



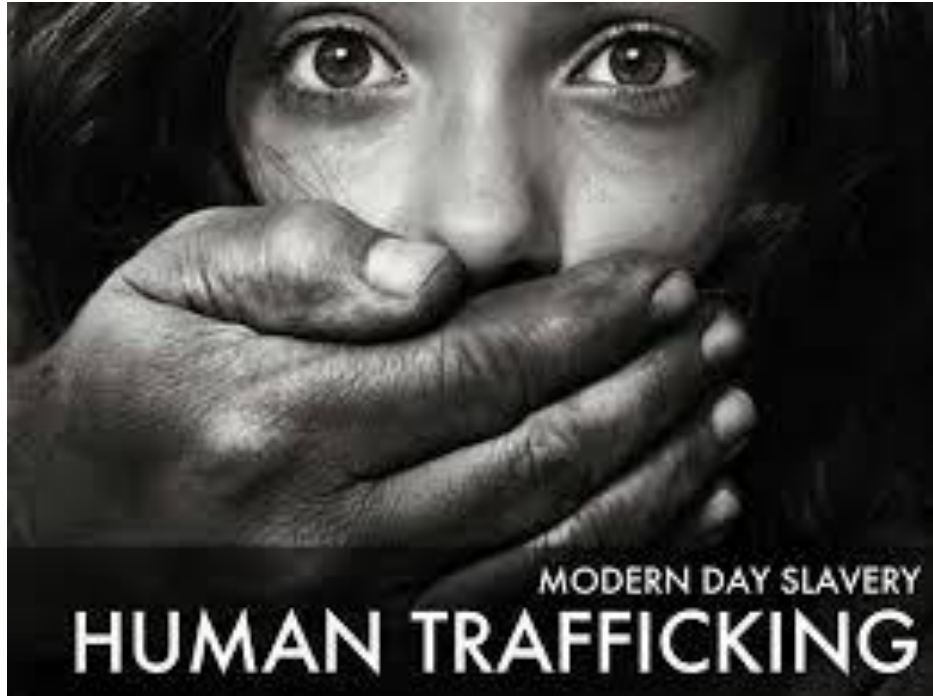
TRAUMA & TRAFFICKING: COUNSELING & COMMUNITY

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Outline



- What is Trauma
- Effect of Trauma and Human Trafficking
 - Signs & Symptoms
- Trauma-Informed Community
- Creating Safe Spaces
- Treatment Options
- Community Resources

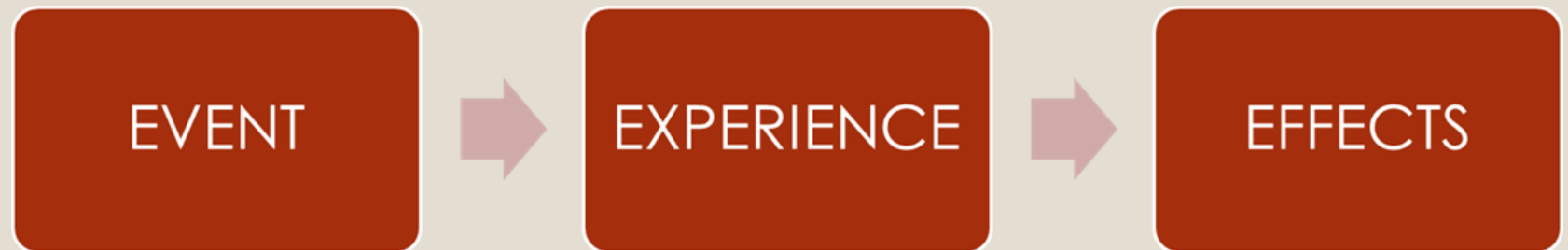


Human Trafficking

- Immigrant workers
- Sex slaves
- Exploitation of a person for a service
- Held against their will/forced/coerced
- Appears innocent/harmless
- Illegal Adoption
- Modeling
- Children, men, and women

What is Trauma?

- ***“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”***
(SAMHSA, 2014, p. 7).

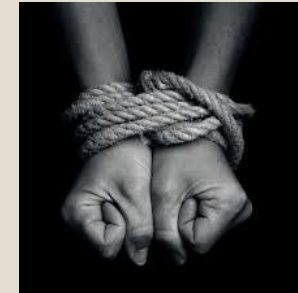


What is Trauma?

