



# Stronger Together

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# CONFLICT OF INTEREST DISCLOSURE

C. Ingram, LMSW, BSW



- I have no conflict of interest to disclose.

# Things to consider



- Please have an open mind.
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- Self- care is important
  
- Though I may make light of the subject matter at times, the information is very real; therefore, my examples may be as well, so please keep that in mind.

# Learning Objectives



Define “trauma” and its impact

Discuss how our experiences may influence our feelings and responses to people in our life

Discuss techniques to grow our social network

# What is Trauma



Trauma is a **physical or emotional wound or injury**. According to the medical dictionary.

## Trauma

1. a deeply distressing or disturbing experience.

"a personal trauma like the death of a child"

- emotional shock following a stressful event or a physical injury, which may be associated with physical shock and sometimes leads to long-term neurosis.

"the event is relived with all the accompanying trauma"

2. medicine

physical injury.

"rupture of the diaphragm caused by blunt trauma"

# Secondary Trauma



When people experience trauma (a car accident, a natural disaster, or something chronic like child abuse) their body's response acts in a way to self-protect itself. However, over time these self-protecting responses can get in the way of things...like having "anger issues" (fight response) or freezing up in the face of conflict. For those assisting or providing services to these individuals, we can experience secondary trauma from the exchange of information. Over time without proper self-care one can find themselves dissociating from clients and colleagues. Dissociation might look like spacing out or losing track of what is said or could occur while the storytellers are stating their lines (dissociation does not have to be tied to trauma but there is a chance that other participants in the past might struggle with being present; however, individuals who have experienced trauma/currently experiencing trauma tend to dissociate more because their nervous system is overloaded with information and/or stress.).

The most important thing you can do is be present and as nonjudgmental as possible. How can people safely recount stories without dissociation? One way is grounding techniques to anchor people to the present moment. "We have the ability to regulate our own physiology, including some of the so-called involuntary functions of the body and brain, through such basic activities as breathing, moving, and touching..." according to Bessel van der Kolk. We can act to transform the way we feel. We can learn

how to activate the relaxation response for ourselves. There are specific practices that can help us feel a sense of calm, and a sense of control over our experience. Helps us to stay in "social engagement" mode. "Mindfulness: awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It's about knowing what is going on in your mind." According to John Kabat-Zinn.

# Focus



This session has a few of interactive activity one is where participants are asked to select enough items to purchase what they need to be successful. There is another activity where participants are explained, demonstrated and guide through appropriate breathing, calming, moving techniques for self-care. Another activity where participants will have a chance to learn about participants through music and descriptive cards that participants will be given. There are specific practices that can help us feel a sense of calm, and a sense of control over our experience. In other words, helps us to stay in “social engagement” mode while discussing different types of traumatic events.

A- Mindful Action Yoga, especially trauma-informed yoga; Rhythmic movement, e.g. drumming, clapping, stomping the feet (esp. any left-right symmetrical movements)

B – Breathing

C – Centering

# Networking (Bridge Builders)



How can we be stronger together especially when we find ourselves only connecting with our agency or familiar faces? Working effectively across roles, agencies and even states starts with recognizing that we are all one team working together to end an epidemic. I have another dynamic and interactive activity that will provide a unique opportunity to build teams across agencies and roles. You may learn more about your coworkers or make new connections as well as find unique networking opportunities. Hunt, Music, Dance, group sharing, and much more.

# Learning Objectives Review



Define “trauma” and its impact

Discuss how our experiences may influence our feelings and responses to people in our life

Discuss techniques to grow our social network

# Donuts



Let's focus on the positive

# Things to consider



## Conceptual evidence of the session:

- Dr. Peter Levine's Waking the Tiger: Healing Trauma
- <http://www.wrnmmc.capmed.mil/Health%20Services/Medicine/Medicine/Internal%20Medicine/MindBody/Shared%20Documents/Mind-BodyResources.pdf>
- Example of mindfulness and using imagery
- <https://www.youtube.com/watch?v=o0EQEiecSxs&t=23s>
- Free online training for Mindfulness Based Stress Reduction (MBSR)
- <https://palousemindfulness.com/index.html>
  
- <https://www.mindbodygreen.com/0-4386/A-Simple-Breathing-Exercise-to-Calm-Your-Mind-Body.html>
- [https://www.youtube.com/watch?v=\\_7ySGgAFAAo](https://www.youtube.com/watch?v=_7ySGgAFAAo)
- <http://www.new-synapse.com/aps/wordpress/wp-content/uploads/2014/09/self-hold-5-11.jpg>
- <https://www.independent.co.uk/life-style/anxiety-5-4-3-2-1-mindfulness-activity-trick-how-does-it-work-ease-anxiousness-immediately-a8199296.html>
- [https://ggia.berkeley.edu/practice/body\\_scan\\_meditation](https://ggia.berkeley.edu/practice/body_scan_meditation)
- <https://amykurtz.com/tapping-magic/>
- <https://www.elephantjournal.com/2014/11/90-second-sanity-pit-stop-meditation-practice/>

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