Strategies for Trauma and Resilience (STAR)

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For
Pennsylvania Housing Finance Agency
Network of Service Coordinators and Case Managers
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A mother in Gaza entertains her children
(CNN news 17 April 2020)
Today

Essential questions:
How do I support residents in this time?
How do I start with myself?

Centering Content forecast*

STAR
• Background
• Brief definitions

What’s going on?
• Resources
• Dynamics
• Responses
• Needs
STAR models

More resources
• Personal practices
• Q&A

We are going to be inviting you to use the Q&A area during this presentation.

*Note: This presentation may reference racism, poverty, gun violence, domestic violence, addiction and mental health challenges.
Quick tech set-up

On your smartphone/iphone: please log in to Poll Everywhere so we can gather feedback when we finish.

PollEv.com/katiemansfie222
A username will automatically be generated for you

We’ll come back to that later. Thanks!
STAR so far

2001

Original workshops (2002)

• Typically a 5-day training
• Participants from >65 countries
• Delivered in 23+ countries so far
• Translated into >10 languages
Brief definitions

Trauma
When our ability to respond to threat is overwhelmed (P. Levine)

Resilience
Healthy power amidst vulnerability and uncertainty
We all need somebody to lean on – some resources

• **Printable List of Crisis resources by county in Pennsylvania**
  [https://www.cor.pa.gov/Documents/PA%20County%20Crisis%20Contacts.pdf](https://www.cor.pa.gov/Documents/PA%20County%20Crisis%20Contacts.pdf)

• **Mental Health Resources by County in Pennsylvania**

• Resmaa Menakem’s Cultural Somatics: a free course on racialized trauma from the author of *My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.

• **Substance Abuse and Mental Health Service Agency National Helpline** – [1-800-662-HELP (4357)](tel:1-800-662-HELP) Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

• **AA.org (alcoholics anonymous)**

• **NA.org (narcotics anonymous)**

• **Al Anon**: [https://al-anon.org/al-anon-meetings/electronic-meetings/](https://al-anon.org/al-anon-meetings/electronic-meetings/)
During this time

Our nervous systems are on high alert (some already were)*

At home: Some people are in extra difficulty - can’t leave home, and home may be full of hardship

For many: fear-laden memories and systemic pain may easily be triggered and re-experienced.

It’s harder to reach out and get help.

Eviction?... Resources...

Racialized trauma

Secondary traumatic stress

What’s going on?

STAR
Strategies for Trauma Awareness and Resistance
During this time

Our nervous systems are on high alert (some already were)*

For many: fear-laden memories and systemic pain may easily be triggered and re-experienced.

Our unique lives and different identities mean we are experiencing these times and events differently. (e.g., race, gender identity, disability, religion, immigration status, health, wealth...)

Eviction?... Resources...
Racialized trauma
Secondary traumatic stress

What’s going on?

STAR
Strategies for Trauma Awareness and Resilience
Common responses to stress and trauma

