



## Behavioral Symptoms of Trauma

- Expressing, identifying and managing emotions
- Unpredictable emotional responses
- Hypervigilance
- Issues with self-regulation
- Impulsivity
- Dissociation
- Cognition issues

## Interacting with Traumatized Clients

### 1. Self-regulation

As a professional, we need to be able to avoid getting into situations where the primitive part of our brain takes over by FIRST being able to recognize when we are beginning to escalate, ourselves.

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### Mirror Neurons

- Remain neutral.
- Make minimal gestures/body movements, keep a neutral posture and facial expression.
- A calm, attentive expression reduces hostility.

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### 2. Enhance the Relationship and Rapport

#### Listen

- Motivational Interviewing
  - o Open-ended Questions
  - o Affirmations
  - o Reflections
  - o Summaries

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#### Consistency

- Proximal Behaviors vs. Distal Behaviors
  - o Proximal: Within client's control (honesty, showing up)
    - Violations involving proximal behaviors warrant a swift, punitive response.
  - o Distal: Behavior not presently in the client's control (sobriety when dependent on a substance)
    - Violations involving distal behaviors warrant responses which increase support, skill-building and treatment.

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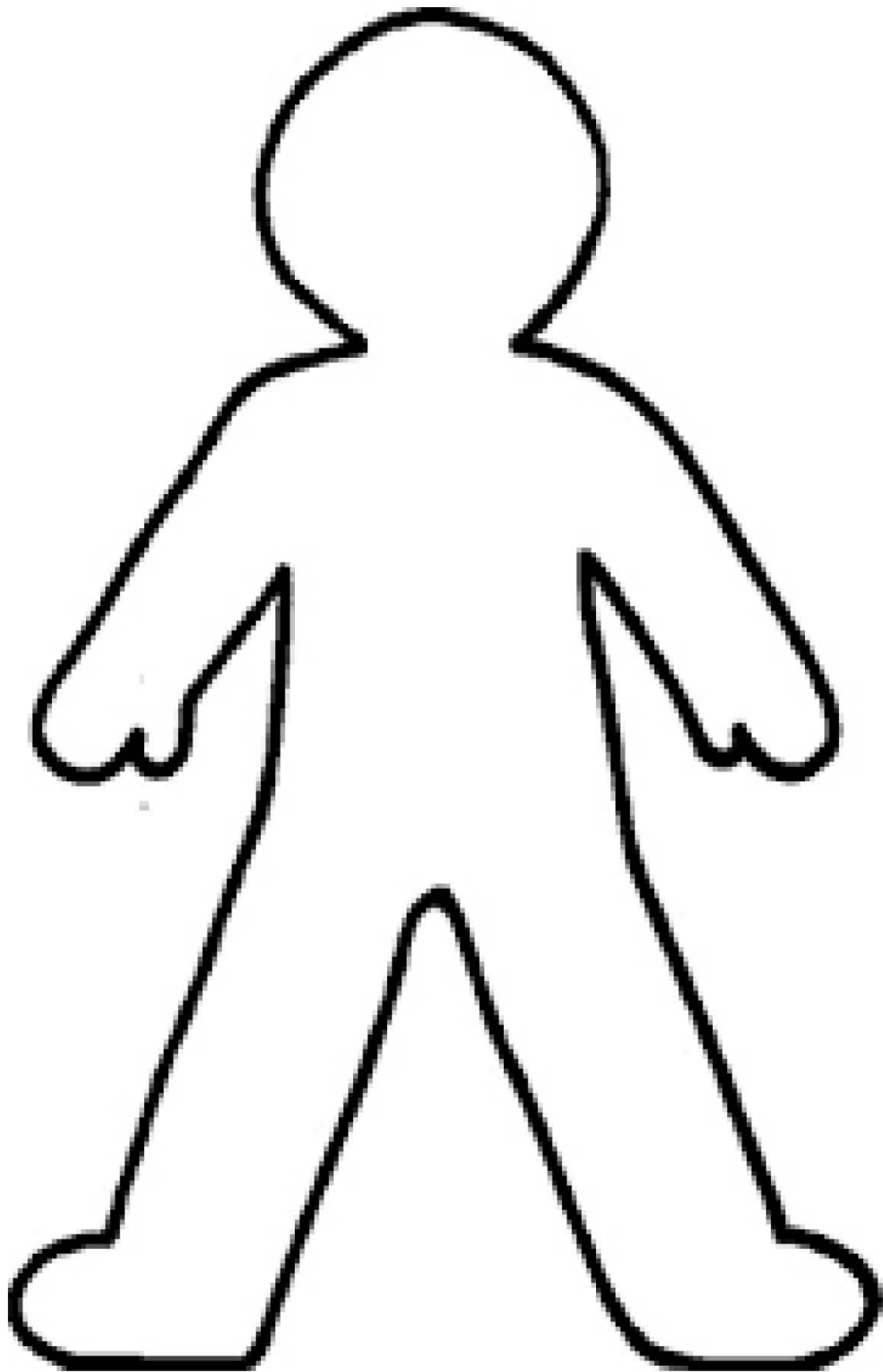
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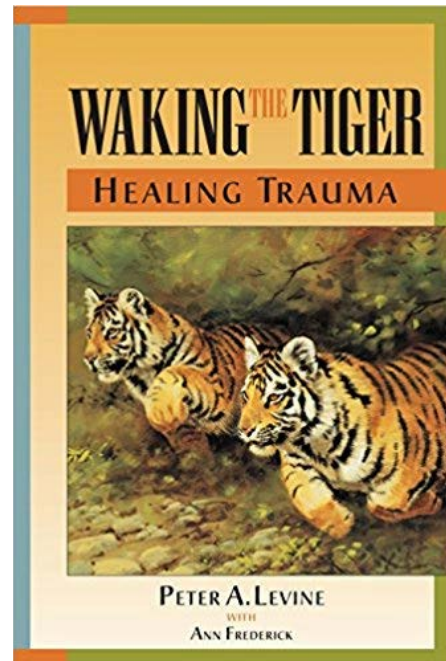
# Resources

## Reading

Waking the Tiger: Healing Trauma

Peter A. Levine with Ann Frederick

Available on Amazon



## Training

Cognitive-Behavioral Interventions and Cognitive-Behavioral Interventions for Substance Abuse (CBI and CBI-SA)

University of Cincinnati

“The Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population.

The curriculum is non-proprietary, but training is required. An adolescent version is also available.”

UC Corrections Institute  
Campus Recreation Center  
PO Box 210389  
Cincinnati, OH 45221  
Phone: 513-556-7765  
Website: [www.uc.edu](http://www.uc.edu)

Healing trauma

Dr. Stephanie Covington

“6-week, skills-based program particularly designed for settings requiring a shorter intervention: jails, domestic violence agencies, and sexual assault services. There are detailed instructions (specific lesson plans) for the session topics which include: the process of trauma, power and abuse, grounding and self-soothing, and healthy relationships. There is a strong emphasis on grounding skills. The workbook can be printed in both English and Spanish.”

### Beyond Violence

Dr. Stephanie Covington

“*Beyond Violence* is an evidence-based manualized curriculum for women in criminal justice settings (jails, prisons, and community corrections) with histories of aggression and/or violence. It deals with the violence and trauma they have experienced, as well as the violence they may have perpetrated. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing and/or perpetrating violence. This model is used by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and was used in the Prison Rape Elimination Act (PREA) research on women in prison. This is a 20 session (40 hour) intervention that consists of a facilitator guide, participant workbook and DVD. “

Available for purchase at [info@stephaniecovington.com](mailto:info@stephaniecovington.com)