

# Traumatized Students: School-Based Interventions



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This Is The Spot  
You've Been  
Looking For



**Clear View**

**WHAT IS BRAINSPOTTING?**

Brainspotting (BSPT) is an innovative form of therapy that uses eye-finders to help people access and release their subconscious traumas, perceptions, and emotions, and gain a lasting and holistic mind/body/spiritual growth.

Brainspotting was developed through David Grand's work with somatic trauma and inner-child work conditions, using the concept of "spots" to focus on effective forms of treatment for a variety of mental health concerns.

**HOW DOES BRAINSPOTTING WORK?**

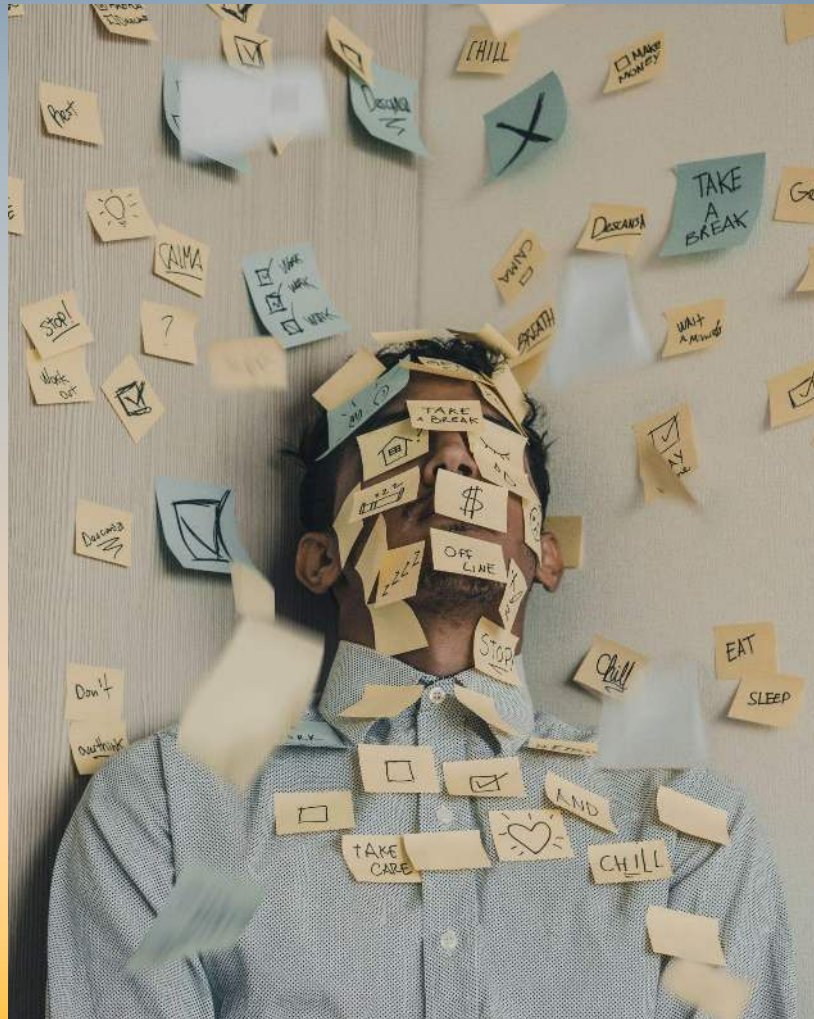
According to the Grand and Cleary Grand model, the direction in which people look or gaze can affect the way they feel. During brainspotting, therapists help people position their eyes in ways that activate them to release sources of negative emotion. With the aid of a grid or screen, brainspotting therapists directly guide the eyes of patients to specific "spot" fields of vision to help activate "paralinks," which is brainspotting's term for eye position that activates cognitive, memory or bodily sensory connections. Practitioners of this procedure believe it allows therapists to release emotions on a deeper level and target the physical effects of trauma.

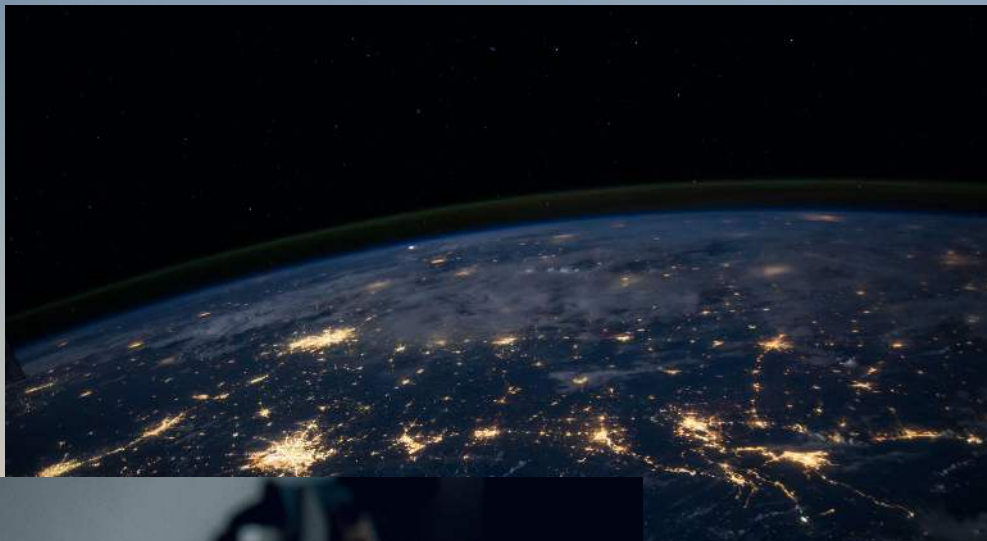
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<https://www.youtube.com/watch?v=YWQ6bpmgdN8>





*“...if the political leaders of the world could see the planet from a distance...their outlook would be fundamentally changed...”*

*-Michael Collins,  
Apollo 11 Astronaut*



# Loneliness declared an epidemic

Loneliness in the U.S. poses health risks as deadly as smoking up to 15 cigarettes daily.

About half of U.S. adults say they've experienced loneliness.

The loneliness epidemic is hitting young people, ages 15 to 24, especially hard. The age group reported a 70% drop in time spent with friends.

Technology has rapidly exacerbated the loneliness problem. People using social media for two hours or more daily were more than twice as likely to report feeling socially isolated than those who were on such apps for less than 30 minutes a day.

Loneliness increases the risk of premature death by nearly 30% with the report revealing that those with poor social relationships also had a greater risk of stroke and heart disease.

Americans have been less engaged with worship houses, community organizations and even their own family members in recent decades.

