

Creating Culturally Competent Trauma Informed Services

A Normal Response... to Abnormal Events

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Presented by The Pictou County Community Support Network

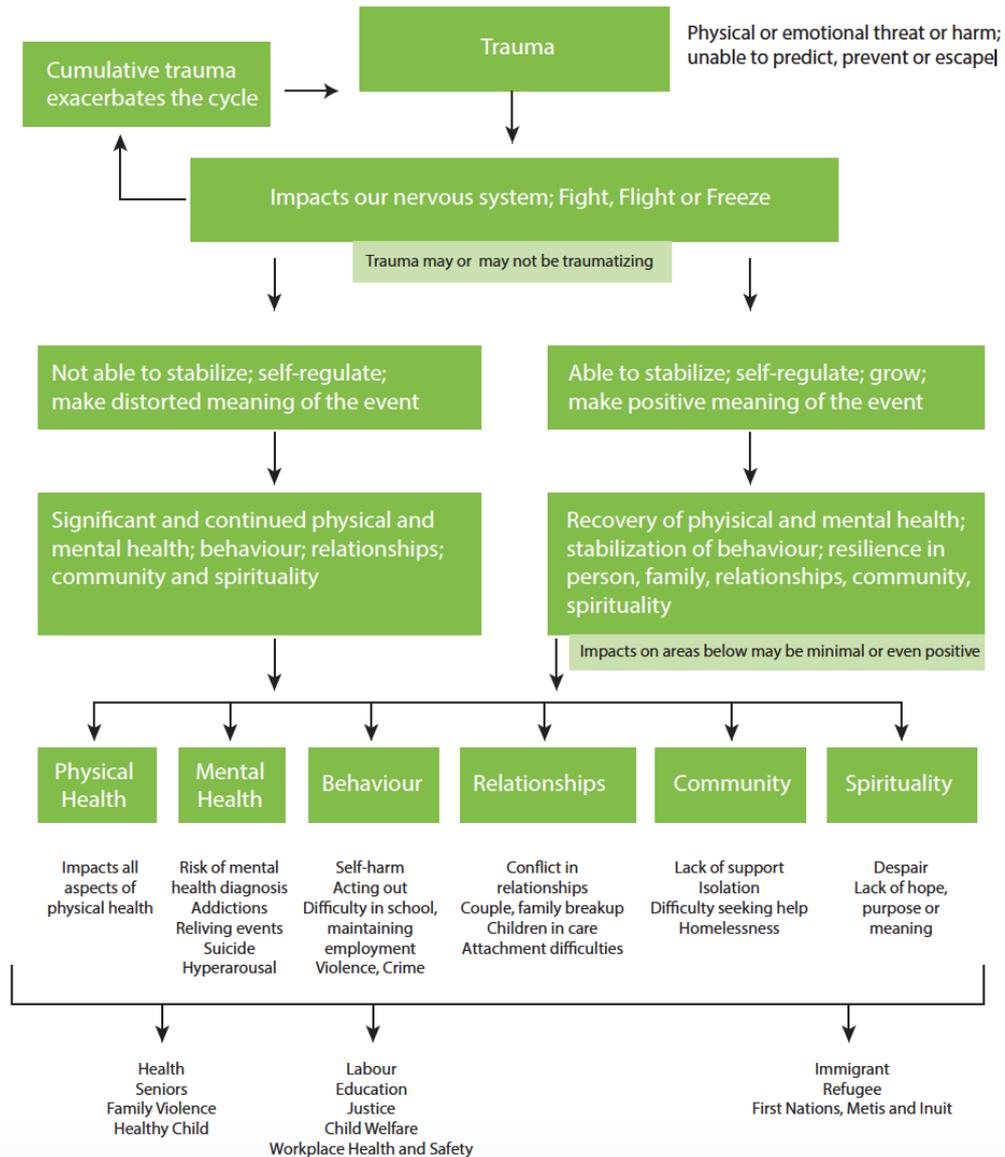
Your Presenters...

- **Robert S. Wright** is a social worker in private practice who has worked extensively in education, child welfare, mental health and forensic settings.
- **Nakita Archibald** is a registered counselling therapist - candidate in private practice, and a sexualized violence therapist with the PC support network.

Day 1 Agenda

- Opening Panel
- What is Trauma?
- Trauma: Incidence, Prevalence, Types
- S.A. and Criminal Justice Response
- Cultural Meaning of Trauma
- What is Cultural Competence
- Biology of Trauma
- Effects of Trauma
- Culture/Race and Trauma

Overview..



Opening Panel

Fishbowl Panel

- What kinds of crises do you typically see your clients experience in your work?
- How have people in your field historically addressed trauma?
- How does trauma present across diverse populations?

What is Trauma?

- At your table take a few minutes to construct a definition of Trauma
- Once done, share with your table mates the most important question you want to gain an answer for from today.
- When we regroup:
 - Share the definition
 - Share the most pressing question

Brief Break Time!



Trauma – A Definition

- Trauma is a type of injury one suffers when confronted with a dramatically threatening stimulus that *overwhelms one's ability to cope and/or integrate the feelings caused by the experience.*
- The term ***Trauma*** refers to both the event and the particular response to that event.

Trauma – Some Examples

- Examples of traumatic events:
 - Accidents
 - Natural Disasters
 - Child Abuse and Neglect
 - Sexualized Violence
 - Medical Interventions
 - Chronic micro-aggressions
 - Witnessing Acts of Violence
 - Loss
 - War
 - Genocide
 - Colonization

Population Statistics

- **76%** of Canadian adults report some form of trauma in their lifetime
- According to the Canadian Mental Health Association, about **1 in 10** people in Canada have PTSD.
- 31,000 Nova Scotians indicated that they were victims of sexual assault in 2004 – a rate of **40 per 1,000** population aged 15 and over
 - **44%** of victims were under 25 years of age.
- 2008 survey of 10,000 Canadian youths revealed high rates of trauma;
 - **21% of girls** and **31% of boys** reported physical abuse
 - **13% of girls** and **4% of boys** reported sexual abuse.

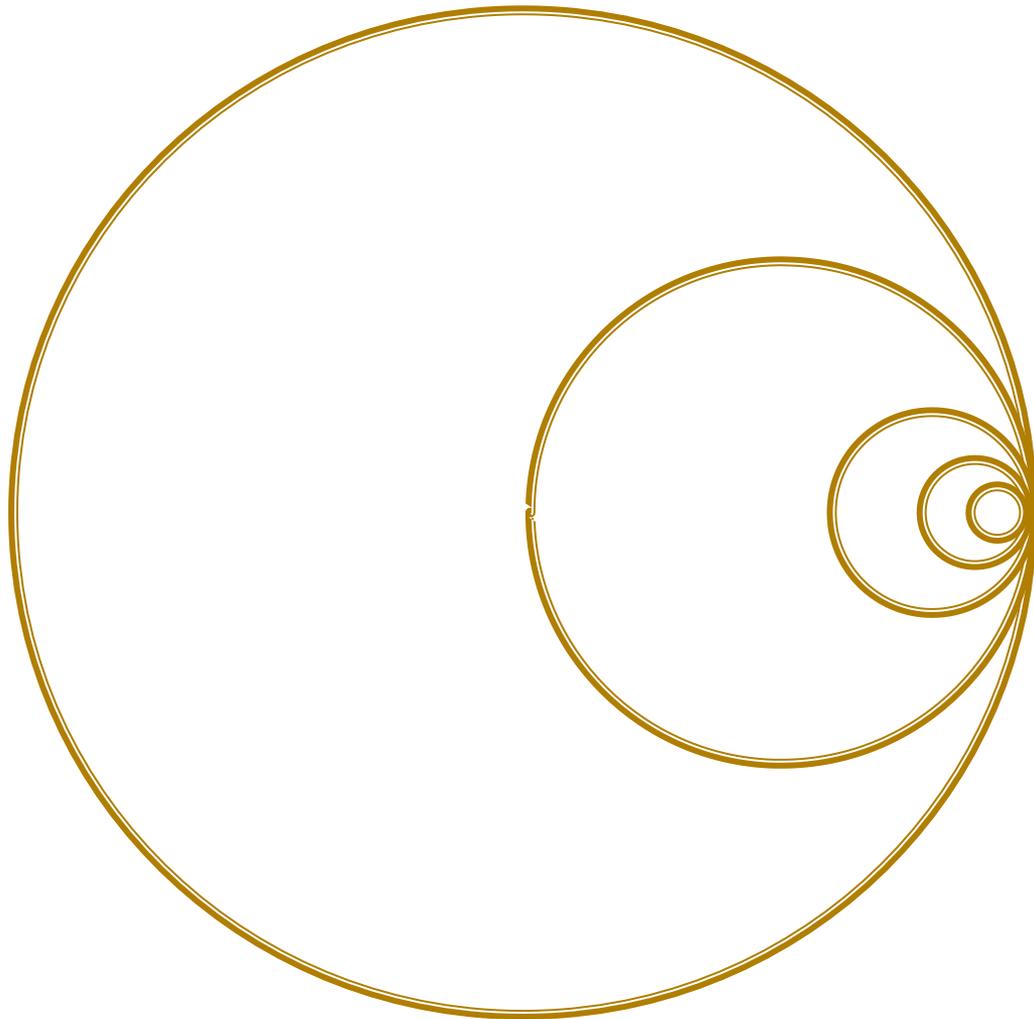
Population Statistics

- **80%** of women in prisons and jails have been victims of sexual and physical abuse
- There were **22,000 reported** sexual assault in Canada in 2010 (Statistics Canada, 2011)
- **1 of 4** women will be sexually assaulted in their lifetime (Sexual Assault Canada, 2012), **1 of 6** men (1in6.org)
- Police-reported data indicate that individuals under 18 were most likely to be victimized or physically assaulted by someone they knew (**85%** of incidents) (Statistics Canada, 2011)
- Nearly **55,000** children and youth were the victims of sexual offence or physical assault (Statistics Canada, 2011)

Incidence, Prevalence, Types

- The vast majority of sexual assaults in Canada are not reported to police.
- Victims often experienced re-traumatization while seeking support in the aftermath of the assault.

