



*Supporting those with lived experience through trauma
informed embodied practices*

Social Care Ireland Annual Conference 2024

Maura O'Donoghue

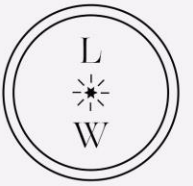
Luam  Wellness



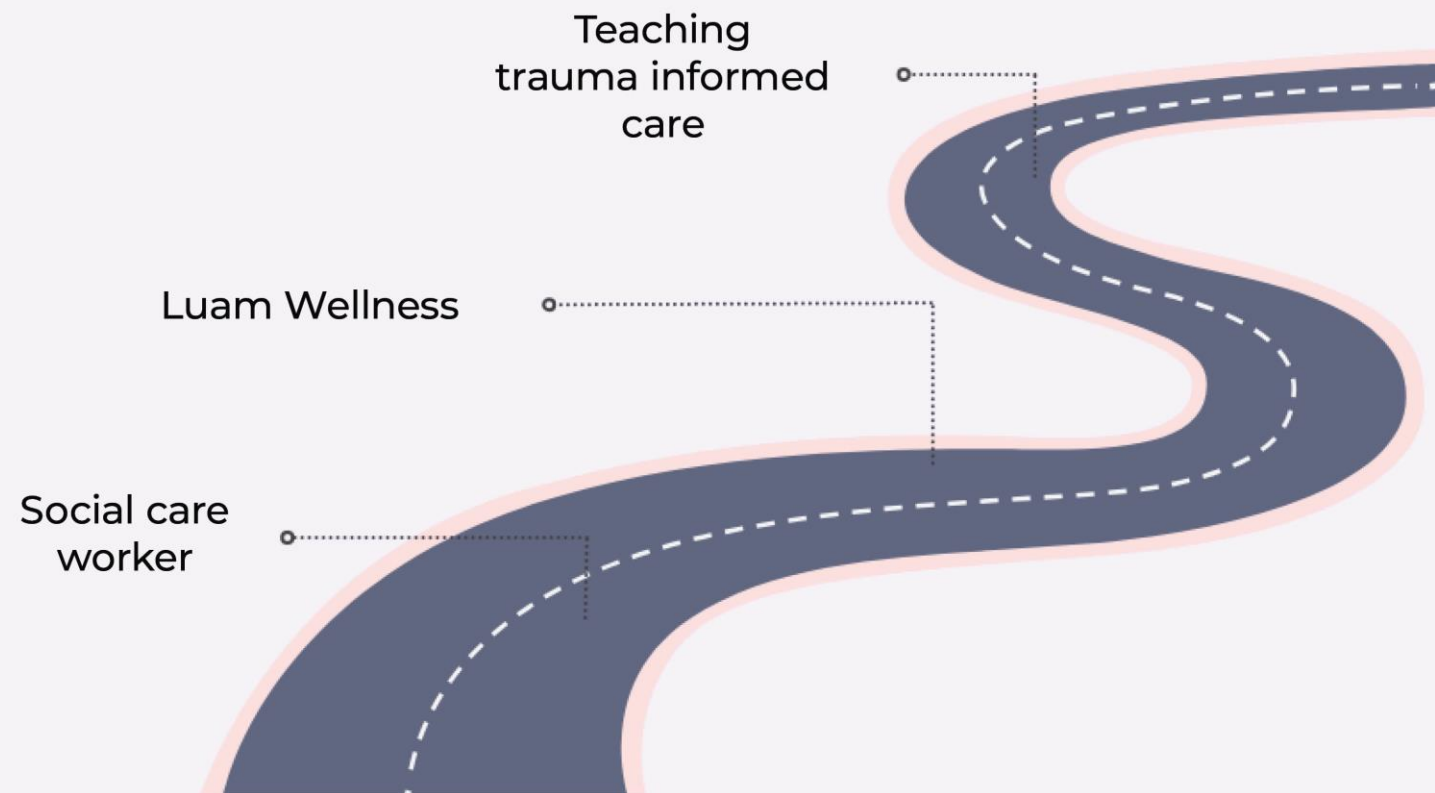


My timeline

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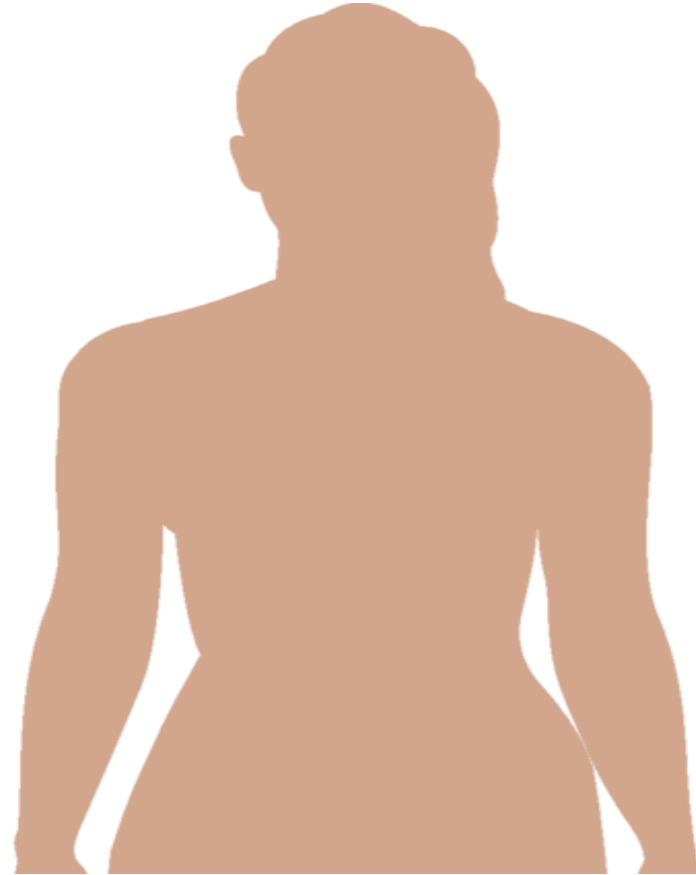


