

# Text to join NCJTC email list

- 1 Text NCJTC to 22828
- 2 You will receive an email
- 3 You can update preferences

Live transcript/captions available at  
<https://www.streamtext.net/player?event=TPA>



# Introduction to the Neurobiology of Trauma

Sept 9, 2020

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC  
Facilitated by: Greg Brown



# Webinar Information

This project was supported by Grant No. 2018-S4-BX-K002 awarded by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

# Technical Overview

**Expand/Collapse the control panel**



**Your audio will remain on MUTE during the entire webinar**



**Handouts (if available) found here**



**Raise hand function not available for this webinar**



**Question/Chat Box (Contact us with issues, ask a question, read messages)**



Live transcript/captions available at <https://www.streamtext.net/player?event=TPA>



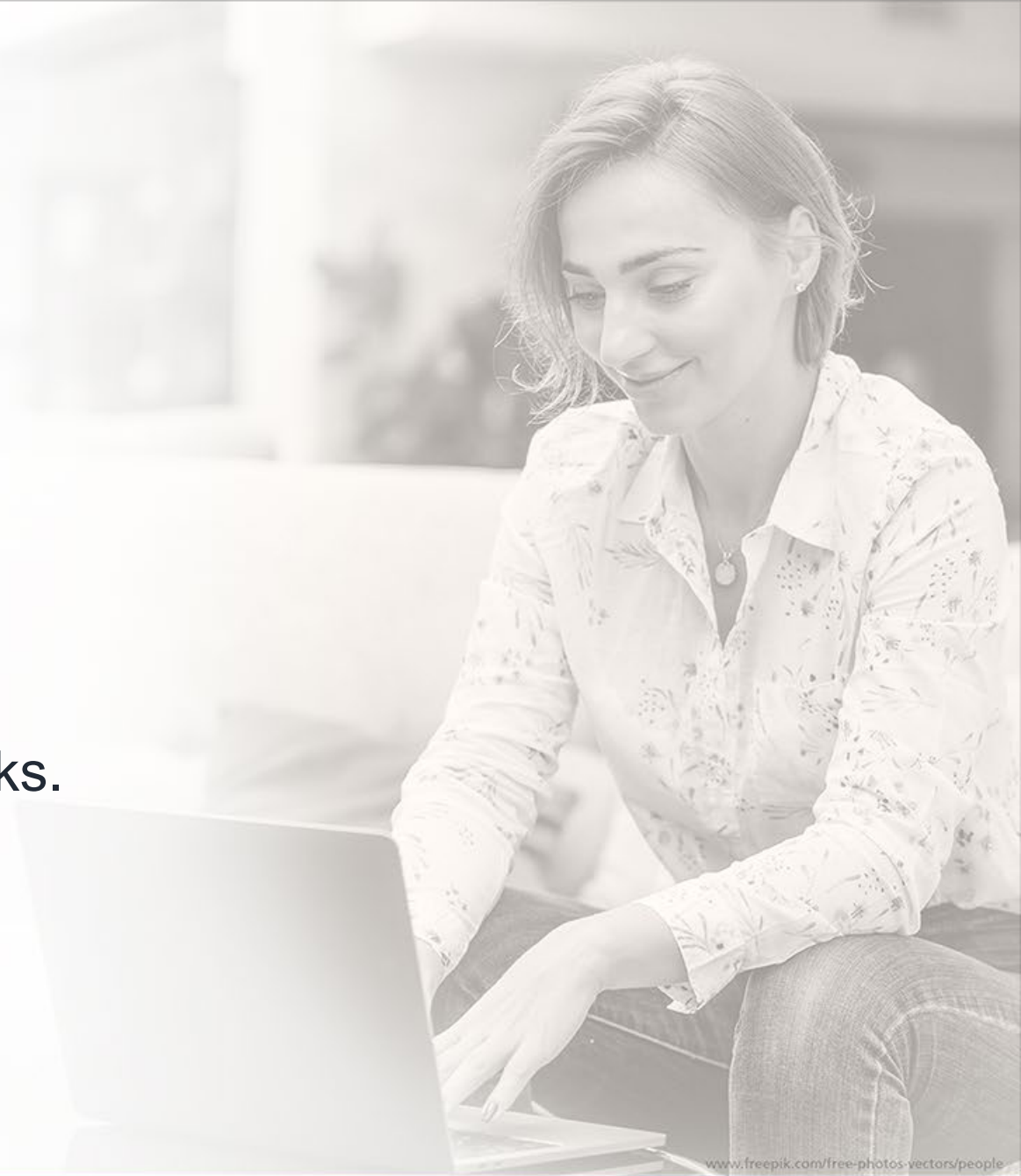
# Post Webinar Information

- At the end of the webinar, a short evaluation will appear in a separate web browser window.
- Pop-up blocker must be turned “off.”
- You will receive an email within 2 weeks with instructions on how to access our webinar library, the recording of this webinar, additional webinars and self-paced courses.



