



From Trauma to Resilience

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Abstract – From Trauma to Resilience

This session will focus on relationship enhancement and the importance of connection based healing in the trauma context. We will:

1. Identify key components of trauma and ACEs;
2. Identify key components of the human brain related to traumatic experiences;
3. Identify ways to build resilience and healing through our relationships with clients.

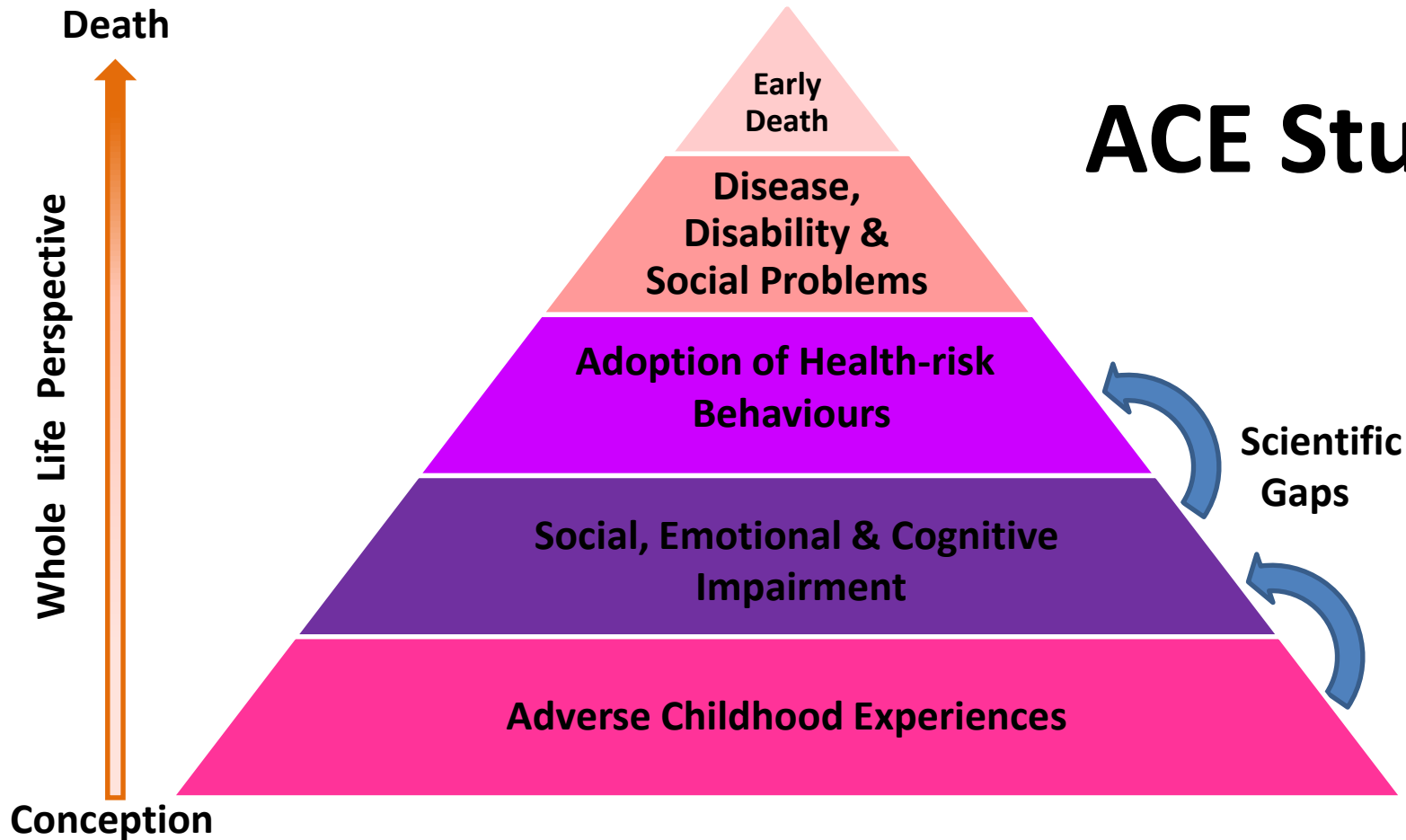
“From Trauma to Resilience” based on Trauma 101 Practice

