



This PowerPoint file is a supplement to the video presentation. Some of the educational content of this program is not available solely through the PowerPoint file. Participants should use all materials to enhance the value of this continuing education program.

Understanding the Context of Trauma: Part 1



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Objectives

1. Define trauma.
2. Gain understanding of the attachment cycle and implications for development.
3. Understand how the brain processes trauma and builds defense mechanisms.
4. Learn ways that trauma could present in physical therapy settings.
5. Explore trauma bonding and how this can present in different environments.

Trigger Warning

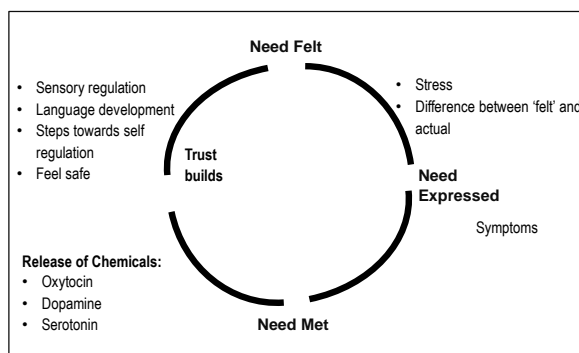
- Please go at your own pace (pause and take breaks whenever needed)
- Take care of yourself

Understanding Trauma

- Attachment Cycle
- Created by John Bowlby
- Attachment Cycle/Circle of Security

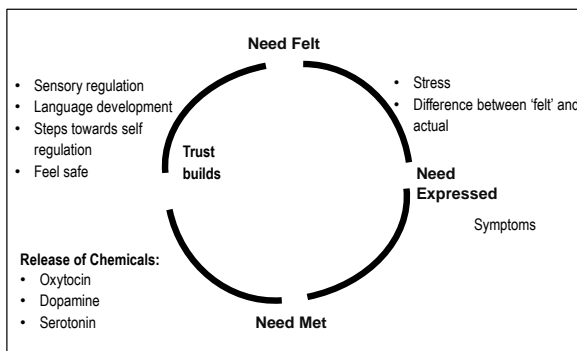
Attachment Cycle/Circle of Security

- At the beginning, everyone goes through these cycles and are continued throughout their lives



Attachment Cycle/Circle of Security

- These cycles help to understand what is going on in the world, what is safe in the world, and how to get needs met



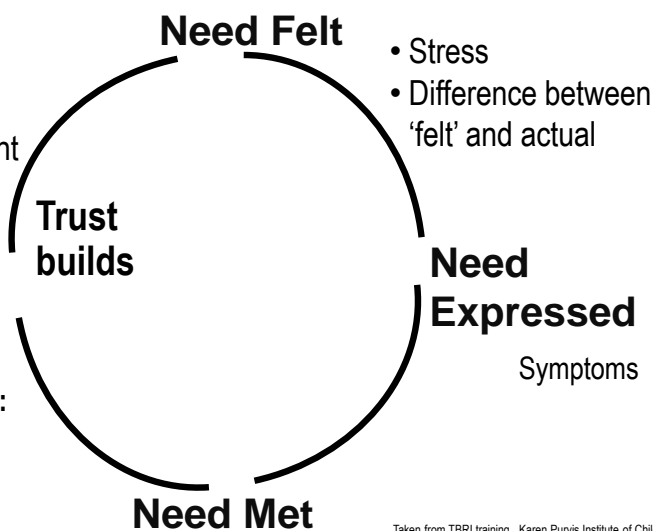
Taken from TBRI training, Karen Purvis Institute of Child Development

Attachment Cycle/Circle of Security

- Sensory regulation
- Language development
- Steps towards self regulation
- Feel safe