Blending all roles



- Impact of trauma
- Embodied safety
- TIC approach
- Understanding & confidence in delivery of practices
- Hope
- Learning from others

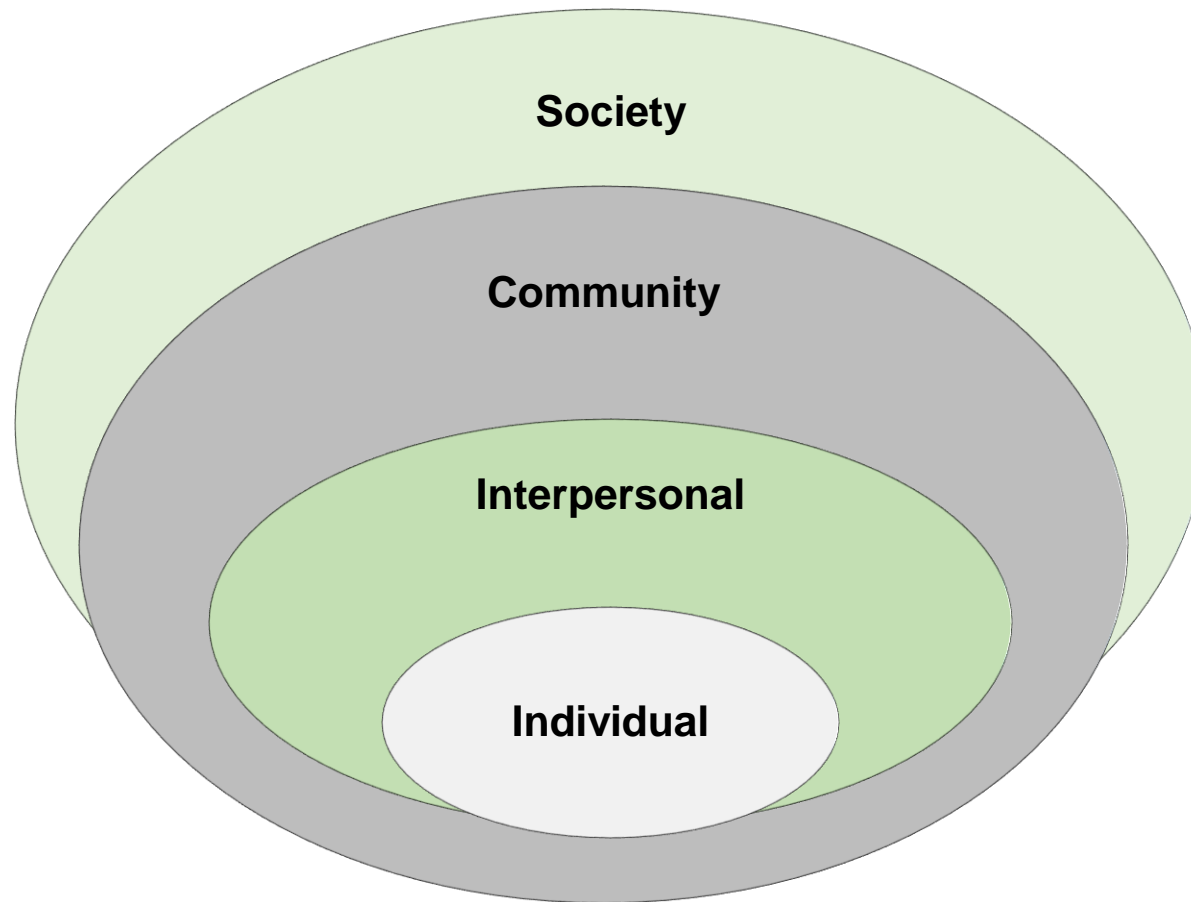
Social Care & The Body

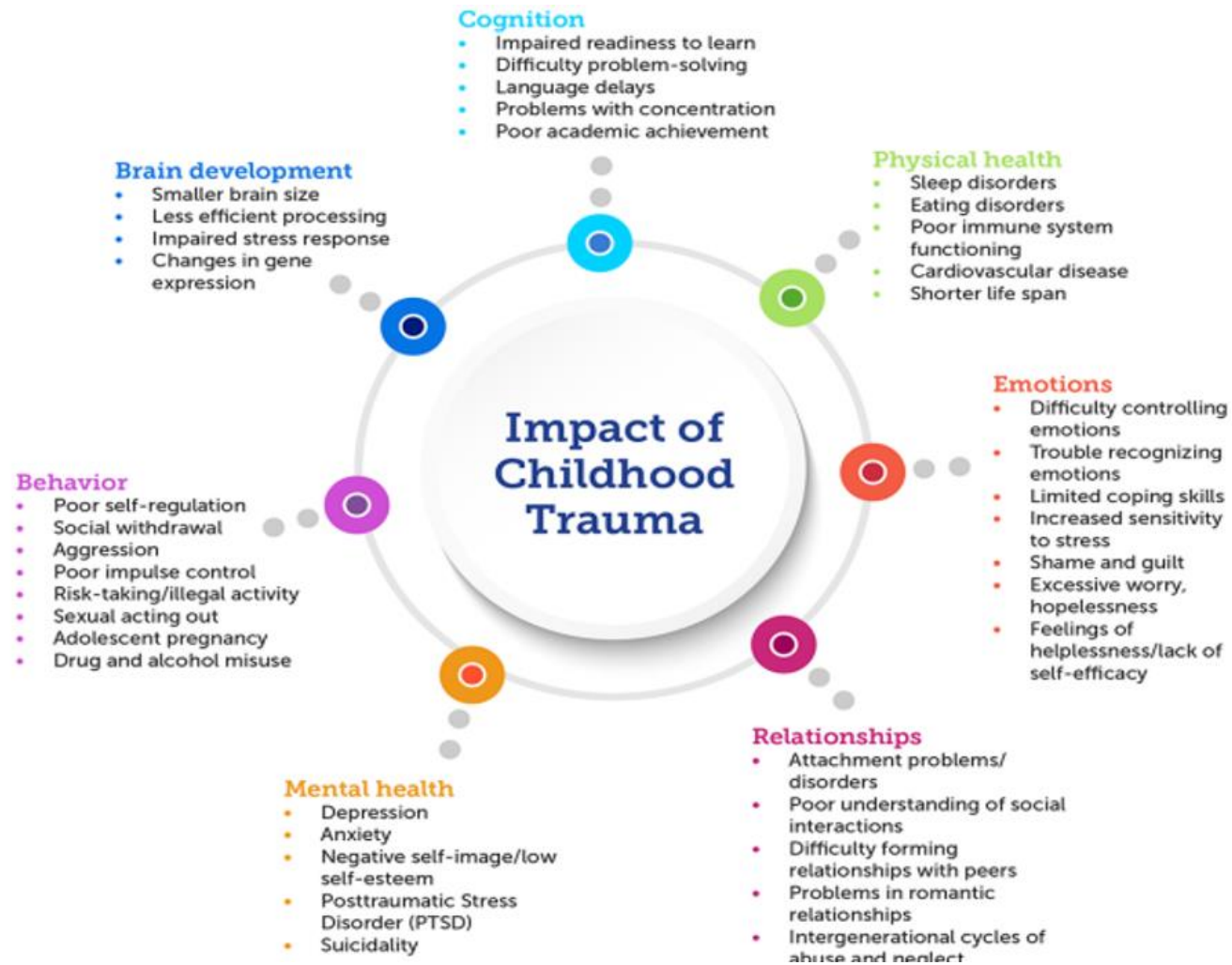


TRAUMA

...an event, series of events, or a set of circumstances that is experienced by an individual as physically harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and spiritual wellbeing' (SAMHSA, 2014)

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014



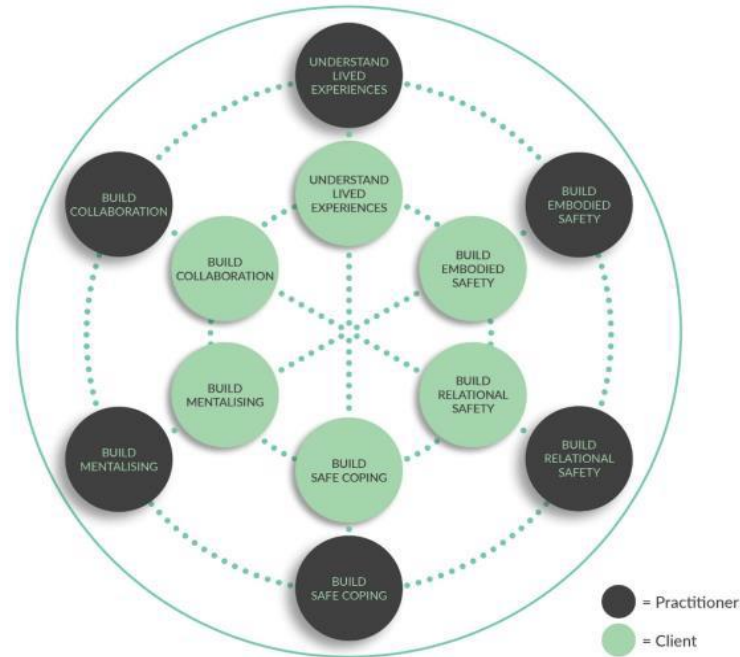


Also Remember PCES !

Bartlett, Jessica & Steber, Kate. (2019). How to Implement Trauma-informed Care to Build Resilience to Childhood Trauma -Child Trends. 10.13140/RG.2.2.11496.01284.

