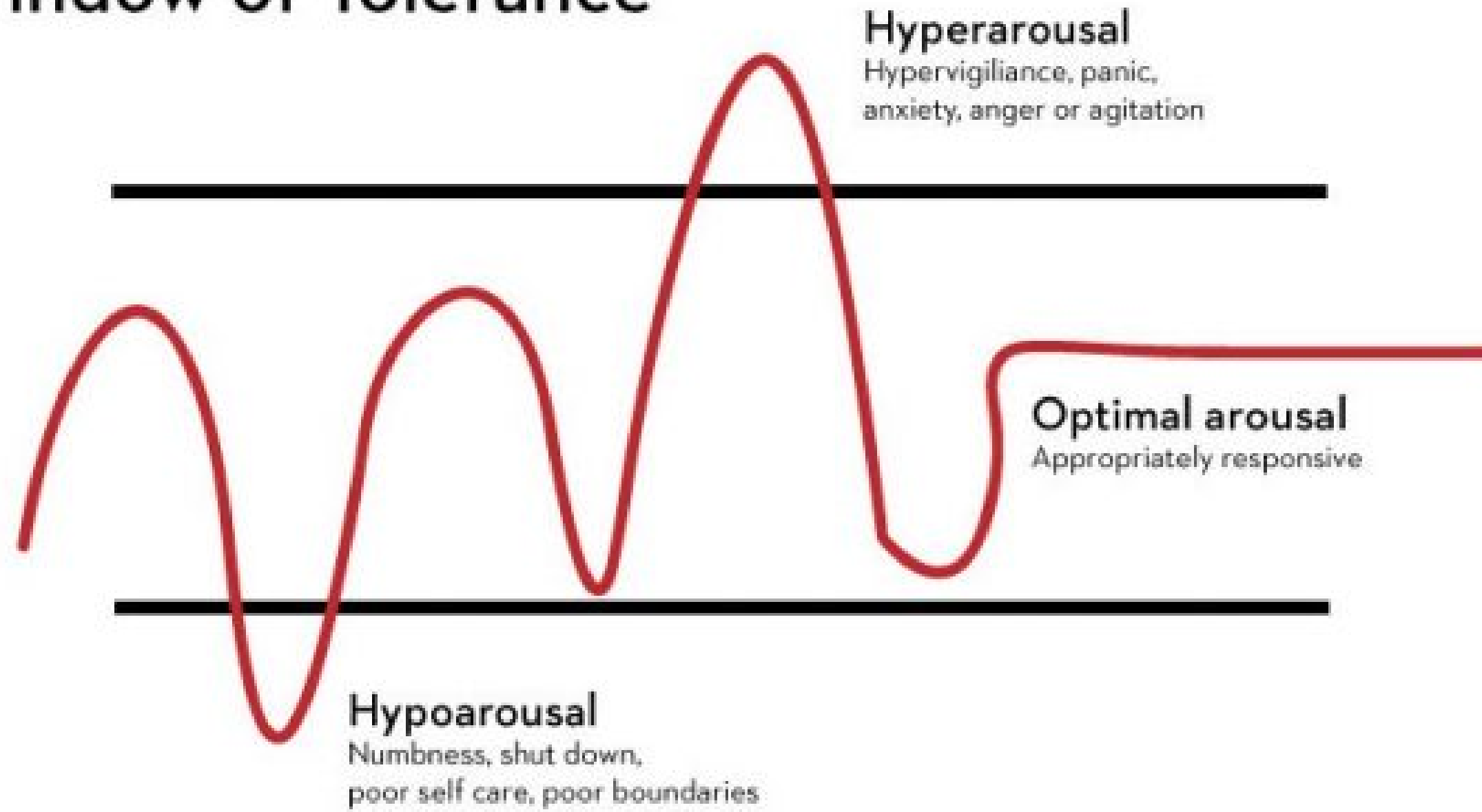


Flight

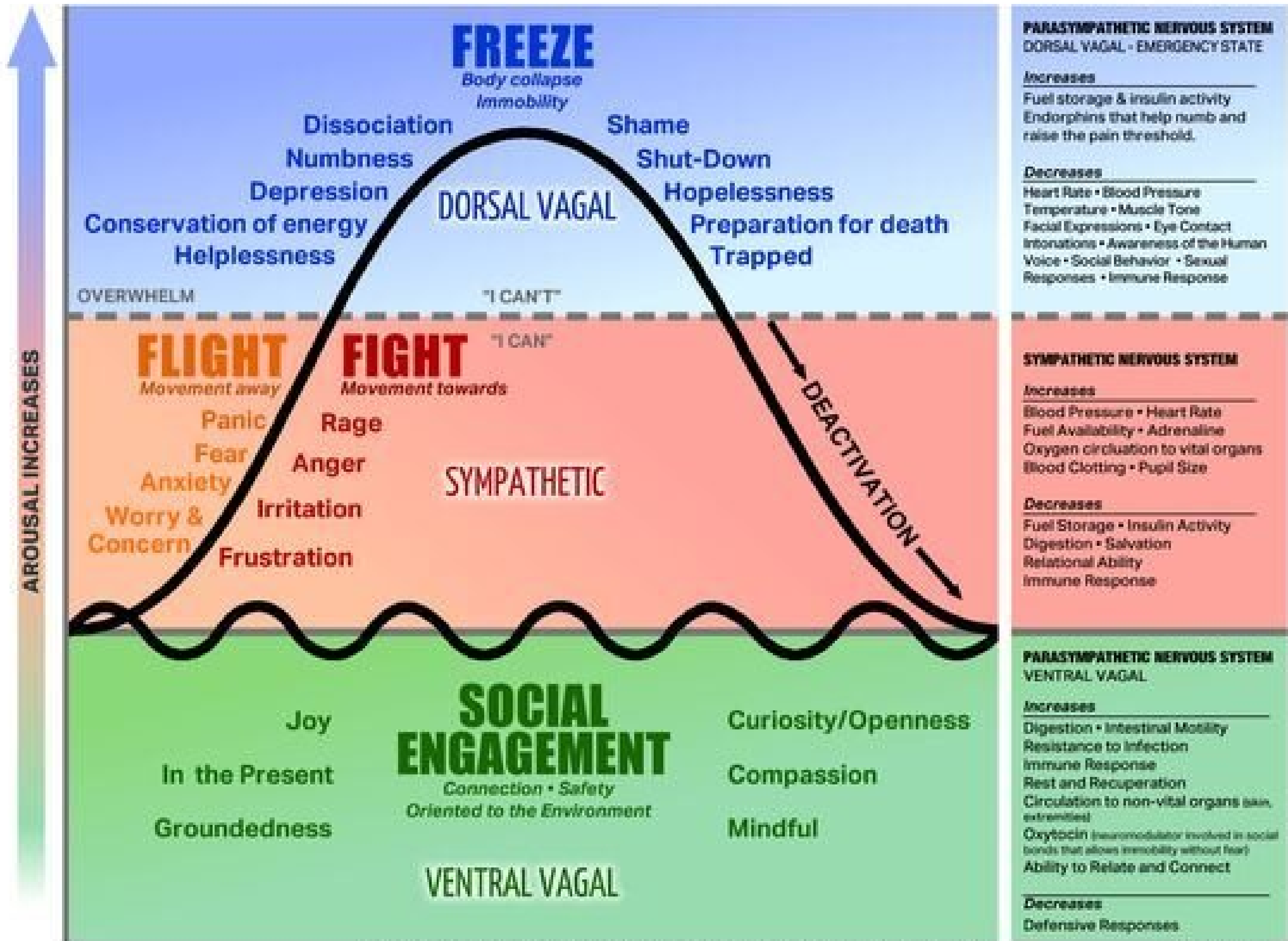


Freeze

Window of Tolerance



Collapse



Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

What does trauma look like?