The number of single households has also doubled over the last 60 years.

The crisis worsened when COVID-19 spread, prompting schools and workplaces to shut their doors and sending millions of Americans to isolate at home away from relatives or friends..







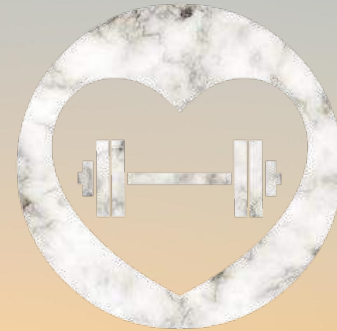


*...Let's not assume that we've all been or will be traumatized... Trauma is not the same as pain. Trauma is not the same as fear. Those are natural responses to events. - Mate*





## *Recovery Does Not Always Require Heavy Lifting*



- 1) Regulation
  - 2) Co-Regulation
  - 3) Consistency
- + Therapy/Groups/Skills ongoing  
(sustainable services)

## 2 Minute Skills and Strategies

-Regulation Dose! (Syn. Play Therapy)

- Laughter is the Best Medicine
- Power Pose (Cuddy)
- Gratitude and Gifts
- Stretching
- Drink Water (Breathe)
- Mindfulness and Meditation
- Healthy Distract
- Talk To Someone
- Don't Forget to Breathe
- Cute Animal or Kid Breaks (stay tuned)
- The Trifecta



According to the American Academy of Pediatrics, the state of children and teens' mental health since the pandemic qualifies as a national emergency. - AAAP

Mental health among students overall continues to worsen with 40% of high school students showing signs of depression. -CDC

Teen girls who say they have thought about suicide increased 50% in last decade. -CDC  
More than 1 in 5 LGBTQ teens reported they had attempted suicide during the past year. -CDC

Highest risk groups for suicide: white men 45-55, 85+, American Indian men and Alaskan Native men, and second cause of death for youth (10 - 24). -CDC/SAMSA



The surgeon general is calling on workplaces, schools, technology companies, community organizations, parents and other people to make changes that will boost the country's connectedness.



- 1)Join community groups**
- 2)Put down phones when you are talking to people**
- 3)Employers should think carefully about remote work policies**
- 4)Health systems need to provide training for doctors to recognize the health risks of loneliness.**

*“We now know that loneliness is a common feeling that many people experience. It’s like hunger or thirst. It’s a feeling the body sends us when something we need for survival is missing.”*  
*-Murthy, Surgeon General*

*Suicide rates have increased after two years  
Of decline. (increases in populations since  
2018) Black children and youth (10-24)  
saw highest increase.*



- 1) Find purpose
- 2) Create opportunity for belonging
- 3) Educate people about the health impact of loneliness
- 4) We deserve to be around healthy brains





*[https://www.youtube.com/  
watch?v=UCLuQYzrAPc&t  
=7s](https://www.youtube.com/watch?v=UCLuQYzrAPc&t=7s)*



- 1) What is the TRUTH about trauma?
- 2) What skills can I use to help myself?
- 3) What skills can I use to help others?

How do YOU  
Define trauma?

(may be different for others)



# What are the MYTHS about trauma?

- It doesn't happen to everyone (the outlier)
- It is a sign of weakness (reframe for kids)
- It only involves big events not small ones
- It shouldn't be talked about
- It can't be healed (hopelessness)
- It could get worse if I talk to someone (unsafe)
- It requires too much work to heal (overwhelm)



# Signs and Symptoms of PTSD

(symptoms lasting longer than 30 days)



- Intrusive thoughts about the event
- Irritability and somatic complaints
- When my world view has changed
- Trouble sleeping
- Excessive worry about the future (hyperarousal)
- Dreams about the event (racism)
- Perseverating about the event (don't doesn't work)
- Physiological reactivity to cues that symbolize the event
- Delayed response (shock and misunderstood)
- When friends and family are not enough

-DSM



**Intensity:** Previous Trauma

**Proximity:** Distance From  
Ground Zero

*One thing that helped Americans rebound after the  
911 attacks was a sort of great cultural coming together...  
-Kluger.*

**Intensity:** Those individuals with **RESOLVED** prior traumatic experience may have higher levels of resilience due to having survived and integrated these previous events.

*“Nothing breeds success like success.”*

*-Selekm*

*an*



**Proximity:** Those closest to where the event occurred, or who have been intimately impacted (or who know people who have been impacted) are at greater risk of developing more significant symptoms. (how close were you?)

\*The line can shift based on the size of the event(s). East/Boulder/Nashville

*Trauma is not what happens  
to you, but what happens inside of you.*

*-Mate*





Implicit and explicit trauma





“...So, some of the discomfort that she is experiencing is not about her ‘not being enough’ but an appropriate and natural reaction to systems which have defined her as ‘not enough,’ and the client has internalized harmful narratives like this.”

-Band

(Be careful assuming that low self-esteem is the problem)

[https://www.youtube.com/watch?v=UzyrwsrC3kA&list=PLHb\\_pkSfGqP32kDrvdftWlkDjYj7Tm0n&index=3](https://www.youtube.com/watch?v=UzyrwsrC3kA&list=PLHb_pkSfGqP32kDrvdftWlkDjYj7Tm0n&index=3)

Disconnected  
Unaware of emotional state  
Brain fog  
Chronic fatigue  
Depression and Anxiety



# Symptoms of Distress in Children

- Eating too much or too little
- Sleeping too much or too little
- Physically more more less active
- Being more talkative or less talkative
- Being afraid to go to sleep
- Becoming more angry, tearful, or aggressive
- Changes in elimination (bed wetting and diarrhea)
- Somatic complaints
- Fear or big responses to loud or sudden noises
- Difficulty separating from parent or other important people in child's life
- Rituals of patterned behavior like rocking, thumb sucking, or humming
- Other sudden, new changes in the child's baseline behavior -Brandt, Perry
- ***BEHAVIOR IS COMMUNICATION! (ex. NSSI).***

# Signs and Symptoms of Chronic Stress

- ★ Phobias
- ★ Anxieties
- ★ Physical Complaint
- ★ Behavioral Problems (their brain is working!)
- ★ Hallucinations
- ★ Regression/Falling Off Growth Curves
- ★ Crying
- ★ Clinginess (know development)
- ★ Irritability
- ★ Head Banging
- ★ Sleep Issues/Increased Feeding Issues
- ★ WHO IS ON YOUR TEAM?