EVENT



- Human-made Disasters
- Personal Disasters
- Natural Disasters
- Historical/Generational



EFFECTS

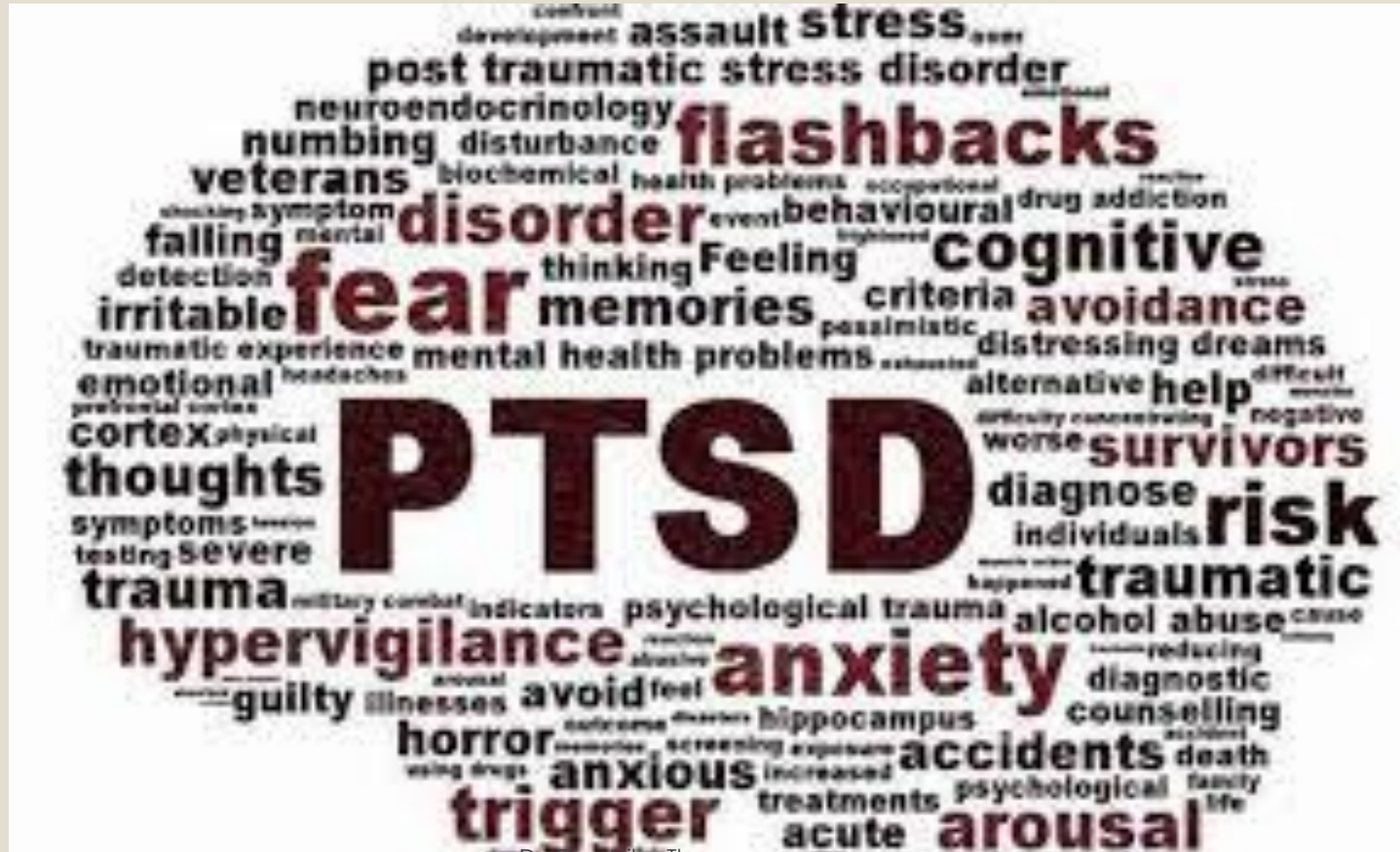
- Mental illness
- Physical illness
- Impaired relationships
- Financial stress

