

A Recovery Orientated Approach to Dealing with Trauma.

By

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Who am I?

A Social Educator working in Socialpsychiatry in Favrskov Municipality.

Born in the North of England and moved to Aarhus, Denmark in 1992. .

Have worked in both England and Denmark as a Social educator for over 35 years – primarily in mental health. Socialpædagog Bachelor in 1999. Master in Intercultural "Pædagogik" in 2017. NADA 2023. Coach 2023.

Active "career" within Socialpædagogerne tradeunion as union rep and comittee member.

Passionate about about the importance of our work as Socialpædagoger /Social Educators and especially the recognition that people are (or can be) experts in their own life.



Strawberry Exercise

WHO statistics
(2024) – 70% of
world population
will, at least one
time in their
lives, experience
trauma.

Defination – an emotional
response to 1 or more
deeply distressing or
disturbing experiences.

Aftermath - prolonged or
even lifelong turmoil with
emotional and physical
symptoms.

Symptoms

Mental

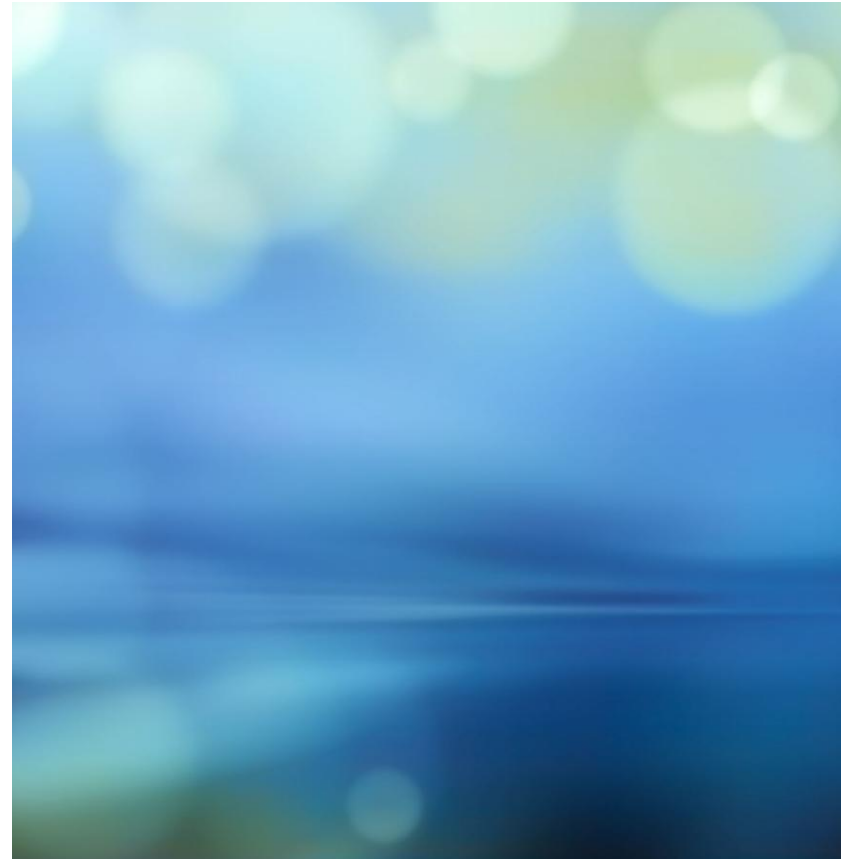
anxiety, depression, flashbacks, paranoia, voicehearing, mistrust, mood-swings, avoidance, dissociation, eatingdisorders, self-harming, cognitive disturbances –such as memory loss and concentration, difficulty in managing emotions.....

Physical

chronic pain (fibromalygi) stomachpain, migraine, numbness, highblood pressure, fatigue, change in appetite, shaking, insomnia, weight change, dermatological problems.....

Social

job, money, maintaining family- partner and other social relations, substance abuse, gambling, isolation, physical, emotionel and sexual violent behaviour.



My Inspiration – Recovery and empowerment.



Mary Ann Copeland – PhD and one of key leaders in **Recovery movement**

WRAP – Wellness Recovery Action Plan.