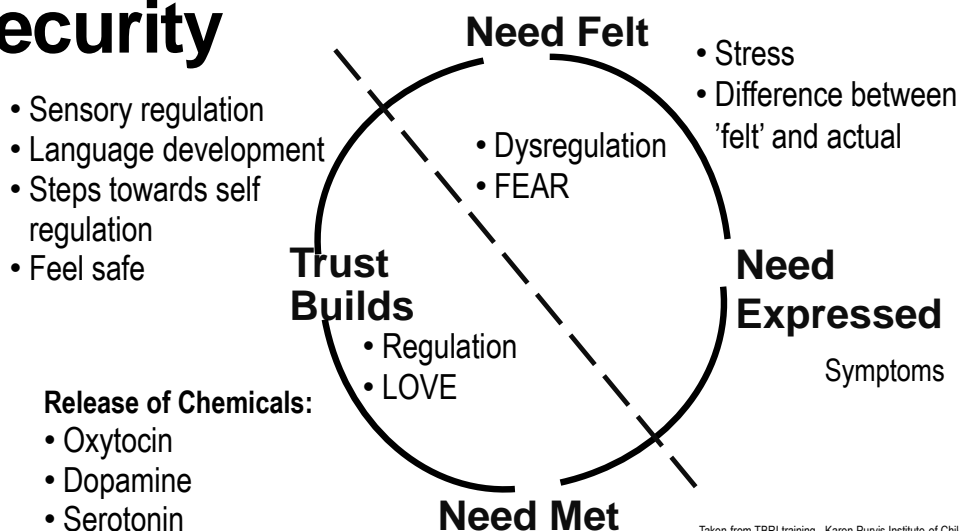
Release of Chemicals:

- Oxytocin
- Dopamine
- Serotonin

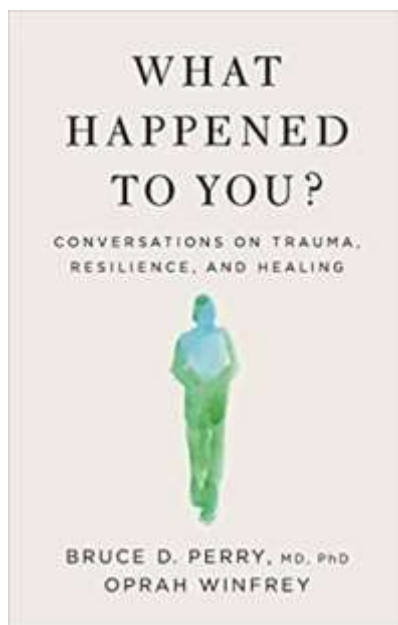


Taken from TBRI training, Karen Purvis Institute of Child Development

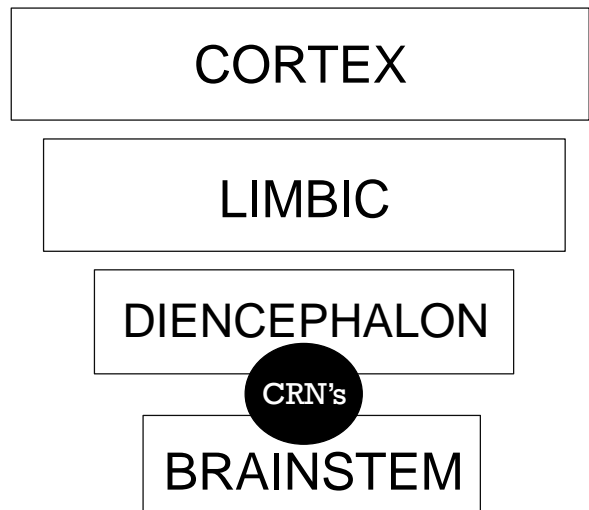
Attachment Cycle/Circle of Security



Taken from TBRI training, Karen Purvis Institute of Child Development



Tree of Regulation



CRN - Core Regulatory Networks

Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.

Brainstem

- Holds basic functions of breathing, heart rate, etc.

Diencephalon

- Motor skills
- Part of the brain that relays signals to other parts of the brain

Limbic System

- Thought of like an “alarm system”
- In charge of:
 - emotional and behavioral responses
 - long-term memory

Limbic System

- This area of the brain is also where people think of “fight, flight, freeze, or fawn (individual’s reactions to triggering things that might happen)

Cortex

- Multiple layers
- Area in charge of reasoning
- Personality development
- Decision-making
- Looking at choices and being able to figure out the best option

Cortex

- Language development
- Short-term memory
- Learning

CRN

- Core Regulatory Networks
 - attachment cycle
 - regulation
 - trying to keep everything in balance
 - equilibrium

Why is this important?

Why is this Important?

- If an individual's brain is healthy and they are able to develop because they are safe, loved, and their needs are met, then the brainstem is only in charge of very few things

Why is this Important?

- Eventually, the cortex becomes the part of the brain that is used the most, that has the most activity
- In an unhealthy brain, unhealthy attachment, the individual does not go very far beyond the first couple of levels (usually stuck there)

Communication with People

- Are you communicating in the way that is going to connect with the individual if they are feeling traumatized?
- Are the procedures and services you are offering connecting with the individual for where they are functioning out of?

