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Trauma Informed Support



Strength Based
Approach
Groups:
Supporting
People with
Developmental
Disabilities

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Introduction

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Trauma Informed

Supporting people who have a developmental disability and experience overwhelming emotions that can interfere with day to day life.

Wonder of Me Group
Resiliency Group

A little Research: Why consider trauma as a possibility?

- Children with disabilities are between 1.2 to 2 times more likely to suffer maltreatment than those without disabilities (Goldson 2002).
- Other research suggests that children with disabilities are 10 times more likely to suffer abuse than those who do not have a disabilities (Baladerian 1981, Sobsey&Knutson 2000; Weststai 1991)

Common Elements Between Group Models

- Person centered
- Strength based
- Skill building
- Recovery from Trauma focus

Getting Started

- Slow down speech
- Use comprehensible language
- Use visuals to support language
- Present information one item at a time
- Ask for feedback after each item is presented
- Be specific about steps to change
- Practice coping skills and feeling of competence

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cont

- Be aware of bias when working with this population. (Avrin, Charlton, & Tallant, 2002; Charlton, 2002; Mansell & Sobsey, 2001; Butz, Bowling, & Blifz 2000).
- Further research regarding interactive behaviour therapy group model has been completed by Dr. Tomasula and Nancy J razza

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Working through Barriers

- Buy in from the community
- Space
- Transportation
- Bias

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Building Capacity

- Building support to run groups
- Supervision
- Clinical challenges

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Group Facilitator Skills

- Flexibility
- Perseverance
- Meet clients where they are at
- Self awareness
- Patience
- Training

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The Wonder of Me

The Wonder of Me is a strength-based, peer supported, peer co-led group which explores and practices (through role-play) the following topics:

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Cont.

- Exploring, identifying and understanding our emotions.
- Identifying our personal stress triggers
- Creating healthy coping strategies

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Cont.

- Healthy self-care
- Healthy boundaries
- Grief and Hope
- Healthy Friendships
- Social skills and conflict resolution

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Example of Group Activity

What words come to you when you hear the word Grief?

Sadness
Sorrow
Loneliness
Confusion
Anger
Tears
Silence

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When do you feel Grief?

Sometimes I feel happy when I think of the person and the memories we shared together....then I can feel sad again!

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Cont.

- Losing someone special
- Losing something special
- Losing a pet

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Cont.

Losing the person to Alzheimer's


Losing your health or the health of a loved one

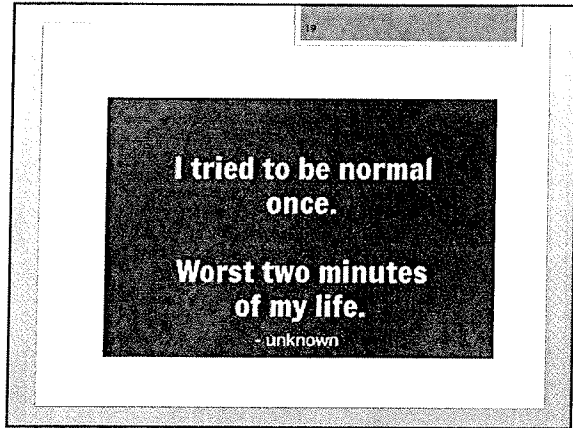
Relationship break ups – friend, romance, etc.