1. Wellness toolkit
2. Triggers
3. Early warning signs
4. Crisis plan
5. Post-Crisis plan.

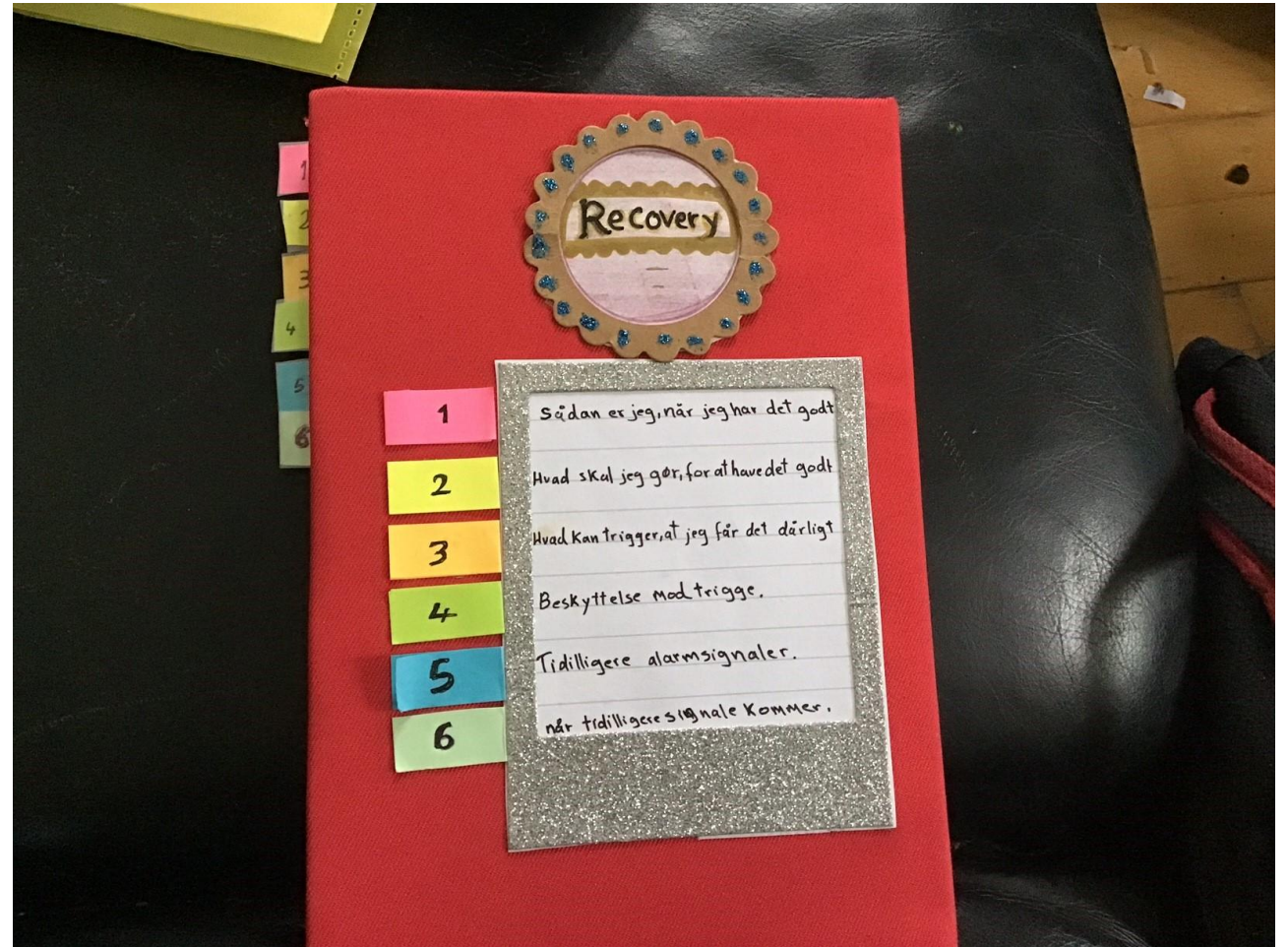
“My Personal Recovery Book”:
Individual and group session

My Personal Recovery Work book a tailor made recipe for feeling well.

- Who am I? (other than my diagnosis or behaviour)
- "How am I when I feel good or even neutral?"
- "What should I do daily or often to maintain that feeling of personal wellness?"
- Identify –
- "What are my triggers?"
- "What should I do to avoid triggers?"
- "What are my early alarm signals?"
- Acute actionplan –
- "What can I or others do if I have an acute attack of?"
- RECORDING MY POSITIVE EXPERIENCES -

Recovery book

- Focus on resources.
- Identifying symptoms and reactions.
- An actionplan for how to deal with symptoms and gaining back control.