Types of 'Developmental Adversity' that can Alter Core Regulatory Networks

Types of 'Developmental Adversity' that can Alter Core Regulatory Networks

- Disruption happens before birth
- Disruption of early interactions between infant and caregiver
 - chaotic
 - inconsistent

Types of 'Developmental Adversity' that can Alter Core Regulatory Networks

- Disruption happens before birth
- Disruption of early interactions between infant and caregiver
 - chaotic
 - inconsistent
 - rough or aggressive
 - absent

Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.

Types of 'Developmental Adversity' that can Alter Core Regulatory Networks

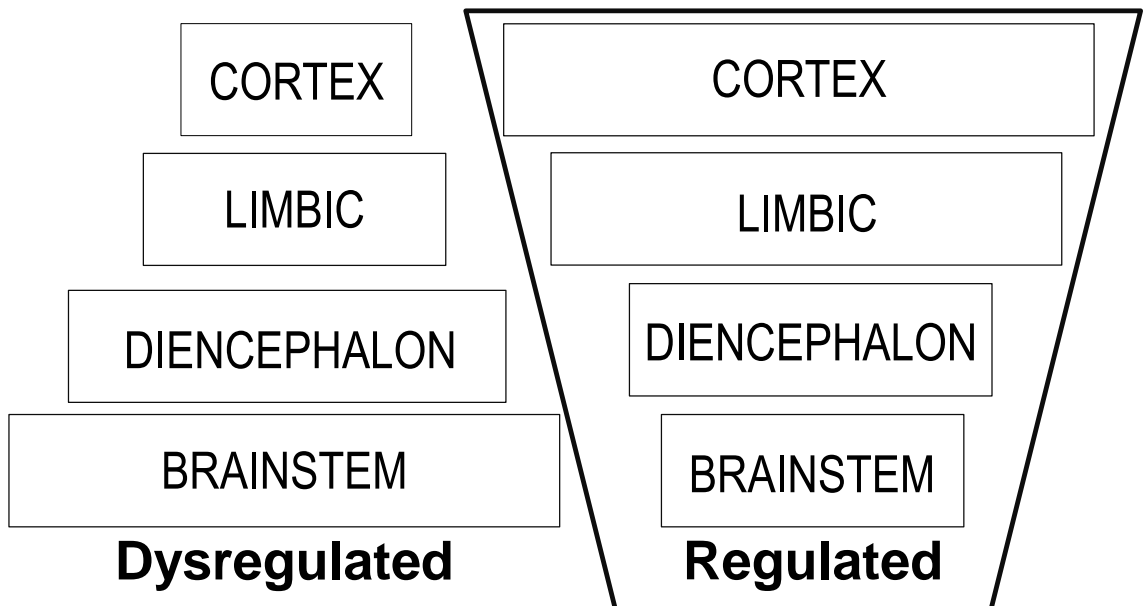
- Any sensitizing pattern of stress; anything that can cause unpredictable, uncontrollable, or extreme and prolonged activations of the stress response

Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.

Types of 'Developmental Adversity' that can Alter Core Regulatory Networks

- Stress responses
 - Living environment stressful?
 - Daycare environment stressful?
 - Someone hurting or neglecting you?

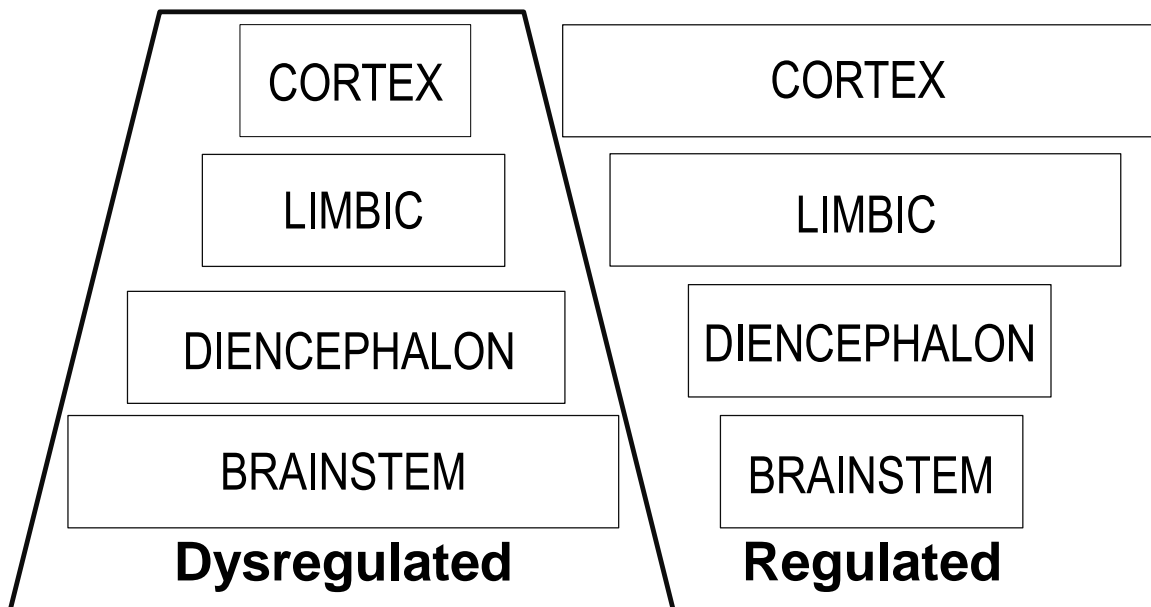
Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.