<table>
<thead>
<tr>
<th>Emotional</th>
<th>Cognitive (thinking)</th>
<th>Behavioral (doing)</th>
<th>Physical</th>
<th>Spiritual</th>
<th>Societal Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>・ Fear</td>
<td>・ Confusion</td>
<td>・ Withdrawal</td>
<td>・ Thirst/dry mouth</td>
<td>・ Emptiness</td>
<td>・ Apathy</td>
</tr>
<tr>
<td>・ Terror</td>
<td>・ Nightmares</td>
<td>・ Antisocial acts</td>
<td>・ TWitches</td>
<td>・ Loss of meaning</td>
<td>・ Silence/impaired communication</td>
</tr>
<tr>
<td>・ Anxiety</td>
<td>・ Hypervigilance</td>
<td>・ Inability to rest, pacing</td>
<td>・ Vomiting</td>
<td>・ Doubt</td>
<td>・ Aggressive behavior</td>
</tr>
<tr>
<td>・ Panic / Paranoia</td>
<td>・ Suspiciousness</td>
<td>・ Hyper-alertness</td>
<td>・ Weakness</td>
<td>・ Feeling unforgiven</td>
<td>・ Isolation</td>
</tr>
<tr>
<td>・ Anger / Rage</td>
<td>・ Flashbacks</td>
<td>・ Erratic movement</td>
<td>・ Chest pain</td>
<td>・ Martyrdom/punished</td>
<td>・ Lack of empathy</td>
</tr>
<tr>
<td>・ Apprehension</td>
<td>・ Overly sensitive</td>
<td>・ Suspiciousness</td>
<td>・ Elevated blood pressure</td>
<td>・ Looking for magic</td>
<td>・ Denial</td>
</tr>
<tr>
<td>・ Depression</td>
<td>・ Difficulty</td>
<td>・ Emotional outbursts</td>
<td>・ Rapid heart rate</td>
<td>・ Loss of direction</td>
<td>・ Low energy/low productivity</td>
</tr>
<tr>
<td>・ Vengeful</td>
<td>・ concentrating, making decisions, spaciness</td>
<td>・ Change in speech patterns</td>
<td>・ Muscle tremors</td>
<td>・ Cynicism</td>
<td>・ Inflexibility</td>
</tr>
<tr>
<td>・ Shame</td>
<td>・ Memory problems</td>
<td>・ Increased alcohol/drug use</td>
<td>・ Visual difficulties</td>
<td>・ Apathy</td>
<td>・ High rates of alcoholism, drug abuse</td>
</tr>
<tr>
<td>・ Guilt</td>
<td>・ Shortened attention span</td>
<td>・ Avoiding thoughts, feelings related to the event</td>
<td>・ Nausea/diarrhea</td>
<td>・ Needing to &quot;prove&quot; self</td>
<td>・ High rates of (untreated) mental health issues (depression, sexual dysfunction, etc.)</td>
</tr>
<tr>
<td>・ Sadness</td>
<td>・ Overly critical</td>
<td>・ Difficulty writing or talking</td>
<td>・ Shallow breathing</td>
<td>・ Alienated</td>
<td>・ High rates of stress related health issues (and medication use)</td>
</tr>
<tr>
<td>・ Grief</td>
<td>・ Blaming others</td>
<td>・ Impaired sexual functioning</td>
<td>・ Dizziness or faintness</td>
<td>・ Mistrust</td>
<td>・ Intergenerational transmission of pain</td>
</tr>
<tr>
<td>・ Emotional shock</td>
<td>・ Poor problem solving</td>
<td>・ Loss or increase of appetite</td>
<td>・ Chills or sweating</td>
<td>・ Crisis of faith</td>
<td>・ SPIRITUAL GROWTH</td>
</tr>
<tr>
<td>・ Emotional outbursts</td>
<td>・ Poor abstract thinking</td>
<td>・ Feeling uncoordinated</td>
<td>・ Easily startled</td>
<td>・ DISSOLVING ILLUSIONS</td>
<td>・ WISDOM</td>
</tr>
<tr>
<td>・ Loss of emotional control</td>
<td>・ Preoccupied with the event(s)</td>
<td>・ Domestic Violence</td>
<td>・ Fatigue</td>
<td>・ GROWTH</td>
<td>・ SOCIAL CHANGE</td>
</tr>
<tr>
<td>・ Feelings of hopelessness or helplessness</td>
<td>・ Inability to recall all/parts of the event</td>
<td>・ CARING FOR OTHERS</td>
<td>・ Changes in appetite</td>
<td>・ FACING HISTORY</td>
<td>・ DENIAL</td>
</tr>
<tr>
<td>・ Feeling numb</td>
<td>・ Shortened attention span</td>
<td>・ CREATING NEW PATTERNS AND NETWORKS</td>
<td>・ Nightmares or sleep disturbances</td>
<td>・ LACK OF EMPATHY</td>
<td>・ INTERGENERATIONALSongs transmission of pain</td>
</tr>
<tr>
<td>・ Irritability</td>
<td>・ Disorientation of time, place, person</td>
<td>・ HEADACHES</td>
<td>・ Headaches</td>
<td>・ DENIAL</td>
<td>・ SPIRITUAL GROWTH</td>
</tr>
<tr>
<td>・ COURAGE</td>
<td>・ Heightened or lowered awareness</td>
<td>・ Grinding teeth</td>
<td>・ Grinding teeth</td>
<td>・ WISDOM</td>
<td>・ SOCIAL CHANGE</td>
</tr>
<tr>
<td>・ EMBRACING EMOTIONS AS TEACHERS/HEALERS</td>
<td>・ INSIGHT</td>
<td>・ INABILITY TO REST</td>
<td>・ Inability to rest</td>
<td>・ FACING HISTORY</td>
<td>・ CREATING NEW PATTERNS AND NETWORKS</td>
</tr>
</tbody>
</table>
| ・ FOCUS                    | ・ Fatigue             | ・ Fatigue           | ・ Fatigue                     | ・ ALIENATED                     | │