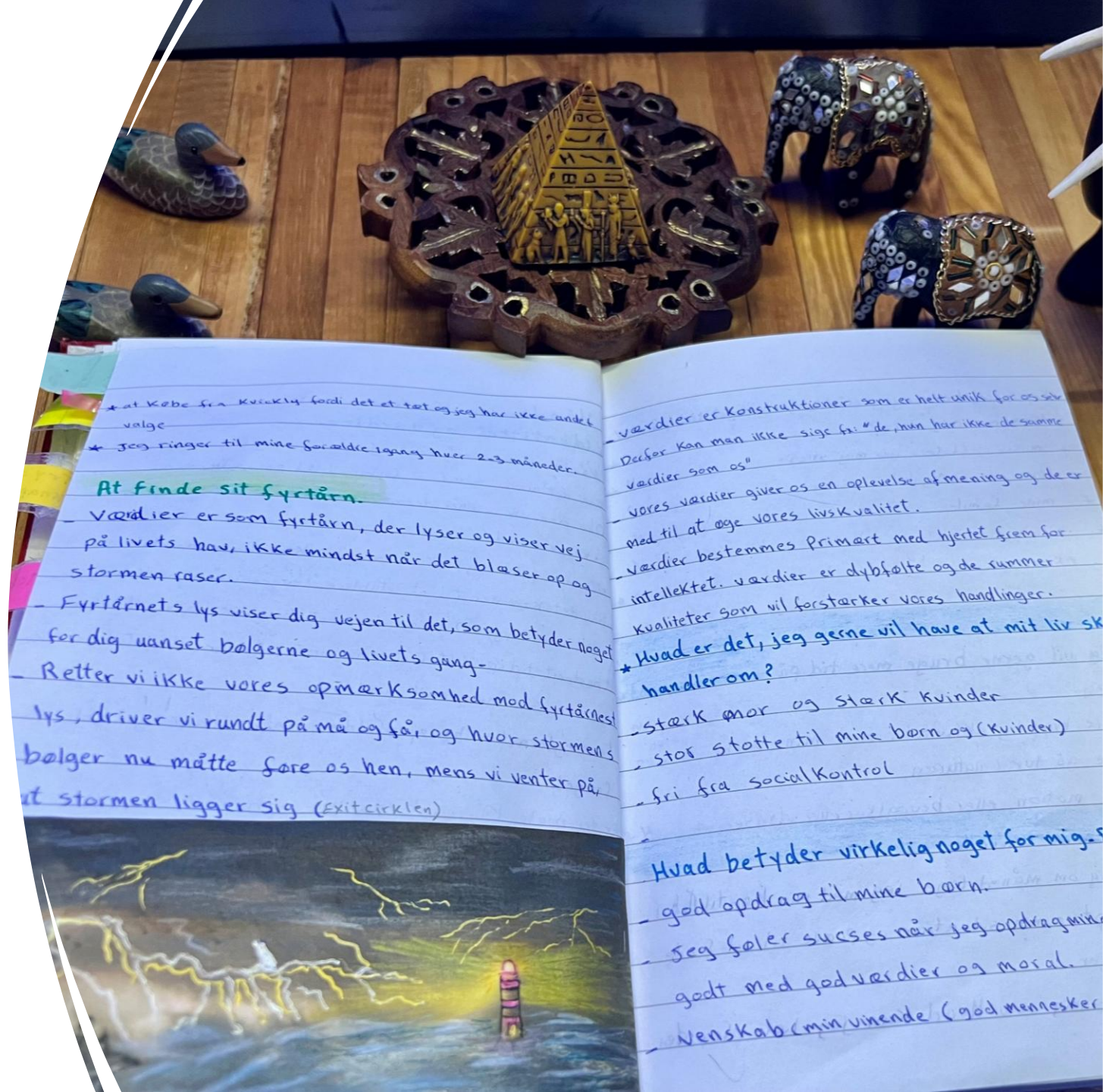


The Lighthouse: Navigating through trauma reactions

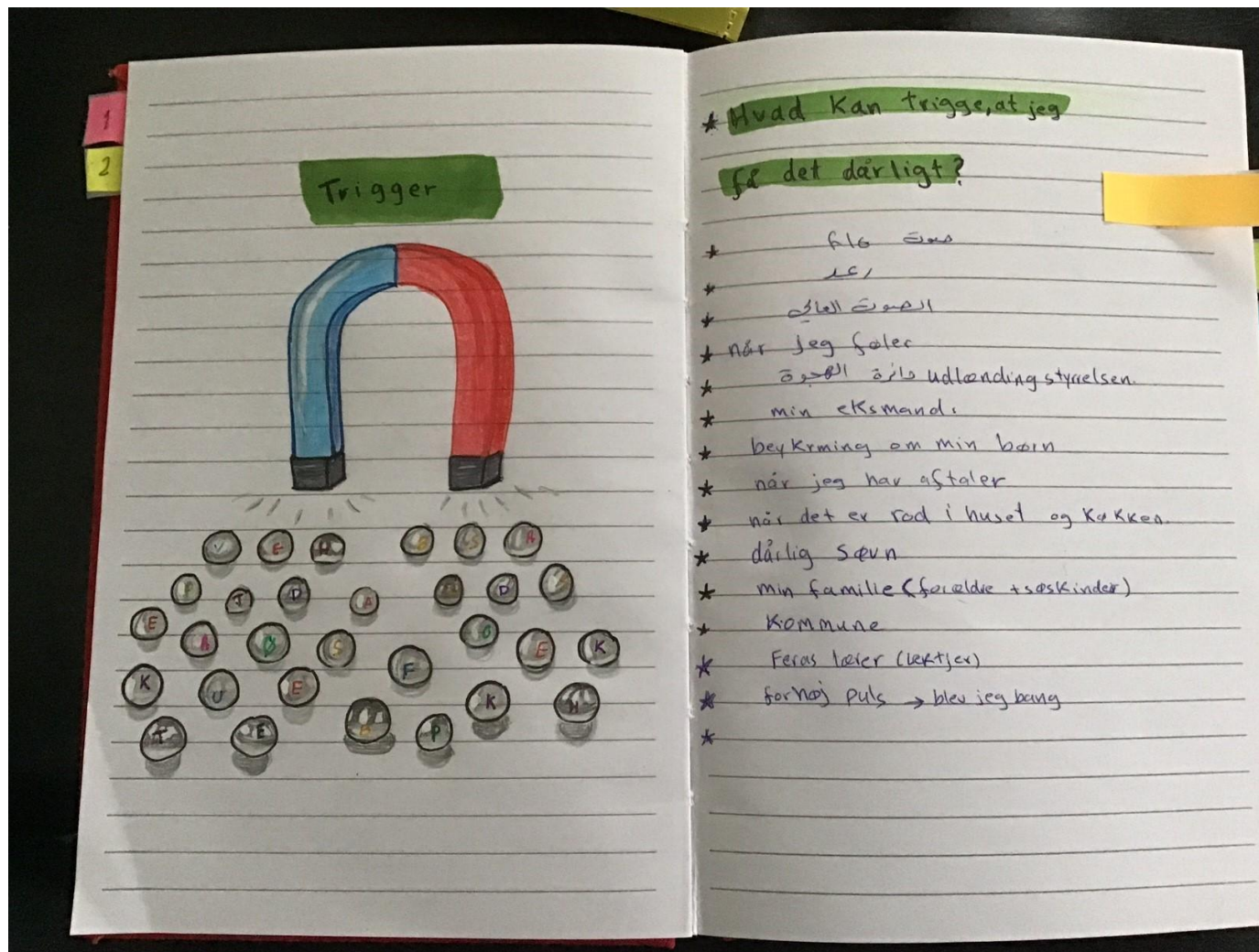
The concept of a **lighthouse** is imperative in helping ships navigate through stormy weather.

When we experience our own personal “stormy weather”:

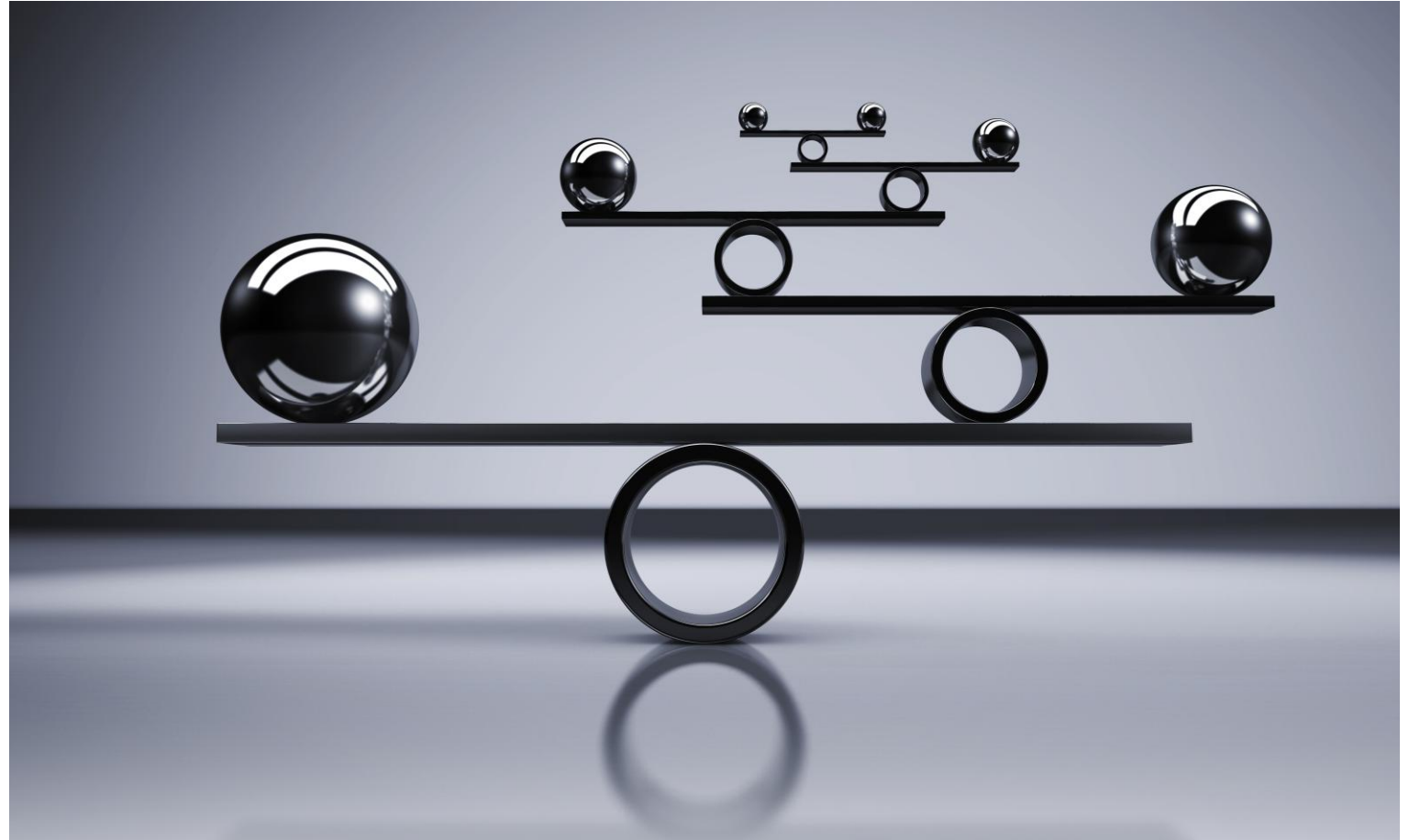
→ Our **VALUES** keep “sight” of what is important in life. They guide us and lighten up for us when we “lose our way”



