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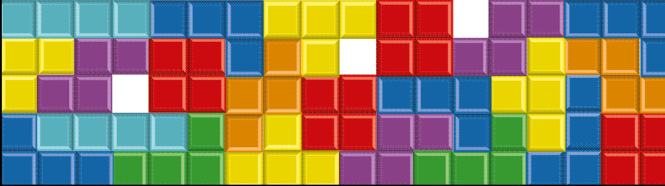
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 Family Recovery Court  
 Alumni 2021  
[katiebelle.karstens@gmail.com](mailto:katiebelle.karstens@gmail.com)  
 Parent Voice




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**Learning Objectives**

1. How past trauma could be impacting current ability to successfully navigate the world
2. How past trauma can impact current ability to parent safely
3. Why self-regulation should be the “starting point” in most cases
4. How can we create trauma-responsive experiences for families
5. How we can improve our own self-regulation capabilities

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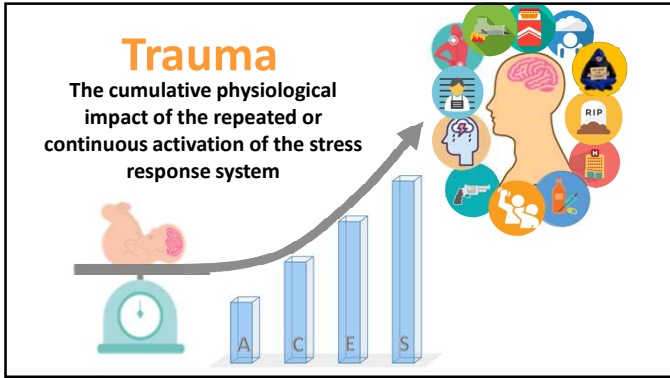
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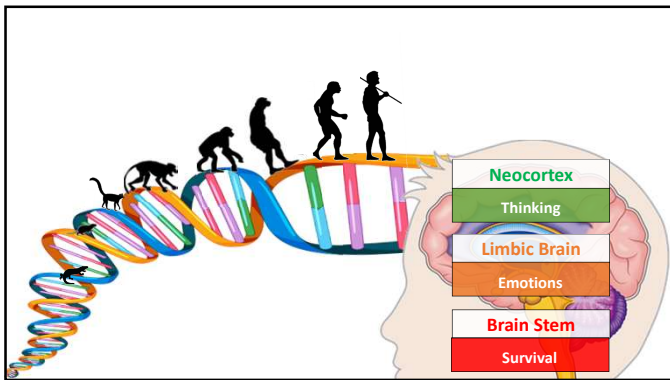
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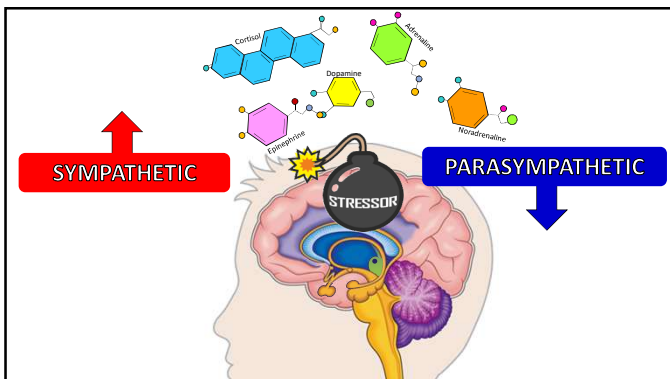
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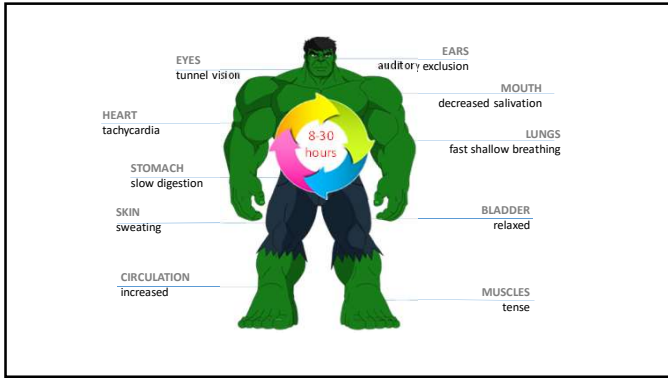
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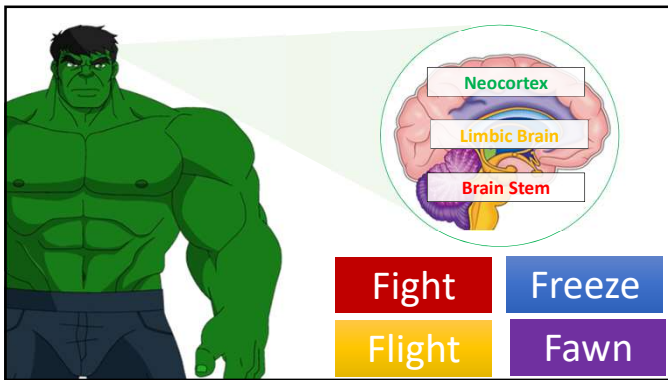
