



Responding To The Unforeseeable

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Treatment of Trauma & Anxiety

The Natural Attitude & Relation to Traumatic events

Our natural attitude is the way in which aspects of our lifeworld affect our senses. In traumatic incident underlying phenomena of self doubt, helplessness and conflictual ways of habituating may emerge in a desire to take-action and at the same time experiencing a traumatic event can lead to disorientation as well as uncertainty eroding self-trust and the ability to move forward.

What does one need to know

- What is a trauma response
- How are we affected
- What can we do to interrupt physical & neurophysiological affects of trauma response

Trauma Response

- Survival Response
- Central Nervous System
- Temporal Lobes
- Limbic System [The brain of the body]
- Amygdala
- Cortisol Release....Oxytocin...Adrenalin
- Reptilian Brain

TYPE- I TYPE-II Trauma Response

- Type-I Car Accident, earthquake.....
- Type-II Is developmental-complex abuse from childhood

If any of the Types of trauma have triggered a traumatic response in the past, a new event can trigger symptoms as in a neurophysiological memory response from the brain. In other words the brain thinks the event is occurring again.

Sensations-Response Symptoms-Behavior

- Aggression
- Numbing....Distancing....Self harm....Substance use
- Avoidance of thoughts and feelings
- Dissociation
- Derealization
- Social withdrawal
- Somatic complaints
- A sense of hyperalertness [Being “on” all the time]

Interrupting Fight Flight & Freeze Submit

There are measures that can be taken to ameliorate trauma responses:

Self Calming Techniques [Tapping, EFT. PR or Mindfulness...]

- Become aware of your breathing [interrupt mouth breathing]
- Cross your arms over your chest....take 3 deep breaths
- Breath in through your nose and out through your mouth
- Learn Progressive Relaxation
- Yoga [Kundalini Breath of Fire]
- Any yoga on you tube that works for you. Learn Tapping or Mindfulness
- Tele Health therapy sessions [Refer to insurance behavioral health or go online to Psychology Today in your area for a therapist]
- EMDR [Eye Movement Desensitization, Shapiro, 2017] Relief from trauma incident

Resources

- Psychology Today- Therapists

<https://www.google.com/search?client=safari&rls=en&q=Psychology+Today&ie>

- EMDR/Wearables/[=UTF-8&oe=UTF-8](#) <https://thetouchpointsolution.com>

- National Child Traumatic Stress Network <https://www.nctsn.org>

- Association of Traumatic Stress Specialists: www.atss.org EMDR Institute, Inc. www.emdr.org

- International Society of Traumatic Stress Studies: www.istss.org

- UCSD Mindfulness Based audios

<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/default.aspx>

- PTSD Coach - The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma.
<https://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>
- The National Center for PTSD (<https://www.ptsd.va.gov/>), run by the VA,
<https://www.ptsd.va.gov/public/materials/apps/index.asp>
- PE Coach -
https://www.ptsd.va.gov/public/materials/apps/pecoach_mobileapp-public.asp
- Insight Timer – Free, high rated mindfulness application.
<https://insighttimer.com/>
- 10% Happier – meditation - <http://www.10percenthappier.com/>
- Calm – meditation. Yearly fee. <https://www.calm.com/>
- Suicide Safe - <https://store.samhsa.gov/apps/suicidesafe/>

- Headspace – Guided meditation -
<https://www.headspace.com/headspace-meditation-app>
- The Calm APP
- Muse – meditation - <https://itunes.apple.com/us/app/muse-brain-sensing-headband/id849841170?mt=8>
- Runtastic – Fitness - <https://www.runtastic.com/>
- Mind PT – Mindfulness - <https://mindpt.com/>
- You Version – Bible study - <https://www.youversion.com/>
- Article on apps - <https://www.brainline.org/article/have-you-seen-these-7> APPS-PTSD
- Brain Spotting on you Tube -
<https://www.youtube.com/watch?v=J8ZGVHdRja4>