Triggers

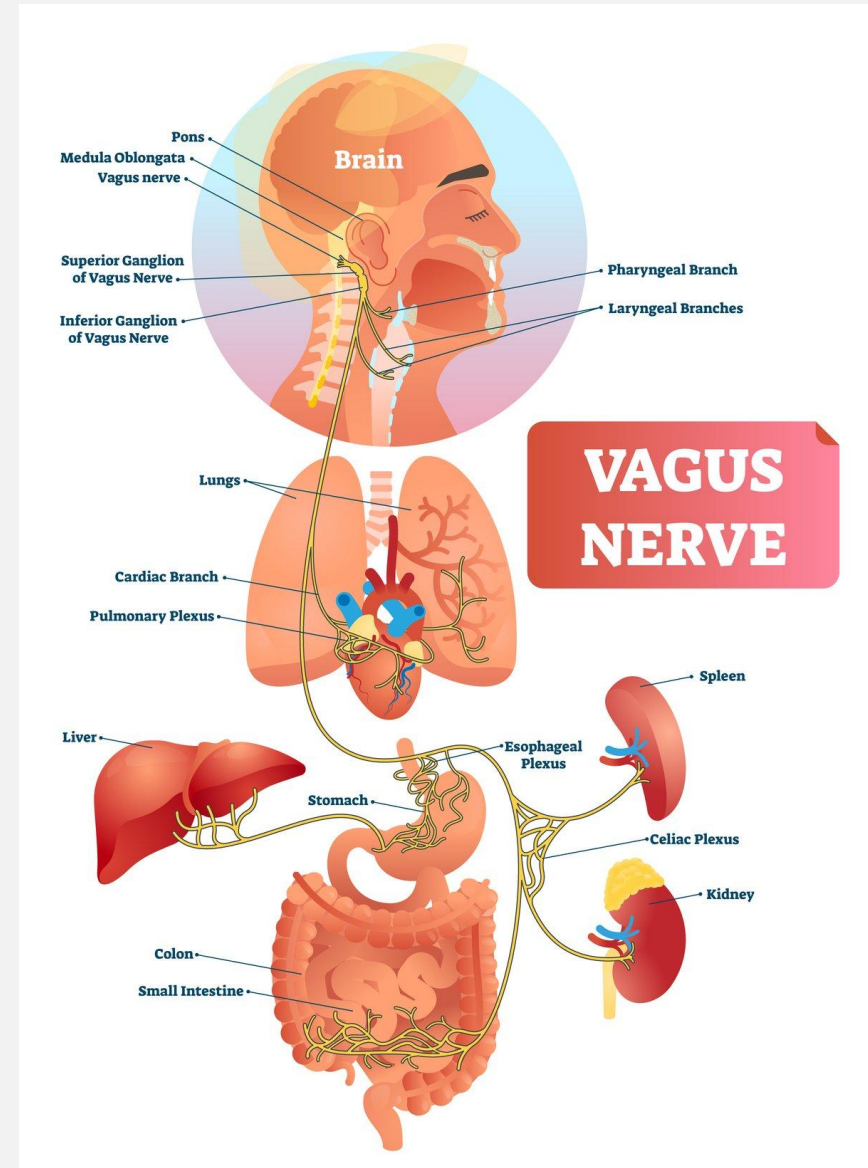


Trauma robs you
of the feeling that
you are in charge
of yourself –
Bessel van der
Kolk.



Vagus Nerve

- Known as the 10th Cranial nerve, and is the longest nerve
- Plays a starring role in a 2-way hotline between brain and organs.
- Connects from the reptilian brain (responsible for basic survival –instinct such as breathing) to the intestines. Travelling through the different vital organs.
- Connects to the Parasympathetic and Sympathetic nervous systems
- Responsible for regulating vital body functions – digestion, heart rate, swallowing, breathing.



Effects of a damaged Vagus Nerve

Digestive problems_:

bowel movements, acid reflux, nausea, vomiting, colic, inflammation, loss or gain of appetite.....

Emotional problems:

Constant mood swings, anxiety, stress, anger, enhanced "fight, flight, freeze and please" behaviour, high or/and low arousal...

Cognitive problems.

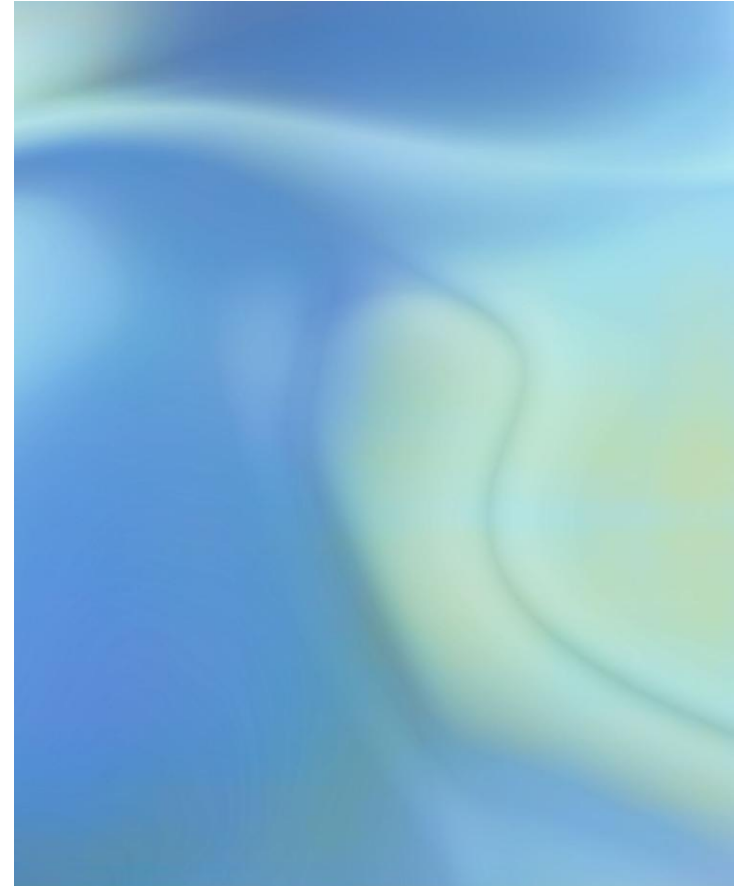
Concentration, memory loss, difficulty finding directions.....