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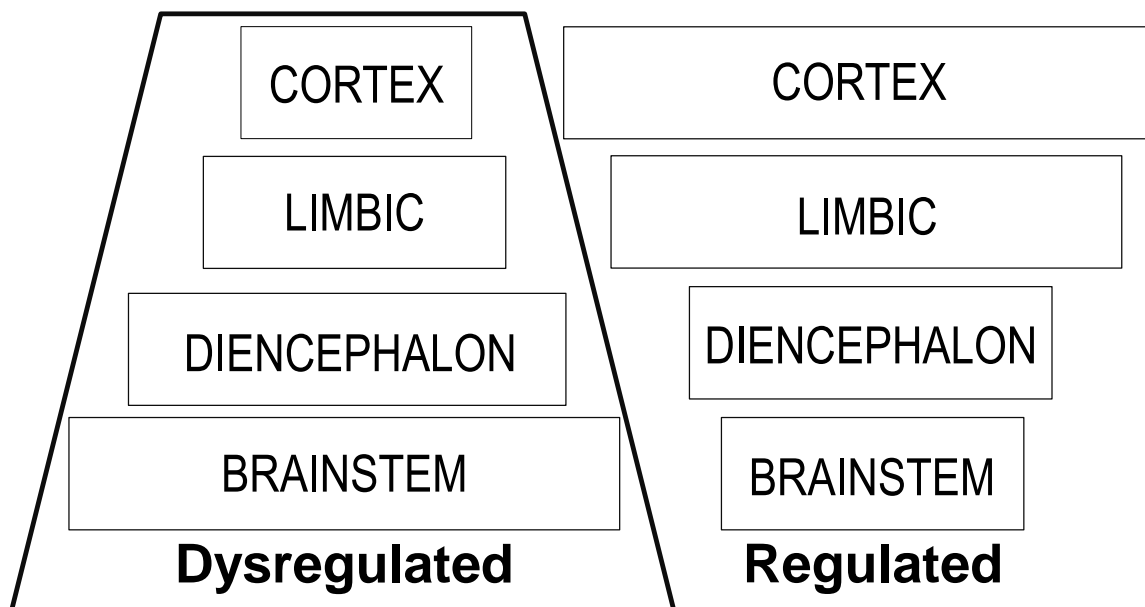
Cortex (Regulated)

- Able to:
 - think
 - reason
 - use language to respond
 - work out conflict whenever situations arise
 - keep all these things in balance



Dysregulated

- Brainstem, limbic system, and the diencephalon systems
 - all help to remain in a fierce state
 - where the brain starts functioning the strongest (this part of the brain becomes very, very strong due to adaptability)
- The cortex does not function at full capacity



What happens for people who are growing up in an environment where things are unsafe on a daily basis, sometimes multiple times a day?

Brain

- Over time, your brain begins to develop differently due to your brain trying to keep you alive; trying to keep you in survivor mode (does not have a lot of extra energy or space to grow in the area of cortex)

Defining TRAUMA

- Something out of the ordinary
- Overwhelms our ability to cope
- Often changes our world view
- Can affect our mind, body, and heart

Defining TRAUMA

- Can be caused by natural events or people (whether intentional or unintentional)
 - most difficult trauma to heal from is personal and person trauma that is intentional
 - intentional (e.g., someone abusing or trying to harm someone else)

Defining TRAUMA

- Can be caused by natural events or people (whether intentional or unintentional)
 - most difficult trauma to heal from is personal and person trauma that is intentional
 - unintentional (e.g., a car accident)
- Alteration in how the system functions



Three Aspects of Trauma

- The event
 - What traumatic event(s) happened?