Immediate Emotional Reaction

- Numbness and detachment
- Anxiety or severe fear
- Guilt (including survivor guilt)
- Exhilaration as a result of surviving
- Anger
- Sadness
- Helplessness
- Feeling unreal; depersonalization (e.g., feeling as if you are watching yourself)
- Disorientation
- Feeling out of control
- Denial
- Constriction of feelings
- Feeling overwhelmed

Delayed Emotional Reactions

- Irritability and/or hostility
- Depression
- Mood swings, instability
- Anxiety (e.g., phobia, generalized anxiety)
- Fear of trauma recurrence
- Grief reactions
- Shame
- Feelings of fragility and/or vulnerability
- Emotional detachment from anything that requires emotional reactions (e.g., significant and/or family relationships, conversations about self, discussion of traumatic events or reactions to them)



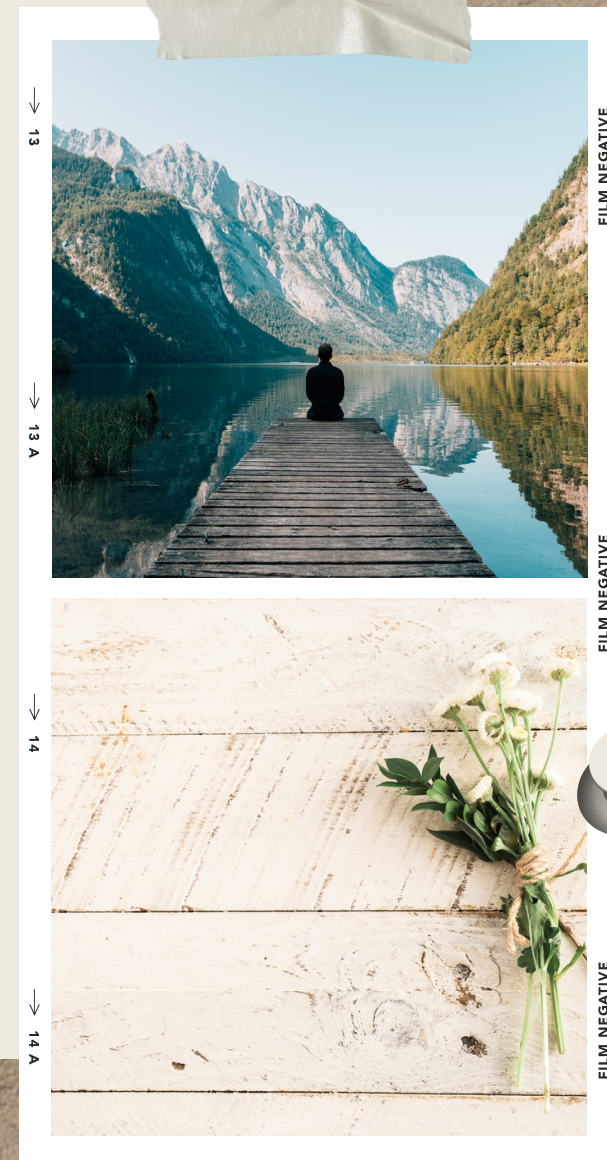
What does trauma look like?

Immediate Physical Reactions

- Nausea and/or gastrointestinal distress
- Sweating or shivering
- Faintness
- Muscle tremors or uncontrollable shaking
- Elevated heartbeat, respiration, and blood pressure
- Extreme fatigue or exhaustion
- Greater startle responses
- Depersonalization

Delayed Physical Reactions

- Sleep disturbances, nightmares
- Somatization (e.g., increased focus on and worry about body aches and pains)
- Appetite and digestive changes
- Lowered resistance to colds and infection
- Persistent fatigue
- Elevated cortisol levels
- Hyperarousal
- Long-term health effects including heart, liver, autoimmune, and chronic obstructive pulmonary disease



What does trauma look like?