Incidence and Reporting of S.A.

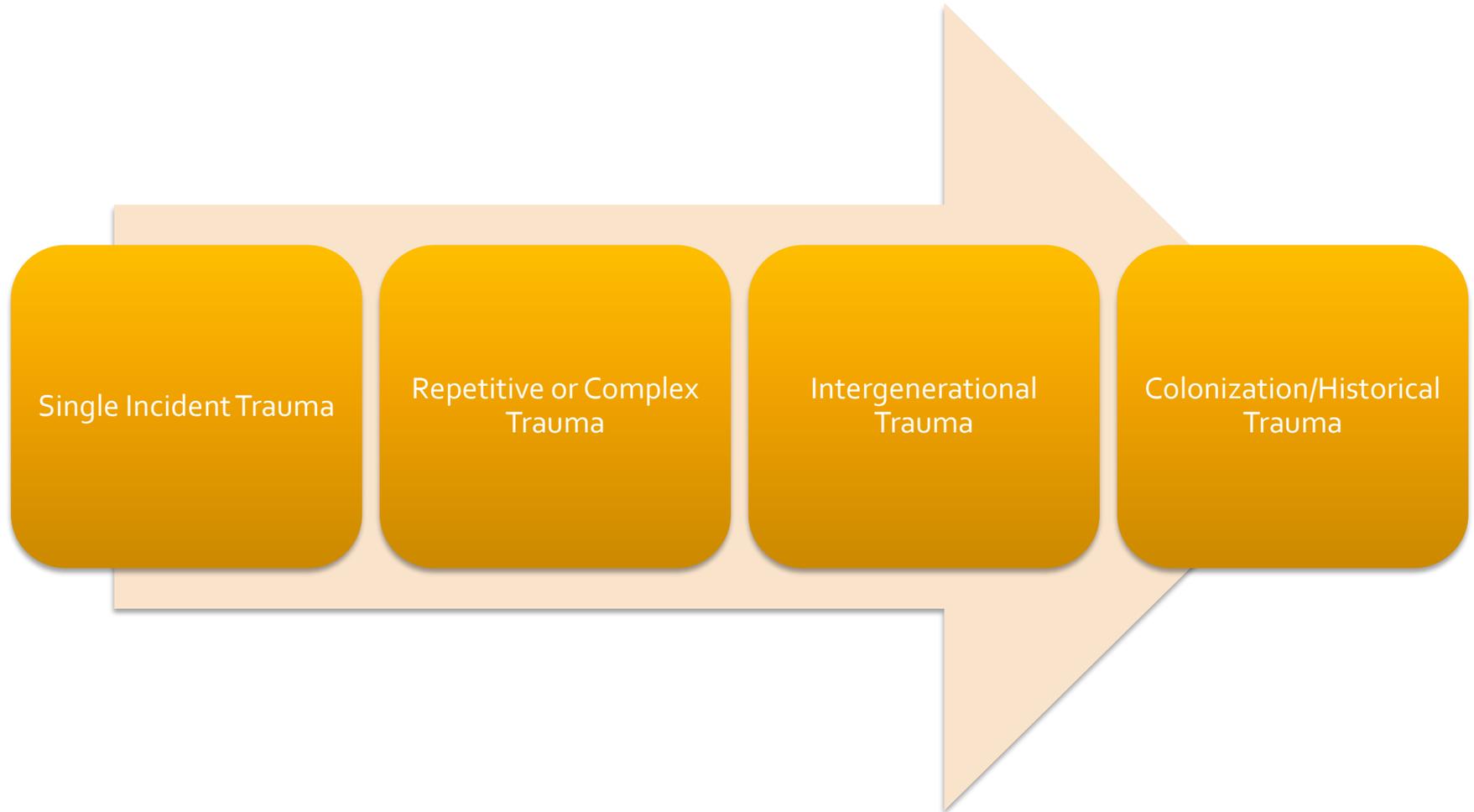


- Total assaults
- ~35% are disclosed
- ~6% reported formally to police
- 1/3 of those reported result in charges
- 1/2 of those result in convictions – 1% of assaults

S.A. and Criminal Justice

- What does the Lenehan decision tell us about the role of the CJS in responding to S.A.?
- Do we need “tougher laws” or some other responses?
 - <http://www.cbc.ca/news/canada/nova-scotia/halifax-cab-driver-sex-assault-acquittal-judge-decision-transcript-1.4008375>

Trauma Continuum



Types of Trauma

Whether the trauma was natural or caused by another human can have a significant impact on the way one reacts to it.

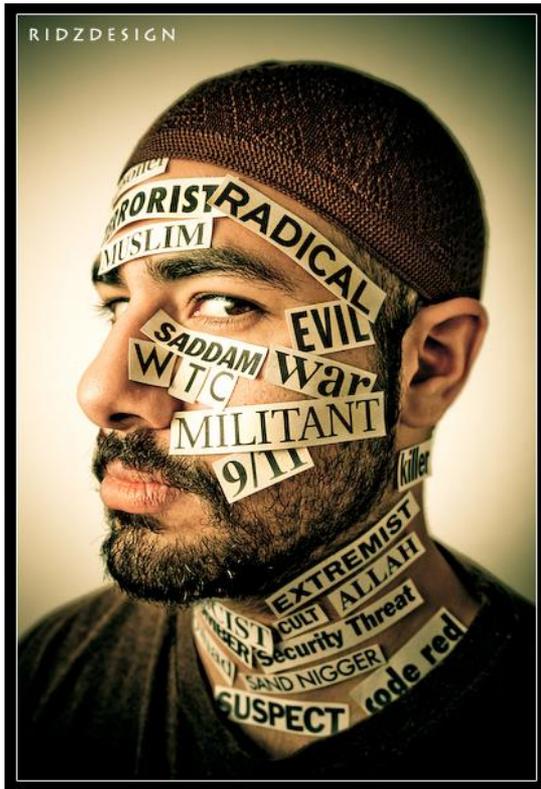


Hurricane Katrina
August 25th, 2005
Ft. Lauderdale, FL



Cultural Meaning of Trauma

The cultural meaning of trauma can also have a significant impact on the way one reacts to it.



What is Cultural Competence

- Cultural competence refers to an ability to interact effectively with people of different cultures:
 - A. Understand our own cultural positions and how they differ from others
 - B. Understand the different social and cultural realities we work in
 - C. Cultivate appropriate attitudes towards cultural difference
 - D. Generate and interpret a variety of verbal and non-verbal responses and the ability to talk about difference
 - E. Understand structural oppression and commit to social justice

A) Nichols' Model for Understanding Cultural Difference

Philosophical Perspective on Cultural Difference. Edwin Nichols (cf. work of Jung)

- Different world cultures developed out of differing physical environments. These world views have differing constructs:
 - Axiology (values)
 - Epistemology (way of knowing)
 - Logic (principles of reason)
 - Process (practice of reason)

THE PHILOSOPHICAL ASPECTS OF CULTURAL DIFFERENCE

DEVELOPED BY EDWIN J. NICHOLS, PH.D.

ETHNIC GROUPS ETHNIC WORLDVIEW	AXIOLOGY	EPISTEMOLOGY			LOGIC	PROCESS
		APPLIED	PEDAGOGY	METHODOLOGY		
EUROPEAN EURO-AMERICAN	Member-Object The highest value lies in the object or the acquisition of the object	One knows through Counting and Measuring	Parts to Whole	Linear and Sequential <i>-Assembly line-</i>	Dichotomous <i>Either/Or</i> <i>-Newtonian theory-</i>	All sets are repeatable and reproducible <i>-Technology-</i>
AFRICAN AFRICAN AMERICAN LATINO/A ARAB	Member-Member The highest value lies in the relationships between persons	One knows through Symbolic Imagery and Rhythm (function) <i>-Gladwell <u>Blink</u>-</i>	Whole Holistic Thinking <i>-The BIG picture-</i>	Critical Path analysis <i>-Cut to the chase-</i>	Diunital <i>Union of opposites</i> Difrasismo <i>-Aztec thought-</i> The In Between <i>Ibn 'Arabi</i> <i>-Quantum theory-</i>	All sets are interrelated through human and spiritual networks <i>-Black church-</i>
ASIAN ASIAN AMERICAN POLYNESIAN	Member-Group The highest value lies in the cohesiveness of the group	One knows through Transcendental Striving <i>-Tree the forest-</i>	Whole and parts are seen simultaneously <i>-To read a Chinese word-</i>	Cyclical and Repetitive <i>-Stroke order in writing a Chinese word-</i>	Nyaya <i>-The objective world is conceived independent of thought and mind-</i> <i>-Chaos theory-</i>	All sets are independently interrelated in the harmony of the universe <i>-Keiretsu-</i>
NATIVE AMERICAN	Member-Great Spirit The highest value lies in oneness with the Great Spirit	One knows through Reflection and Spiritual Receptivity <i>-Purification rites-</i>	Whole is seen in cyclic movement <i>-Seasons-</i> <i>-Medicine Wheel-</i>	Environmentally experiential reflection <i>-Rites of Passage-</i>	Great Mystery <i>-A set of 4 and a set of 3 form the whole-</i> <i>-Super string theory-</i>	All sets are interrelated through the elements, plant, animal, and spiritual networks <i>-White Buffalo-</i>

