

The Effects of Trauma on Individuals with Intellectual Disabilities

And How to Facilitate Recovery!



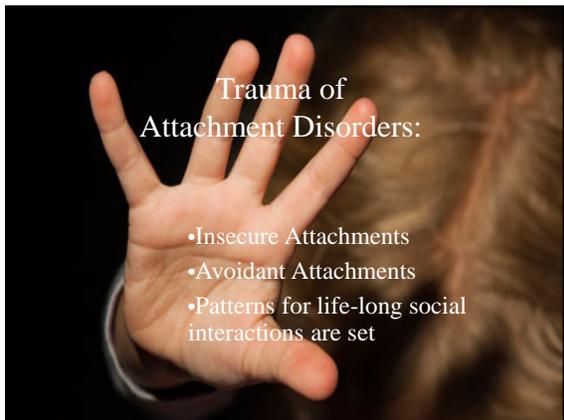
Presented by
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Materials at:
Pid.thenadd.org
Books at Amazon.com

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

<http://disability-abuse.com/>



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
- ▶ <http://www.unicef.bg/public/images/tinybrowser/upload/PPT%20BEIP%20Group%20for%20website.pdf>

Issues:	Institution	Foster Care	Biological
Axis 1 Disorders	55%	35%	13%
Emotional Disorders	49%	29%	8%
Behavioral Disorders	32%	25%	6.8%
Intellectual Disability Average IQ Score	73	85	110

MIRROR NEURONS:
Interaction during infancy
is needed for brain wiring



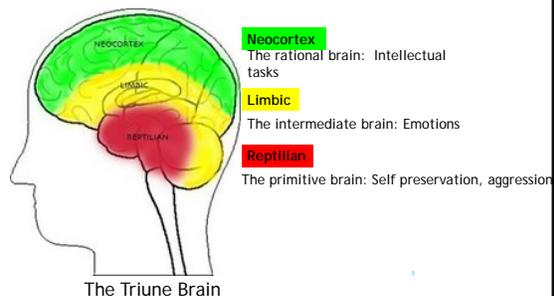
**The Effects of Cocaine and/or Alcohol
Exposure
During Gestation**

- ▶ Crack Cocaine
- ▶ Meth-Amphetamines
- ▶ Alcohol
- ▶ Combinations



Psychological Trauma – past is present

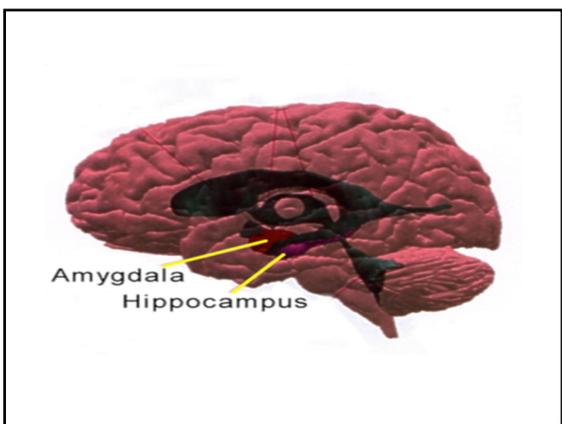
How did the brain react?



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!

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graph TD; AI[Attachment Issues] --> FT[Fight]; AI --> FL[Flight]; AI --> FR[Freeze]; TT[Trauma Trigger] --> FT; TT --> FL; TT --> FR;
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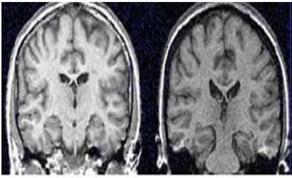


What To Do When Someone is Triggered

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

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



NORMAL PTSD

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



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

EMDR STUDY

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

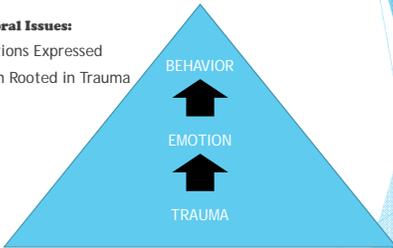
Behavioral Results 2012 -2013:

- ▶ Individual 1 - false accusations - from 6 to 0
- ▶ Individual 2 - excessive crying - 58 to 13
- ▶ Individual 3 - aggression - 16 to 0

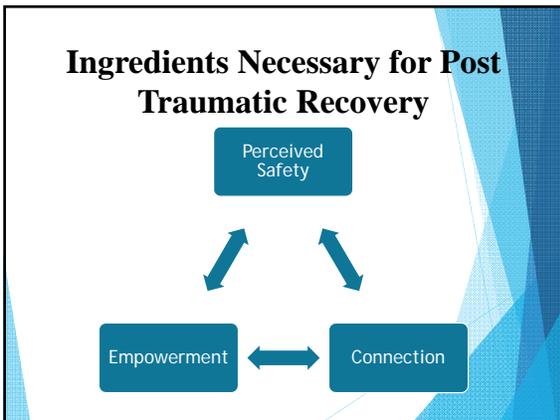
The Behavioral Pyramid

Behavioral Issues:

- ▶ Emotions Expressed
- ▶ Often Rooted in Trauma



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



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!!

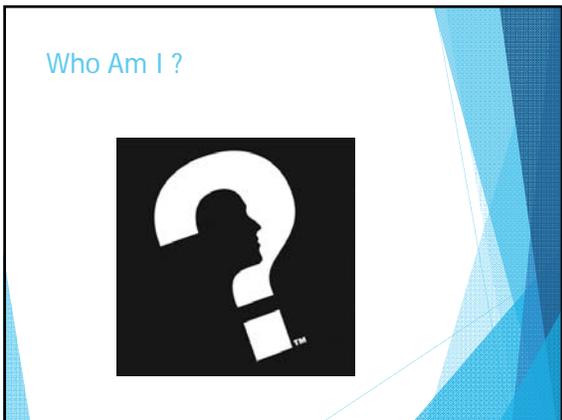


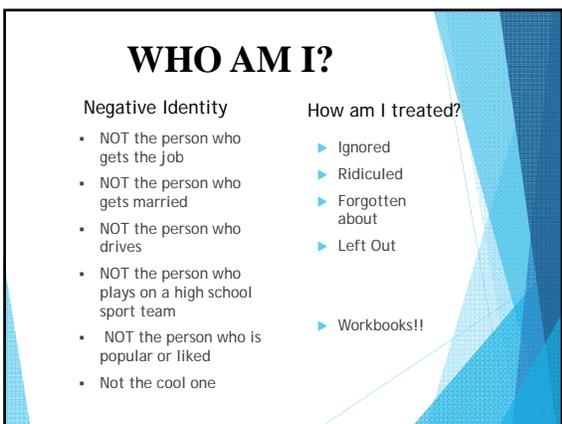
Carol Dwek, Ph.d.

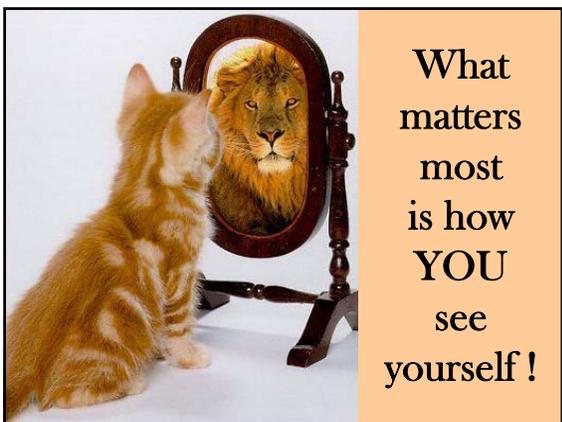
"How you see someone determines how they are able to see themselves!"

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!









From Recovery to Happiness
Seligman – “Flourish!”
Five levels of Happiness:

1. **Pleasure**
2. **Engagement**
3. **Positive Relationships**
4. **Achievement**
5. **Meaning**

HAPPY PEOPLE DON'T PUT HOLES IN THE WALLS !





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