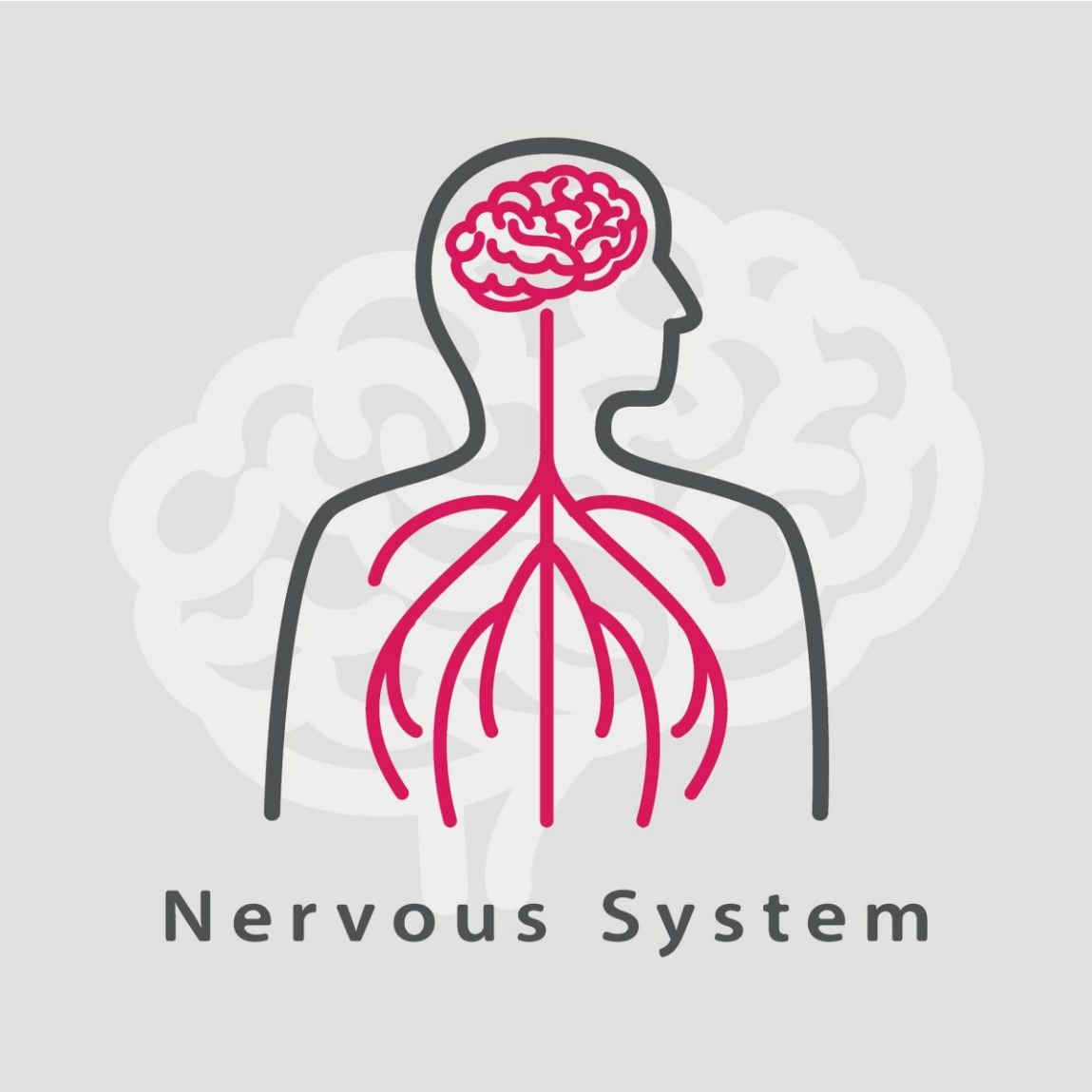
A FRAMEWORK FOR PRACTICING TRAUMA INFORMED CARE IN FRONT LINE PRACTICE

THE PRACTICE OF TRAUMA-INFORMED CARE

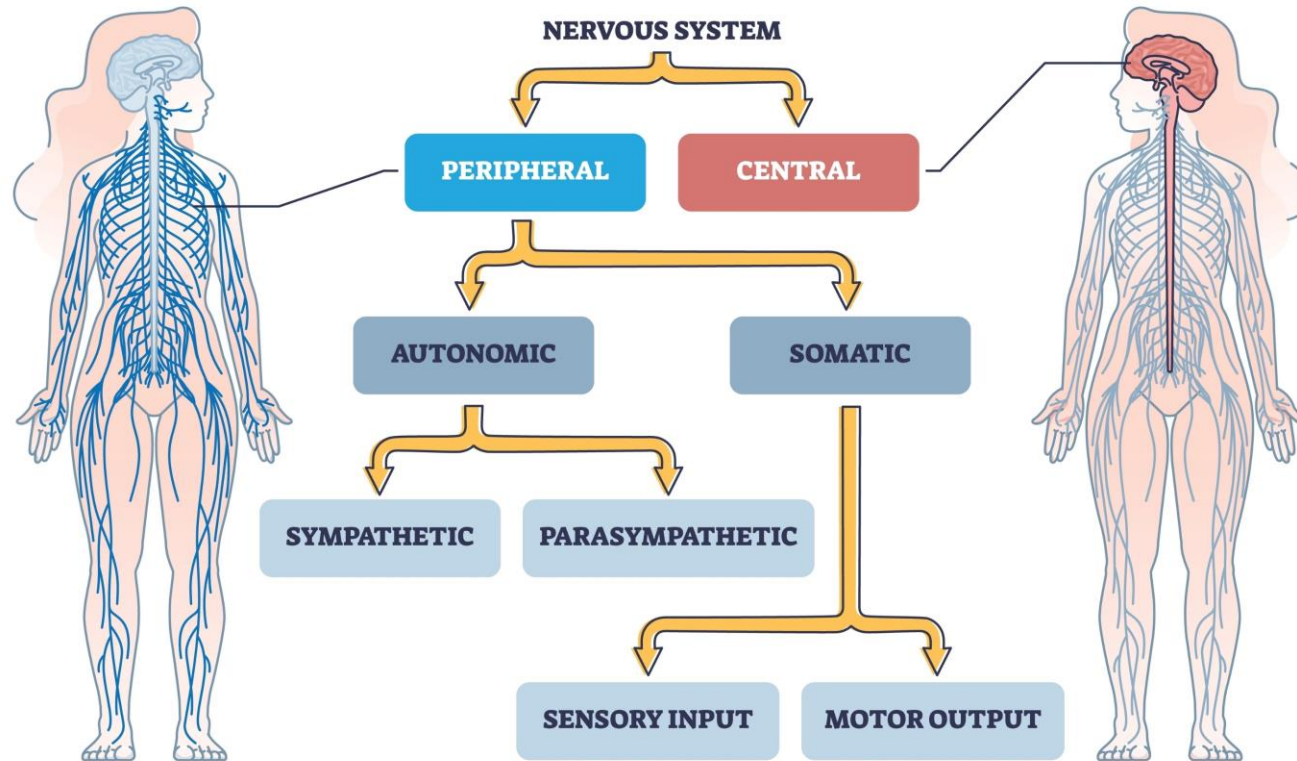


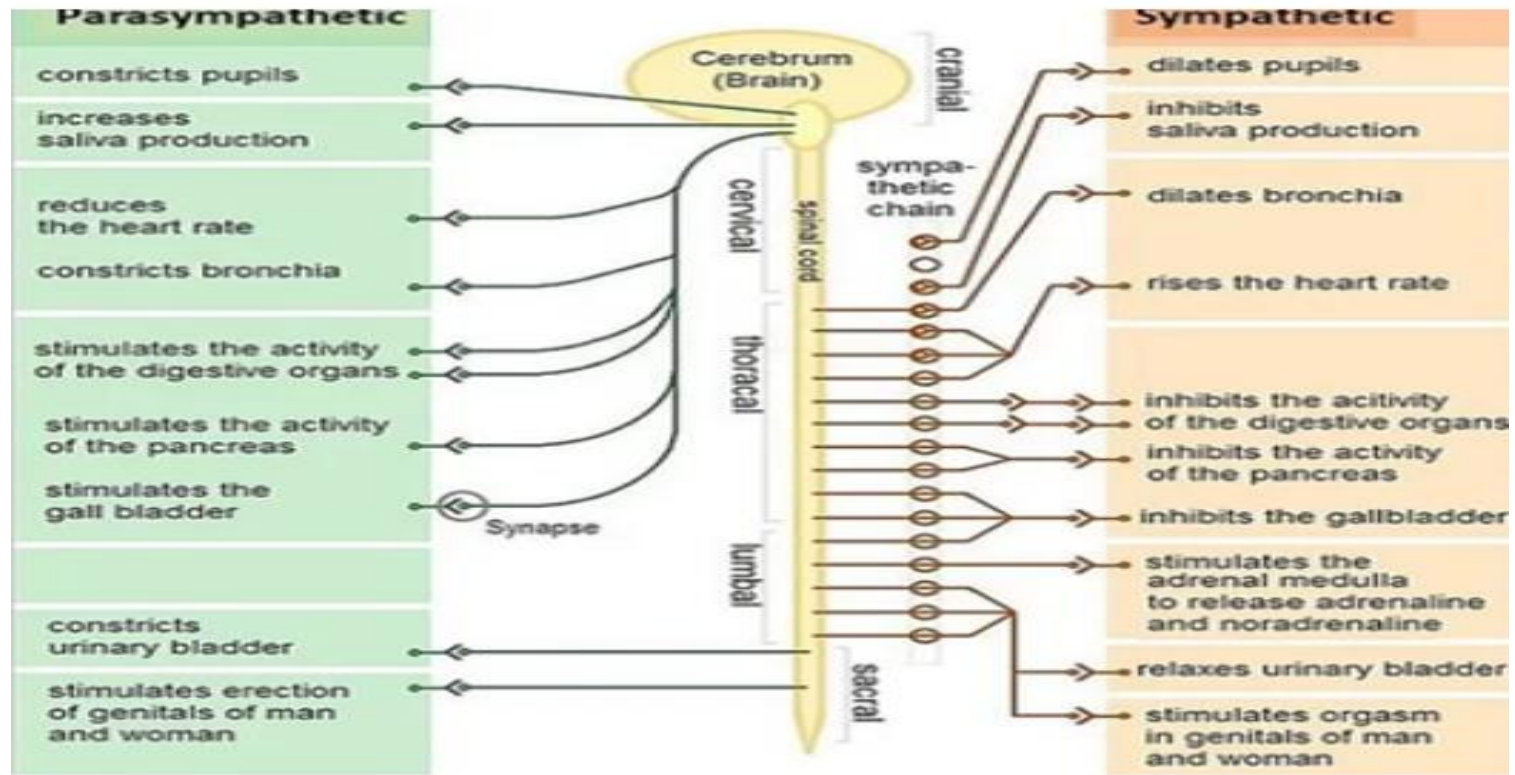
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Lotty, M. (2021). Making sense of the practice of trauma-informed care: A response to the need to implement trauma-informed care into front-line practice. *The Irish Social Worker*, 160-171