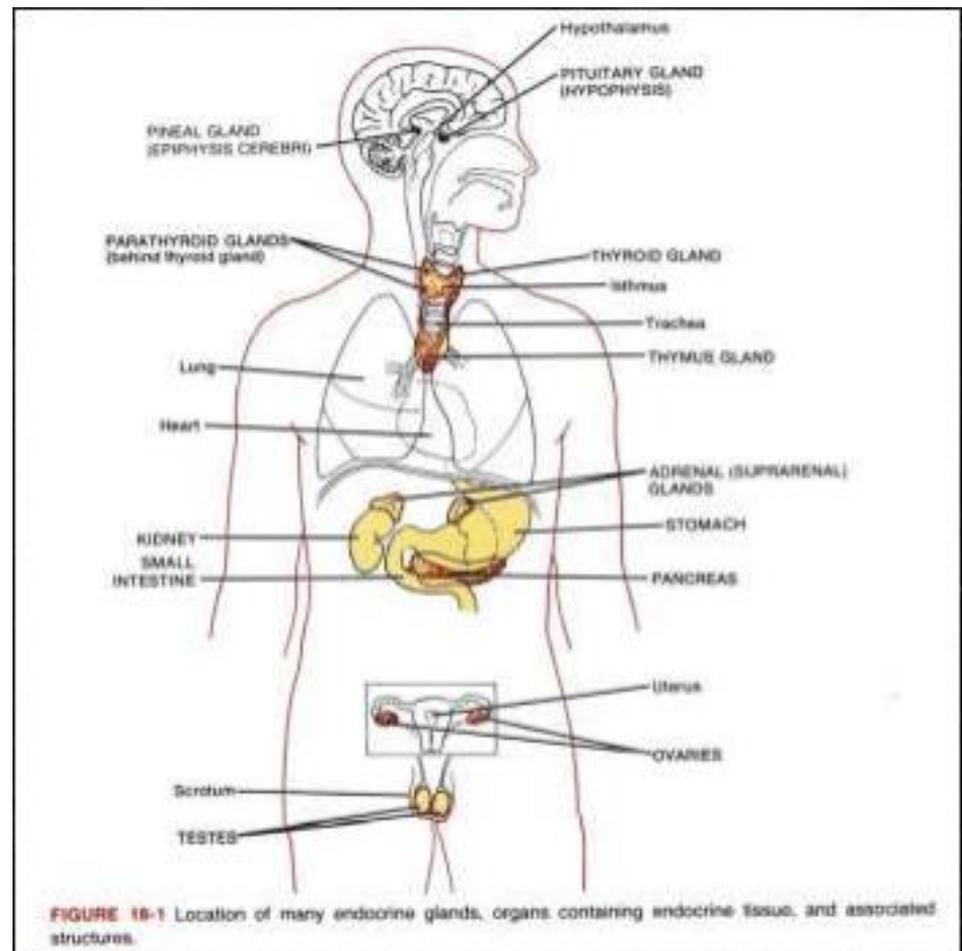
B) Understanding Cultural Realities and Contexts

- Society and our communities are increasingly diverse
- Historical discrimination against indigenous and early settler ethnic communities exists
- Global strife, limited economic opportunity and other forces promote international immigration

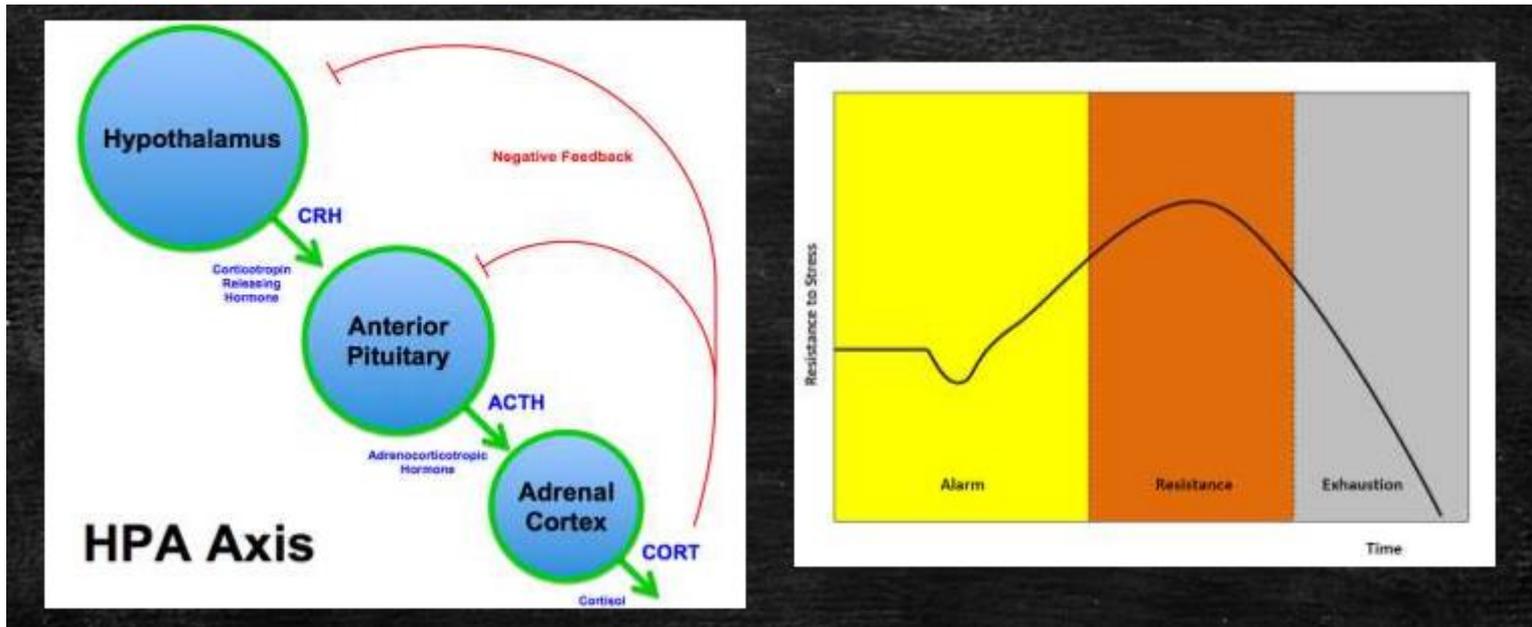
Neurobiology of Trauma

HPA Axis and Neurobiological Model

- **Hypothalamus**—acts as a “meter” that maintains balance among systems in the brain and body.
- **Pituitary**—connected to Hypothalamus and sends messages to many organs including the adrenal glands and sexual organs.
- **Adrenal glands**—activate “fight or flight” (or stress) response and sexual behaviour among other things.



