

Understanding Trauma



About Us



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I acknowledge the Birpai people as the traditional custodians of the land and pays respect to elders past, present and emerging. I acknowledge this is Aboriginal land and always will be. I also embrace inclusion and diversity regarding ethnicity, lifestyle choice, faith, sexual orientation and gender identity, with a commitment to creating a safe environment for all people.



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Learning outcomes

1. Be able to define trauma
2. Understand the current evidence base about trauma
3. Understand the diagnostic considerations of trauma
4. Increase awareness of the neuroendocrinology of trauma
5. Understand Polyvagal Theory and trauma
6. Understand the epigenetics and attachment issues of trauma
7. Understand how trauma affects our sensory systems
8. Understand the treatment modalities for trauma



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Course Outline

Introduction

Lecture 1: *What is trauma?*

Lecture 2: *The evidence-base*

Lecture 3: *Diagnostic considerations*

Lecture 4: *Neuroendocrinology and trauma*

Lecture 5: *Polyvagal Theory and trauma*

Lecture 6: *Epigenetics and attachment*

Lecture 7: *Our Sensory Systems and trauma*

Lecture 8: *Trauma Treatment methods*

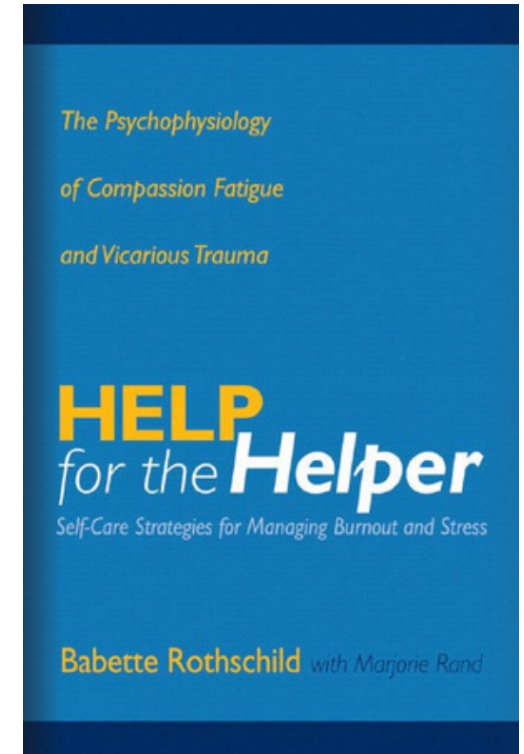
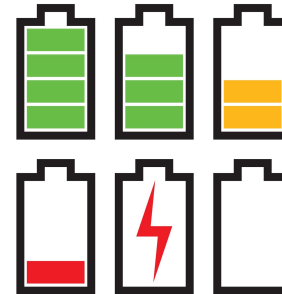
Lecture 9: *Summary and revision*

Lecture 10: *Tools and Resources*



Important notes on self-care

- Content warning for possible triggering
- Self and client disclosure boundaries
- Arousal awareness
- Grounding techniques
- Supervision
- Peer consultation
- Delayed reactions



WHAT IS SELF CARE?

Self care is an act that we do to intentionally take care of our mental, emotional, and physical health. Self care is personal, and the way you approach it will be different to other carers, however all acts of self care are done to better your well being.

Self care is not a selfish act and it isn't only about 'taking care of yourself' but, is about knowing what we need for us to better take care of ourselves and in turn, take care of others.

DOMAINS OF SELF CARE

Emotional Self Care



Understanding ourselves more, becoming more resilient, and developing positive relationships. Responding to our personal needs can build a great sense of compassion, kindness, and love for ourselves and others.

Physical Self Care



Benefits to your individual health and nutritional needs. Engaging in these practices improves your self-esteem and lifts your energy levels.

Spiritual Self Care



Acts that follow your values and beliefs, that give your life meaning. This can help you find your purpose, build a sense of belonging, and develop a connection to something greater than oneself.

Mental Self Care



Creating a balance between stimulating your mind and giving your mind a break. Learning new skills and concepts can benefit your mental well being.

Social Self Care



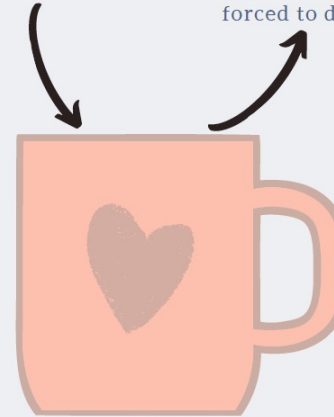
Building meaningful relationships with people and creating a sense of belonging and acceptance.

FILL THE CUP

Imagine that every child has a cup that needs to be filled with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets nearly empty.

What fills a child's cup? *What empties a child's cup?*

- | | |
|--|---|
| <ul style="list-style-type: none">• Play• Friendship• One-on-one time• Love and affection• Connection• Succeeding• Doing what they love to do or what they choose to do. | <ul style="list-style-type: none">• Stress and strain• Rejection• Isolation• Yelling and punishment• Failing• Fatigue• Doing what they're forced to do or hate. |
|--|---|



When a carer is feeling fatigued and is not meeting their own emotional and physical needs, *their* cup begins to empty. A carer with an empty cup may manifest their frustrations through stress, yelling, punishment, and failing to meet the needs of the child. This empties the child's cup, who may then act out by misbehaving, being hypervigilant and not regulating their emotions. A child acting out can further distress the carer, until the family becomes stuck in a cycle of empty emotional cups. Practicing self-care could be beneficial in assisting the carer fill their emotional cup back up and avoiding feelings of compassion fatigue and secondary trauma.



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Self-care contacts: Australia

- If there is a crisis you or others can contact
 - Emergency Services 000
 - Mental Health Access Line 1800 011 511
 - Lifeline 13 11 14
 - Beyond Blue 1300 224 636
 - Suicide Callback Service 1300 659 467
 - Men's Referral Service 1300 766 491
 - MensLine 1300 789 978
 - 1800RESPECT 1800 737 732
 - Kids Helpline (5-25yrs) 1800 551 800
 - eheadspace (12-25yrs) 1800 650 890