Immediate Cognitive Reactions

- Difficulty concentrating
- Rumination or racing thoughts (e.g., replaying the traumatic event over and over again)
- Distortion of time and space (e.g., traumatic event may be perceived as if it was happening in slow motion, or a few seconds can be perceived as minutes)
- Memory problems (e.g., not being able to recall important aspects of the trauma)
- Strong identification with victims

Delayed Cognitive Reactions

- Intrusive memories or flashbacks
- Reactivation of previous traumatic events
- Self-blame
- Preoccupation with event
- Difficulty making decisions
- Magical thinking: belief that certain behaviors, including avoidant behavior, will protect against future trauma
- Belief that feelings or memories are dangerous
- Generalization of triggers (e.g., a person who experiences a home invasion during the daytime may avoid being alone during the day)
- Suicidal thinking



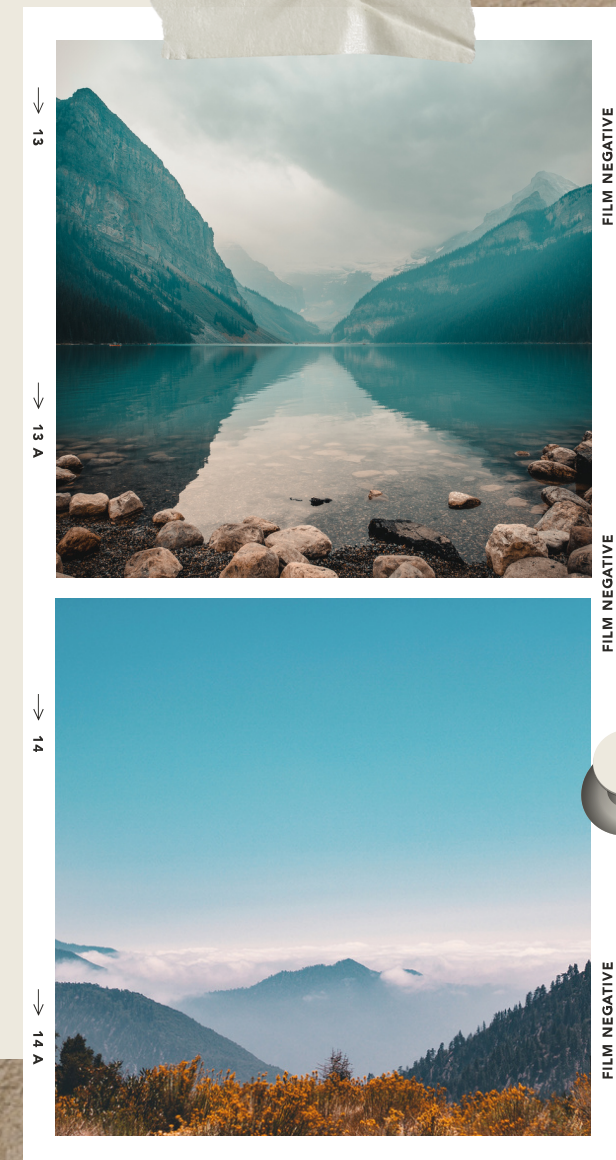
What does trauma look like?

Immediate Behavioral Reactions

- Startled reaction
- Restlessness
- Sleep and appetite disturbances
- Difficulty expressing oneself
- Argumentative behavior
- Increased use of alcohol, drugs, and tobacco
- Withdrawal and apathy
- Avoidant behaviors

Delayed Behavioral Reactions

- Avoidance of event reminders
- Social relationship disturbances
- Decreased activity level
- Engagement in high-risk behaviors
- Increased use of alcohol and drugs
- Withdrawal