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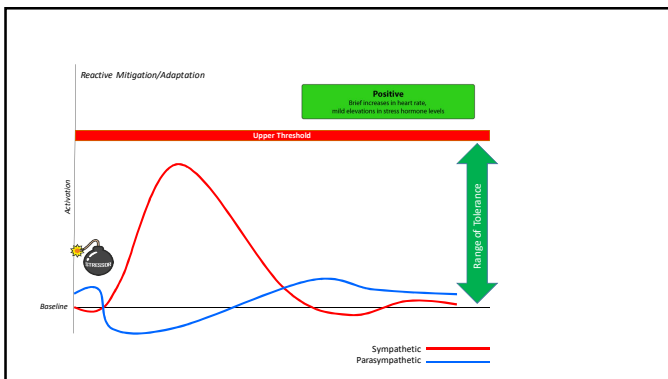
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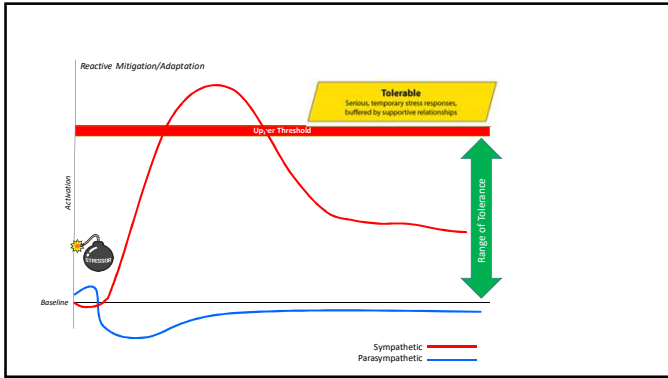
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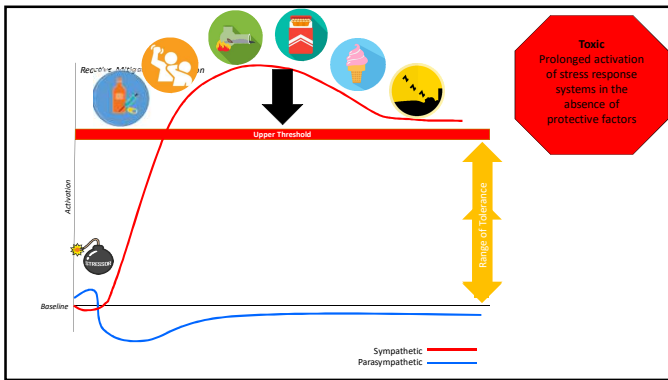
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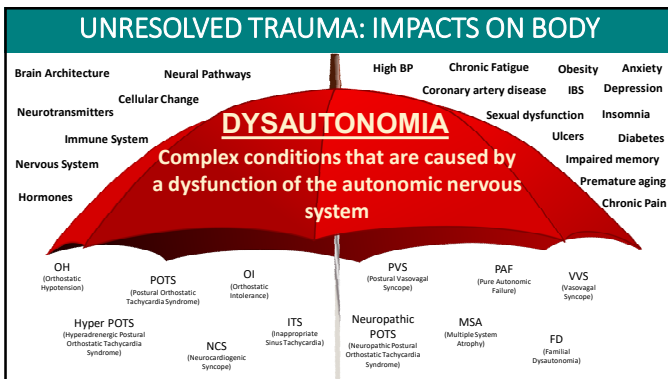
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### UNRESOLVED TRAUMA: IMPACTS ON COGNITION

<b>Hyperarousal</b> Threat-perception brain systems Ability to accurately assess danger/safety	<b>Dissociation</b> Disorganized attachment Difficulty in assessing risk in partners	<b>Avoidance</b> "Numbing" Triggers
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Short-circuit brain's ability to heal from trauma  
 Treatment resistance might indicate underlying unprocessed trauma – try a different approach

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### COLLECTIVE TRAUMA

Racial Injustice    Civil Unrest  
 Pandemic    Natural Disaster  
 Terrorism    Mass Violence  
 War/Genocide    Vicarious

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www.menti.com  
 Enter CODE  
**8699 1172**  
 Mentimeter