Photo courtesy Jaime Wheeler



Three Aspects of Trauma

- The experience
 - What was the experience for each person?

Photo courtesy Jaime Wheeler



Three Aspects of Trauma

- The experience
 - each person's experience of the event can be very different, depending on:
 - personality
 - past trauma

Photo courtesy Jaime Wheeler



Three Aspects of Trauma

- The experience
 - What was this experience like for you?
 - What did it mean to you?

Photo courtesy Jaime Wheeler



Three Aspects of Trauma

- The effects
 - How has your life changed?
 - How is your body and your brain responding differently than it was before due to the trauma?

Photo courtesy Jaime Wheeler



Trauma

- Some people go through specific traumatic events and others have a lifetime of traumatic events

Photo courtesy Jaime Wheeler



Effects of Trauma

- Those who experienced trauma at a very young age may not know or remember what life was like before the trauma because there wasn't anything healthy for them to come back to

Interpersonal Trauma: Seven Risk Factors

- Prenatal risks
- Perinatal risks
- Postnatal risks
- Maltreatment
- Neglect
- System effects
- Natural or man-made traumas

Taken from TBRI training, Karen Purvis Institute of Child Development

What's the difference between abuse or maltreatment and neglect?

Interpersonal Trauma: Seven Risk Factors

- Neglect
 - “I don’t see you, you don’t exist” feeling and attitude toward a person
- Maltreatment/abuse
 - “I’m hurting you.”

Taken from TBRI training, Karen Purvis Institute of Child Development

Interpersonal Trauma: Seven Risk Factors

- Different effects of living in different systems and the trauma that has come from that

Taken from TBRI training, Karen Purvis Institute of Child Development

Adverse Childhood Experiences (ACEs) Study

Research Article

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study

Vincent J. Felitti, MD, FACP, Robert F. Anda, MD, MS, Dale Nordenberg, MD, David F. Williamson, MS, PhD, Alison M. Spitz, MS, MPH, Valerie Edwards, BA, Mary P. Koss, PhD, James S. Marks, MD, MPH

Adverse Childhood Experiences

- **Abuse**

- physical
- emotional
- sexual

- **Neglect**

- physical
- emotional

- **Household Dysfunction**

- mental illness
- mother treated violently
- incarcerated relative
- substance abuse
- divorce

Felliti, V. J., et al. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 14, 245-258.

The more adverse childhood experiences that you've had often correlate to being at risk for other health problems even more.

Adverse Childhood Experiences

- **Abuse**
 - physical
 - emotional
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- **Neglect**
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 - emotional
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Nadine Burke Harris: How Childhood Trauma Affects Health Across a Lifetime

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

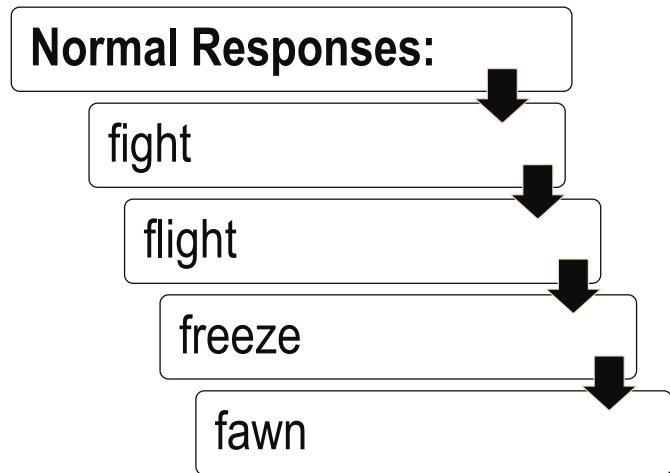
Nadine Burke Harris: How Childhood Trauma Affects Health Across a Lifetime

- Responses whenever an individual has dealt with trauma
- What happens if you have that trauma every single day?
- How fight, flight, freeze, and fawn responses start developing really strongly

How Childhood Trauma Affects Health Across a Lifetime

- If responses are used that were originally meant for survival on a daily basis, the brain begins to shift and creates different chemicals that flood the brain often and makes it really difficult to build on to that higher level of functioning

