



STRENGTHENING TRAUMA AWARENESS & RESILIENCE

STAR Practice Session 1

Conversations about Trauma: Creating a Holding Space

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Agenda

- ❑ Mindful Minute
- ❑ Welcome Icebreaker
- ❑ Module Review
- ❑ Vignette Review of Jamie
- ❑ Practice – Jaime
- ❑ Debrief/Feedback
- ❑ Addressing Challenges
- ❑ Questions/Concerns
- ❑ Evaluation
- ❑ Next Steps



Zoom

NAMING

Mute More >

Mute Rename

ENABLE VIDEO

Stop Video Start Video

AUDIO (MUTING)

Mute Unmute

LIMIT DISTRACTIONS

Phones "do not disturb", if possible

BREAKOUT ROOMS

Breakout Rooms

USE CHAT

Chat

PRESENTATION (SPEAKER VIEW)

DISCUSSION (GRID VIEW)

TAKE SPACE if you need to

Unmute Start Video

Reactions: 👏 👍 😂 😮 ❤️ 🎉

✓ ✗ ⏪ ⏩

👏 Raise Hand

REACTIONS

Mute Start Video Security Manage Participants Chat Share Screen Record Breakout Rooms Reactions

Working Agreements: Group Norms





Self-Care Alert!

Throughout this training there may be times when discussions about trauma may trigger intense feelings. Please practice self-care.

- Take a break
- Step away/back
- Let the training staff know
- Reach out to a supervisor



Mindful Minute: Breathing



<https://www.youtube.com/watch?v=F7PxEy5IyV4>



Welcome!

Please share your name and one word that describes how you are feeling about this training.



Module Review

Please Chat in
or Raise a Hand

In your breakout session, share:

- What were your takeaways from the module?

Also share your Reflections:

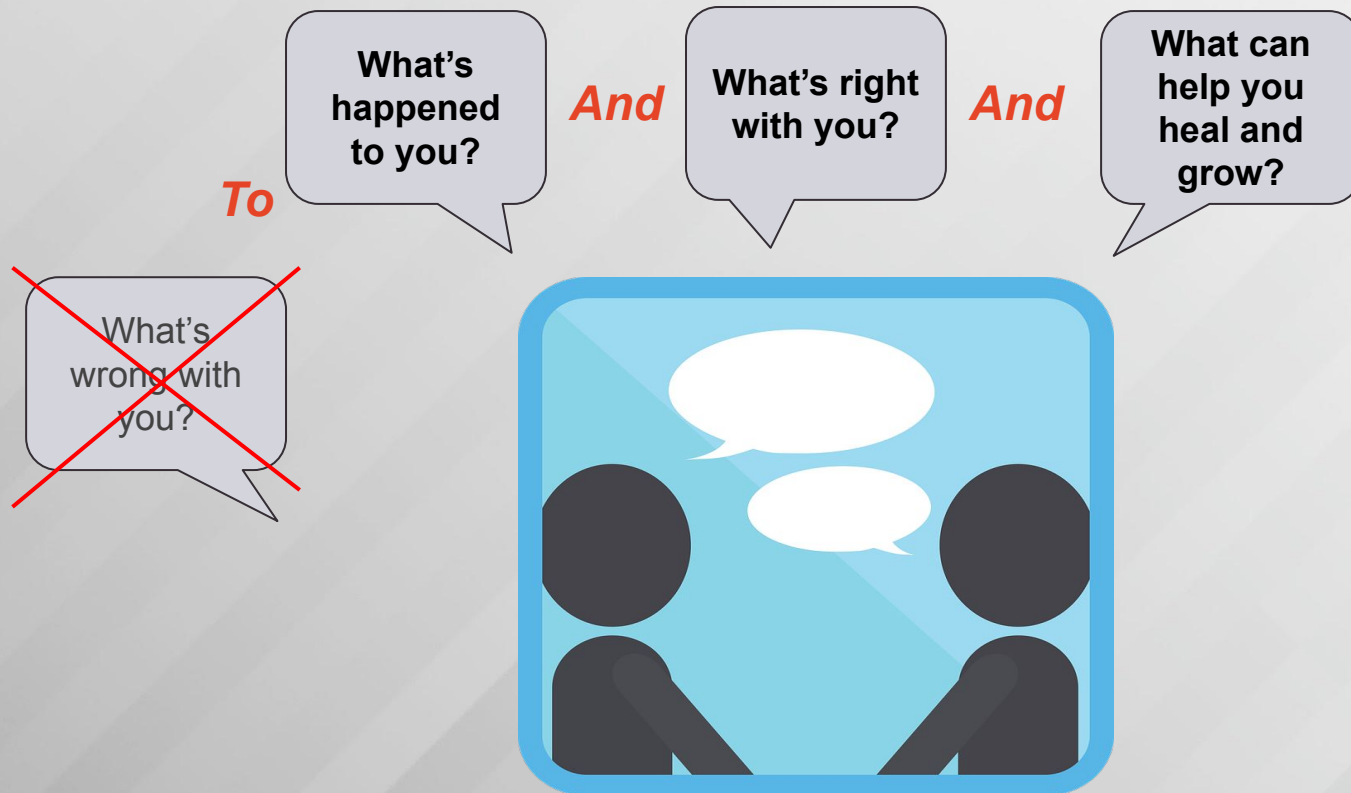
- What's been your *experience* talking about trauma with the people you serve?
- What are some *challenges* in talking about trauma with the people you serve?
- What are some *benefits* that you can see in talking about trauma with the people you serve?