# What Is The Truth About Trauma?

“Once you know better you do better.”  
-Maya Angelou



# The Trauma Truths

1. Trauma Knocks Us Off Balance
  2. Immediate Intervention Limits Impact
  3. People Are the Solutions to Their Own Problems
  4. The Only Way Through It is Through It
  5. Post Traumatic Growth Happens
1. Find a Corrective Course
  2. Work to Limit Impact
  3. Have a Strengths Based Mind Set
  4. Understand the Purpose of Emotions
  5. Trust Your Ability to Heal



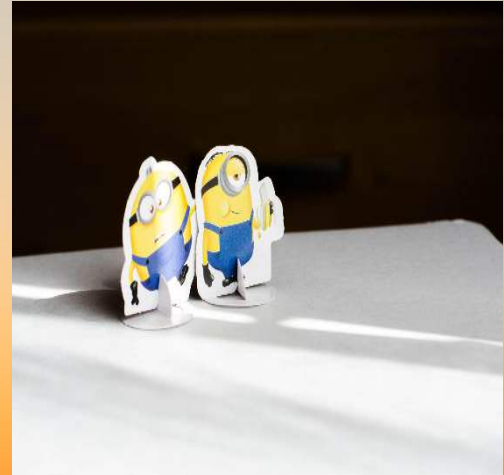
# Trauma Truth #1

Trauma Knocks Us  
Off Balance

The Autonomic Nervous System (ANS) contains the sympathetic and parasympathetic nervous systems.

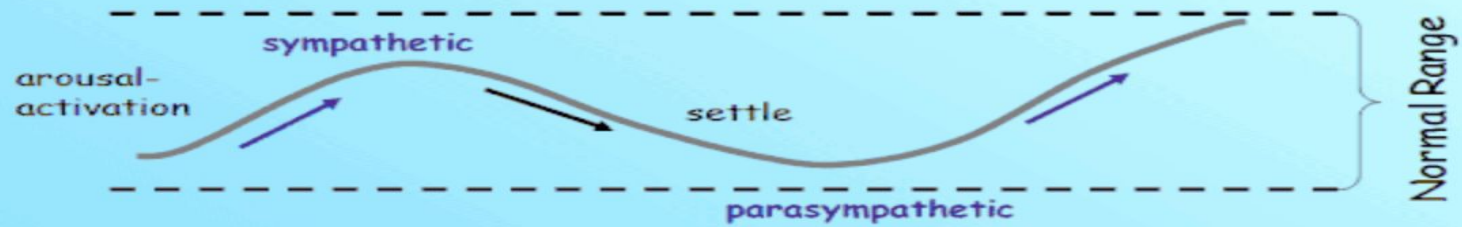
The sympathetic nervous system drives our **fight or flight** responses by stimulating adrenaline and cortisol to get us ready to protect ourselves or run when there is danger.

The parasympathetic nervous system is at work when we are relaxed. This part of the ANS helps us unwind and calm down. This is also where **freeze** response gets activated





# A Healthy Nervous System



-Levine, Ogden, Siegel

Some of us are moving so fast we are addicted to feeling anxious or overwhelmed and dealing with elements of dissociation.

Our cells crave what we feed them.





## The Vagus Nerve:

Trauma disrupts the function of the vagus nerve(s) and can lead to dysfunction in other parts of our body. Damage or displacement of the vagal nuclei may cause changes in the baroreceptor and chemoreceptor reflexes. Much interest lately has been placed on the brain-gut axis via communication through the vagus nerve. Apr 28, 2022

When we ignore our bodies too long, we lose our ability to detect true danger and harm. On the other hand we also get numb so we don't know what is safe and nurturing.

This brings us to a place where we have to rely on external regulation - from medication, drugs like alcohol, constant reassurance, or compulsive compliance with the wishes of others. - Achata



*“Emotions drive 80 percent of the choices Americans make, while practicality and objectivity only represent about 20 percent of decision-making.” - Levine*

**HALT:**

- Hungry**
- Angry**
- Lonely**
- Tired**

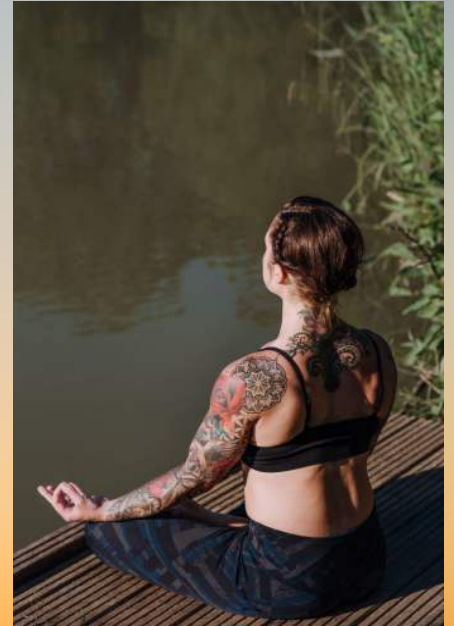


*Do a body scan.*

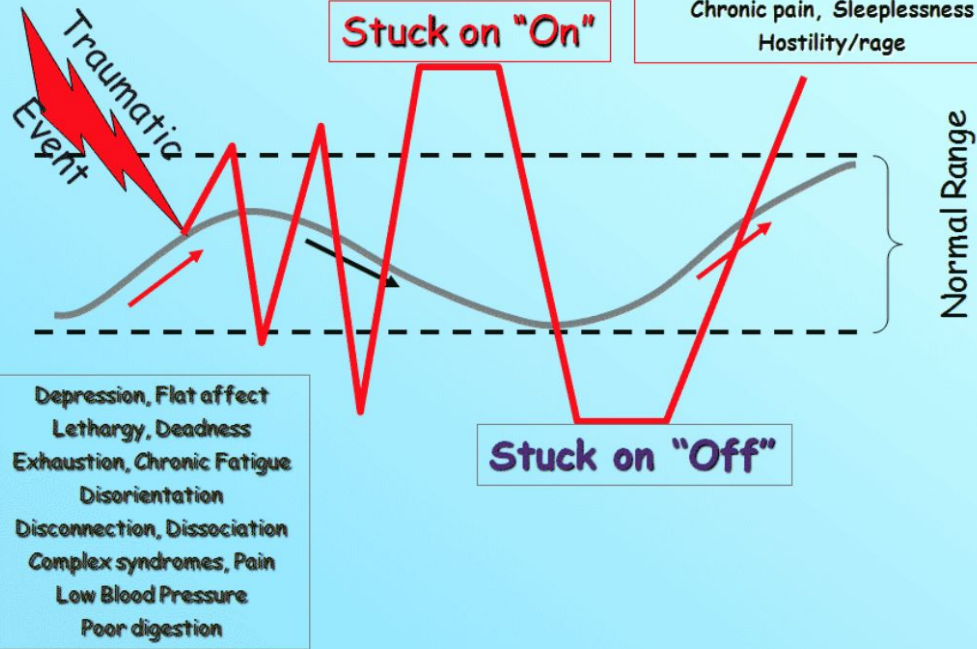
*Start at your toes and work your way up your body.*

*Where are you feeling stress or pain?*

*Where are you feeling the most relaxed?*



# Symptoms of Un-Discharged Traumatic Stress



-Levine, Ogden, Siegel



What is happening? Am I a good person? Have I ever done good things?