**Think about a time you have seen a parent "above threshold"**

**Use ONE WORD that describes their behavior**

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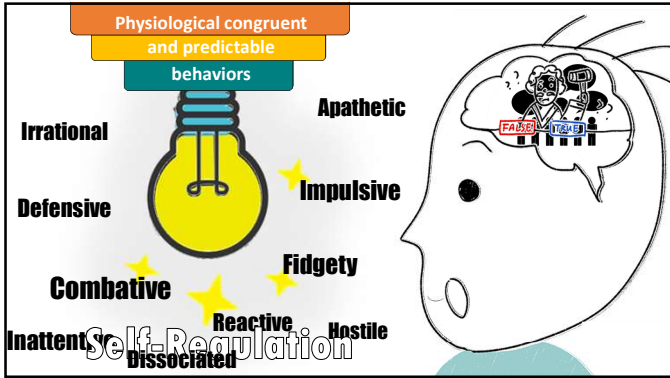
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### Self-Regulation

The ability to strategically modulate one's emotional reactions or states in order to be more effective at coping and engaging in with the environment

Self-regulation is necessary for accessing executive cognitive function

Intention for growth and behavior change require cognitive capacity

Starting point for intervention  
*(except in cases of immediate treat of harm)*

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- Meeting Basic Needs
- Trauma-Responsive Spaces
- Skill Building

### Working With Families

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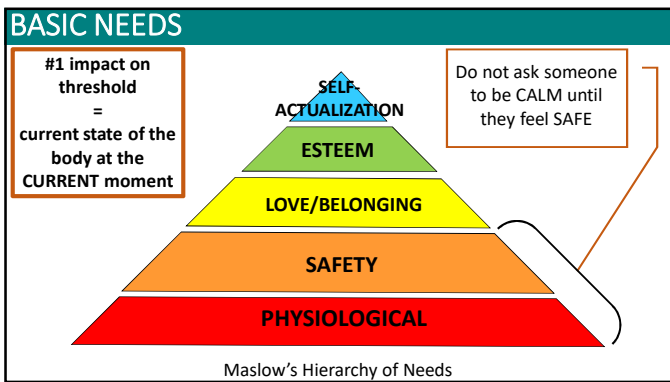
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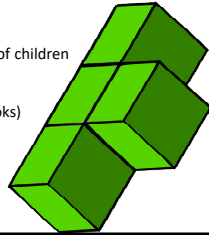
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## Physical Environment

- Layout of major spaces (court security; courtroom; meeting rooms)
  - Avoid florescent lighting (consider light-blocking screens)
  - Limit unnecessarily sensory stimuli (scents, sounds)
- Fidgets and sensory items for adults & kids
- Safe spaces for parents (moms and dads) to attend to needs of children
  - Diaper changing stations; breastfeeding areas
- Developmentally appropriate activities for children (toys, books)
  - Consider capacity to keep orderly, clean
- Provide information on community resources and services
  - Consider language and accessibility issues




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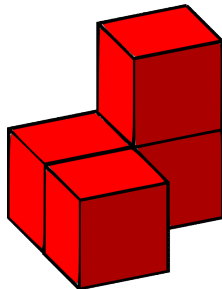
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## Family Engagement

- Clear, simple language
- Predictability and consistency with flexibility
- Issues of navigating poverty
- Active application of compassion – “it’s not personal”
- Body-based breaks
- Have high-protein snack foods available
- Coping Skills Toolbox




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## Coping Skills Toolbox

	<p><b>Let's make a Coping Skills Toolbox!</b></p>	<p><b>What is it?</b></p> <p>A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.</p>	<p><b>Self Soothing</b></p> <p>(Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> <li>1. Listening to music</li> <li>2. Smelling scents, stress ball</li> <li>3. Looking to see (use cards, location pointer)</li> <li>4. Touching to feel (use weights, heavy blanket)</li> <li>5. Tasting to taste (use snacks, hot water) (use coffee, water, lemon)</li> </ol>			
	<p><b>Distraction</b></p> <p>(Taking your mind off the problem for a while)</p> <p>Examples: Puzzles, books, videos, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive webpages, movies, movies, etc.</p>	<p><b>Opposite Action</b></p> <p>(Doing something the opposite of your reaction that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> <li>1. Affirmations and Invalidation (or having an or making motivational statements or slogans)</li> <li>2. Something funny or chaotic (or being messy, TV shows)</li> </ol>	<p><b>Emotional Awareness</b></p> <p>(Think for identifying and expressing your feelings)</p> <p>Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>	<p><b>Mindfulness</b></p> <p>(Focusing on feeling and grounding yourself in the present moment)</p> <p>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p><b>Crisis Plan</b></p> <p>(Create list of supports and resources, for when coping skills aren't working)</p> <p>Family Friends Therapist Psychiatrist Pastor Crisis Text Line: 988 Suicide Prevention: 1-800-273-8255</p>	<p><b>Put it all together!</b></p> <p>Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. There YOU DO!</p>