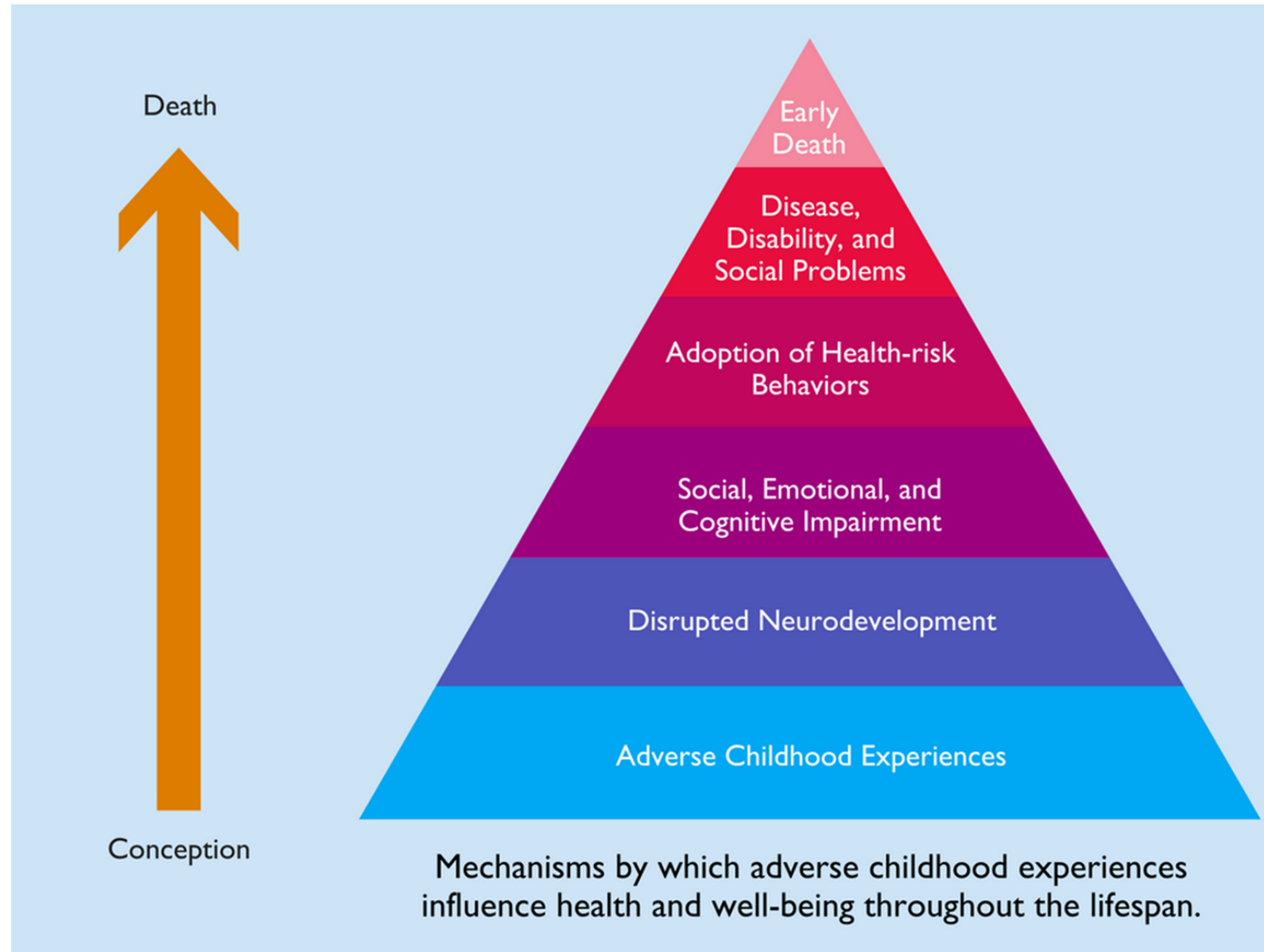
EXPERIENCE

- Abuse
- Rape
- War
- Homelessness
- Human-trafficking
- Police brutality
- Microaggressions
- Arrest



Effect of Tra(-uma) (-fficked)






The 4F Trauma Personality Types

Based on Pete Walker's model in the book "Complex PTSD: From Surviving to Thriving"

@ComplexTraumaHealing

This model elaborates the four basic survival strategies and defensive styles that develop out of our instinctive Fight, Flight, Freeze and Fawn Response. Variances in your childhood abuse/neglect pattern, birth order and genetics result in you gravitating towards a specific 4F survival strategy. You do this as a child to prevent, escape or ameliorate further traumatization.