A **mirror** neuron is a neuron that fires both when an animal acts and when the animal observes the same action performed by another. Thus, the neuron "**mirrors**" the behavior of the other, as though the observer were itself acting.

wikipedia





*“I CAN, I WILL, I MUST”*

*-Jane Goodall*

**It Starts With YOU**

**-YOU HAVE IMPACT**

**-A-B-C**

**-Dosing Stress & Regulation**

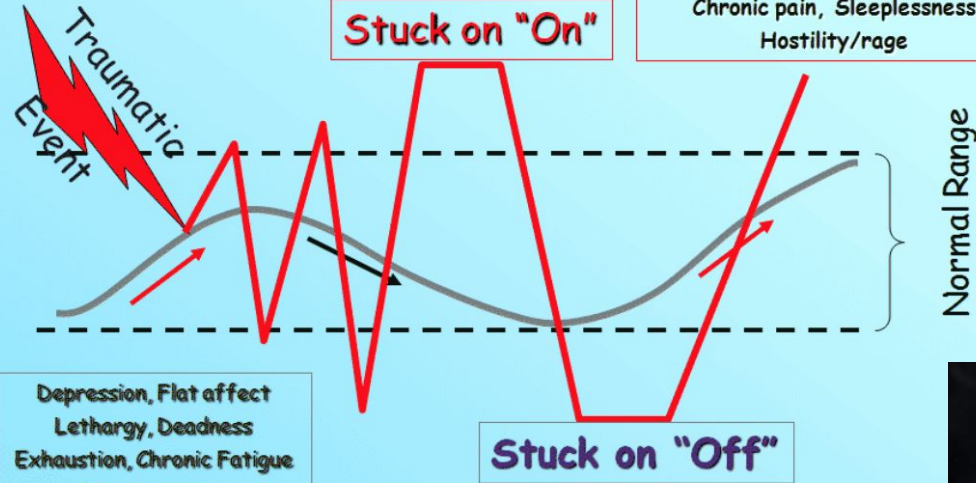
**How do you respond???**

**What do you need???**

# *Window Of Tolerance*

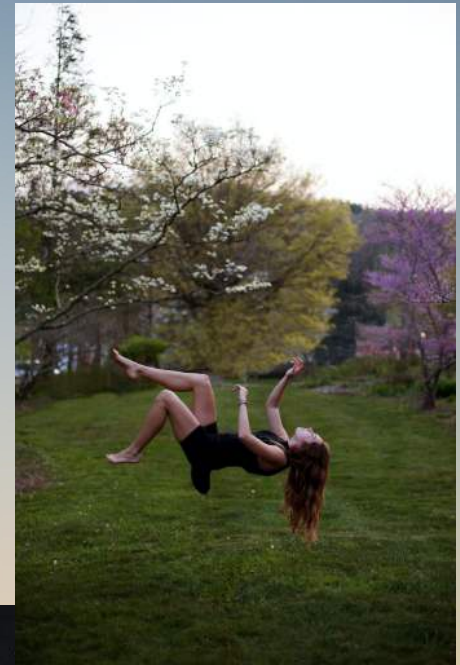


# Symptoms of Un-Discharged Traumatic Stress



Anxiety, Panic, Hyperactivity  
Exaggerated Startle  
Inability to relax, Restlessness  
Hyper-vigilance, Digestive problems  
Emotional flooding  
Chronic pain, Sleeplessness  
Hostility/rage

Depression, Flat affect  
Lethargy, Deadness  
Exhaustion, Chronic Fatigue  
Disorientation  
Disconnection, Dissociation  
Complex syndromes, Pain  
Low Blood Pressure  
Poor digestion



-Levine, Ogden, Siegel

## Strategies to DECREASE Arousal

- Deep and slow tummy breathing
- Drinking from a straw
- Throwing therapy/yoga ball at a blank wall or outside
- Jumping on a trampoline or mini trampoline
- Weighted blanket
- Warm water
- Touchpoints
- Grounding techniques





## CONSISTENCY IS KEY

- Ask 'how are you?'
- Offer to help.
- Be kind ongoing.
- Look out for each other.
- Practice gratitude.
- Make them laugh.
- Give gifts of appreciation.
- Help people feel safe.
- ???

LEAD BY EXAMPLE

-Sinek



- [https://www.youtube.com/watch?v=jNVPaINZD\\_I](https://www.youtube.com/watch?v=jNVPaINZD_I)
- THINK ABOUT THE POWER OF A MOMENT

Put Balance  
Back  
Into Balance!!!!!!!



Safety at Home  
+  
Safety at School  
=  
BALANCE





[https://www.instagram.com/reel/Cs\\_BEaALXsw/?igshid=MzRIODBiNWFIZA%3D%3D](https://www.instagram.com/reel/Cs_BEaALXsw/?igshid=MzRIODBiNWFIZA%3D%3D)





# Staying Connected

- RECOGNIZE student's feelings and be comfortable staying quiet
- REASSURE and normalize their reactions
- RESOURCE students with information about where to go for help

W.A.I.T. - Courage - Act Opposite  
Activation plateaus



1. Limit what stories are being told. (acknowledge what stories are not being told)
2. Ask questions and don't assume.
3. Offer facts and reassurance but don't make promises.
4. Encourage kids to tell their own stories. (narrative)
5. Remind kids it is not all bad.
6. Focus on the helpers.
7. Be the helper!! -Life Kit(2022).