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### Toys & Tools

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## Skill Building

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Breathing

Grounding

Awareness

Visualization

Movement

Creative Exercise

## MINDFULNESS

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## Breathing

- Key to gaining control over the mind-body connection
- Conscious control over the automatic response of the nervous system to a perceived threat
- Belly Breathing
- Paced Breathing (Tactile Breathing)



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breathe in  
through your nose

Let's Practice

4-7-8 Breathing

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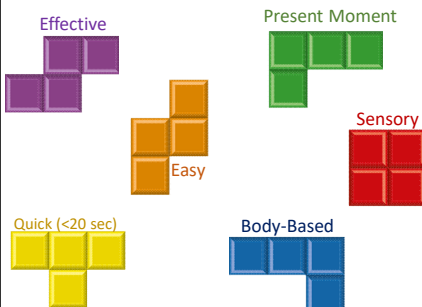
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## Grounding



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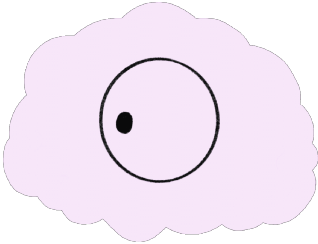
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Let's Practice  
5-Senses



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Which sense grounds you best?

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**Awareness**

- Interoception:  
*sense of the internal state of the body*
- "Outside Observer"
- Pain vs. Suffering



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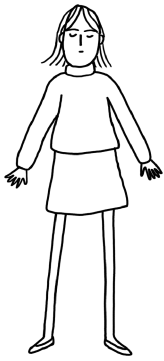
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Let's Practice  
Body Scan



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Visualization

- Requires focused awareness
- "Mental Rehearsal"
- Programs brain to more readily perceive and recognize pathways to achieve goals
- Strengthens creative thinking



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Let's Practice  
"Be a Tree"



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## Movement

- Primary purpose is to notice the sensations of the body in motion
  - Exercise is secondary
- Active form of mindfulness
  - Specially beneficial for those who struggle with attention
- Adaptable for those with disabilities, chronic pain, or other physical limitations
- Applications in Parenting



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## Let's Practice

### Tai Chi



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## Creative Exercise

- "Flow"
- Satisfaction of creation
- Strengthens cognitive ability for problem-solving



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**Let's Practice**  
**Draw Your Breath**




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**More Activities**

- **Breathing**
  - [Alternate Nostril Breathing](#)
  - [Shape Tracing](#)
- **Grounding**
  - [Tree Exercise](#)
  - [5-4-3-2-1](#)
- **Awareness**
  - [Progressive Muscle Relaxation](#)
  - [Mantra](#)
  - [Mindful Eating](#) (with chocolate!)
- **Visualization**
  - [Safe Place](#)
  - [Affirmations](#)
- **Movement**
  - [Yoga](#)
  - [Qi Gong](#)
  - [Walking](#)
- **Creative Exercise**
  - [Poetry; Haiku](#)
  - [Photography](#)
  - [Storytelling](#)
  - [Cooking](#)
  - [Mala Beads](#)




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**Continue Learning!**

- Books**
  - [Why Zebras Don't Get Ulcers](#) by Robert M. Sapolsky
  - [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk, MD
  - [Fuel Your Brain, Not Your Anxiety](#) by Kristen Allott & Natasha Duarte
- Videos**
  - [Heal](#) (Netflix)
  - [Unwind Your Mind](#) (Netflix)
  - [Unrest](#) (Netflix)
- Apps**
  - [Paced Breathing; Breathe Easy; Tactile Breathing; Spacer Pacer; Breathwrk](#)
  - [Biofeedback: BellyBio; Biofeedback Breath Meditation](#)
  - [Mindfulness: Calm; Headspace; Insight Timer; Mindfulness Coach](#)
- Technology**
  - [HeartMath™](#)
  - [Muse™](#)
  - [Purrble™](#)
  - [Orni the Elephant™](#)
- Online Learning/Certifications**
  - [www.heartmath.com](http://www.heartmath.com)
  - [www.traumainstituteinternational.com](http://www.traumainstituteinternational.com)
  - [www.dysautonomiainternational.org](http://www.dysautonomiainternational.org)

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**One new takeaway  
or idea for how you  
interact with  
families.**

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**Thank  
You!**




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**Image Credits**

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- Hulk's Stage by Stage Transformation. <https://marcosantadev.com/make-uiimageview-animations/>
- Maris Wicks. (2011). Hulk Yoga Print. *Superhero Sports Series*. <https://mariswicks.tumblr.com/page/6>
- Lifehack. <https://www.lifehack.org/643384/others-judge-you-even-before-you-meet-them-heres-why>
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