# Certificate of Attendance

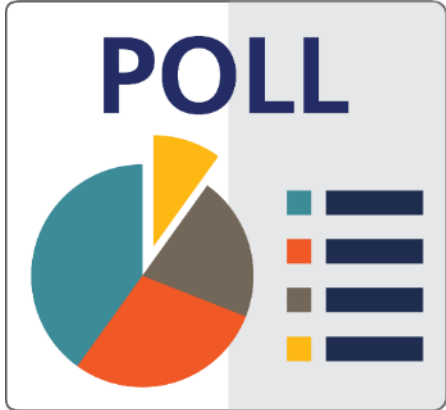
- Live Webinar = **YES**
- Recorded Webinar = **NO**
- What do I need to do?
  - **Attend the entire live webinar**
  - **Complete the evaluation**
- Certificate is emailed to you in two (2) weeks.
- Attending as a group?  
Email names to [info@ncjtc.org](mailto:info@ncjtc.org).



# Poll Questions

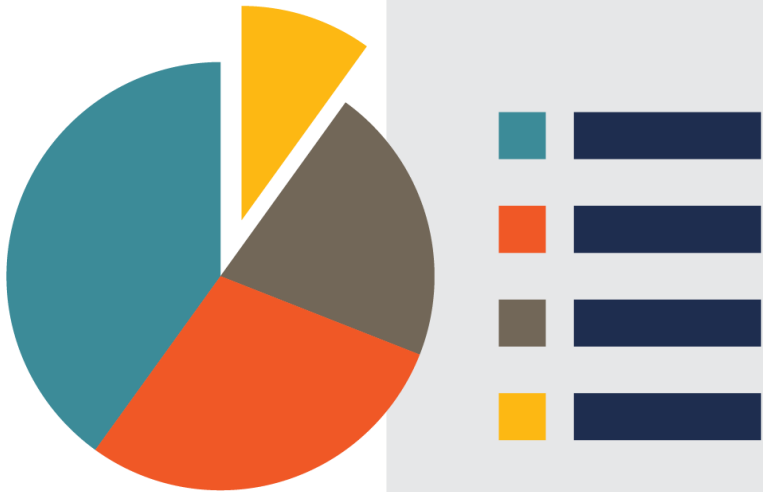
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.

# POLL



**Which of the following best describes your role?**

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other



# Learning Objectives

- ① Understand the impact of trauma on the brain.
- ② Explore what it means to be trauma-informed.
- ③ Learn strategies to effectively manage vicarious trauma.



# Today's Presenter

**Anjali Nandi, PhD, MAC, LAC**  
*Associate,*  
National Criminal Justice Training Center

# Why Trauma-Informed Care?

- It's a lens
- Not always visible
- Multi-generational
- Avoid re-traumatizing
- Reduce negative coping
- Decrease burnout
- Hurt people, hurt people





# What is Trauma

- The experience of violence or victimization
- Threat to life or limb, loss of control
- Extreme stress that overwhelms the person's capacity to cope