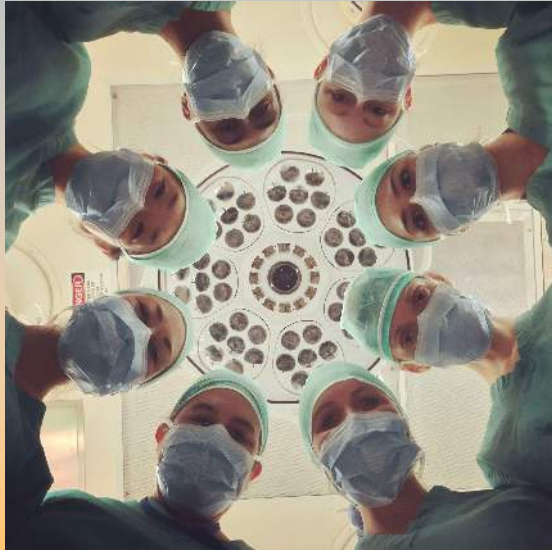
# Trauma Truth #2

Immediate

Intervention

Limits Impact

*“The time to work with trauma is when it is happening.”-Gordon“*



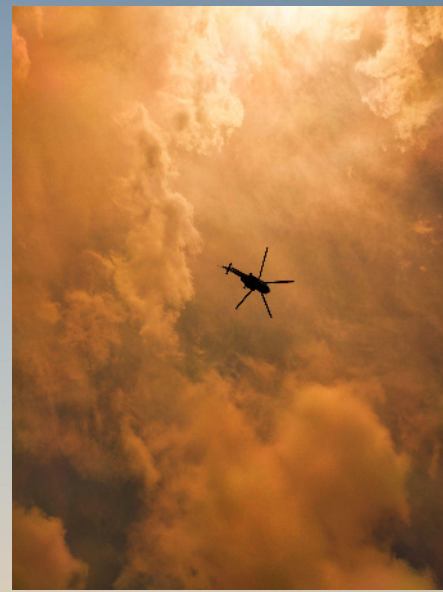
- The Kosovo War was waged in the Serbian province of Kosovo from 1998 to 1999. Ethnic Albanians living in Kosovo faced the pressure of Serbs fighting for control of the region. Albanians also opposed the government of Yugoslavia, which was made up of modern day Serbia, Montenegro, Croatia, Bosnia-Herzegovina, Slovenia and Macedonia.

-[borgenproject.org/the-kosovo-war](http://borgenproject.org/the-kosovo-war)

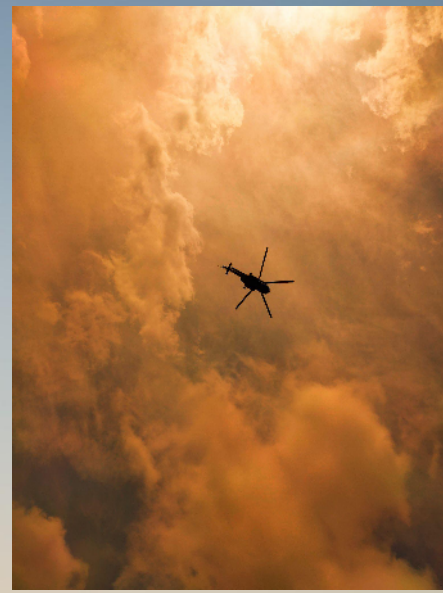
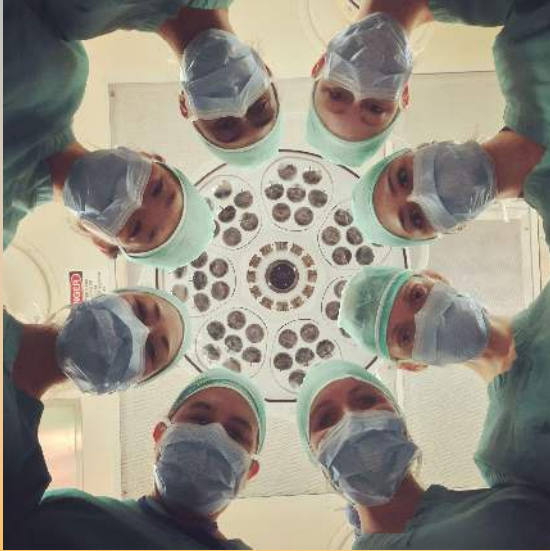
-200k to 250k killed

-80% homes destroyed

-20% high school kids lost one or both parents



*“The time to work with trauma is when it is happening.”-Gordon“*



- high school teachers were taught trauma techniques
- 1000 kids, once a week, 12 weeks
- 80% no longer qualified after program
- results held up 3 months after group completed
- first randomized test like this (control trial) landmark study
- ”gold standard” of medical research

Nutrition  
Breathe  
Sleep  
Movement  
Write  
Mindfulness  
Meditation  
Nature  
Laughter  
Curiosity  
Play a Game



# Have Good Nutrition

Educate children and adolescents about the importance of nutrition

Talk about the impact of trauma on body organs and overall function

Cultivate good eating habits and reduce consumption of processed foods

Stay hydrated

Lead by example



# Breathe



- Cyclic sighing with prolonged exhalations
- Box breathing
- Cyclic Hyperventilation with longer inhalations and shorter exhalations

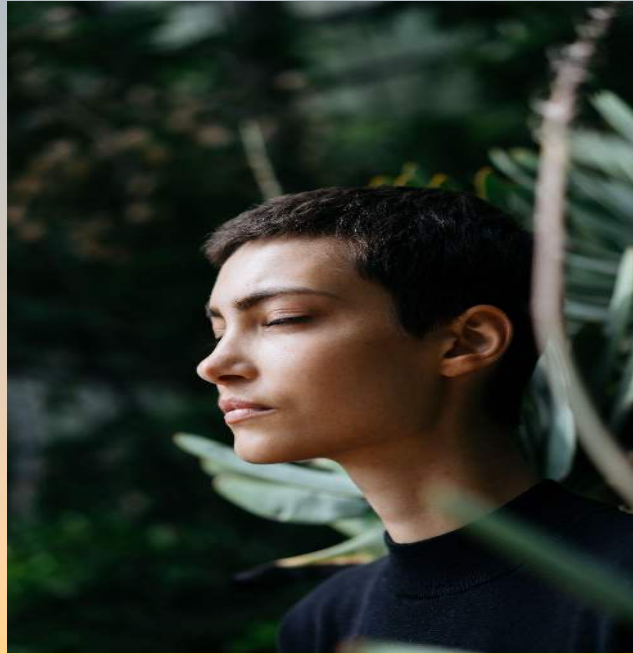
-Reset your nervous system

-Feel the shift!

-Pause to get back into the higher functioning brain



<https://www.youtube.com/watch?v=S4sfbcicr24>



# Sleep



Limit screen time and feel safe.

Limit caffeine.

Listen to bi-lateral music or a sleep app.

Like your bedtime routine.

Listen to your doctor.

Lose the chatter. (sleep doc.)