Physiological problem

"well known" ailments flare up – eczema, asthma, urine infections, arthritis, migraines.

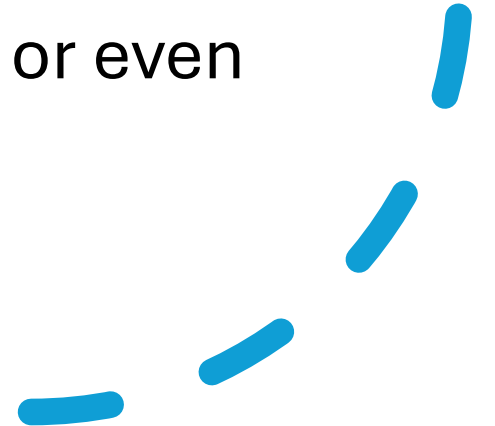
Social problems

Dissociative behaviour/fits, avoidance behaviour, aggressiveness



Calming or stimulating the vagus nerve.

- Activating senses – touch, listen, taste, smell, see..true mindfulness. 😊 Lavender..
- Index finger in ear and pull down
- Index finger behind ear –pressure point and breath
- Humming, singing, gargling.
- Hand on forehead and back of neck
- Tapping dove wings on chest.
- Movement – slow dance, yoga, or even tango!!
- NADA – ear accupunture.