# Stress Continuum

- Eustress
- Distress
- Short-term
- Long-term
- Traumatic
- Trauma response

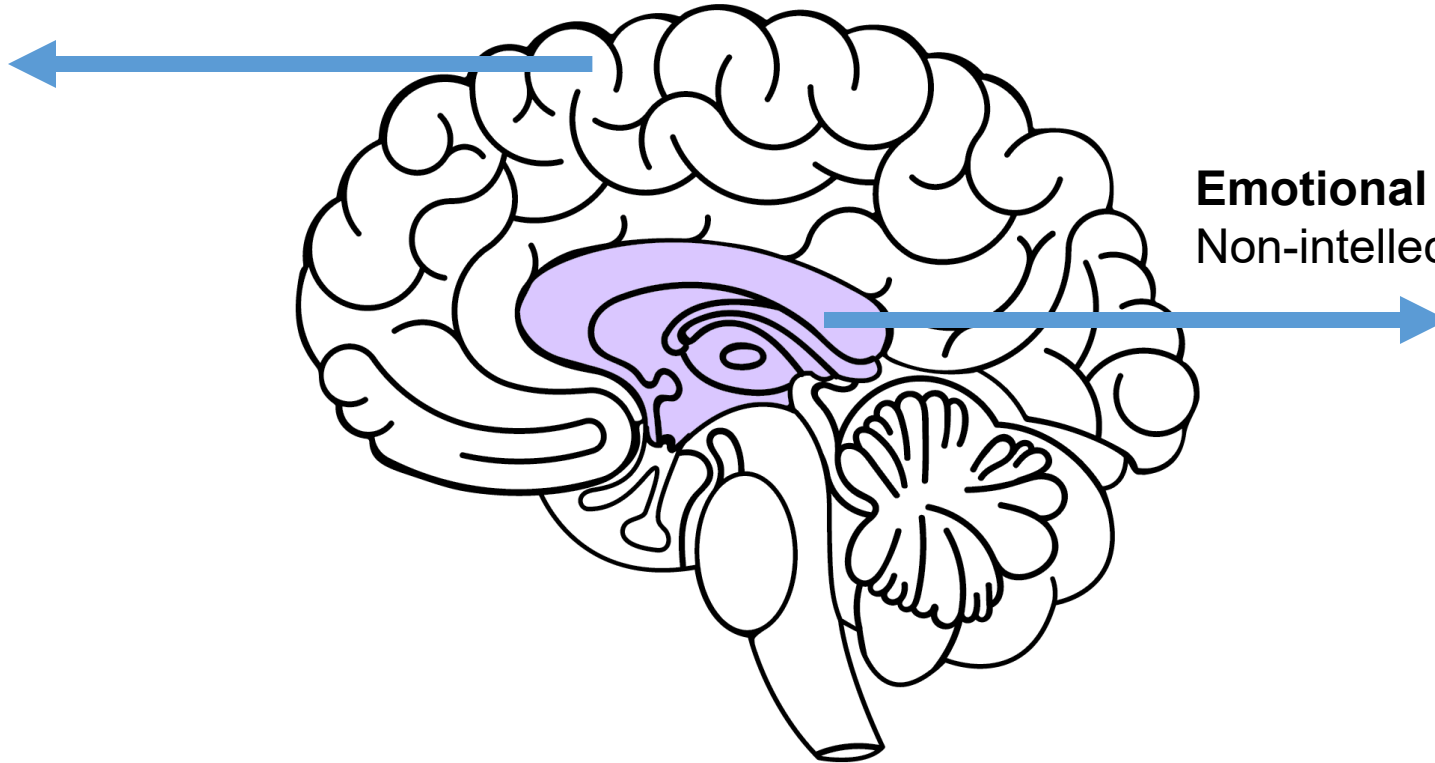


Dr. Louise Aznavour, Psychologist



## Intellectual (Logical) Brain

Forward looking – future & solution focused



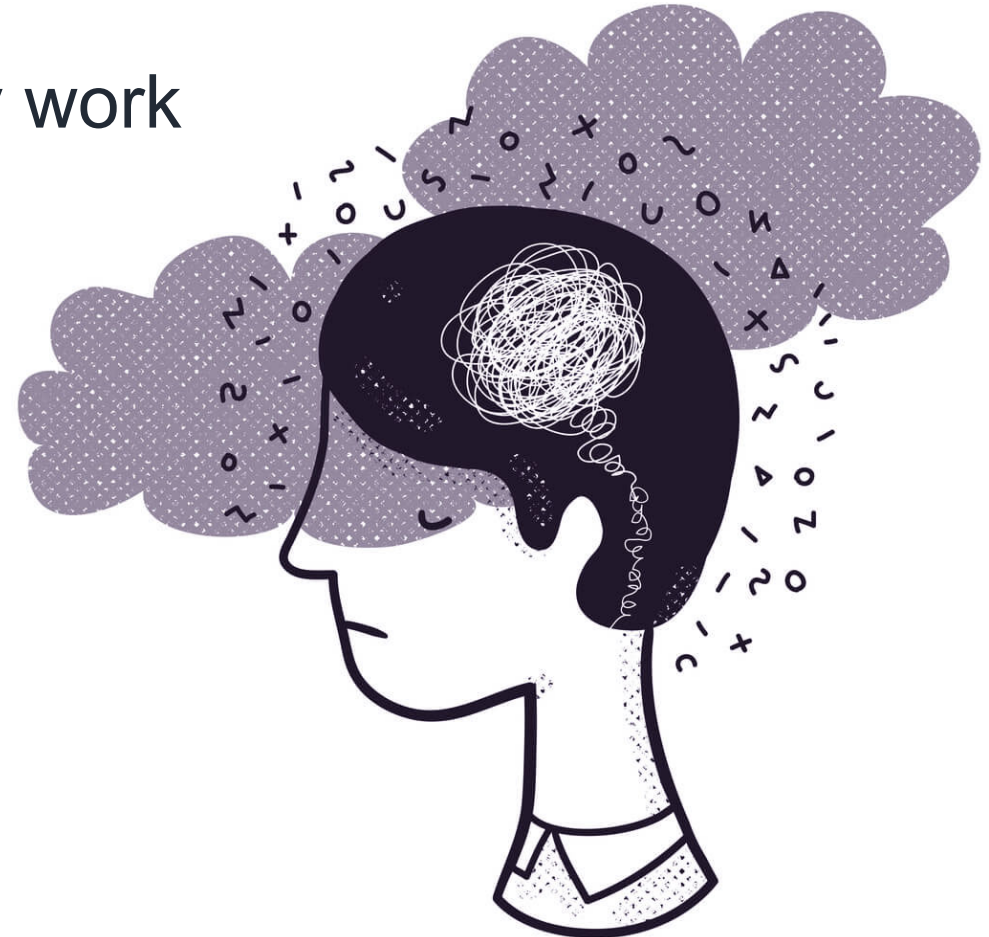
## Emotional Brain

Non-intellectual/non-logical – past focused

<https://yuniquefoundation.org/an-interactive-infographic/trauma-brain-limbic-system/>