Like your environment (and your breath)

# Move It



Movement allows us to discharge trauma

Movement allows us to get out excess cortisol

Movement is the way mammals shake off traumatic experience

Movement can include a variety of things including dance, exercise, and shaking



<https://www.youtube.com/watch?v=zlfKdbWwruY&t=6s>

<https://www.youtube.com/watch?v=qrTi2aLx8dw&t=13s>



# Write On!



Writing for 20 minutes a day can reduce traumatic symptoms within a few weeks

Writing allows us to go deeper into our experience

Writing allows us to acknowledge our feelings and emotions as a corrective experience

Writing externalizes toxic stress, substance abuse, self-injury, anxiety, ED, depression, etc..

***Journaling Allows Us To Drop Into A Deeper Version Of Ourselves***

<https://www.howlifeunfolds.com/learning-education/25-writing-prompts-just-kids>

# Be Mindful

Walking in Nature and/or Engage  
the Senses

Mindful Eating

Name Five Things in the Room

Name Five Things Outside of the  
Room

Get Curious About Your  
Surroundings

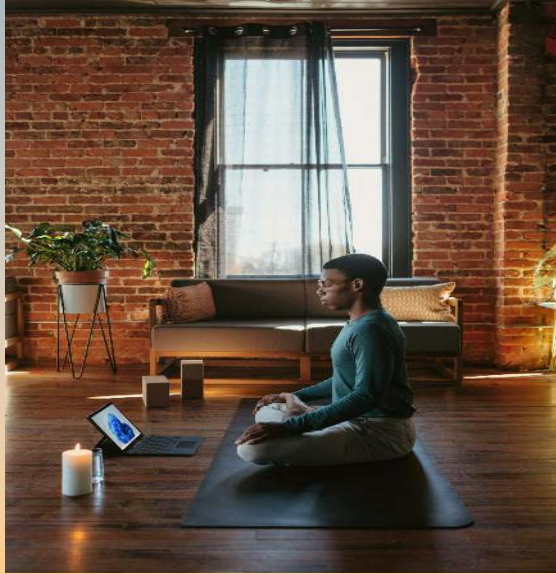
Find the Color Blue, Pink,  
Orange, and Yellow



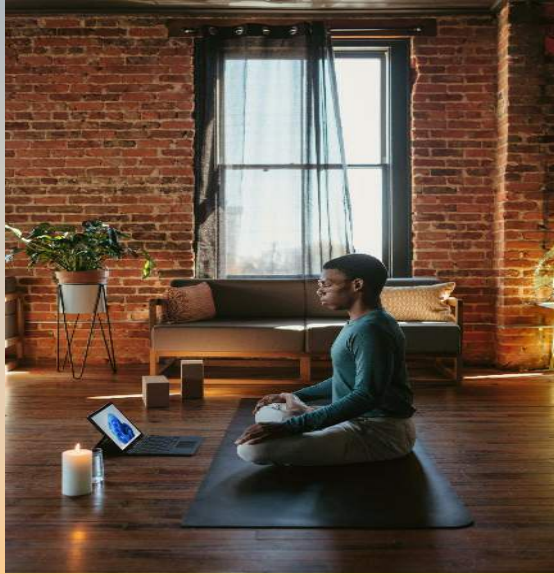
Thich Nhat  
Hanh



# Meditate



# Meditate



Lower levels of stress

Reduce physical pain

Treat insomnia

Stop episodic anger

Deal with irrational thinking and anxiety

Increase coping skills and general sense of well being

1) Focus on breath

2) Focus on mindful activity



# Stay Curious

Gratitude

Compassion

Creativity

Mindfulness

Local adventures

Guest speakers

Animal Guests

(can't be open and closed at the same time)



# Laughter Is The Best Medicine



Laughter allows our brain to open back up by changing direction

Laughter can change our emotions

Laughter reminds us that it is not all bad

Laughter reminds us not to take ourselves so seriously

Laughter is contagious!!!!

# How to Meditate

*Ultra Spiritual Style*





The vagus nerve is connected  
To our vocal chords and to the  
Muscles at the back of our throats.

**Singing**

**Humming**

**Chanting**

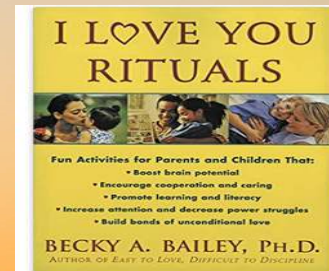
**Gargling**

# Play A Game



*Play is the gateway to vitality. By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community.*

*-The National Institute of Play*



# Get Out There! (Nature)



- Crowds/busy places can signal danger
- Nature calms our minds and reduces amygdala activity (fear and threat)
- Seek a park, gardens, or plants for sensory immersion that signals safety to our bodies

Nutrition

Breathe

Sleep

Movement

Write

Mindfulness

Meditation

Nature

Laughter

Curiosity

Play a Game

(What do you do? What else?) How to form a habit!

<https://www.youtube.com/watch?v=TKQcAzBpKew>





## Trauma Truth #3

People Are the  
Solutions To Their  
Problems



# What Would Your Superhero Do?



Superhero?

Artist?

Parent?

Rock Star?

Athlete?

Teacher?

You?



# Protective Factors For Teens

Problem Solving Skills

Extracurricular activities

Attached at home and school

Coping Skills

Esteem (self and others)

- + Medical access
- + Spirituality





## The Top Resiliency Traits for Children:

- CONNECTION to Caring Adults
- Play and Creativity
- Routine and Ritual
- +Mindfulness +Skills



You Have Either Had  
Trauma Or You Are Going  
To....



Grief Is Messy  
(Life is Messy)



## Five Stages of Grief



*“Trauma is when we get stuck around those events and their impact on us....Genuine grieving is the opposite of trauma.”*

*-Mate*

Know Your  
Audience!





# Staying Connected

- RECOGNIZE student's feelings and be comfortable staying quiet
- REASSURE and normalize their reactions
- RESOURCE students with information about where to go for help



IT'S **NOT**  
ABOUT  
THE  
NAIL



# Celebrate Every Success!



Mark progress

Have color parties

Invite important others

See failure as  
opportunity

'What have you tried to fail at this week?' -Sara Blakely



## Trauma Truth #4

The Only Way  
Through It is  
Through It

# What is the Purpose of Our Emotions?

Anxiety (sweet brain)

Grief (honor)

Shame (disconnected)

Resentment (needs?)

Anger (catalyst)

Know Your Audience!!