After experiencing a traumatic event, or in response to cumulative stressors, it is common – and normal – to experience a wide range of emotional, cognitive, physical, and spiritual reactions. These responses may appear immediately after the event(s) or sometime later. These are normal reactions to abnormal situations. These are some of the most common responses.
That’s a lot...time to move

If you need some dance breaks in your life
(5x a day for 20 minutes each)

Join
Dancing Resilience
On facebook

Because HARD TIMES REQUIRE FURIOUS DANCING (Alice Walker; that is the title of one of her books)
Needs

SAFETY
We all need to feel safe (or secure). Safety needs include food, shelter and care.

TRUTH-TELLING
We need trusted people to listen to our experience. We need acknowledgment and validation of our experience. We need to hear different perspectives and experiences, especially from people whose voices and truths are often silenced.

ACKNOWLEDGEMENT AND REPAIR
We need to acknowledge the harm we have done and the harm others have done to us. We need to ask: Who has been harmed? What are their needs? Whose obligation is it to meet those needs? How can we support healing? How can we attend to harm and support accountability?

SHARED POWER AND INFORMATION
We need leaders who can share power, provide correct information, avoid misinformation, and acknowledge unknowns. Who? What? Where? When? How?

EMPOWERMENT
We need to have choices and participate in decision making.

TRANSFORMATION
We need transformation of the systems and structures that perpetuate harm as well as the transformation and reintegration of those who have harmed.
Cycles of Violence

Aggressor Cycle (Acting Out)
- Developing good vs. evil narrative
- Experiencing unmet needs for safety and justice — shame, humiliation, fear
- Seeing self/group as victims, embracing "us" vs. "them" identity
- Repetitive violence/war
- Sexual harm
- Bullying
- Blaming others
- Child abuse
- Domestic violence
- Creating and sustaining unjust structure and system
- Responding to social and cultural pressures, pride

Victim Cycle (Acting In)
- Traumatic event(s): acts of violence
- Physiological responses - fight, flight, freeze
- Powerlessness, helplessness feelings
- Depression
- Physical ailments
- Shock, injury, fear, denial
- Workaholism
- Trembling, crying, heat, cold
- Suppression of grief and fears
- Anger, rage, spiritual questions, loss of meaning
- Suicidal thoughts
- Self-harm
- Addictions, learned helplessness, fatalism
- Internalized oppression
- Silence, constricted emotions
- Survivor guilt, shame and humiliation
- Realization of loss — panic, anxiety
- Fantasies of revenge, need for justice, safety

What's going on?

© Carolyn Yoder and the STAR Team at Eastern Mennonite University.
Based in part on the writings of Olga Itzhak, Peter Levine, Yvonne Volkas and Walter Winokur.
Breaking free (daily)

- Deep breathing
- Connection to loved ones
- Sacred practices
- Music, singing
- Dancing, drumming
- All kinds of exercise
- Massage, touch (even self-massage)
- Laughter
- Being in nature
- Playing, having fun
- What else?

Resilience network*

- Great listener
- Inspiring person/visionary
- Super practical person
- Someone who can make you laugh
- Someone who can put you in touch with your sensuality and beauty
- Mentor/elder – someone who’s been through it all

*Credit: Mark Walsh at the Embodying Resilience Conference April 30, 2020

Check out more self-care practices from STAR practitioners: https://emu.edu/now/peacebuilder/tag/caretogether/
The same areas in which we experience the effects of trauma are also areas to focus efforts to help ourselves cope. The following are some ideas others have found useful. Add to it those you have found helpful.

