

Reclaiming Youth at Risk Seminars
Sioux Falls, 18-20 July, 2024

***Restoring
the Circle -
The role of
Accompaniment***

Howard Bath



The Circle of Courage



Adapted from the *Circle of Courage* framework
Brendtro, Brokenleg & van Bockern, 2002



Complex, Developmental and Relational Traumas

These result from exposure to 'multiple, chronic, and prolonged, adverse events, most often of an interpersonal nature'

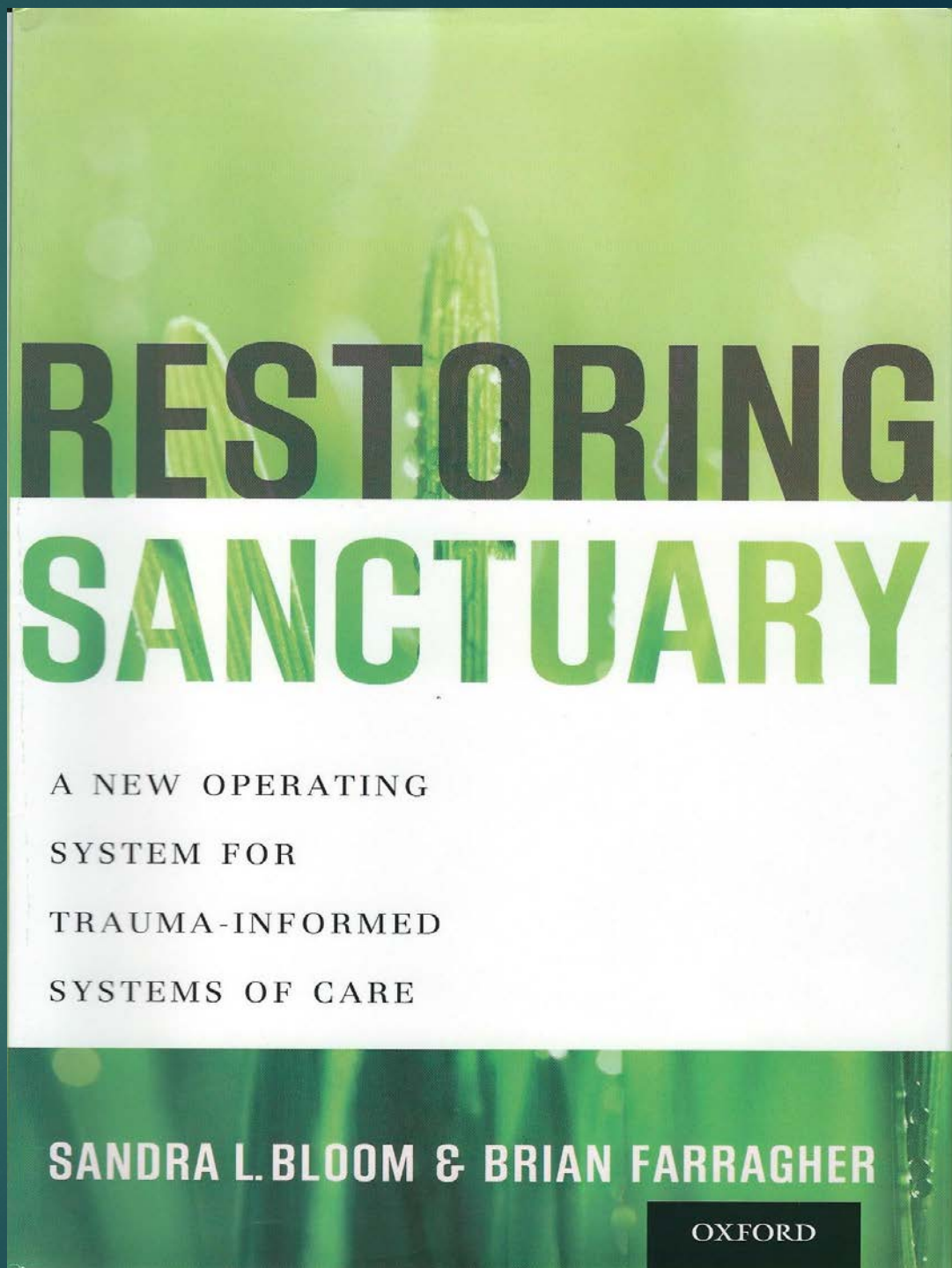
Bessel van der Kolk

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

but

'What has happened to you?'