Courage, Compassion, and  
Connection

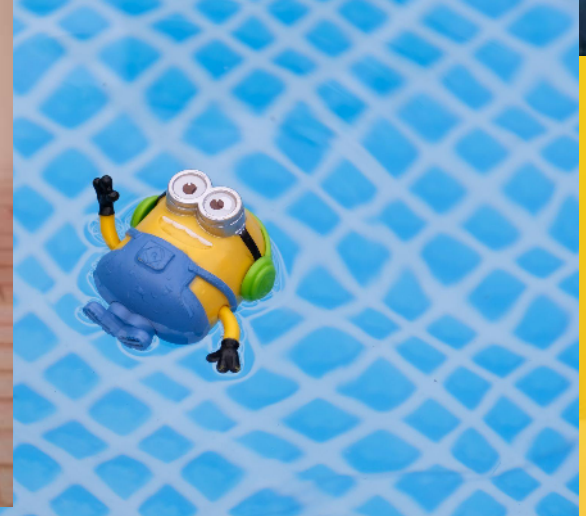






Resmaa  
Menakem



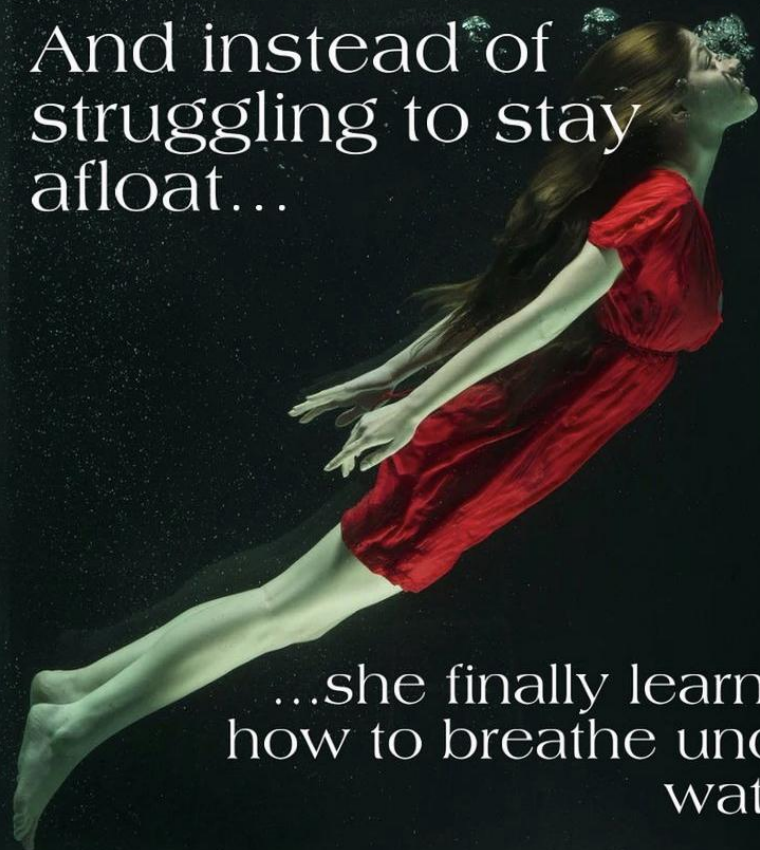


Regulate yourself so you  
Can help regulate others

# Discomfort as Proof



And instead of  
struggling to stay  
afloat...



...she finally learned  
how to breathe under  
water.

# What is the Purpose of Our Emotions?

Survive (fight,flight,freeze)

Remember people and situations

Cope with situations in your daily life

Communicate with others

Avoid pain

Seek pleasure

-Wood & Brantley



*Defining moments rise above the everyday. They provoke not just transient happiness...but memorable delight.*

*- Heath & Heath*

# Celebrate Every Success!



'What have you tried to fail at this week?' -Sara Blakely

Failure is necessary - Peter Principle & Brainstem

Purpose is key

High five habit - Mel Robbins



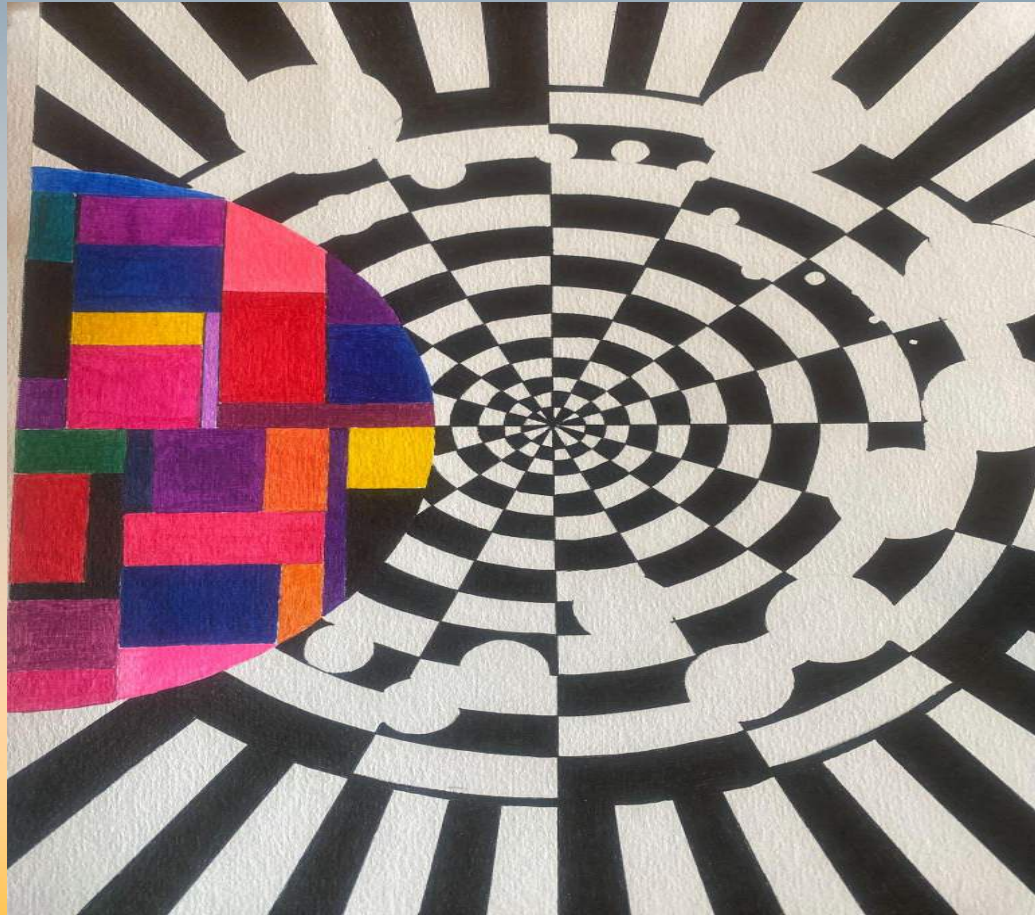
# The Support Bridge: Connecting Better Care to Better Service

**Connection**

**Coping Skills**

**Counseling**





# *Feel The Rainbow: The Biology of Emotions*

Anxiety - When it comes to survival fear is a good thing!