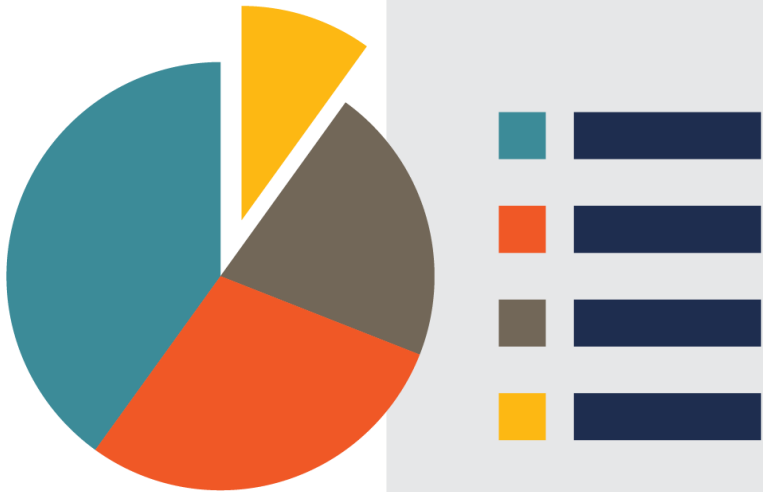
# Limbic Lounge

- Changes the way your brain and body work
- Impairs your judgment
- Rewires your brain to run on stress chemicals
- Causes inflammation



<https://www.foundationsrecoverynetwork.com/ways-drugs-can-cause-impaired-judgment/>

# POLL



## Where do you find yourself on the trauma continuum?


- Vicarious trauma
- Compassion fatigue
- Chronic stress
- Short-term stress
- What continuum??