STAR Training Module 1

Conversations About
Trauma: Creating a
Holding Space

From Trauma Informed to Healing Centered Means...

Moving from:



Addressing Challenges: Roll with Reluctance.

- ▶ **Validating and empathizing.** “I can understand why it might be difficult to talk about trauma. It can bring up a lot of negative memories and pain.”
- ▶ **Promoting autonomy.** “The decision about when and if to talk about it is up to you.”
- ▶ **Summarizing and State Your Position.** “Many things you’ve said make me think that you’ve been through some really stressful (or horrible) events and experiences. Talking about trauma can be very hard, but we know trauma can have an impact in people’s lives and understanding how trauma operates can help people think about new ways of coping.”
- ▶ **Providing choices.** “Would you be open to talking about it another time?” OR “If you don’t feel comfortable sharing details, could you share with me how you think your past impacts you now?”



Conversations

▶ Promote Safety:

- Do you feel comfortable talking?
- Is there anything you need to make you feel safe?

▶ Explore Past Adversity:

- **Ask permission:** “Do you mind if I ask you some questions about your past experiences?”
- **Open-ended questions:** Can you tell me about your past experiences? Please start wherever you’d like.
- **Reflect with empathy:** “So you witnessed a lot of violence in your home. That must’ve been horrifying for you.”
- **Summarize:** “You’ve been through so much - [list traumas]. It must’ve been terrible. No one should have to go through that.”
- **Affirm:** “It takes a lot of courage for you to share that information with me.”



Conversations

► Explore Strengths:

- “You’ve been through so much in your life....
- What has helped you get through all those hard times?
- Who have you turned to for support?

► Explore Supports:

- *“How can I best support you given everything what’s happened to you?”*
OR
- *“In my role and training I’m able to discuss this with you further if you like.”*
OR
- *“In my role and training, I’m not in the best position to help you explore or discuss these issues in more detail. However, we have helpers in this program who do [or I can help you find someone outside of this program.] Please let me know what works for you. Perhaps you need some time to think about it or you may have some questions that I might be able to answer”*

Starting a Conversation

Jim asks Laurie about trauma

Laurie Asks why

Responding to Reluctance

Laurie Responds

Responding to Trauma

Laurie Shares her Trauma History

Jim Responds



Case Example

Joel/Jaime is 17 years old with a history of depression and developmental delays that include learning disabilities, problems with attention and language processing problems. S(h)e was recently referred to YPA for support and information.



Joel/Jaime's Story

Joel/Jaime was born a premature blue baby as a result of her/his mother's drug and alcohol abuse during the pregnancy. Her/His mother was able to regain custody after becoming sober, but relapsed several times, moved frequently and was involved in a number of abusive relationships during the course of Joel/Jaime's childhood. When her/his mother had troubles, Joel/Jaime stayed with her/his grandmother, but on one occasion he had to stay in foster care for about a month when his mother disappeared in New Jersey and the local DCS could not locate his grandmother. By the time Joel/Jaime was 11, his mother had gotten help and was in recovery. She continued to experience episodes of depression but remained sober.

Practice (Breakout Rooms)

You will be in groups of 3 and each will role-play one of the following:

1. **Joel/Jaime - Caregiver**: (a) Talk about your needs, (b) Be open to talking about past experiences
2. **Helper - Family Peer Advocate**: (a) Check in for Safety, (b) Explore Past Adversity/Seek Elaboration, (c) Empathize, (d) Explore coping/strengths
3. **Observer** - (a) What did the **FPA** do to promote sharing about past experiences? (b) How did **Joel/Jaime** respond to questions about **her** past? (c) What did the **FPA** do to promote safety?



Click on “Hide None-Video Participants”



Debrief / Feedback

Questions / Comments



Do you have any questions, concerns or comments?

Please type into the chat box:

Share one thing at you took away from today's training.



STAR
Key
Takeaways



Evaluation

Session Feedback/Satisfaction (Less than 5 minutes)

- To help us improve this training, please complete this form
- Available in the chat box



Next Steps



Between Oct 13 and Oct 25, 2021	Complete online learning module. ACEs and the Impact of Trauma on the Brain Complete reflection and prepare questions for practice session.	Understand the relationship between trauma history and common reactions to trauma
Oct 26, 2021 2:30pm-4:30pm Tuesday	Attend practice session. Providing Information: Knowledge Empowers	Utilize the tips for explaining the impact of trauma on the brain

Let's review the [**STAR Webpage**](#)



CTAC STAR Contacts

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 - Practice session Zoom information

Please use **subject line: STAR**



Thank You!

Visit www.ctacny.org to view past trainings, sign-up for updates and event announcements, and to access resources.

See you in 2 weeks!
October 26, 2021 from 2:30pm to 4:30pm