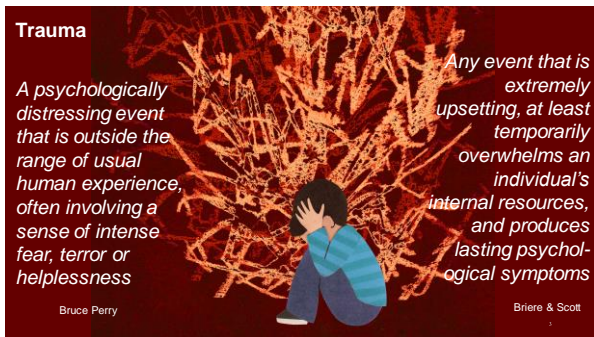




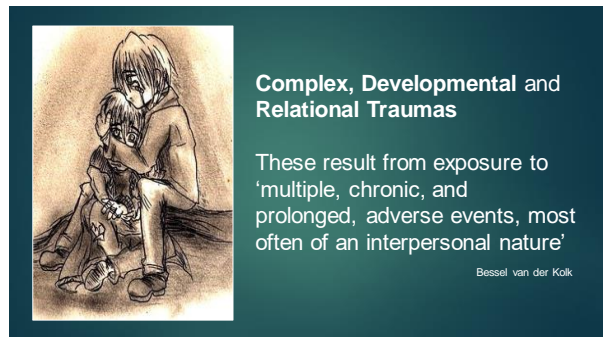
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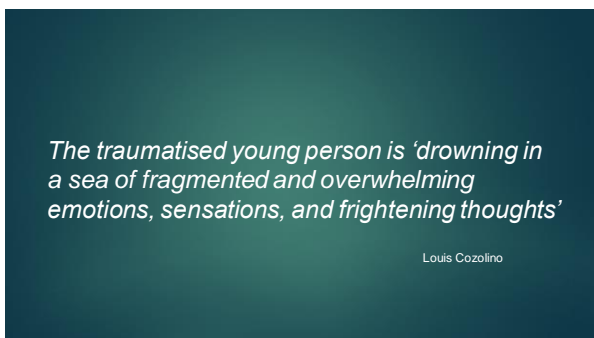
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To Treat or to Accompany

Community Session, Reclaiming Youth at Risk

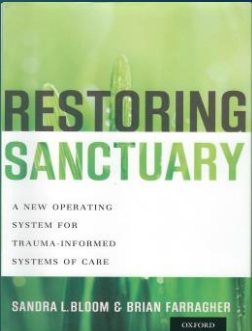
7/24/2023

The question is not 'What is wrong with you?'

but

'What has happened to you?'


Sandra Bloom



7

The essential experience of trauma is an unravelling of supportive connections

Mollon



8

I turn to the spot where I last saw Mum, hoping she's changed her mind, but there is no trace of her...My new home is filled with boys about my age. They're everywhere. Oh geez. Oh geez. I'm so alone – so all alone. Even my own parents do not want me.

Young adult remembering his first placement

9

An adverse event becomes traumatic when it is accompanied by a sense that one is not accompanied - that one'smind is alone'

Peter Fonagy



10

Connectedness evolved as the primary biological imperative in mammals in their quest for survival

Stephen Porges

11

*Trauma is... a relational experience in that embedding of trauma may arise not primarily from the nature of events, but from **who is with us** before, during, and after overwhelming happening (or non-happening in the case of neglect).*

Bonnie Badenoch

12

Trauma occurs when...

Interpersonal rejection, isolation, betrayal and emotional deprivation compromises our biological imperative for social engagement and connection.

Marshall & Marucci

13

The question is not only...

What has happened to you?

But also

Who was with you?

14

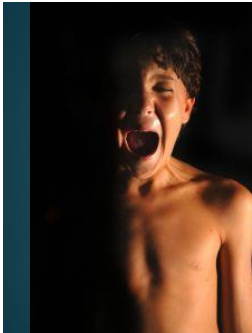
Normally an accessible other mind provides the social referencing that enables us to frame frightening or otherwise overwhelming experiences.

Peter Fonagy

15



16



A child who receives inconsistent, neglectful, or rejecting caregiving is forced to manage overwhelming experiences by relying on primitive coping skills such as aggression, dissociation, and avoidance.

Kinniburgh et al.

17

*The ability to offer the **safe sanctuary of presence** is central to treating trauma...If we felt alone, we needed accompaniment. If we were frightened, we needed protection. If we were shamed, we needed acceptance. If we were hurt, we needed comfort...*

Bonnie Badenoch

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To Treat or to Accompany

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At its root, the ability to learn self-regulation is dependent on there being available, trustworthy, empathic and committed caregivers

Allan Schore

19

Self-regulation is a product of... 'the mutual, synchronous, and reciprocal interactions between individuals...'

It is through processes of co-regulation, an individual develops a capacity to self-regulate'

Stephen Porges

20

The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change.

Perry & Szalavitz

21

The question is not only...


What has happened to you?

But also

Who was with you? and


Who is with you now?

22



Connection is the energy that exists between people when they feel seen, heard, and valued...

23



when they derive sustenance and strength from the relationship...

Brené Brown

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