Neurobiology of Trauma

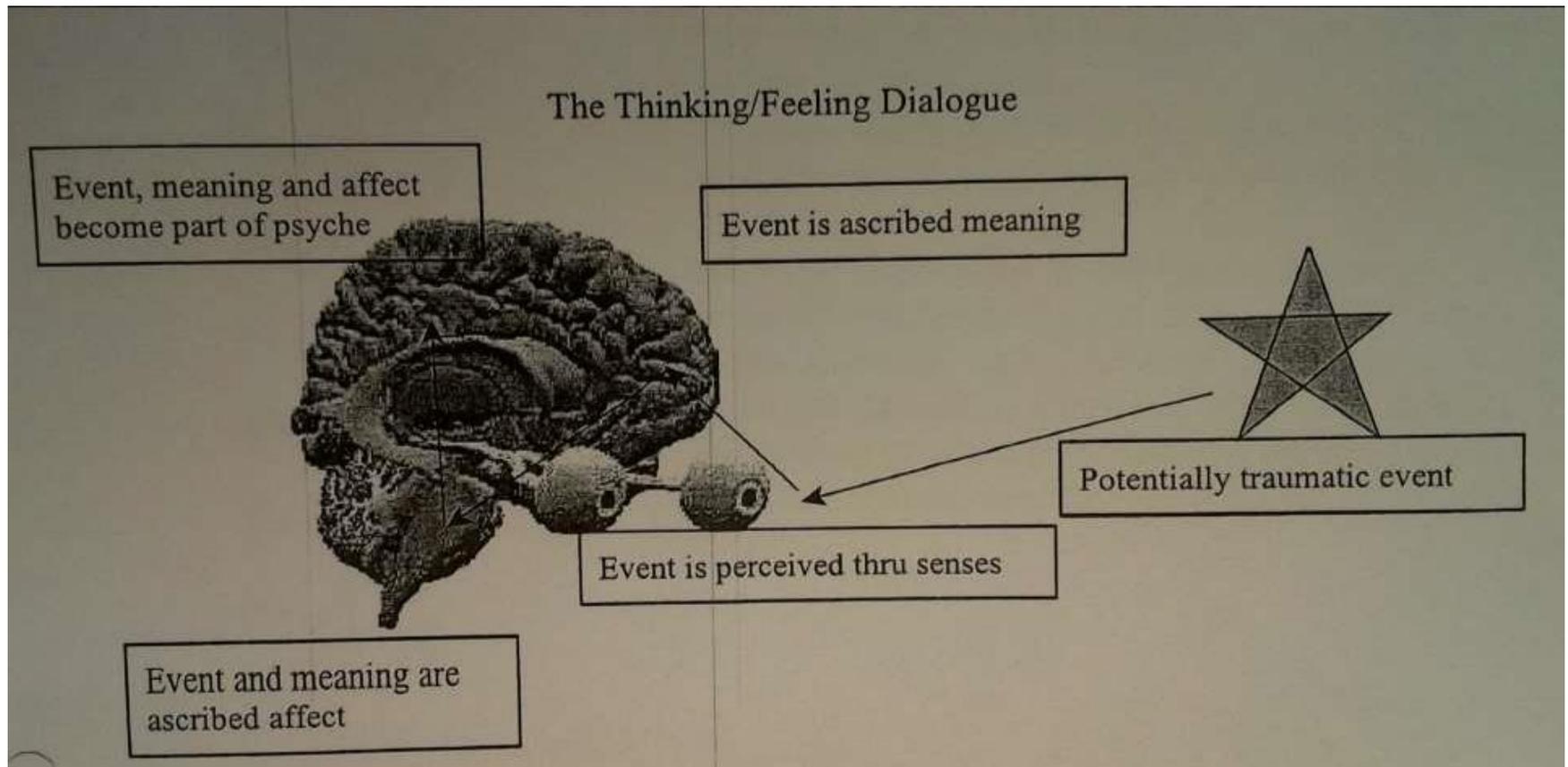


HPA Axis and Neurobiological Model - provides a physical mechanism for linking trauma and responses to it.

Psychology of Trauma

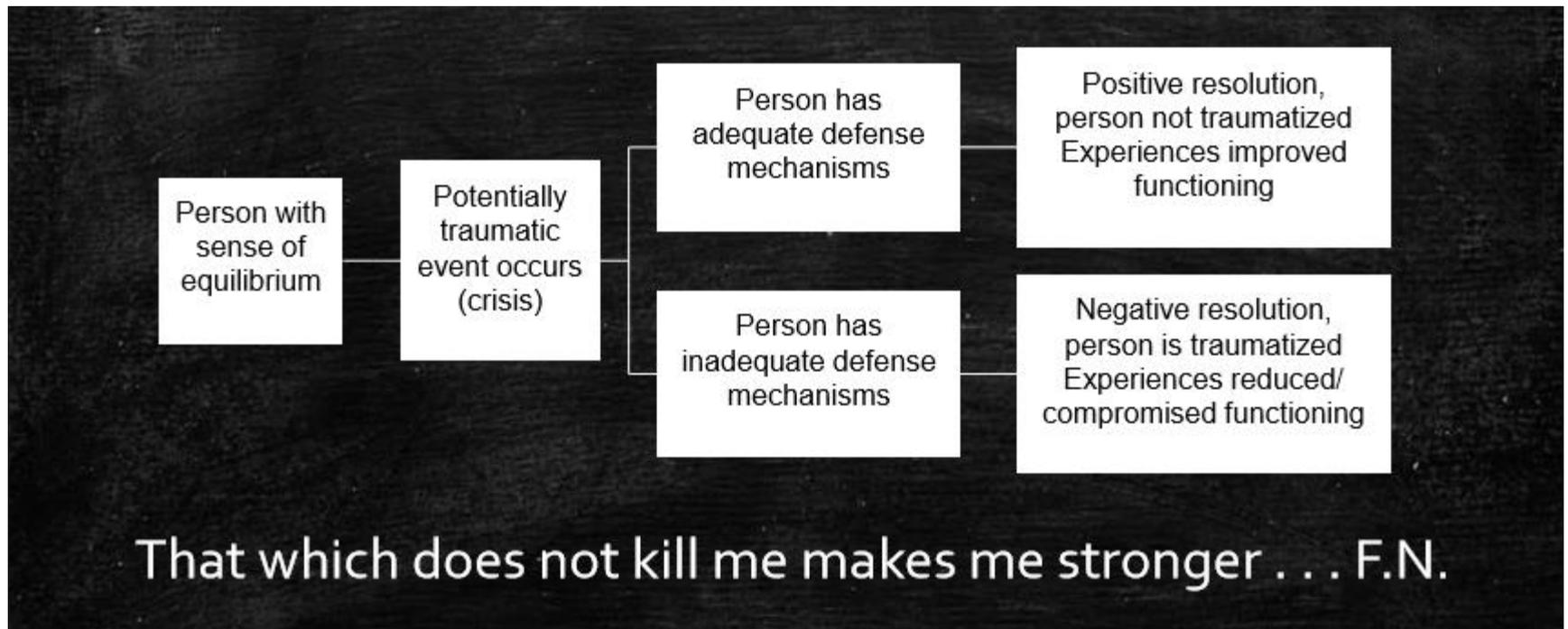
Psychological Model of Trauma

Thoughts, Feelings, and Meanings



Psychology of Trauma

Psychological Model of Trauma offers a way to consider resilience



Developmental Trauma

- Results from exposure to early ongoing or repetitive trauma in infancy and early childhood:
 - Neglect
 - abandonment
 - physical or sexual abuse or assault
 - emotional abuse
 - witnessing violence or death
 - coercion or betrayal.
- DT disrupts cognitive, neurological and psychological development and attachment

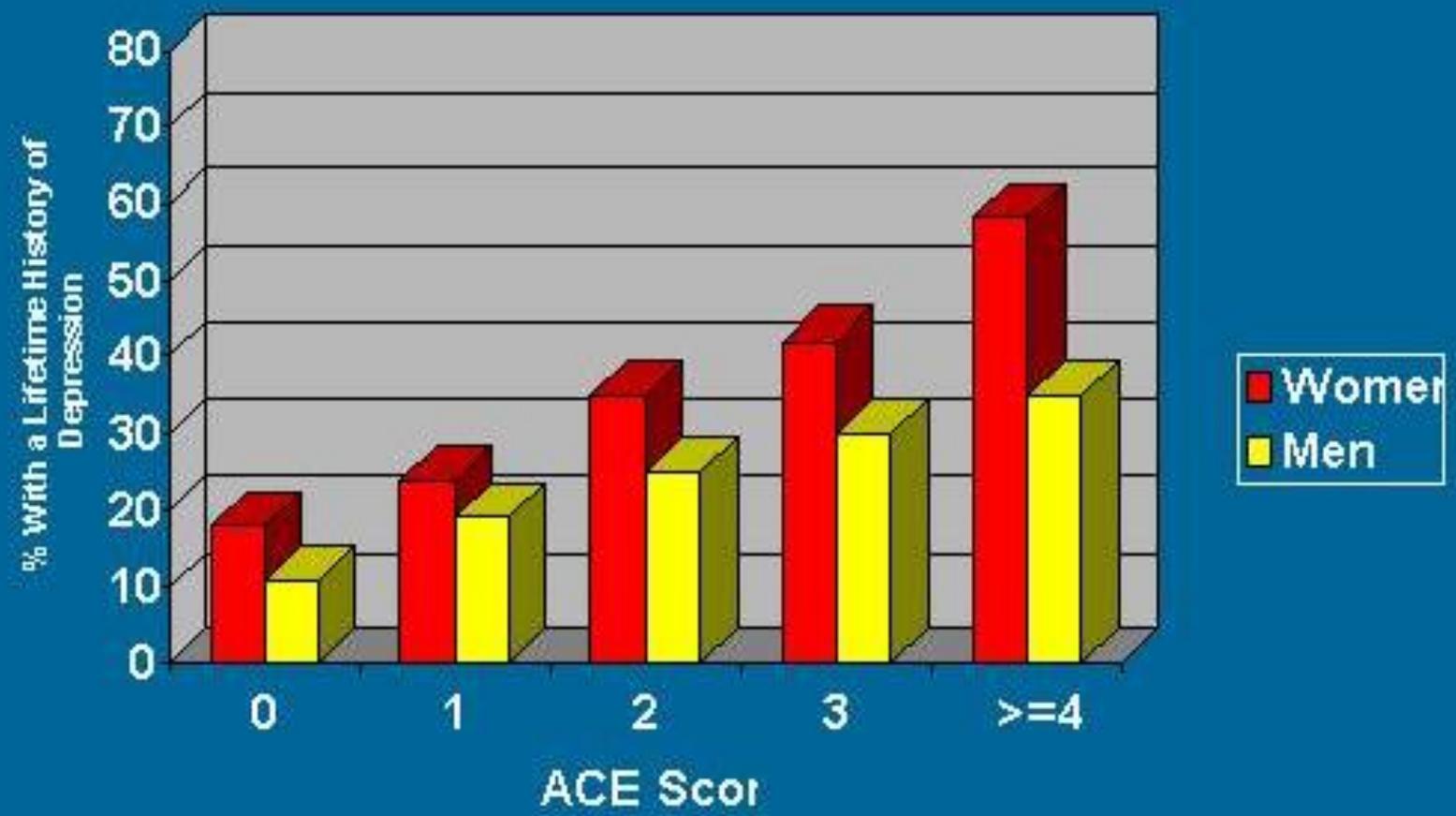
Adverse Childhood Experiences (ACES)