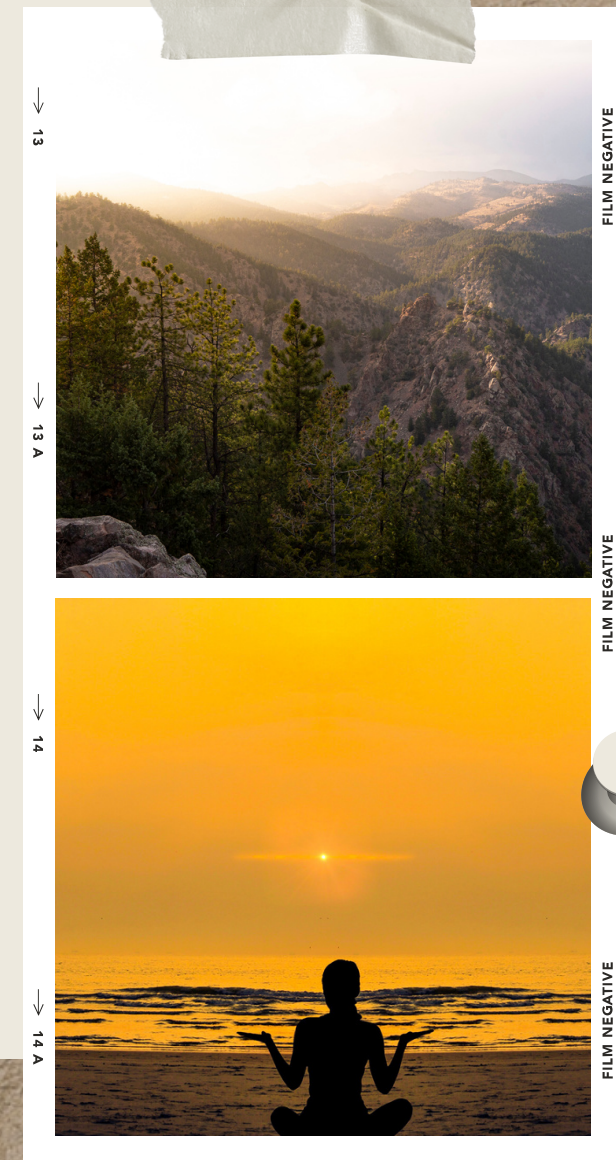
What does trauma look like?

Immediate Existential Reactions

- Intense use of prayer
- Restoration of faith in the goodness of others (e.g., receiving help from others)
- Loss of self-efficacy
- Despair about humanity, particularly if the event was intentional
- Immediate disruption of life assumptions (e.g., fairness, safety, goodness, predictability of life)

Delayed Existential Reactions

- Questioning (e.g., “Why me?”)
- Increased cynicism, disillusionment
- Increased self-confidence (e.g., “If I can survive this, I can survive anything”)
- Loss of purpose
- Renewed faith
- Hopelessness
- Reestablishing priorities
- Redefining meaning and importance of life
- Reworking life’s assumptions to accommodate the trauma (e.g., taking a self-defense class to reestablish a sense of safety)



Why are trauma informed
responses valuable?

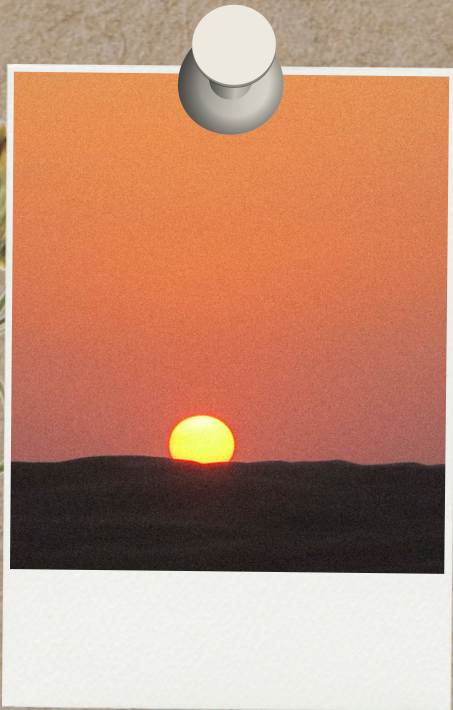


- Better outcomes for*
- Survivor (regardless of outcome)*
 - Process (fair and due process)*
 - Investigator & Decision Maker (makes finding that .1% needed for preponderance easier)*





- Trauma informed Interviewing will*
- Get the interviewer more information*
 - Increase overall trust in the process
(from those immediately involved and
outsiders)*
 - Minimize re-traumatizing a
complainant*
 - Give a more thorough and fair process*