A Normal Response to an Abnormal Situation



Fight Mode

- Verbally aggressive
- Physically aggressive

Flight Mode

- Run away from the situation, get out of the situation

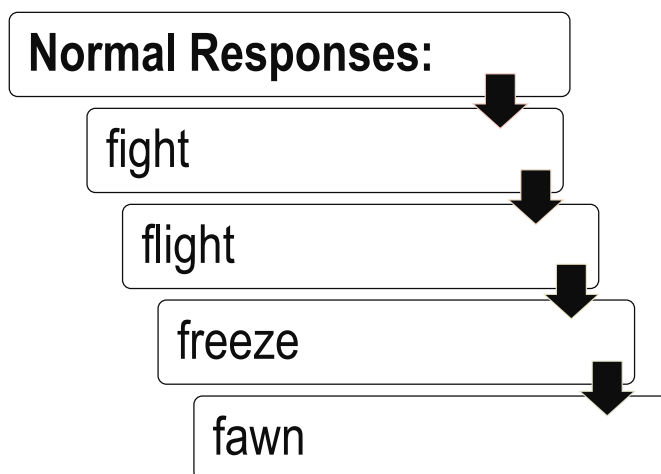
Freeze Mode

- Freeze
 - survival technique
 - feel immobile
 - not able to react or do anything different

Freeze Mode

- Fawn
 - someone's response by becoming a people pleaser
 - just doing what the abuser or unhealthy situation is calling for to stay under the radar so they don't get hurt

A Normal Response to an Abnormal Situation



“Trauma is disconnecting and that impacts every system in our body.”

– Dr. Bruce Perry

Trauma

- Puzzle pieces (example)
 - all the pieces create a whole picture
 - in a healthy system, when we haven’t experienced trauma, all the pieces fit together
 - if we have experienced trauma, trauma knocks down the table of puzzle pieces and then has you put them back together without giving you the box that has the picture on it of what it should look like

Trauma

- Puzzle pieces (example)
 - all the pieces create a whole picture
 - all the pieces are there, but they aren't connected anymore, they are not talking to each other
 - makes it easier for people to dissociate or compartmentalize because the connection has been lost

Catalog/Codebook



Catalog/Codebook

- Home
 - safety
 - loved
 - happiness
 - food

Catalog/Codebook

- Home
 - unsafe
 - threatening
 - not a place they want to be

***Important** to understand each person's experience with those connections.

Catalog/Codebook

Our *codebook* connects with our 5 senses:

- Taste
- Smell
- Touch
- Hear
- See



We all create a personal catalog – or codebook from our personal experiences

Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.

Interpersonal Trauma: Seven Risk Factors

- **Re-experiencing**
(memories, flashbacks, nightmares)
- **Avoidance** (avoid people, places, things; turn to alcohol/drugs or other self-medicating behaviors)

Interpersonal Trauma: Seven Risk Factors

- **Pervasive feelings of danger**
(hypervigilance; asking a lot of questions, trying to be in control, feelings of being threatened even when you are safe)

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

Post-traumatic Stress Disorder Diagnosis

- Symptoms have to persist for several months to several years

Common Impacts of Trauma

- Re-enactment
- Loss of sense of self
- Loss of physical connection to body
- Dissociation
- Shame
- Loss of danger cues

“Childhood trauma is *relational* trauma, which means that the wounds have to do with how we connect to others.”

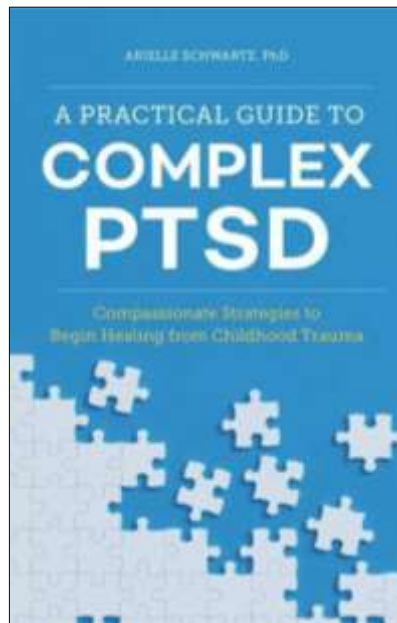
– Arielle Schwartz, PhD

Trauma

- Natural disasters
 - tornado
 - flood
 - fire

Trauma

- Relational trauma
 - often, some of the most difficult to overcome
 - requires a lot of specialized care



Differentiation

“Part of the reason that differentiation can be difficult is that all children have an innate, biological drive toward attachment. Therefore, children will attach to parents even if they are abusive. Since there is no way to escape the abusive household, children need to make the dangerous environment tolerable.”