- <https://acestoohigh.com/got-your-ace-score/>

Childhood Experiences vs. Adult Alcoholism

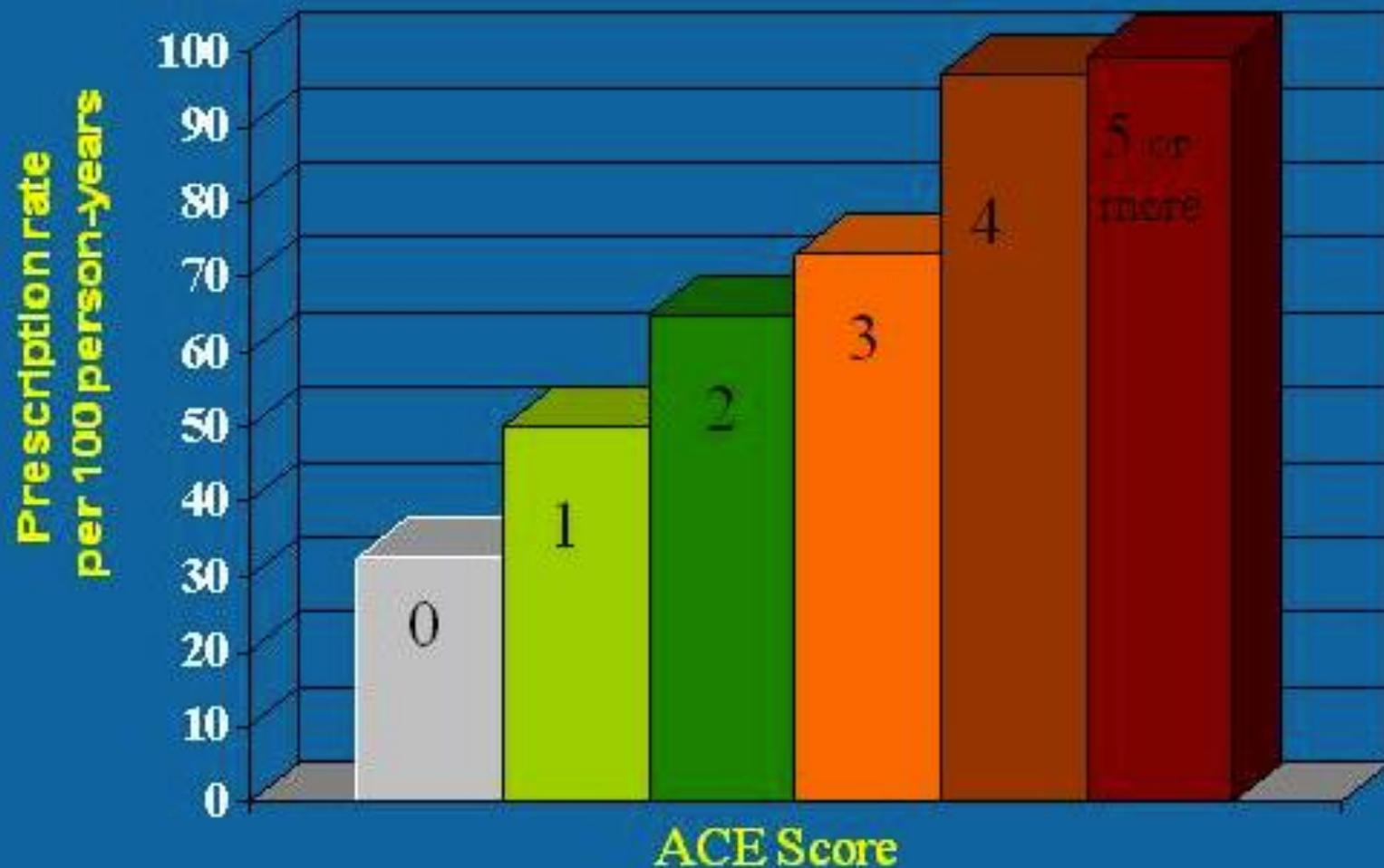


Childhood Experiences Underlie Chronic Depression

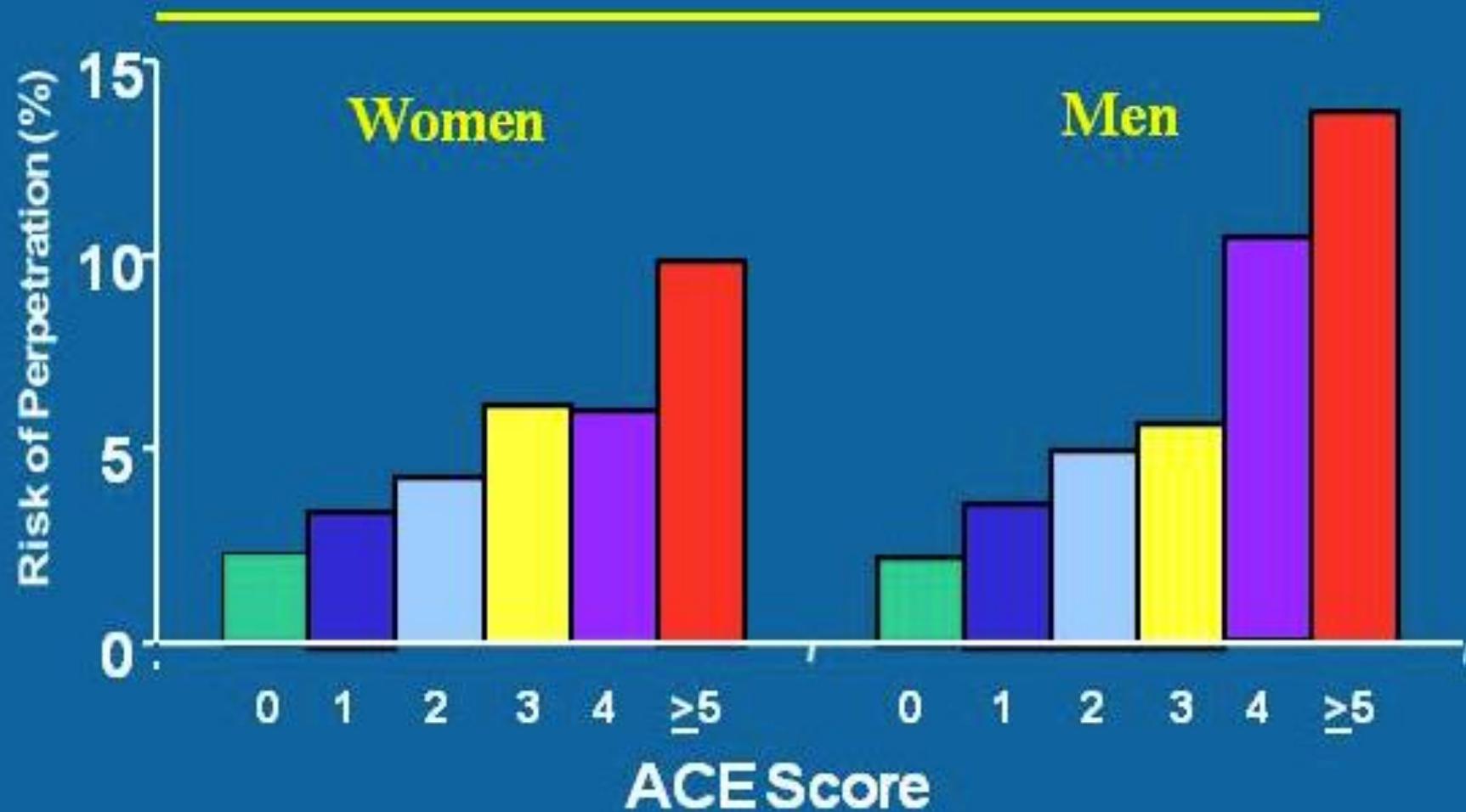


ACE Score and Rates of Antidepressant Prescriptions

approximately 50 years later