DIVISIONS OF THE NERVOUS SYSTEM



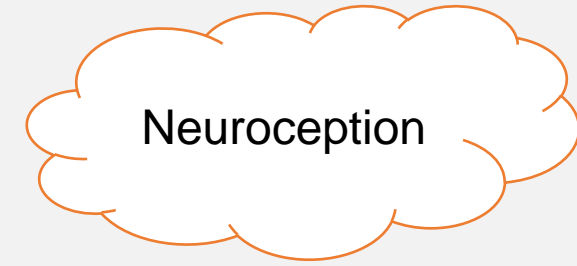
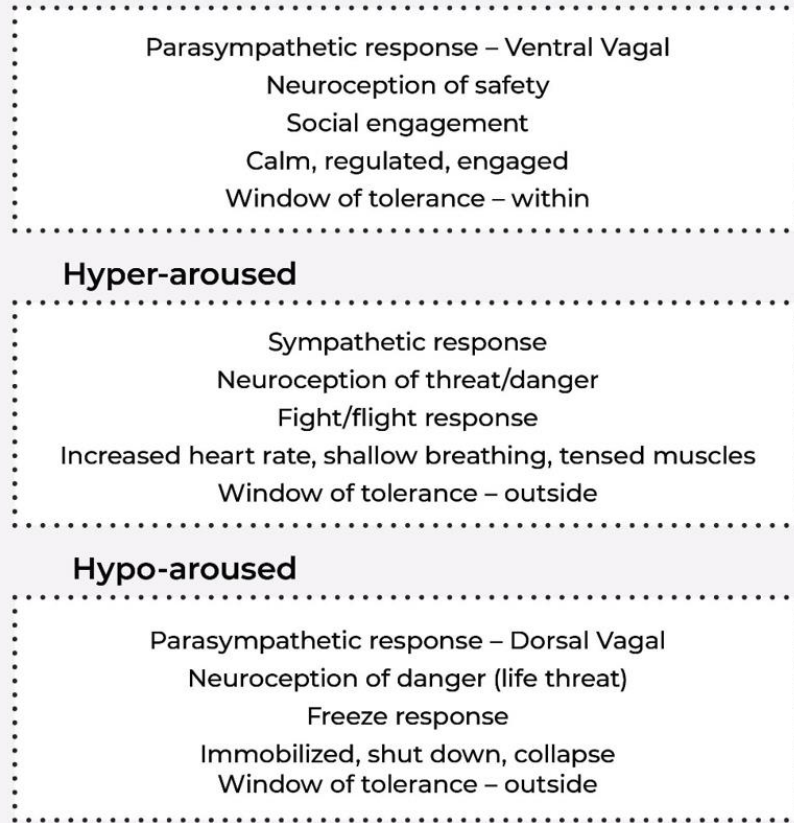
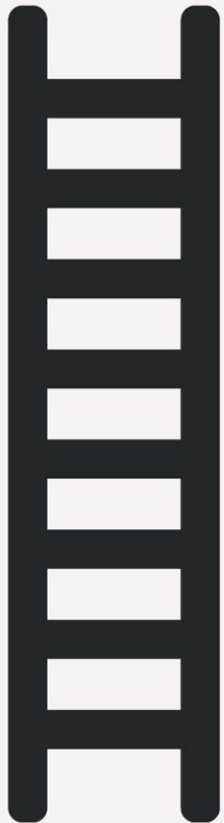


Vagus nerve

Ventral Vagal Branch
Dorsal Vagal Branch

<https://www.medschoolcoach.com/sympathetic-parasympathetic-nervous-system-mcat-biology/>

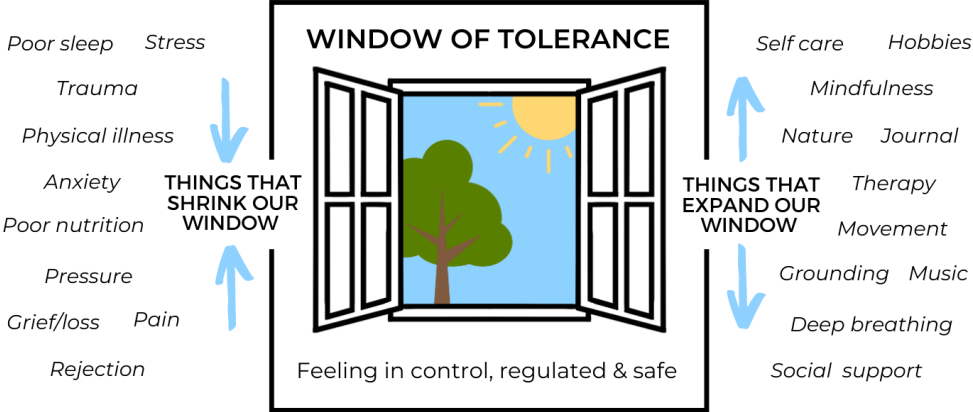
Polyvagal theory (Porges 2011)
Dana & Porges (2018)



Porges, S. W. (2011). *The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation*. W W Norton & Co.
Dana, D., & Porges, S. W. (2018). *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. New York: W. W. Norton & Co Inc.

HYPER AROUSAL
 Feeling overwhelmed, anxious or out of control
 Experiencing the urge to fight or engage in conflict
 Wanting to run away or avoid the situation
 Physiological feelings: hyperventilating, shaking, etc