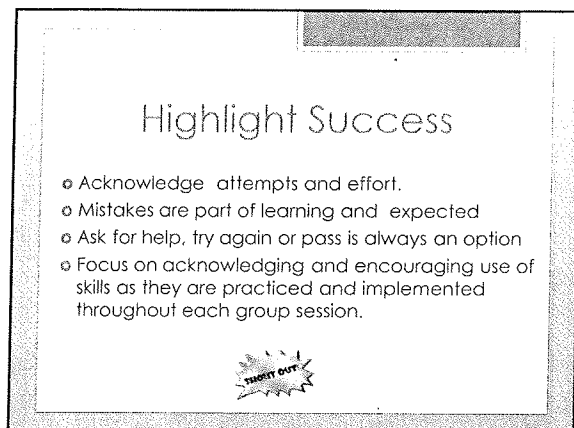
Someone special moves away

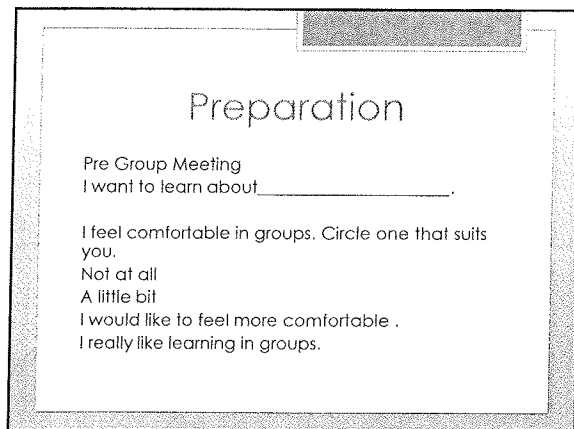
Resiliency Group Overview

- Ongoing support group eight to ten week sessions
- Based on Interactive Behaviour Therapy
- Facilitated group model
- Participant to participant support
- Learning is group directed
- Model, teach practice interpersonal skills, identifying emotions and problem solving









Cont.

I need help with _____

Talking with people is easy for me. Circle one

Yes

When I know the person I'm talking with

No

Cont.

Discussion

Emotions/feelings are _____

Identify Emotions chart:

<div style="font-size: 0.8em;">Happy</div>							
<div style="font-size: 0.8em;">Silly</div>							
<div style="font-size: 0.8em;">Sad</div>							



Creating Safety

- Empowerment
- Connection
- Skill building

(Adapted from Dr. Laura Pallay)

Creating a Comfortable Environment

- Confidentiality
- Active participation is a choice. Passing is always an option
- Belonging and acceptance is always modeled and practiced.
- This is a safe place people express themselves, are heard and can ask for help.
- Because this is a safe place people are not allowed to hurt themselves or each other.

Physical Environment

- Takes into account sensitivities, attention span, pace, etc.

Supportive Skills

- Active listening skills
- Identifying emotions/validation
- Problem solving day to day struggles

Skill Building

May include:
Grief/loss coping skills
Mindfulness/relaxation skills
Recognizing anger and stress
Sharing ideas for life balance- exercise,
healthy food choices and getting proper
rest
How to build safe and healthy relationships
Sharing ideas for stress management

Active Listening

Discussion:
What is it like to be heard?

Skill: We can let people know that what they
have said is important. We do this by
checking to make sure that we heard them
right.

Cont.

Say "I think that you said _____"

Ask "Is that right?"

The person might say yes or no. If they say no, it is ok. Ask them to please say it again.

Validating

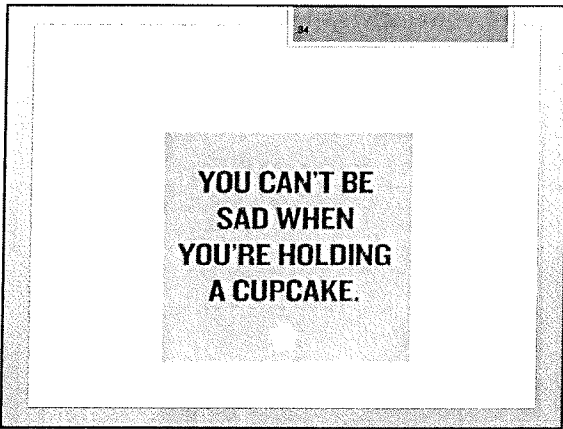
Discussion
When we understand people's emotions , it often helps them to feel better.

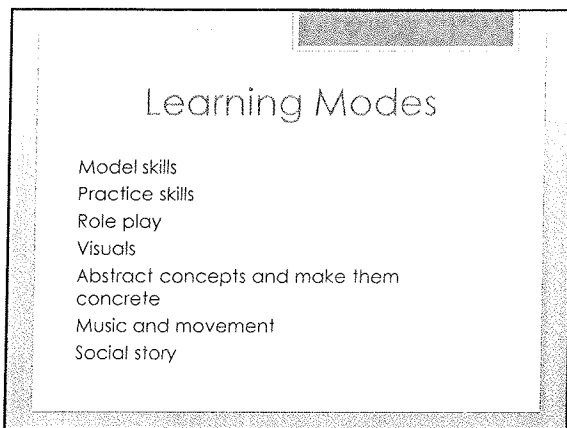
Skill
Say: "I'm guessing that you might feel angry when you cant remember things"
Ask: "Is that right" If yes see if you can guess other feelings. If no, try again.