4F Types (Typical Label)	 FIGHT ("Bully")	 FLIGHT ("Workaholic")	 FREEZE ("Couch Potato")	 FAWN ("People Pleaser")
Unconscious Belief	"Power and Control can create safety, assuage abandonment and secure love"	"Perfection and achievement will make me safe and love-able"	"People are Synonymous to danger"	"The price of admission to any relationship is the forfeiture of all my needs, rights, preferences and boundaries"
Ingrained Defense Survival Pattern	Pursue Power and Control	Escape into thought (obsession) and action (compulsion)	Avoid Human Contact	Please people
Childhood contributing environment	Spoiled child, given insufficient limits, allowed to imitate a narcissist parent	Hyperactive response to family trauma ranging between the driven "A" student and the ADHD dropout running amok	The scapegoat, the most profoundly abandoned child. Not allowed to employ fight, flight or fawn responses	Child of narcissistic parent, learns early that bits of safety & love can be earned by as a compliant servant of parents
Approach to Connection	Connect - By controlling others	Withdraw - By staying focused on personal performance	Withdraw - By avoiding people	Connect - By merging with People
Approach to Feeling Safe (Threat Response)	Action - Attack (Confronts)	Action - Achieve (Performs)	Inaction - Avoid (Withdraws)	Inaction - Acquiesce (Goes Along)
Catchphrase	 "No relationships, just prisoners"	 "Human-doings"	 "Hide from the world"	 "Keep others happy"
Relation to others	Controlling	Micromanaging	Detached	Exploited
Common characteristics and activities	Incessant monologuing, Criticizing, Raging	Worrying, Performance Anxiety, Adrenalin-junkie, Over-achiever	Hibernating, Sleeping, Daydreaming, TV, Online-browsing & Video games	Entertainer, Yes man, Nice guy, High concern with Fitting-in, Flattering others
Continuum of +ve and -ve	Assertive Bullying	Efficient Type A	Peaceful Catatonia	Helpfulness Servitude
Decision Making	Impulsive	Over-analytical	Struggles	Defers to others
Avoids	Isolation	Inaction	People	Conflict
Relation with Perfection	Demands Perfection	Compelled by Perfectionism	Achievement-Phobic	Social Perfectionism
Mis-labeled as	Narcissist, Sociopath, Conduct Disorder	OCD, Mood Disorder (Bipolar), ADHD	Depressed, DID, Schizophrenic, ADD	Codependent, D.V. Victim Parentified Child