Factors that can influence wellbeing

- Economic Factors
- Generational
- Environmental
- Experiences



ACE Study

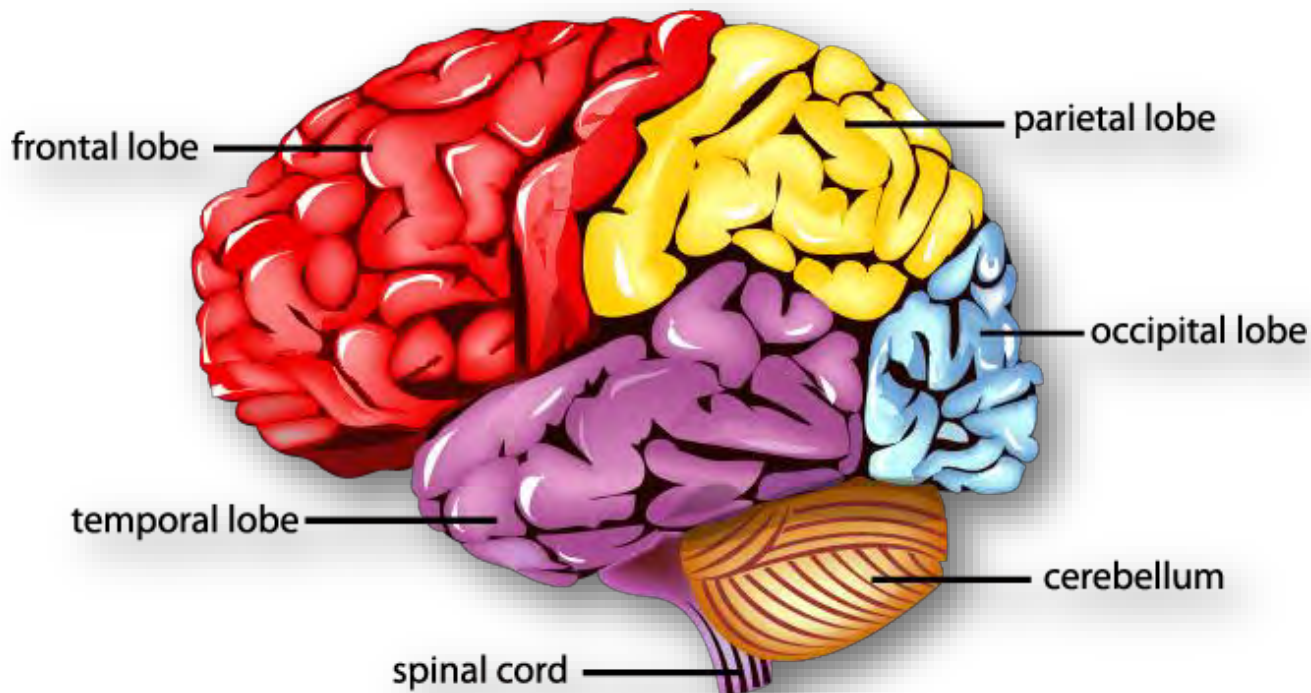




What is Trauma?

- Any experience leaving a person feeling hopeless, helpless, fearing for their life/survival/safety.
- This experience can be real or perceived as it occurs on a sensory level.

Experience becomes biology



Window of Tolerance





BABY A:
Normal
Infant Trust
Cycle

VS.

BABY B:
Trust Cycle
and Toxic
Stress

[https://www.youtube.com/
watch?v=apzXGEbZht0](https://www.youtube.com/watch?v=apzXGEbZht0)



Private Logic

- External messages and experiences become internal realities;
- Learn patterns based on environment.

Personality Islands



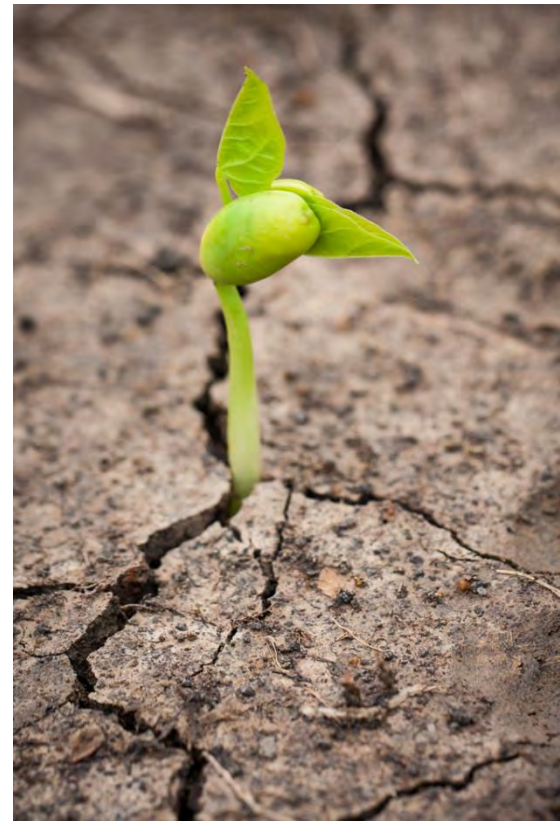


A philosophical shift in the way we view youth behavior:

- **Behavior as a need.**
- **Behavior as communication.**



**Toxic stress and
adversity can influence
the wiring of the brain
AND
connection, nurturance
and love can build new
neural networks rooted
in resilience.**





YOU are the intervention!