Unhealthy Attachment

- If you had caregivers who were very neglectful, you might be very avoidant in relationships and try to just get your needs met by yourself
- If your attachments were really chaotic where there was abuse and neglect, there is a possibility that you may be that way while trying to get what you need from a caregiver

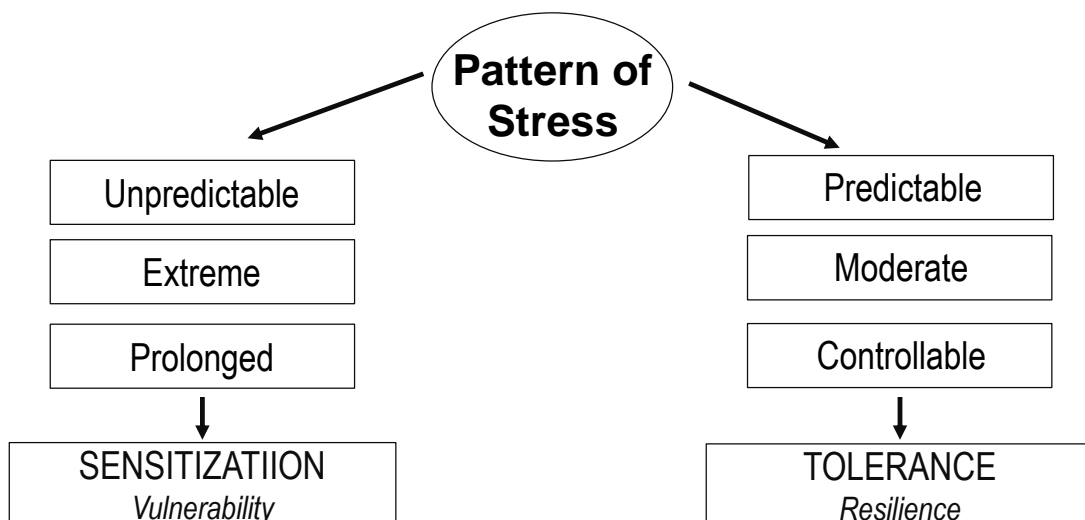
- Process of differentiation:
 - asserting independence from parents
 - development of self

“This requires a profound dissociative split between the part of the self that upholds the attachment to the caregiver and the part that holds the reality of the abuse. Often the latter part has to be cut off in order for the child to survive.”

Stress

- Predictability of stress
- Coping skills
- Prolonged stress?

Patterns of Stress Activation



Arousal Continuum/State-Dependent Cognition and Caring

SPHERE OF CONCERN	WORLD	COMMUNITY	FAMILY	SELF	BODY INTEGRITY
Sense of TIME	Future Past	Days Hours	Hour Minutes	Minutes Seconds	Loss of Sense of Time
PRIMARY / Secondary Brain Area	NEOCORTEX Cortex	CORTEX Subcortex	SUBCORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem
Cognition	Abstract Creative	Rational Concrete	Emotional Irrational	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR

Perry, B.D. & Szalavitz, M. 2010. *Born for love*. Harper Collins Publishers.

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PTSD VS. C-PTSD

PTSD – Post-traumatic stress disorder

- PTSD usually results from:
 - short-lived trauma
 - trauma of time-limited duration

C-PTSD – Complex post-traumatic stress disorder

PTSD VS. C-PTSD

- C-PTSD results from:
 - chronic, long-term exposure to trauma
 - victim has difficulty seeing future
 - the trauma began at an early age
 - repeated often enough to affect development

C-PTSD

- Can affect your “systems of meaning” - that is, the beliefs you hold about:
 - yourself
 - your relationships
 - the world around you
 - your future

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

According to World Health Organization’s International Classification of Diseases (ICD-11): Diagnosis of C-PTSD includes symptoms of PTSD and with these additional categories of symptoms

- Difficulties with emotional regulation
- Impaired sense of self-worth
- Interpersonal problems

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

“Having a history of childhood trauma can make you more prone to misperceiving the intentions and emotions of others.”