**Things you can do for yourself**

<table>
<thead>
<tr>
<th>Emotional</th>
<th>Cognitive</th>
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<tr>
<td>• Practice moderation</td>
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<td>• Engage in healthy friendships</td>
</tr>
<tr>
<td>• Allow yourself to experience what you feel (cry, shake, breathe deeply)</td>
<td>• Write things down</td>
<td>• Balance time spent with others with time for yourself</td>
<td>• Practice what puts you in touch with sacredness</td>
<td>• Share and invite stories</td>
<td></td>
</tr>
<tr>
<td>• Acknowledge what you are experiencing</td>
<td>• Be patient with yourself</td>
<td>• Limit demands on time and energy</td>
<td>• Pray</td>
<td>• Share laughter</td>
<td></td>
</tr>
<tr>
<td>• See a counselor</td>
<td>• See the decisions you are already making</td>
<td>• Help others with tasks</td>
<td>• Meditate</td>
<td>• Share and co-create knowledge and learning</td>
<td></td>
</tr>
<tr>
<td>• Be assertive when needed and find people to check with about strong reactions</td>
<td>• Make small, daily decisions</td>
<td>• See a counselor</td>
<td>• Sing</td>
<td>• Avoid gossip</td>
<td></td>
</tr>
<tr>
<td>• Practice relaxation response exercises</td>
<td>• See a counselor who does EMDR (Eye Movement Desensitization and Reprocessing)</td>
<td>• Do activities that were previously enjoyable</td>
<td>• Build your spiritual community</td>
<td>• Practice appreciative inquiry and listening</td>
<td></td>
</tr>
<tr>
<td>• Keep open communication with others</td>
<td>• Get the most info you can to help make decisions</td>
<td>• Remember you have choices</td>
<td>• See a counselor</td>
<td>• Work for social change that uplifts dignity for all persons</td>
<td></td>
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<tr>
<td>• Remember you have choices</td>
<td>• Envision future plans (as possible)</td>
<td>• Ask trusted others how they think you’re doing</td>
<td>• Take a retreat</td>
<td>• • YOUR IDEAS</td>
<td></td>
</tr>
<tr>
<td>• Develop your sense of humor</td>
<td>• Anticipate needs</td>
<td>• Find new activities that are enjoyable and (mildly) challenging</td>
<td>• Visit sacred places</td>
<td>• Engage in some “vent-partner”</td>
<td></td>
</tr>
<tr>
<td>• Find a “vent-partner”</td>
<td>• Remember you have choices</td>
<td>• Do things that relax you and bring you joy</td>
<td>• Remember you have choices</td>
<td>• Try for affirmative language</td>
<td></td>
</tr>
<tr>
<td>• Try for affirmative language</td>
<td>• Inventory healthy ways you have dealt with past challenges</td>
<td>• Get involved with others in working for a justice that restores</td>
<td>• Ask the hard questions boldly</td>
<td>• Go fishing</td>
<td></td>
</tr>
<tr>
<td>• Go fishing</td>
<td>• Break large tasks into smaller ones</td>
<td>• Practice relaxation response exercises</td>
<td>• Read spiritual literature</td>
<td>• Practice moderation</td>
<td></td>
</tr>
<tr>
<td>• Notice when things are ok</td>
<td>• Ask for help from friends and family</td>
<td>• Dance</td>
<td>• Read stories of other survivors who overcame hard times</td>
<td>• Practice what puts you in touch with sacredness</td>
<td></td>
</tr>
<tr>
<td>• Practice gratitude</td>
<td>• When things are ok</td>
<td>• Take walks</td>
<td>• Read/write poetry</td>
<td>• Pray</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Paint</td>
<td>• Meditate</td>
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<td></td>
<td></td>
<td></td>
<td>• Dance</td>
<td>• Sing</td>
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</table>

**YOUR IDEAS**
Questions?
Reflections?

Please take 2-3 minutes for feedback

PollEv.com/katiemansfie222