# Impact of Trauma

- Loss of mass in frontal cortex
- Dysregulated emotional system
- Re-experiencing the event
- Emotional numbing
- Lack of self-regulation



# What Does Being Trauma-Informed Mean?

- 
- Avoid re-traumatizing
  - Recognizing what trauma is
  - Using a different lens
  - Flexible with consequences
  - Sensitive to fear
  - Being patient
  - Not taking it personally
  - Facilitate safety
  - Be consistent
  - Know when to refer



# Practical Tips

- Engage the person, build a relationship
- Provide a calm, soothing environment
- Give relaxed, unhurried attention
- Talk about their concerns
- Provide as much choice and control as possible
  - Making decisions develops the cortex
  - Involve the clients in decision-making
  - Avoid pathologizing behaviors



# Organizational Symptoms:

- High absenteeism
- Inability for teams to work well together
- Desire among staff members to break rules
- Outbreaks of aggressive behaviors among staff
- Lack of flexibility among staff members
- Negativity towards management
- Strong reluctance toward change
- Inability of staff to believe improvement is possible
- Lack of a vision for the future

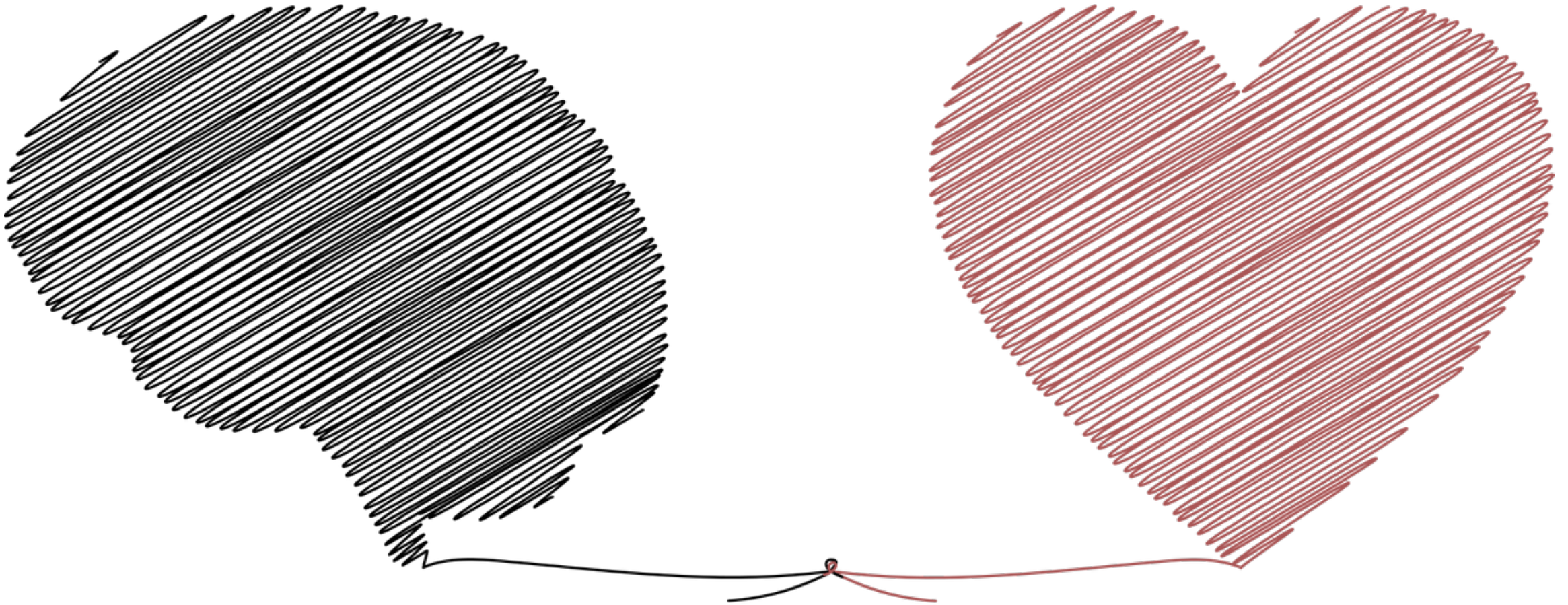
# Warning Signs

- You get stressed easily.
- You have difficulty asserting yourself.
- You have a limited emotional vocabulary.
- You make assumptions quickly and defend them vehemently.
- You hold grudges.
- You don't let go of mistakes.
- You often feel misunderstood.
- You don't know your triggers.
- You don't get angry.
- You blame other people for how they make you feel.
- You're easily offended.