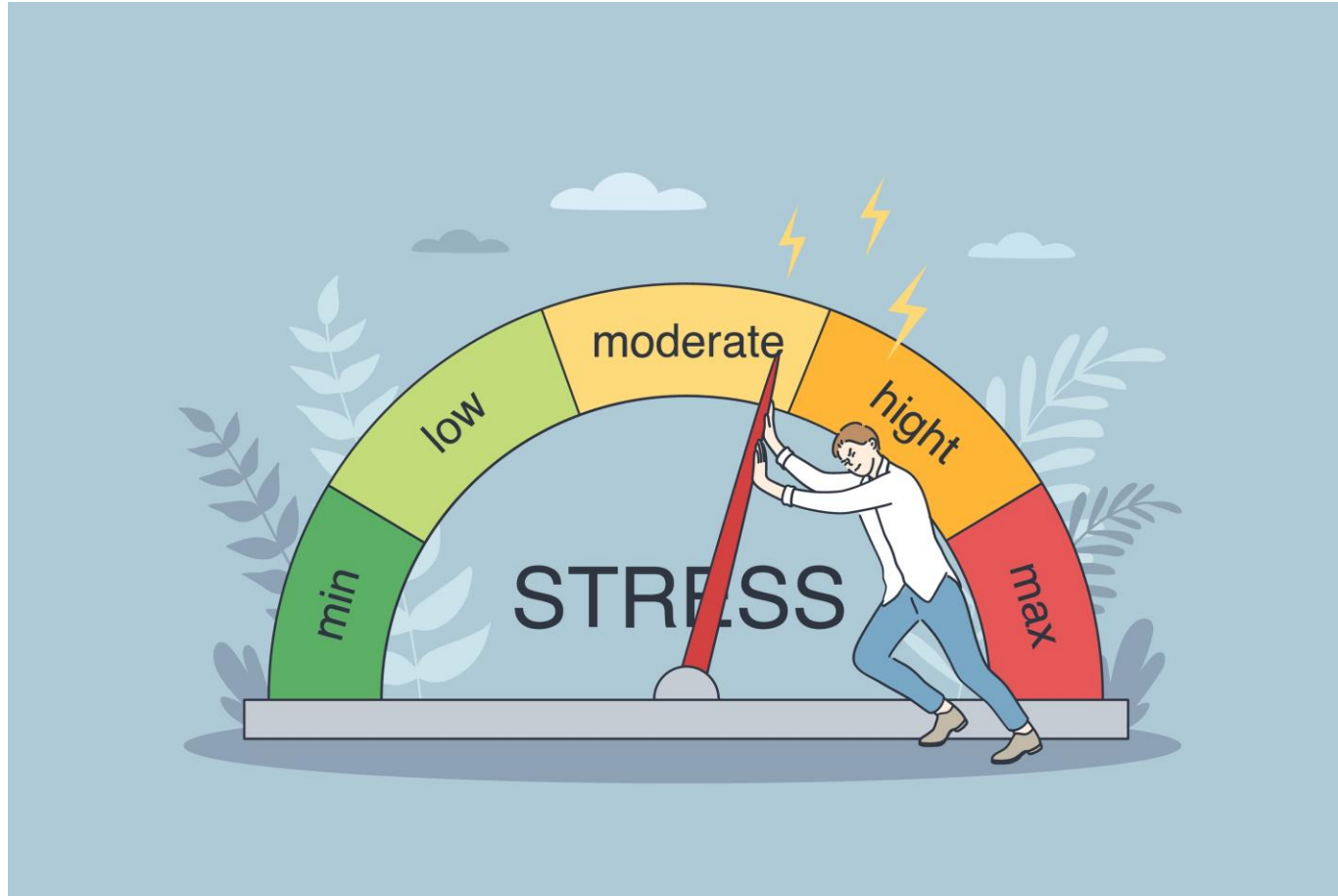
DYSREGULATION
 Feeling increasingly frustrated and/or agitated
 Getting urges to explode or isolate
 Uncomfortable feelings increase but still in control

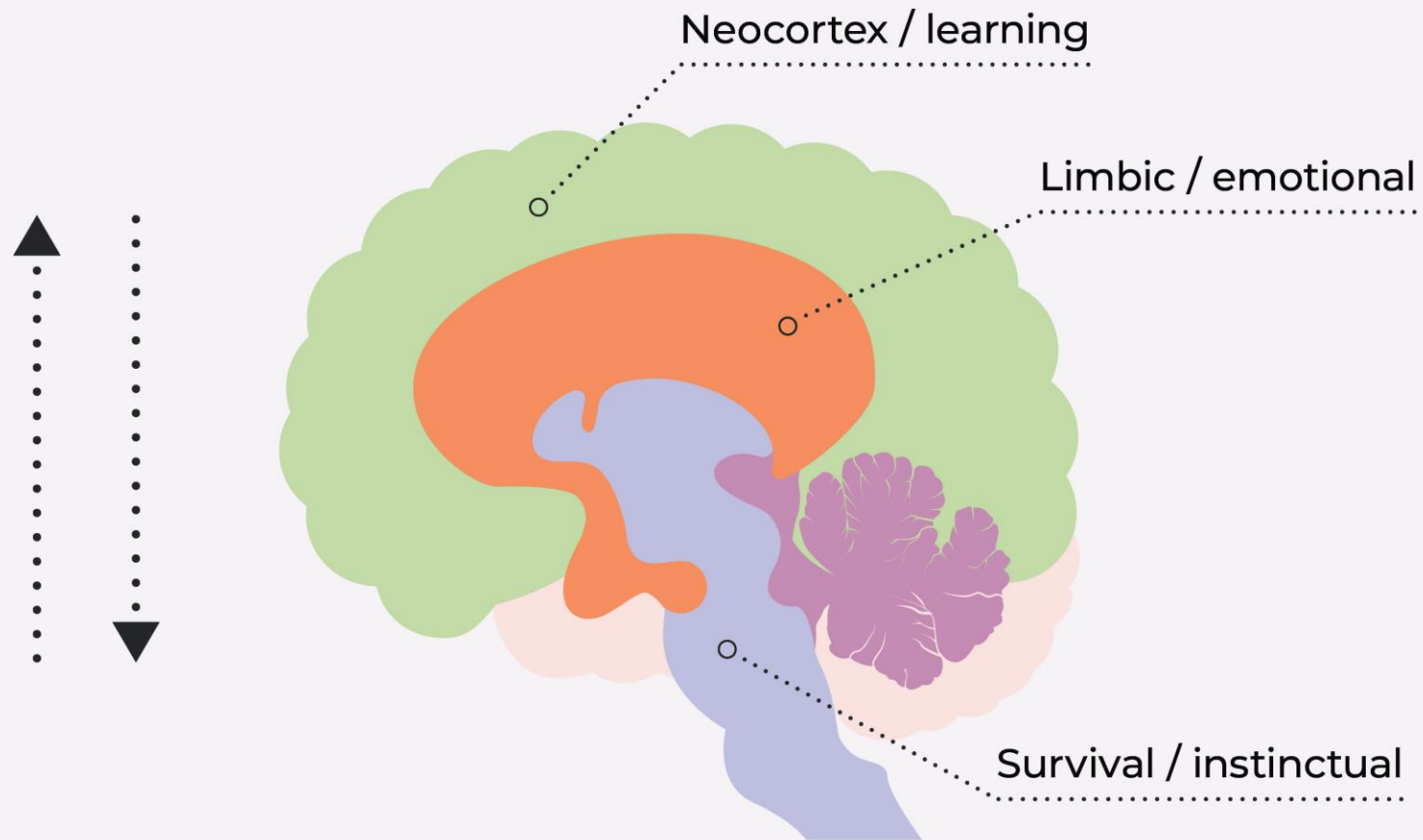
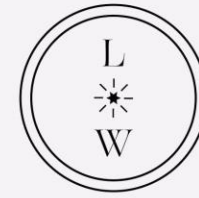