ACE Score and the Risk of *Perpetrating* Domestic Violence



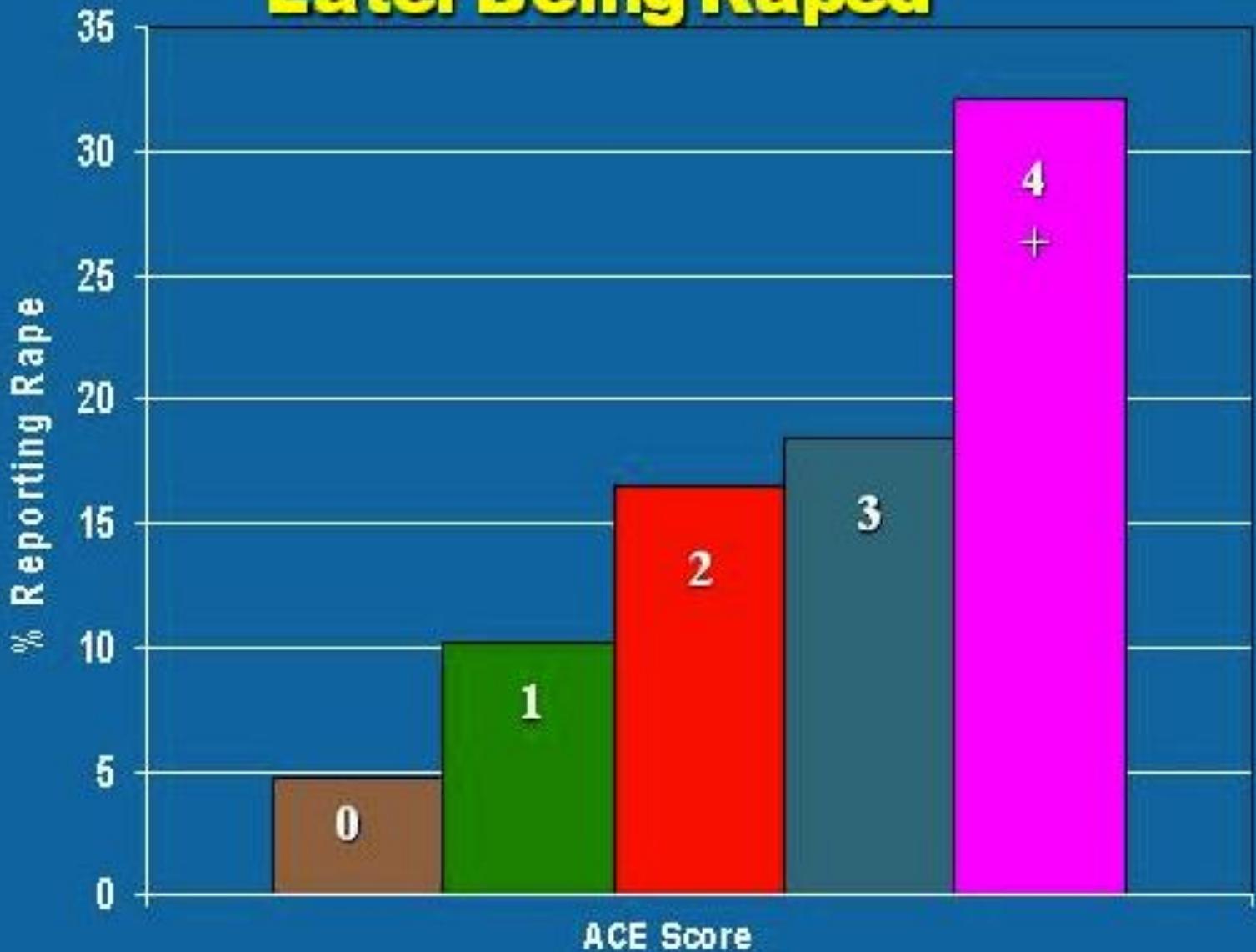
The ACE Score and the Prevalence of Liver Disease (Hepatitis/Jaundice)



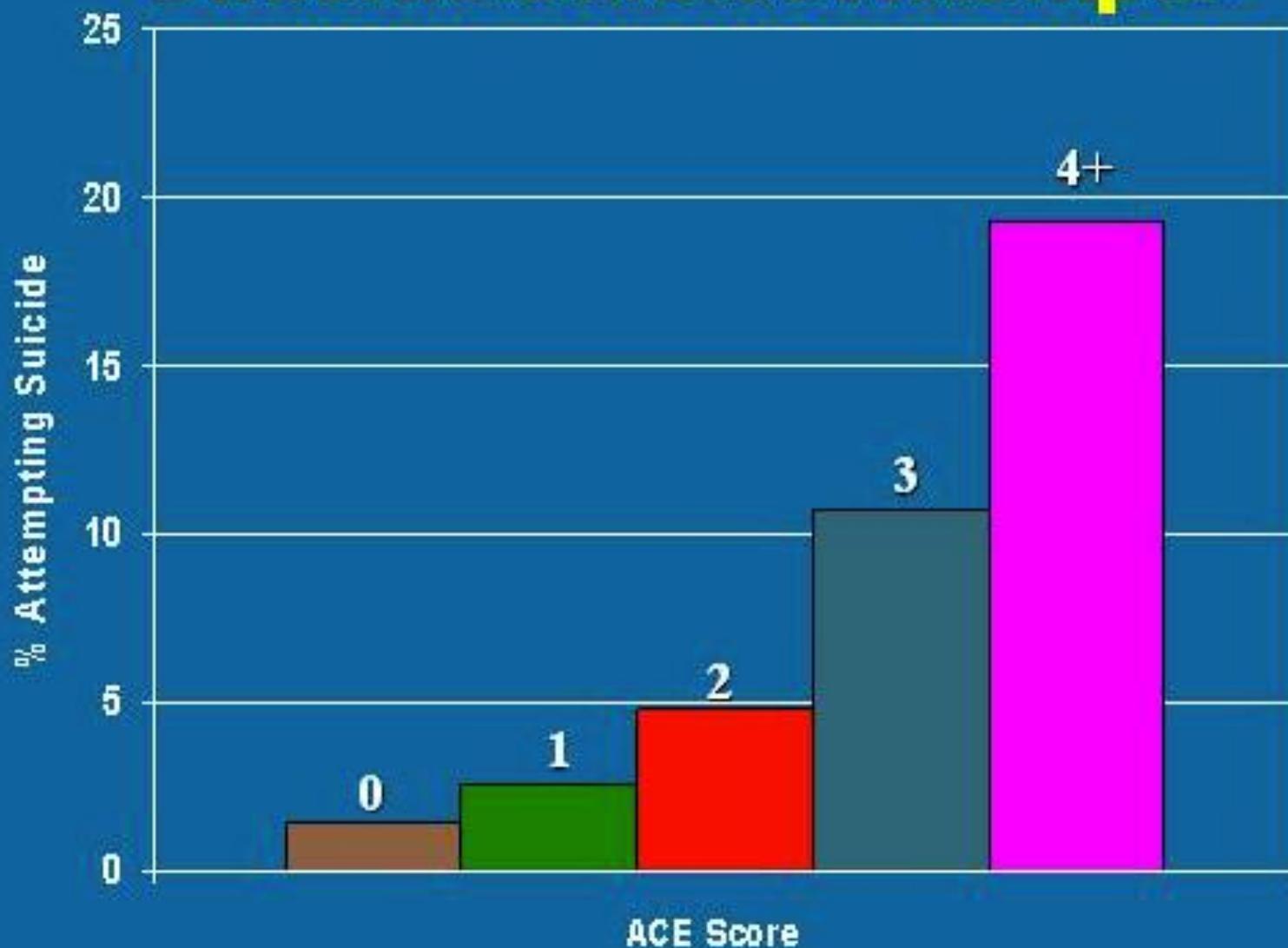
Adverse Childhood Experiences vs. Smoking as an Adult



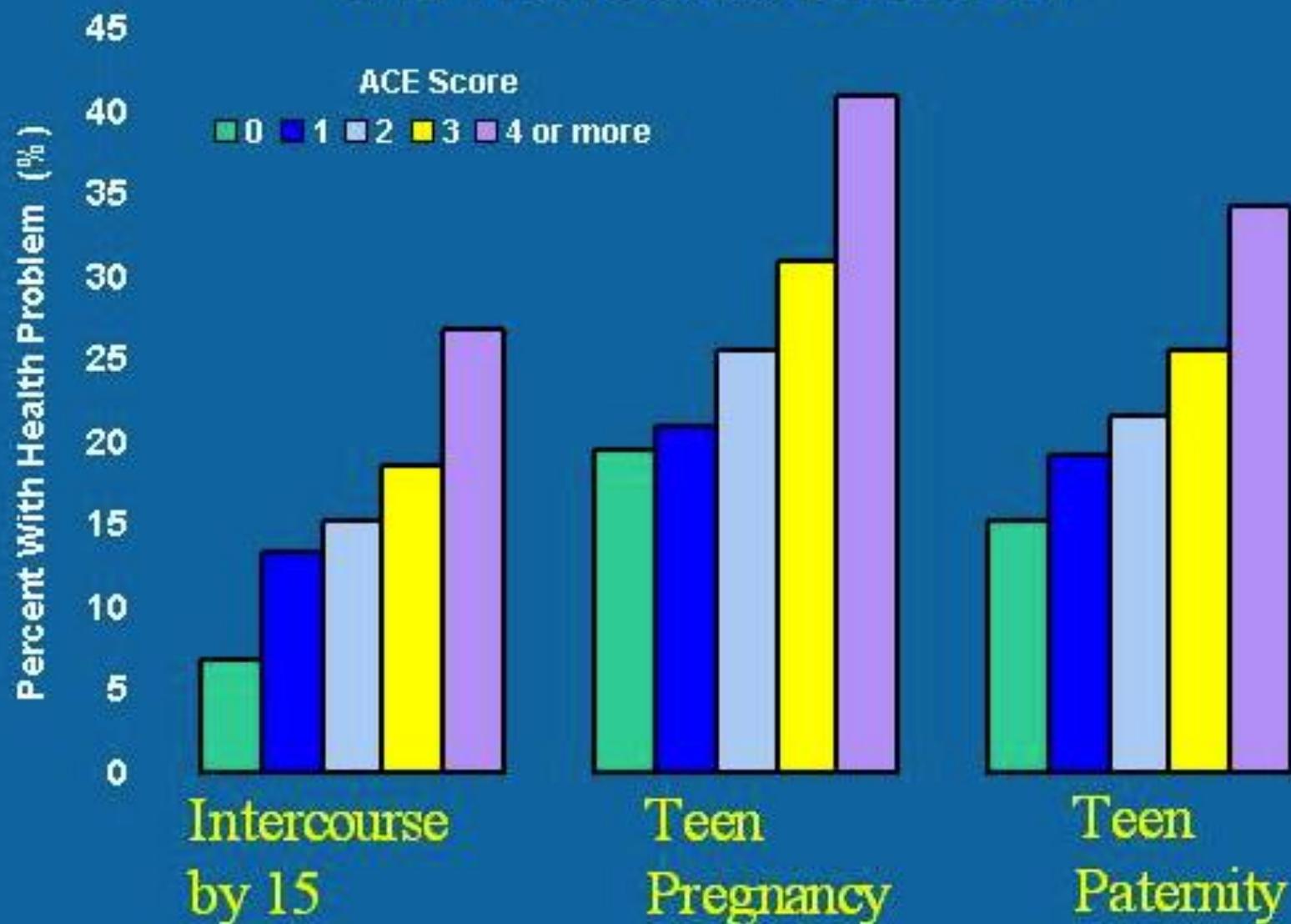
Childhood Experiences Underlie Later Being Raped