Key Elements in Fostering Resilience – THE YOU (201)

- Self-care and self-awareness
- Curiosity and perception checking
- Pay attention to the strengths



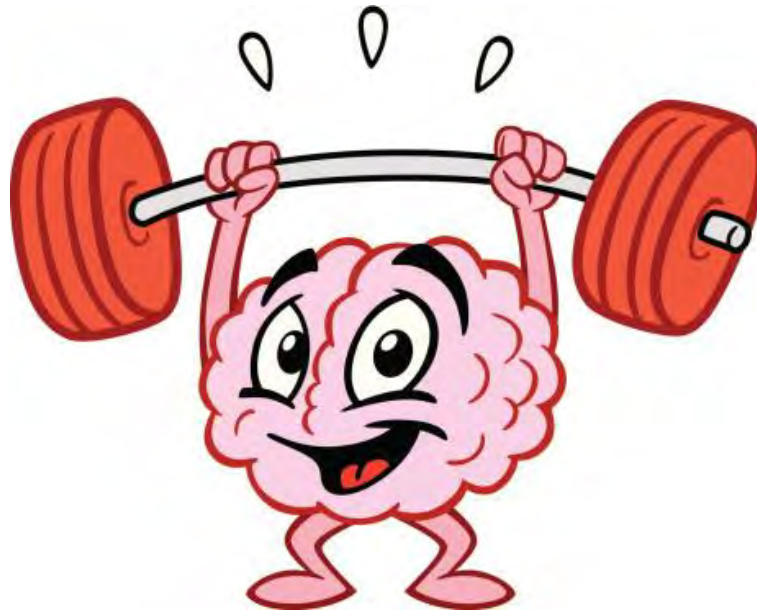


Key Elements in Fostering Resilience – THE YOU (201)



- Be authentic and vulnerable
- Have an accountability partner

Foster resilience with the brain in mind



Talking to the downstairs brain

- Attunement
- Reflection
- Paraphrasing
- Validating





Fostering Resilience through Regulatory Environments and Interactions (301)

- Movement, play, exercise
- Sensory based activities
- Food, water, essential needs





TANAGER PLACE

YOUR CHILD : OUR FOCUS





Resources

- **EMDRia**
<https://www.emdria.org/>
- **Trauma Loss in Children & Starr Global Network**
<https://www.starr.org/training/tlc/>
- **Heather Forbes**
<http://www.beyondconsequences.com/>
- **ACES 360**
<https://www.iowaaces360.org>
- **National Resilience Institute**
<https://nationalresilienceinstitute.org>
- **Dr. Dan Siegel**
<https://www.drdansiegel.com>
- Van der Kolk, B. (2015) ***The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*** Penguin



References 1

Slide 3

Brain Builders Video: <https://www.youtube.com/watch?v=23jDxNOdDCK>

Daniel Siegel <http://www.drdansiegel.com/>

Slide 4

SAMHSA Adverse Childhood Experiences

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

ACE Study video

<https://www.cdc.gov/violenceprevention/acestudy/>

Slide 6

Prof Ed Tronick Still Face Video

<https://www.youtube.com/watch?v=apzXGEbZht0>



References 2

Slide 10

Personality Islands Video

<https://www.youtube.com/watch?v=3weU3tST3EM>

Slide 11 Source URLs

Collaborative Problem Solving <http://cpsconnection.com>

Dr Ross Greene <http://drrossgreene.com/> and <https://www.livesinthebalance.org>

Dr Stuart Ablon <http://www.thinkkids.org/learn/our-team/>

Dr Dan Siegel <http://www.drdansiegel.com/>

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Holly Green: <https://thehumanfactor.biz/speaking/>

Slide 16

Brene Brown: <https://brenebrown.com/>

Slide 19

<https://www.womansworld.com/posts/quotes-by-maya-angelou-152663>



References 3

Other Useful Resources

Inside Out Sadness comforts Bing Bong

<https://www.youtube.com/watch?v=QT6FdhKriB8>

Moana Saves Te Fiti

<https://www.youtube.com/watch?v=JGh8YpRhkMk>



Sources

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- Slide 8 Still Face Experiment: Dr Edward Tronick UMassBoston
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<https://freesound.org/people/martysonic/sounds/383071/>. Original repeated.
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<https://creativecommons.org/licenses/by-nc/3.0/>.
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