Strategy self- help group – Mastering how to deal with trauma

Insight

Identity

Values

Assertion

Hopes, dreams and moving boundaries

”Time to Shine” – skills and inspirations

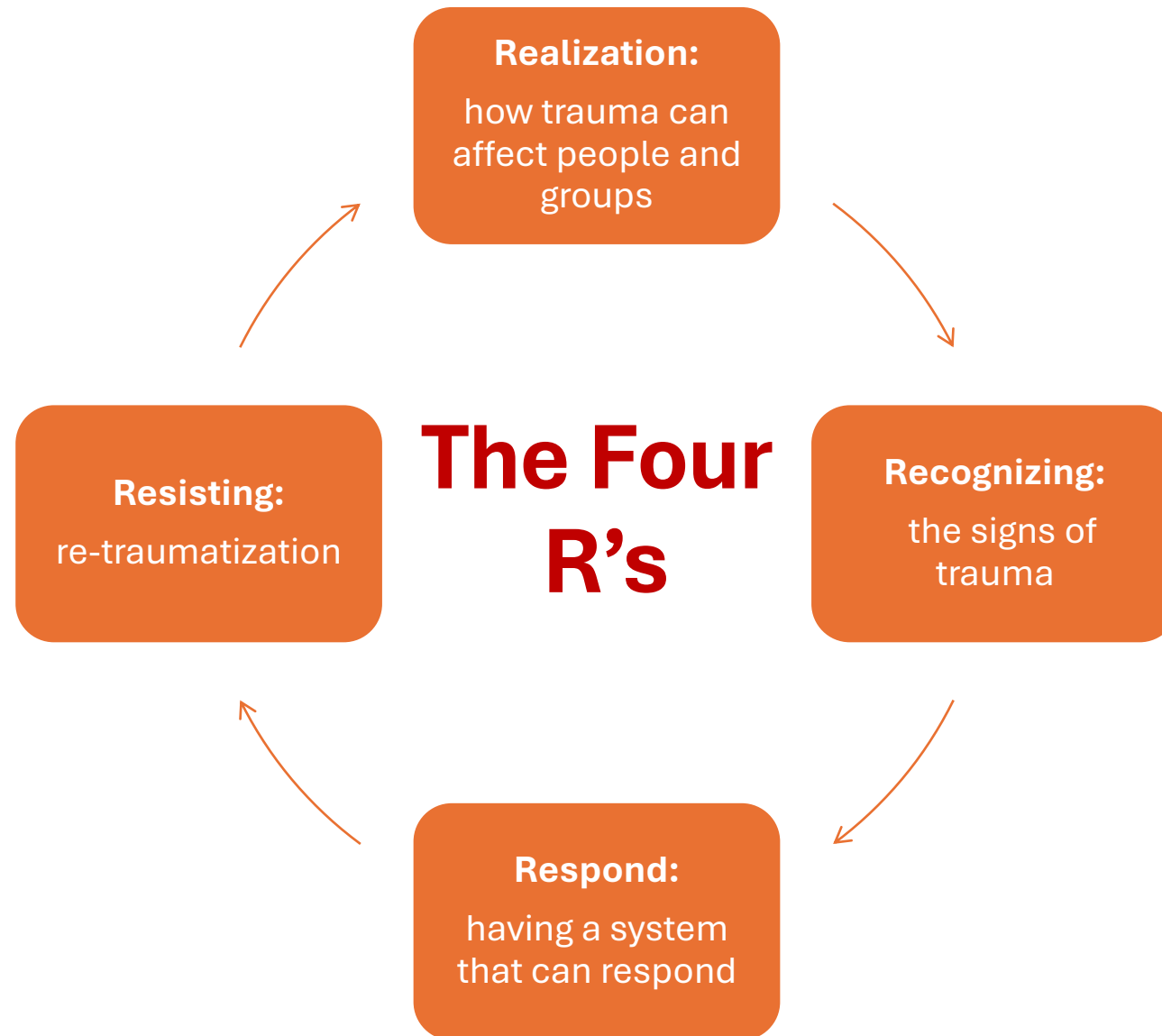
Mindfulness – in the down to earth manner

Sharing knowledge

Positive feedback

Achievable goals

The Trauma Informed Approach: The Four R's



The Trauma Informed Approach: The six principles

The **SIX** principles

Safety

Collaboration
and mutuality

Humility

Peer support

Empowerment
and choice

Trustworthiness
and transparency

My inspiration –
litterature....but
mostly
podcasts😊

Mary Ann Copeland – Recovery – WRAP

Bessel Van Der Kolk- The Body keeps the Score

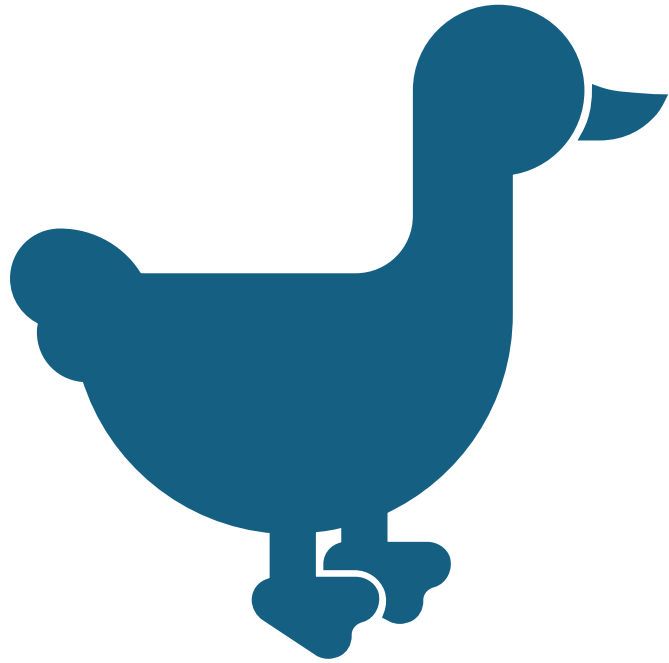
Stephen Hayes – ACT- Acceptance Commitment Therapy

Stephen Porges – Poly Vagal Theory

Dr. Gabor Maté – The Myth of the Normal

Aaron Antonovsky (amongst others) Sense of Coherence

Viktor Frankl – Neurolog – Psychiatherapist – Mans search for Meaning of Life.



Feedback and
question

Tak for i day

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