# Boundaried Empathy



# Un-Mirroring Ideas:

- Sit up straight
- Cross or uncross legs
- Change breathing
- Take a sip of water
- Stretch
- Take a deep breath
- Exhale
- Break eye contact

**Don't Play Trauma Tag!**





# Self-Care

Something else I don't have time for and feel guilty that I don't do



# In-the-Moment Care

Find your Happy Place!



A silhouette of a woman and a child flying a kite against a bright, hazy sky. The woman is on the right, holding the string, and the child is on the left, also holding the string. The kite is in the upper left corner. The background is a bright, hazy sky with a city skyline visible in the distance.

# Take in the good.

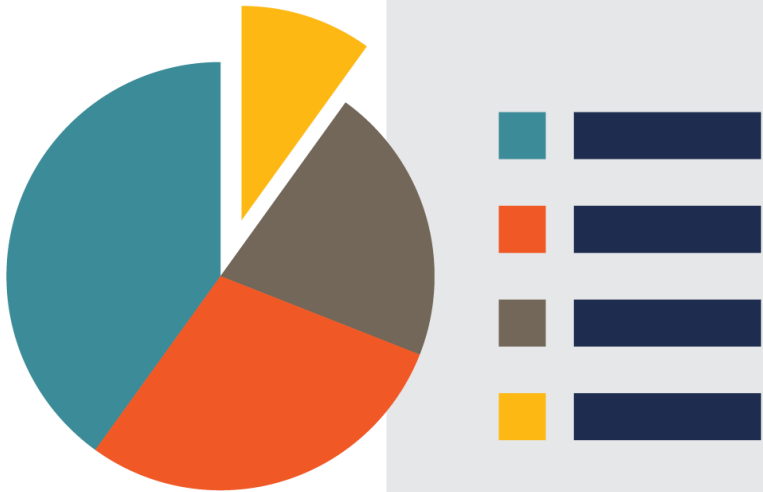


The opposite of play is  
not work...

...the opposite of play  
is depression



# POLL



## What is your go-to for finding balance?

- Mindfulness
- Gratitude
- Social support
- Wellness (exercise etc.)
- I have no balance!



# Activity

- Be social
- Go for a walk
- Journal
- Appreciate someone
- Sit quietly







# Contact Information

**Anjali Nandi, PhD, MAC, LAC**  
*Associate,*  
National Criminal Justice Training Center

[anjalinandi@Hotmail.com](mailto:anjalinandi@Hotmail.com)

## **General Inquiries**

[info@ncjtc.org](mailto:info@ncjtc.org) | [www.ncjtc.org](http://www.ncjtc.org) | (855) 866-2582

# Upcoming TTA

## TPA Regionals | Beginning in 2021 – 2022

Topics to include:

- ✓ Advanced Practices in Tribal Community Corrections
- ✓ Developing Policies and Procedures to Support Tribal Probation and the Implementation of Best Practices
- ✓ Advanced Integrating Restorative Practices into Your Work Training

***Visit [NCJTC.org](https://www.ncjtc.org) and watch your inbox for registration details...***



# REMINDER

To receive a certificate you must:

- 1. Attend the entire live webinar**
- 2. Complete the evaluation**

A **Certificate of Attendance** will be emailed to you within two (2) weeks.

You must complete the evaluation to receive a certificate.

This presentation was produced with grant funding awarded under the Tribal Corrections (TPA) Training and Technical Assistance Program provided by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

Neither the U.S. Department of Justice nor any of its components operate, control, are responsible for, or necessarily endorse this presentation (including, without limitation, its content, technical infrastructure, policies, and any services or tools provided).

Additionally, points of view or opinions expressed are those of the presenter(s) and do not necessarily represent the official position or policies of the National Criminal Justice Training Center of Fox Valley Technical College.