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

Childhood Trauma

- As a child, one builds their entire survival off of judging what people’s intentions are and trying to figure things out

Childhood Trauma

- If almost every adult you encountered as a child was unhealthy, you might start to believe that almost everybody is:
 - unhealthy around you
 - out to hurt you
 - trying to manipulate you or different things like that

C-PTSD

- Can be associated with:
 - please go at your own pace
 - intrusive flashbacks
 - feelings of panic
 - overwhelming feelings of rage
 - debilitating feelings of hopelessness
 - chronic feelings of shame

C-PTSD

- Can be associated with:
 - harsh and unrelenting “inner-critic”
 - lack of trust in other people

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

C-PTSD

- Other common symptoms
 - dissociative symptoms (e.g., fantasy, “stuck in your head”, physical, etc.)
 - depressive symptoms
 - difficulties with emotional regulation
 - self-perception issues
 - distorted thoughts and feelings about an abuser

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

C-PTSD

- Common co-occurring diagnosis or misdiagnosis
 - personality disorders
 - bipolar disorder
 - attention-deficit hyperactivity disorder (ADHD)
 - sensory processing disorder
 - learning disabilities

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

C-PTSD

- Common co-occurring diagnosis or misdiagnosis
 - somatization disorders (experiencing psychological disorders as physical symptoms)
 - anxiety disorders
 - major depressive disorder or dysphoria
 - substance abuse or dependence

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

C-PTSD

- Emotions that commonly come up
 - anger (rage and explosiveness)
 - fear
 - shame
 - sadness

Schwartz PhD, A. A practical guide to complex PTSD: compassionate strategies to begin healing from childhood trauma. 2020. Rockridge Press.

Signs of Trauma

- Survival and coping skills - a variety of behaviors
- Hoarding - amassing and/or storing away food (insecurity), possessions, etc.
- Manipulation - telling stories, trying to elicit a compassionate response, etc.

Signs of Trauma

- Assertive behavior - taking control, violent behavior, being loud, etc.
- Inappropriate behavior - throwing others off-kilter, a type of control
- Touch, trauma response - unexpected touch, undesired touch

Ways Trauma Could Present While in the Field

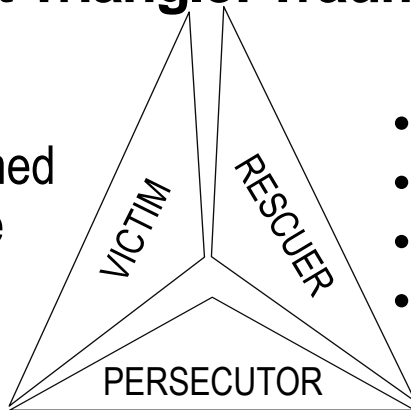
- New traumas can trigger old traumas
- Can look like psychosis
- Aggression or passivity
- Unclear storyline
- Fear or distrust of provider

Ways Trauma Could Present While in the Field

- Numb to pain or sensitized pain level – sensory overload

Reenactment Triangle: Trauma Response

- Helpless
- Overwhelmed
- Inadequate
- Entitled



- Martyr
- Harried
- Guilt-trips
- Only I can help

- Denies vulnerability
- Critical, blaming
- Rigid, bullying

Trauma Bonds

- Sometimes known as Stockholm syndrome (The most infamous example of Stockholm syndrome may be that involving a hostage situation and helping her kidnappers rob a California bank)

Trauma Bonds

- The victim often has loyalty to the abuser or seemingly doesn't want to leave a relationship even when it's toxic or harmful

Trauma Bonds: Loyalty to That Which is Toxic or Harmful

- Presence of threat (perceived or real) to one's physical or psychological survival
- Presence of perceived small kindness
- Isolation from perspectives other than those of abuser

Trauma Bonds: Loyalty to That Which is Toxic or Harmful

- Inability to escape the situation (perceived or real)
- Development of positive feelings towards abuser/captor

Part 2

Understanding the Context of Trauma and Trauma Responsiveness

Questions to Consider

- What has happened to you?
- What didn't happen for you?
- How were you given care?
- How were your needs met?

What happened to us?

Perry, Dr. B. & Winfrey, O. 2021. What happened to you? Conversations on trauma, resilience and healing. Flatiron Books.

Part 1

Understanding the Context of Trauma

Part 2

*Understanding
the Context of Trauma, Trauma
Responsiveness, and Practical
Tools for Healing*

Contact:

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Thank you!



Understanding the Context of Trauma: Part 1 Jaime Wheeler, LMSW

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