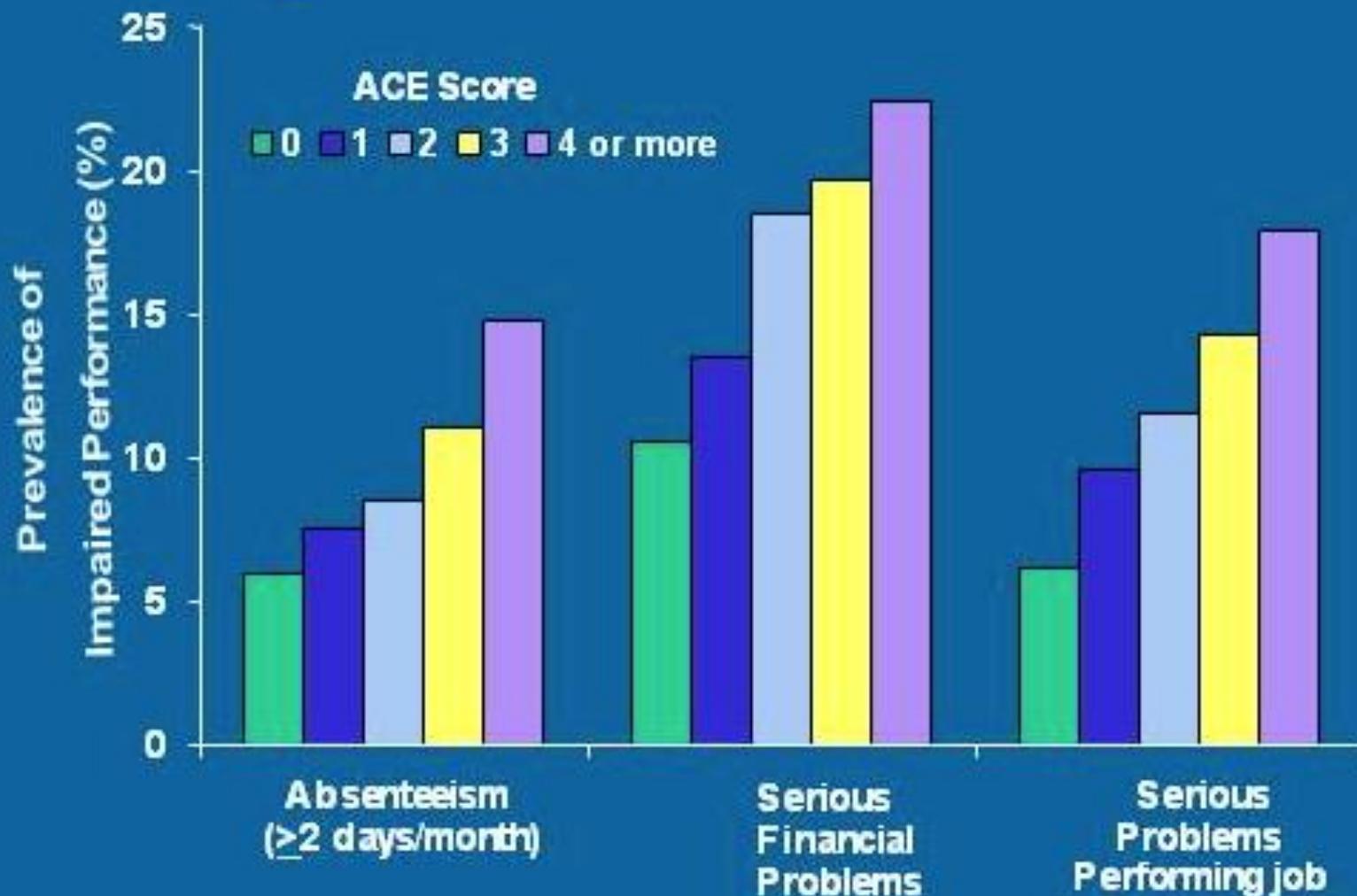
Childhood Experiences Underlie Suicide Attempts



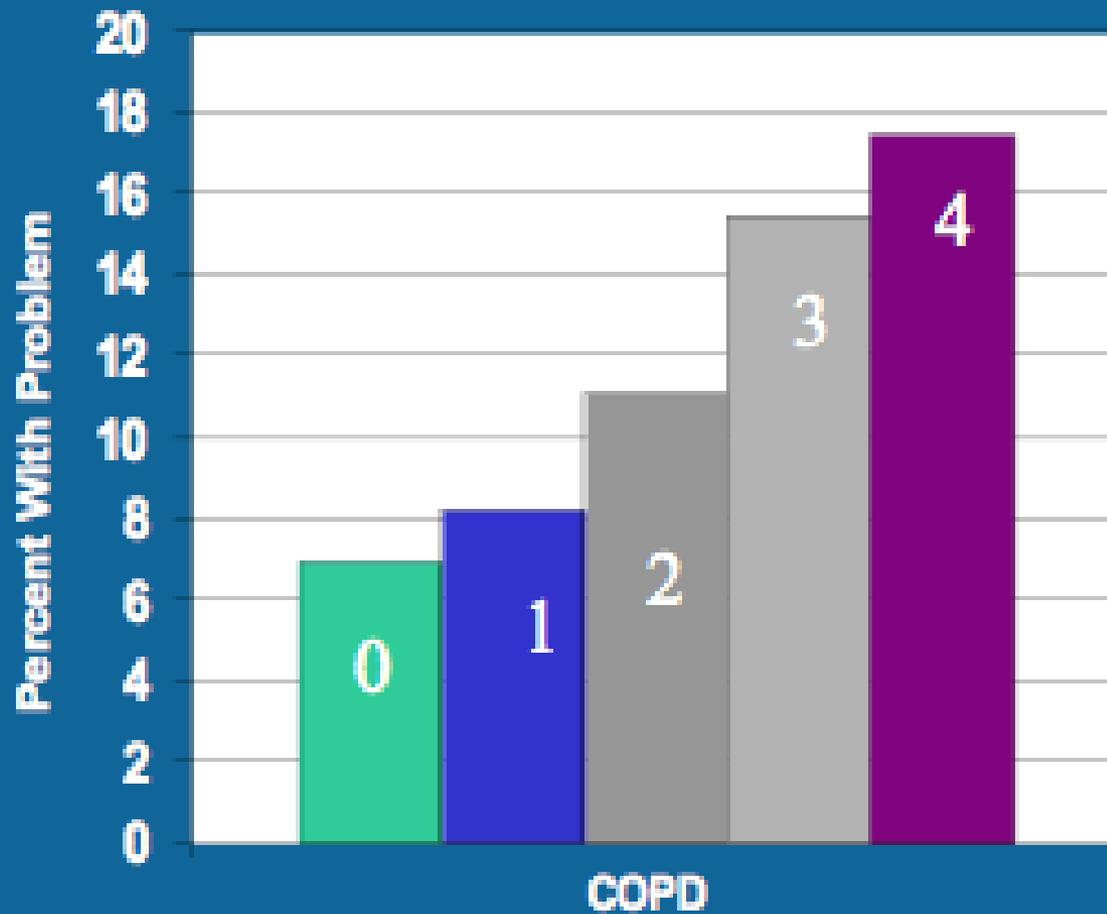
ACE Score and Teen Sexual Behaviors



ACE Score and Indicators of Impaired Worker Performance



ACE Score vs. COPD



Social Determinants – Protective Factors

- Income and Social Status
- Social Support Networks
- Education and Literacy
- Employment/Working Conditions
- Social Environments
- Physical Environments
- Personal Health Practices and Coping Skills
- Healthy Child Development
- Biology and Genetic Endowment
- Health Services
- Gender
- Culture

Traumatic Stress Reactions

- Immediately after the event a psychological defense is typical.
- Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.

BREAKING THE SILENCE

- Breaking the silence is often the most difficult step in healing from trauma...



Clinical Effects of Trauma

- The effects of trauma are very individual
- In the face of a traumatic experience, life is reorganized into life prior to the event and everything that occurred since.
- To experience a traumatic event is to come into contact with unparalleled psychological and emotional pain.