Grief - How we can shake off traumatic experience.

Shame - What reminds us we need each other.

Resentment - Where I find my needs are not being met.

Anger - When I am not feeling safe.

Sadness - How I can rethink my life.

*-Know the promise of recovery!*

*-All at the same time!!!*







What is an emotion you are struggling with right now? (or not struggling with).

What does it want?

What does it need to know?

What does it think it is doing to help?

What does it need to do to help you?

What does it need to stop doing?

# NAME IT TO TAME IT

“It looks like you are feeling overwhelmed\*, why don’t we take a break”

\*ANGRY

\*SAD

\*MOVING AWAY

\*SCARED

-Siegel



*“Naming it allows for a sense of understanding and being seen as well as validation. We we stop to notice (within ourselves or others) this can be a powerful grounding tool. Children, youth, and adults should be encouraged to focus mindfully on noticing how they feel, how their body feels, and identifying what they need to feel right again. **Our goal is to essentially broaden this window of tolerance increasing capacity for people to hold emotional experiences (even intense ones) without becoming dysregulated or going into a state of hyper or hypo arousal.**”*

*-Levine, Ogden, Siegel*

**This is how we build resilience!!!!!!**

## LISTEN TO YOUR BODY

Pay attention to your:

your breathing



your heartbeat

your belly & muscles

the temperature of your skin

your energy level

gabi garcia books

What do you notice?

listeningtomybody.com

## LISTEN TO YOUR BODY

What sensations do you notice?

### Your Heartbeat

Gentle  
Pounding  
Fast  
Slow

### Your Breath

Long/ Short  
Deep/ Shallow  
Breathless  
Slow/ Fast

### Your Muscles/ Belly

Butterflies in belly  
Lump in throat  
Relaxed  
Soft  
Strong  
Squishy  
Tense  
Tight

### Your Energy

Ants in my pants  
Buzzing  
Calm  
Focused  
Full of energy  
Shaky  
Squirmy  
Sleepy  
Still  
Tingly  
Tired  
Wiggly

### Your Temperature

Burning  
Cold  
Cool  
Hot  
Sweaty

### Other

Hungry  
Thirsty  
Full  
Comfortable

What other sensations can you add?

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What color is your feeling?

How big is your feeling?

What song captures your feelings?

What is your feeling doing? Is your feeling moving? Sitting Still?

What does it feel like? Is your feeling hard? Soft?

What does your feeling look like?

What animal is your feeling?



# Gratitude in Action



Gratitude has tremendous health benefits

Gratitude happens in the present...and extends it

Gratitude leads to joy

Gratitude connects us (and can help reconnect us)



## **Gratitude and Resilience:**

**What is a problem you  
are having?**

**What is the opportunity?**

# Hope in Action



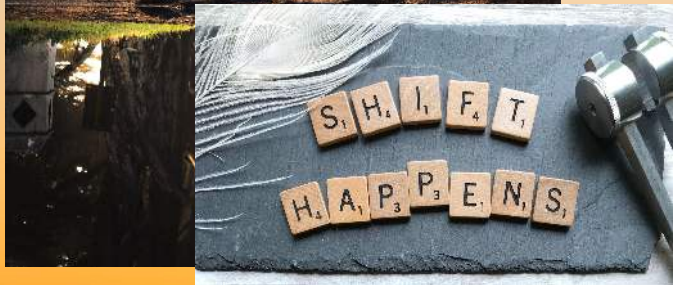
Teach & Create Realistic Goals

Teach & Foster Mental Flexibility

Teach & Remember Pain is  
Temporary

Teach & **Shift Gravity** Problems

*Prepare the child for the path  
not the path for the child.*







We Tend to Get in Our  
Own Way

# Stop Your Stopping!

1. We lack information and resources.
2. We do what mammals do.
3. We play the blame game.
4. We try to solve the problem with the problem.
5. We think there is something wrong with us.
6. We are getting something out of staying stuck.
7. We don't think we can change.

# We Play The Blame Game

Understand the problem with feedback loops

Accept that you may not get the answers

Stop blaming yourself and others (think!)

Do something!

-Find your accountability (exercise)

-What is your part?

-What have you learned that you will take with you?

-What will you do now?



# We Try To Solve The Problem With The Problem

Shaming ourselves through trauma impact does not work

It takes as long as it takes to heal if you want to heal correctly

We tend to do what we know how to do

- Compassion (exercise)
- Don't do to you what has been done to you
- Identify your goals and a plan to attain them
- Find compassion for yourself (and for others)

# We Are Getting Something Out of Staying Stuck

Sometimes there are payoffs for not getting better

Avoidance does not work because there is loss and then there is loss

We don't feel understood and/or safe

We get attention

-Motivational Interviewing (Exercise)

-How confident are you? Scale of 1 - 10

-How motivated are you? Scale of 1 - 10

-Start with whatever scale they are lower on

# We Think There Is Something Wrong With Us

Don't expect people to need what you need

It makes sense

Trauma happens to everyone

Grief is messy

Volcano (exercise)

-explain the metaphor

-draw the volcano

-create steam vents





## Trauma Truth #5

Post Traumatic Growth  
Happens

*“If You Had To Have Something  
Trauma is What You Would Want”*



## **TRAUMA IS A BRAIN INJURY!**

**Triggers are hot spots waiting to be activated**

**Trauma memory is out of time and place**

**Don't focus on the trigger but rather how long it takes to stand back up**

**THIS IS HOW WE MARK PROGRESS!**



# The Trauma Truths

1. Trauma Knocks Us Off Balance
2. Immediate Intervention Limits Impact
3. People Are The Solutions To Their Problems
4. The Only Way Through It is Through It
5. Post Traumatic Growth Happens

# The Trauma Truths

1. Trauma Knocks Us Off Balance
2. Immediate Intervention Limits Impact
3. People Are the Solutions to Their Own Problems
4. The Only Way Through It is Through It
5. Post Traumatic Growth Happens

1. Find a Corrective Course
2. Work to Limit Impact
3. Have a Strengths Based Mind Set
4. Understand the Purpose of Emotions
5. Trust Your Ability to Heal



# Trauma Truth

It Starts With YOU

## Self-Care (exercise)

- How do you take care of yourself?
- What could you do more of (or less of) for you?
- What can you celebrate?

**CTA:     START NOW!! (or after Vegas)**



# Traumatized Students: School-Based Interventions



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