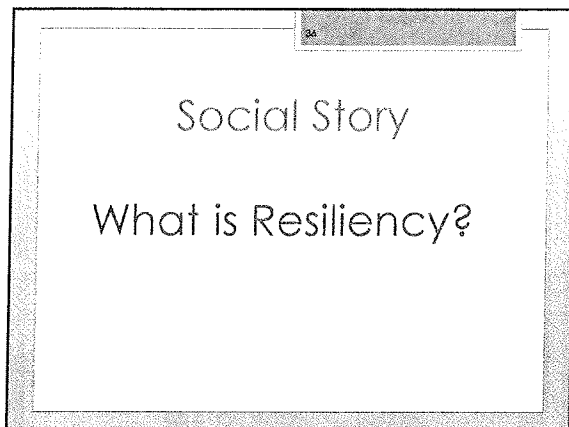
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Group Member Support Develops

- Share Wisdom
- Share Understanding
- Share Perspective







Resiliency is the ability to overcome troubles and challenges in life.



When flowers have sunlight, air and dirt it is easy for them to grow




Sometimes flowers don't get everything that they need to grow. They still grow.



Resilience
The Courage to Come Back


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People can go through tough times...




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...And still be ok. Or better then they were before the tough times.



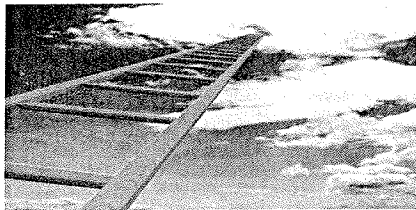
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What helps people get from tough times to being ok?



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What helps to get through tough times?



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Examples of Resiliency Skills

- Support groups
- Ask for help
- Yoga
- Mindfulness
- Taking care of myself
- Counting
- Helping others
- Art

Tool Box


ANGRY

How does it feel?
What does it look like?
How do I act?
What makes me angry?



Worried

- What does it feel like?
- What does it look like?
- How do I act?
- Triggers?




- **5 Ways to Personal Well-being**
- **CLEAN**
- **Connect**
- Maintain contact and make time to be with family, friends, colleagues, and neighbours. Connect with others at home or work and in your local community
- **Learn**
- Try something new. Set yourself a challenge. Seek out an evening or daytime course. Take up a new (or old) hobby, learn to play an instrument, learn a new language or skill. Be creative!
- **Exercise**
- Be active. Get some physical exercise. Get outside! Walk, run, cycle, swim, play, work out, garden or dance
- **Acts of Kindness**
- Give. Do something nice for a friend or a stranger. Say thank you or just smile at others. Do some voluntary work or join a community group
- **Notice**
- Be curious. Become aware and take notice of your environment! Catch sight of the beautiful, savour the moment!
- Based on Nic Marks, *The Happiness Manifesto*, 2011. TED Conferences LLC, New York. Available as digital e-book, downloadable from Amazon, iBookstore and Nook, or contact via TED.com
- Adapted by Carol Vivyan 2012

Personal boundaries are rules or limits that a person creates for themselves. Boundaries are reasonable and safe ways for other people to behave around you and a guide to how you should behave around others. In the box below is a list of personal boundaries.

Kiss	Shake hands	Hug	Wave	Say "Hi"	Fist bump
Say "I love you"	Text	Tell secrets	Talk about personal issues	Enter their home	
Give your phone number		Give your address	Chat on the computer	Say "thank you"	
Let in your apartment	Lend money	Talk on the phone	Hang out alone		

List some boundaries that are acceptable for each of the groups below:



Family: _____

Friends: _____

Acquaintances: _____

Strangers: _____

Questions

Would you like to facilitate a strength based group?

Are there any Barriers in your community to work through?

Resources and Trauma Tool Box

[www. Community-networks.ca](http://www.Community-networks.ca)

Go to "Resources"
Then type Trauma in the search bar

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