DYSREGULATION
 Feeling increasingly demotivated or lethargic
 Getting close to shutting down or zoning out
 Uncomfortable feelings increase, but still in control

HYP0 AROUSAL
 Feeling numb, empty or frozen, inability to take action
 Disconnected or zoned out, difficulties with motivation
 Staring at nothing, dissociated/detached from self
 Physiological feelings: lethargic, low energy, etc

Adapted from NICABM (2019) by Monumental Health





Persistent state of alarm



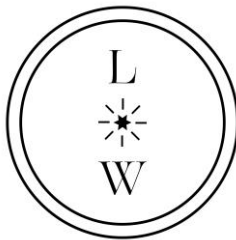
“ For Real change to take place the body needs to learn that danger has passed and live in the reality of the present”

(Van der Kolk 2014)

van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking.

Embodied Safety

Felt sense of Safety





TAKE A
MOMENT TO
pause

LUAMWELLNESS.IE

What we must consider (P. P. A.A.A)

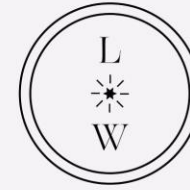


- Principles
- Pacing
- Awareness
- Attitude
- Adapt

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014

Practices

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Awareness

Mindfulness

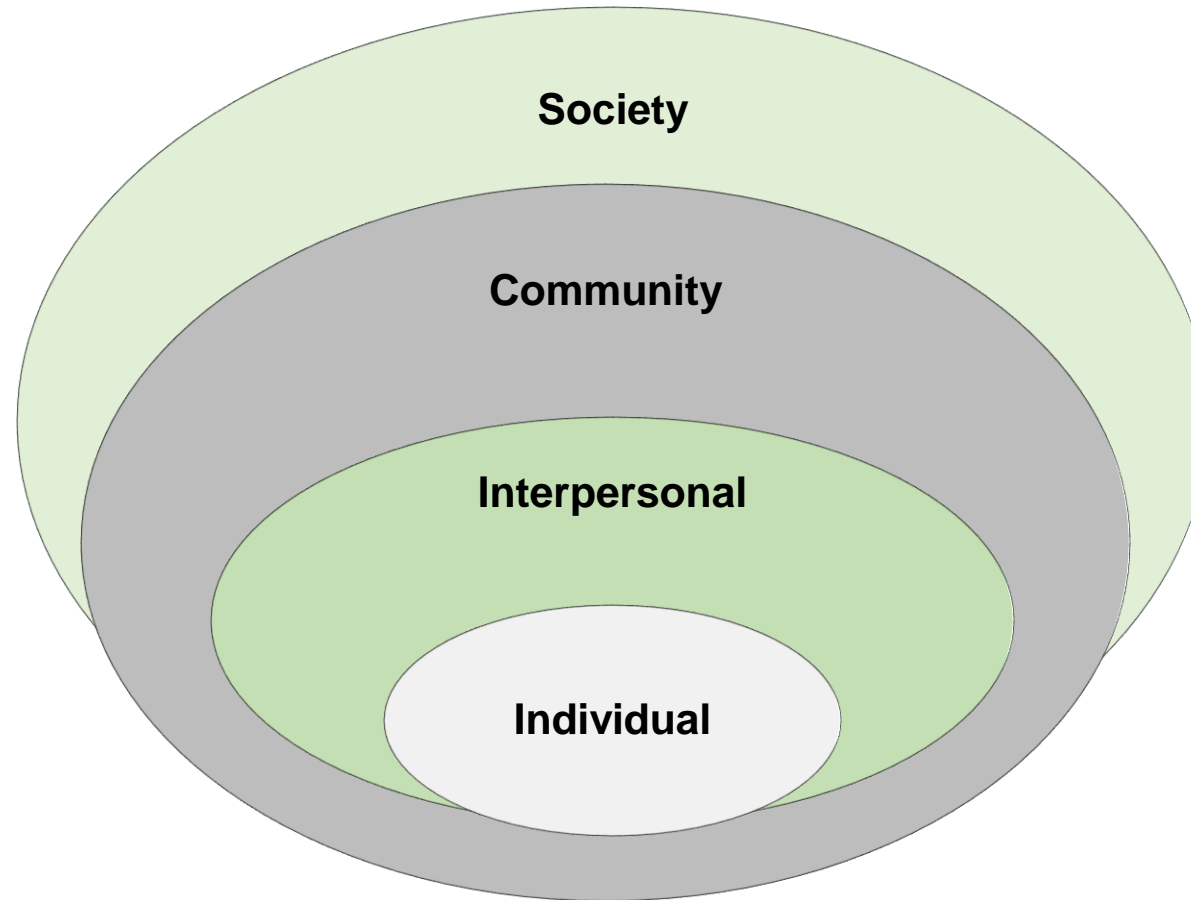
Breath

Grounding

Senses

Body

ECOLOGICAL



THANK YOU!

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