Strategies to
Implementation






2 investigator model



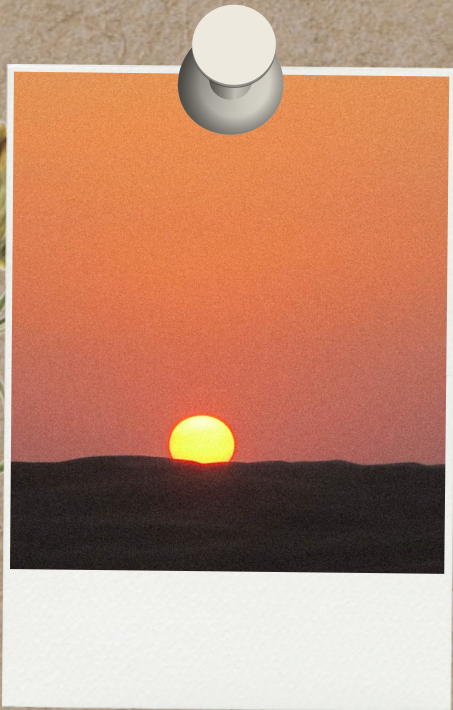
Ongoing training & practice



Unpack bias - non stop...

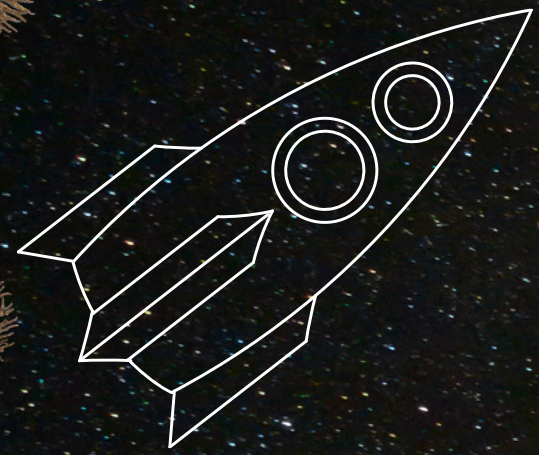


Due diligence



*Some Take
Always*

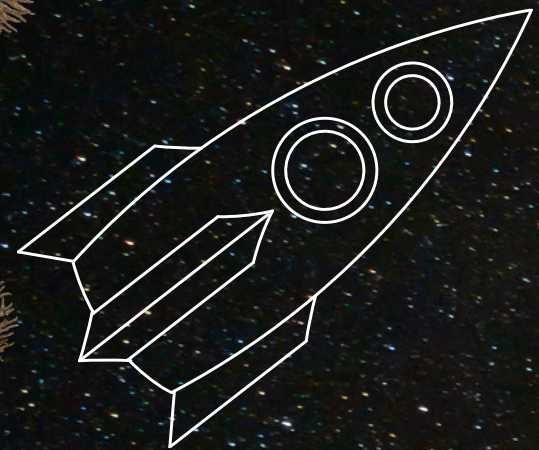




Stop the "why"

Better question alternatives = more helpful responses

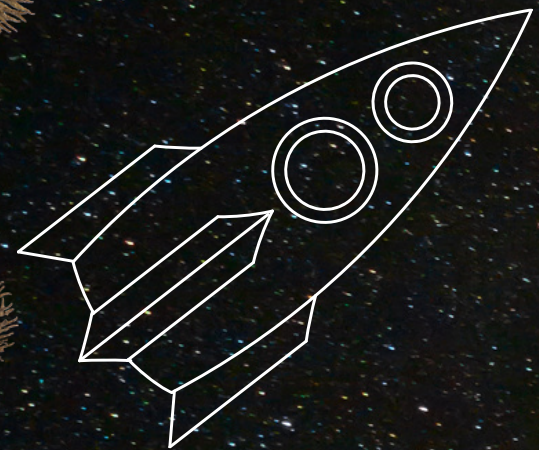




Allow for time

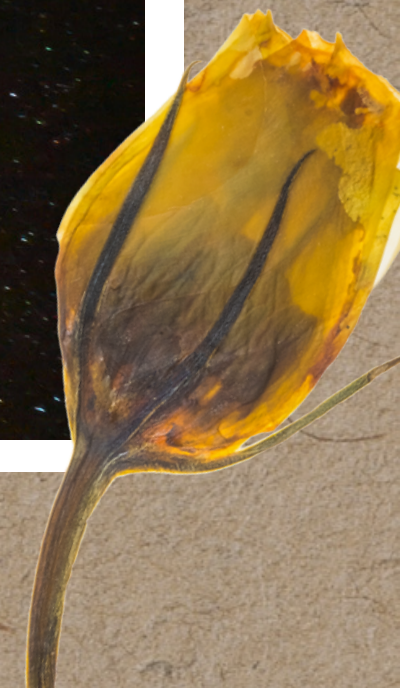
Silence is ok, provide opportunity to return = feeling less rushed and allows more opportunity to recount accurate/helpful information