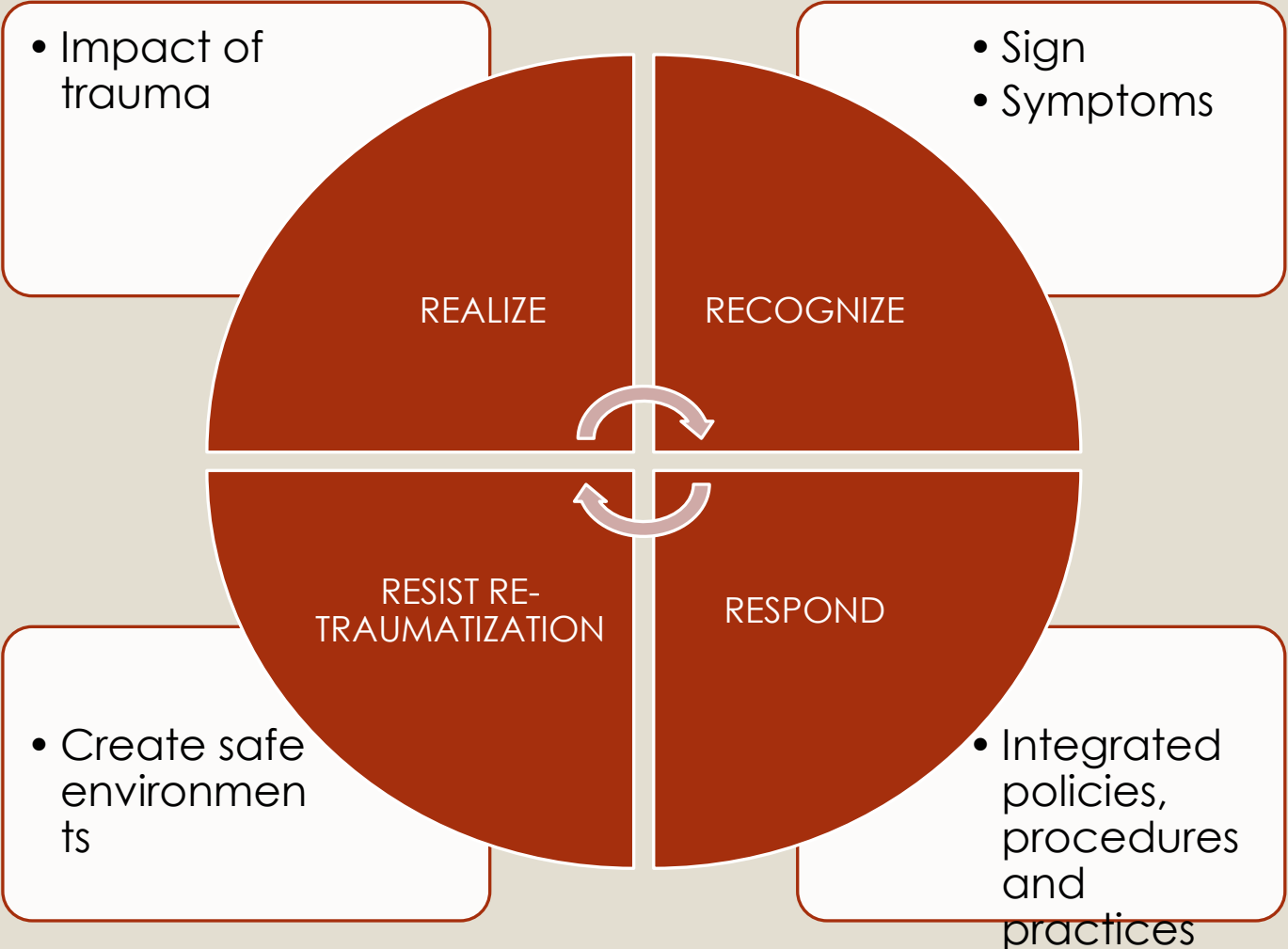
Based on Pete Walker's model in the book "Complex PTSD: From Surviving to Thriving"

This is a behavioral "Personality Type" model applicable only to survivors of childhood trauma and this should not be confused with the Fight Flight and Freeze threat "Response". Each of these trauma personality types is on a continuum that runs from mild to extreme. There are a few pure types with one predominant strategy and most other survivors are hybrids of the 4Fs.

Dr. Elisa Niles Thorne

Trauma-Informed Community

What has happened to you?



Principles of Trauma-Informed Care Approach/Trauma-Informed Growth

- Promote trauma awareness and understanding.**
- Recognize trauma related symptoms and adaptive behaviors.**
- Trauma from the individual's environment.
- Minimize (re)-traumatization.**
- Create a safe environment**
- Recovery from trauma is a primary goal.
- Control, choice, and autonomy.
- Build collaborative relationships**
- Focus on strengths to promote resilience**

Principles of Trauma-Informed

- ❑ Foster trauma-resistant skills
- ❑ **Organizational and administrative commitment**
- ❑ **Address secondary trauma and wellness**
- ❑ Provide hope-recovery is possible



Creating Safe Spaces

- Not criminalizing those who are trafficked
- Collaborate
- Provide services that are relevant, culturally sensitive and affirming
- Respect boundaries
- Be patient, be kind
- Do not take it personal if they reject help
- Be consistent. Show up
- Build trust
- Be aware of their triggers

WHAT TRIGGERED ME

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt a lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt like it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt a lack of passion.
22. I felt uncared for.
23. I felt manipulated.

Treatment Options

Counseling

- Specialized counseling techniques
 - Eye Movement Desensitization and Reprocessing
 - Traumatic Incident Reduction
 - Rapid Resolution
 - Trauma-Focused Cognitive Behavior Therapy
 - Expressive Art Therapies: Music, Art, Dance/Movement
 - Narrative Therapy

Other Options

- Yoga
- Self-Defense Skills
- Boxing
- Residential Treatment programs
- Group Homes
- Trauma/Resiliency work-groups



trustworthiness

collaboration

safety

transparency

choice

Cultural
Awareness

empowerment

Community Resources

- Southwest Florida Counseling Center
- Charlotte Behavioral
- Riverside Behavioral
- Beacon Clinic
- Paradise Behavioral Health
- Children's Network
- Lutheran Social Services



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References

Thank
You

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