Trauma and Stress Related Disorders

Posttraumatic Stress Disorder (PTSD)

Re-experiencing the event

Heightened arousal

Avoidance

Negative thoughts and mood or feelings

Other Stress Related Disorders

- PTSD Preschool Subtype
- Acute Stress Disorder
- Disinhibited Social Engagement Disorder
- Dissociative Amnesia
- Dissociative Disorder NEC
- PTSD Dissociative Subtype
- Adjustment Disorders
- Reactive Attachment Disorder
- Dissociative Identity Disorder
- Depersonalization/Derealization Disorder

Trauma and Stress Related Disorders

Complex/Developmental PTSD

- More severe symptoms
- Trauma has been experiences at an early age in development
- Trauma was chronic
- Impacts brain development
- Impacts attachment
- Trauma involved an individual close in relationship (i.e., parent, caregiver, person in position of authority)
- Profoundly disruptive
- Impacts all relationships of the individual

Behavioral Effects of Trauma

Young Children

- Generalized fear
- Nightmares
- Heightened arousal
- Confusion
- Physical Symptoms

School-Aged

- Aggression & Anger
- Behavioral Reenactment
- Regression
- Repetitive Traumatic Play
- Loss of concentration
- School Difficulty

Adolescents

- Depression
- Social withdrawal
- Risky behavior
- Sexual acting out
- Sleep and eating disturbances

Behavioral Effects of Trauma

Adults

- Sleep problems
- Increased agitation
- Hypervigilance
- Isolation
- Withdrawal
- Increased use of substances

Older Adults

- Withdrawal
- Isolation
- Reluctance to leave home
- Worsening of chronic illnesses
- Confusion
- Depression
- Fear

Relational Effects of Trauma

- Difficulty feeling love and trust in relationships
- Decreased interest in sexual activity
- Emotional distancing from others
- Relationships may be characterized by anger and mistrust
- Unable to maintain relationships
- Parenting difficulties

Physical Effects of Trauma

- Eating disturbances (more or less than usual)
- Sleep disturbances (more or less than usual)
- Pain in areas on the body that may have been involved in the traumatic experience
- Low energy
- Chronic unexplained pain
- Headaches
- Anxiety/panic
- Common Physical Disorders

Physical Effects of Trauma

- **Somatization**

- A focus on bodily symptoms or dysfunctions to express emotional distress.



Emotional Effects of Trauma

- Depression, spontaneous crying, despair and hopelessness
- Anxiety
- Extreme vulnerability
- Panic attacks
- Fearfulness
- Compulsive and obsessive behaviors
- Feeling out of control
- Irritability, anger, resentment
- Emotional numbness
- Frightening thoughts
- Difficulties in relationships

Emotional Effects of Trauma

Emotional Regulation

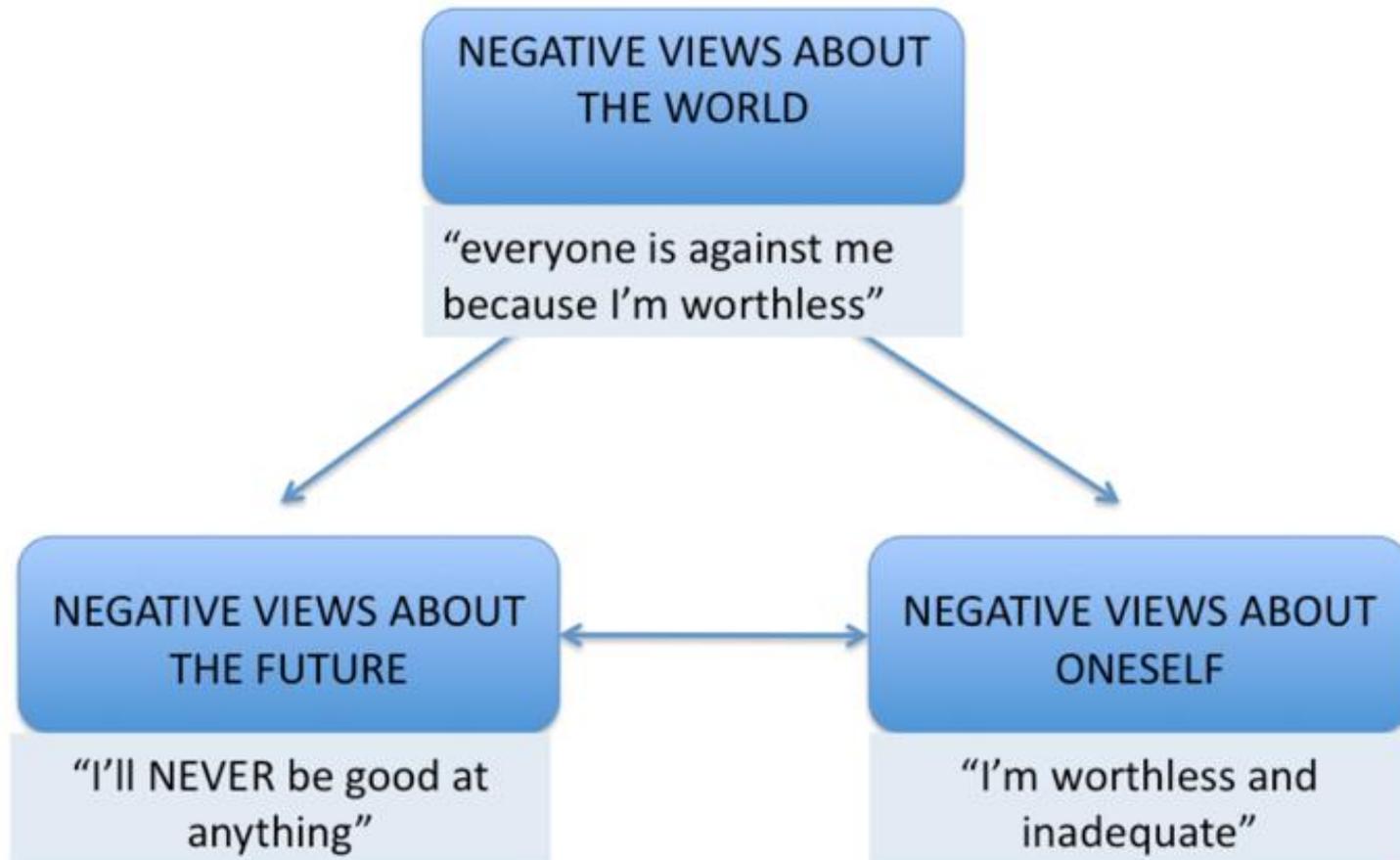
- Difficulty regulation emotions such as anger, anxiety, sadness, and shame

Numbing

- A biological process where emotions are detached from thoughts, behaviors, and memories

Cognitive Effects of Trauma

Beck's Cognitive Triad (1979)



Cognitive Effects of Trauma

- Memory lapses, especially about the trauma
- Loss of time
- Being flooded or overwhelmed with recollections of the trauma
- Difficulty making decisions
- Decreased ability to concentrate
- Feeling distracted
- Withdrawal from normal routine
- Thoughts of suicide

Cognitive Effects of Trauma

Triggers and Flashbacks

Triggers

- A stimulus that sets off a memory of a trauma.
- Any sensory reminder of the traumatic event: a noise, smell, temperature, other physical sensations, or visual scene

Flashback

- Re-experiencing a previous traumatic experience as if it were actually happening in the moment.

Cognitive Effects of Trauma

Dissociation

- It is a mental process that severs connections among a person's thoughts, memories, feelings, actions, and/or sense of identity
- It can occur during a severe stress or trauma as a protective element whereby the individual incurs distortion of time, space, or identity.

Depersonalization

- Means psychologically "leaving one's body"

Derealization

- Leading to a sense that what is taking place is unfamiliar or is not real.

Cultural Effects of Trauma

- Several distinct groups have experienced intergenerational trauma as a result of the intersection of multiple forms of oppression (e.g. Indigenous, Black, and Immigrant communities).
- Trauma can be viewed as a pervasive Social Justice issue under several lenses: Inclusive Feminism, Critical Race Theory, Ableism and Classism (among others).

Immigrants & Refugees

“I came to Canada to find peace. I’ve climbed the ladder of peace and I thought that would be all. I ran from flames, but now I’m faced with hidden flames. Integration is like that.” (Somali refugee, 2006)

It is the survivors’ interpretation of the trauma that is important and helps us understand both the impact of the trauma now and how we can be helpful.

History of Black Male Sexual Victimization

- In Slavery
 - Black women's sexual abuse in slavery is well documented
 - Male bodies similarly eroticized and fetishized
 - Male genital torture and mutilation well documented
 - Males forced, powerless spectators of Black women's rape
 - Males forced to rape Black women while others watched
 - Forced "slave breeding"
 - Males sexually assaulted by male and female slave owners (>with proximity)

(Foster. T. (2011). The Sexual Abuse of Black Men under American Slavery. Journal of the History of Sexuality 20, 2. pp. 445-464)

History of Black Male Sexual Victimization

- After Slavery
 - Literature is limited
 - Similar patterns continue to exist
 - Brutal attack on Black men involve genital torture and mutilation
 - Emasculation of Black males under constant threat
 - Increased opportunities for sexual exploitation



History of Black Male Sexual Victimization

- More modern times
 - Black bodies eroticized and fetishized
- Do the math
 - Black children have higher incidence of abuse
 - Black children have higher incidence of being in care
 - Black children have higher incidence of being in institutional care
 - Black youth have higher incidence of being incarcerated
 - Black men have higher incidence of being incarcerated
 - Sexual abuse is ubiquitous in oppressive institutions

Consequences of Sexual/Sexuality Abuse

- Disturbing patterns of Black male criminal engagement
 - Hyper-masculine bravado in Black male criminality
 - Human trafficking and pimping (cf. Smith, T. (2000). Pimping and Prostitution in Halifax in the Early 1990's: The Evolution of a Moral Panic)
- Disturbing patterns of Black male misogyny
 - Depiction of women in hip hop culture
- Disturbing patterns of Black male substance use and trafficking
- Disturbing patterns of Black male violence
 - Greatest offense is “dissing” or “punking”

Summary

Q & A