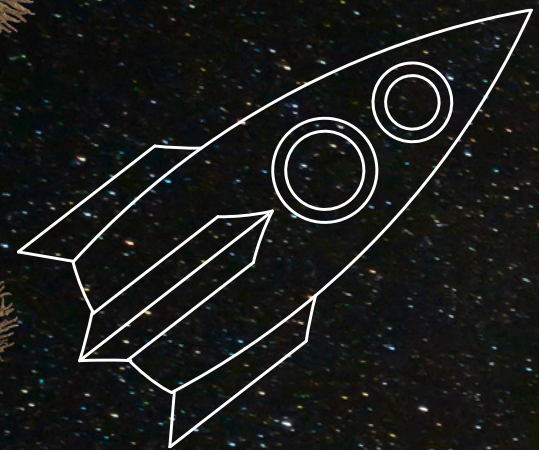




Understand triggers

Help to return to optimal window = preserving memory
integrity

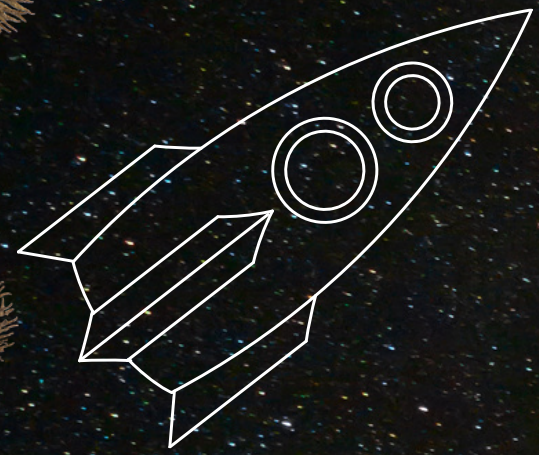




Navigate inconsistencies

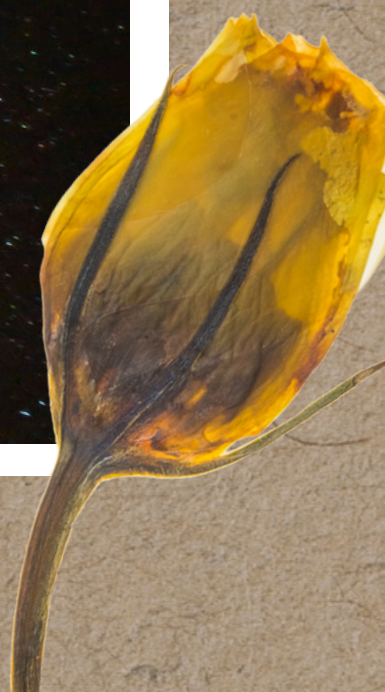
Memory over time vs. story changing

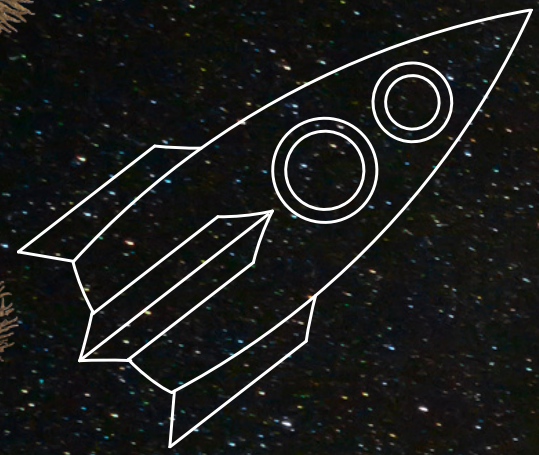




Indicators of Trauma \neq *Evidence*

But is necessary to be aware of





No 2 trauma responses are the same

Focus on the person in front of you





Questions?

