Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

- Call 877-820-7831 before 11:00 a.m.
- Enter passcode 107633#, when prompted.
- There are 200-600 participants. Please allow others a chance to ask questions.
- Questions may be asked, if time allows.
- To ask a question, press *6 on your phone to unmute yourself. *6 to remote.

TIC + MI

"Often it isn’t the initiating trauma that creates seemingly insurmountable pain, but the lack of support after.”

- S. Kelley Harrell
We refer to trauma from a psychological perspective to describe experiences that are emotionally painful and distressing and that overwhelm an individual’s capacity to cope. Although there has been some debate about how to define a traumatic event, most definitions agree that when internal and external resources are inadequate to cope with external threat, the experience is one of trauma. The powerlessness that a person experiences is a primary trait of traumatization.

(Van der Kolk, 2005)
Trauma Impact #1: World View

Beliefs, attitudes, values and cognitions which a child develops in response to their environment

• Based upon the child’s experience
• Is absolutely reflective of the child’s reality
Trauma Impact #2: Adaptive Behaviors

The set of behaviors a child develops to survive the adversity in their home/environment
What does a child do to Survive?

- Trust no-one
- Show no emotion
- Control others
- Manipulate others
- Disregard authority
- Get others before they get you
- Take what you need
- Immediate gratification
- Might = right

Impacts of Traumatic Stress

<table>
<thead>
<tr>
<th>Cognitive</th>
<th>Affective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty concentrating &amp; focusing attention</td>
<td>False / exaggerated perceptions of reality</td>
</tr>
<tr>
<td>Cognitive &amp; problem solving challenges</td>
<td>Excessive reactivity to triggers</td>
</tr>
<tr>
<td>High levels of restlessness and agitation</td>
<td>Unable to regulate emotions</td>
</tr>
<tr>
<td>High levels of anxiety</td>
<td></td>
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</tbody>
</table>
Trauma Impact #4: Triggers

Unresolved pain to which we are particularly sensitive.
What are “Triggers”

- Disrespected
- Rejected
- Vulnerable
- Weak
- Ashamed
- Inadequate
- Ignored
- Judged
- Insecure
- Dependent
- Used
- Unworthy
- Stupid
- Neglected
- Excluded
- Misunderstood

Summary: Trauma Impacts

- World View
- Adaptive Behavior
- Brain Development
- Triggers


Gender.
Real men control their women.
Real men don’t cry.
Real men feel no pain.
Real men win at all cost.
Real men are tall.

Be a man.

Real men hold their liquor.

The Mask You Live In.

Be pretty.
Be sexy & alluring.
Be a mother.
Be skinny.

Be dainty.
Sit with legs crossed.

Don’t act too smart.
Let men be the boss.

Be available to your man.

Miss Representation

Be a lady.

Be beautiful.
Cook & bake.
Small good.

Have good hair.
Be beautiful.
Be submissive.
Be sweet.
Be nice.
Be quiet.

Be available to your man.

Don’t act too smart.
Let men be the boss.

Be a lady.

Miss Representation

Community Violence
Subtext

I can’t fix it for you, but I can help you figure it out.

Discovering
What are the alignments?

<table>
<thead>
<tr>
<th>MI Spirit (Values)</th>
<th>TIC Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partnership</td>
<td>Safety</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Trustworthiness</td>
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<tr>
<td>Compassion</td>
<td>Choice</td>
</tr>
<tr>
<td>Evocation</td>
<td>Collaboration</td>
</tr>
<tr>
<td></td>
<td>Empowerment</td>
</tr>
</tbody>
</table>
How do we express these in our Behavior?

**MI Spirit**
- Partnership
- Acceptance
  - Absolute Worth
  - Autonomy
  - Accurate Empathy
  - Affirmation
- Compassion
- Evocation

**TIC Values**
- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

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MI Techniques + Spirit

**Partnership**
- Agenda Mapping
- UNIA (LIFE)

**Acceptance**
- Reflection
- Avoid Discord Traps
- Surf Sustain Talk

**Evocation**
- Cultivate Change Talk
- ID the Mismatch
- Hopes, Values, Goals

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Sharing Information in Partnership
(technical term: Elicit Provide Elicit (EPE))

- Discover: What the person already knows!
- Ask: permission to add in your two cents, “All right if I make a suggestion ...?” (your version)
- Tell: information in a neutral manner and manageable chunks.
- Ask: the person’s response to, understanding of the information. “What do you think?” “How does that fit for you?” (your version)
Holding Space

People who have experienced Trauma:

- Have been made unsafe, emotionally as well as physically
- Establish a sense of Safety
- Have learned from past experience that they can least afford to trust the people who should be trustworthy
- Create Trust
- Have learned to expect the worst
- Enhance systems of support
- Use Anger / Rage as default emotion
- Practice emotional & behavioral regulation ourselves

Any pain that is *not transformed* is transferred.

The only way out of trauma is **HEALING**.
Trauma can be healed. How does MI do these?

- Establish a sense of safety
- Open Questions: Allow the person to share their story from their perspective
- Affirmations to recognize strengths and efforts to support resilience
- Reflections to express empathy and share back to persons stated reasons for change
- Engage to develop rapport/alliance
- Focus: Identify the focus of an encounter in partnership with the person – Agenda Map
- Evoke to empower
- Create consistency across providers (front desk, case manager, therapist, probation officer, etc. Use the MITI to assess and coach.
- Enhance systems of support
- Focus as a Target Behavior
- Help people surface the reasons they would want to change
- Evoke to Empower

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Holding Space

People who have experienced Trauma:

- Are easily triggered
- Teach emotional & behavioral regulation
- May be challenged in learning new ideas / skills
- Build self-capacity & opportunity for problem solving and critical thinking
- Have adapted their behavior to survive
- Provide education on the effects of trauma
- Re-frame & re-integrate traumatic experiences
- Meaning-making: find a sense of purpose & future goals (post-traumatic growth)

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How Alma Views TIC: Healing Trauma...

Wellness for Providers

Wellness

Served Person Trauma  Staff Trauma
Trigged?

- Your client does not believe what you tell him and asks to speak to someone “in-charge” who can “verify” the information.
- After an interview and assessment, you tell a client that she’s not a good fit for service you offer. Your supervisor talks to her for a few minutes, and then tells you that you’re wrong and says the client should be admitted.
- You walk into the room and overhear a client talking disparagingly about you to another client.
- Your kids are in a school play during your work hours and you’re unable to go because you can’t find anyone to cover your work while you’re gone.
- Your client has his phone out and continues to use it while you’re having a conversation with him.

Healing Focused Care

- Cultural Sensitivity
- Family Therapy Care
- Influencer Supervision
- Motivational Interviewing
- Reflective Supervision

What is WRONG with you?

Traditional Medical Model
My job is to **FIX** you.

What **HAPPENED** to you?
Trauma Informed

My job is to **Understand** your experiences.
We are ALL on our own HEALING JOURNEY.

HEALING FOCUSED CARE
What is RIGHT with you?

HEALING FOCUSED CARE
My job is to hold space for you to heal.
January 18, 2018
Hope you’ll join us!

MI + Cultural Reverence
Resources

- Almainstitute.org
- Amazon Wish List
- shawn@almacenter.org
- Dr. Joy DeGruy
- Bessel Van der Kolk
- MI 3rd Edition
- 2nd annual WIMI Conference: April 24, 2018