Sandra Bloom



RESTORING SANCTUARY

A NEW OPERATING
SYSTEM FOR
TRAUMA-INFORMED
SYSTEMS OF CARE

SANDRA L. BLOOM & BRIAN FARRAGHER

OXFORD

Trauma

A psychologically distressing event that is outside the range of usual human experience, often involving a sense of intense fear, terror or helplessness

Any event that is extremely upsetting, at least temporarily overwhelms an individual's internal resources, and produces lasting psychological symptoms

Bruce Perry

Briere & Scott



An illustration with a textured, paper-like appearance. In the foreground, the back of a person's head and shoulders is shown. The head is a large, dark brown circle, and the neck and shoulders are a lighter brown. The person is wearing a light blue t-shirt. In the background, three dark brown silhouettes of people are walking away on a set of stairs that recede into the distance. The stairs are represented by dark brown horizontal lines on a light brown background. The overall scene conveys a sense of isolation and being left behind.

The essence of trauma
is feeling godforsaken,
cut-off from the human
race

van der Kolk

*An adverse event
becomes traumatic
when it is
accompanied by a
sense that one is not
accompanied – that
one's mind is alone*

Peter Fonagy



*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

The question is not only...

What has happened to you?

But also

***Who was with you? and its
corollary: Who was not with you?***

Who is with you now?

To Accompany

To go along with
or in company with...
To accompany a friend
on a walk





Putting feelings into words and sharing them with others is an ability modelled and shaped by the skills of those around us

Louis Cozolino

While trauma keeps us dumbfounded, the path out of it is paved with words...

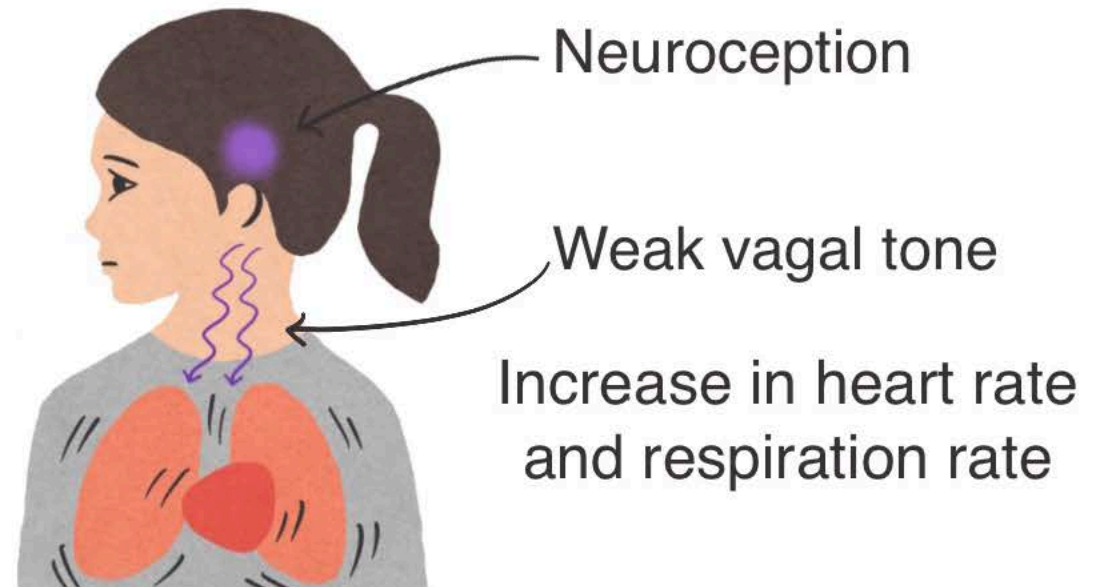
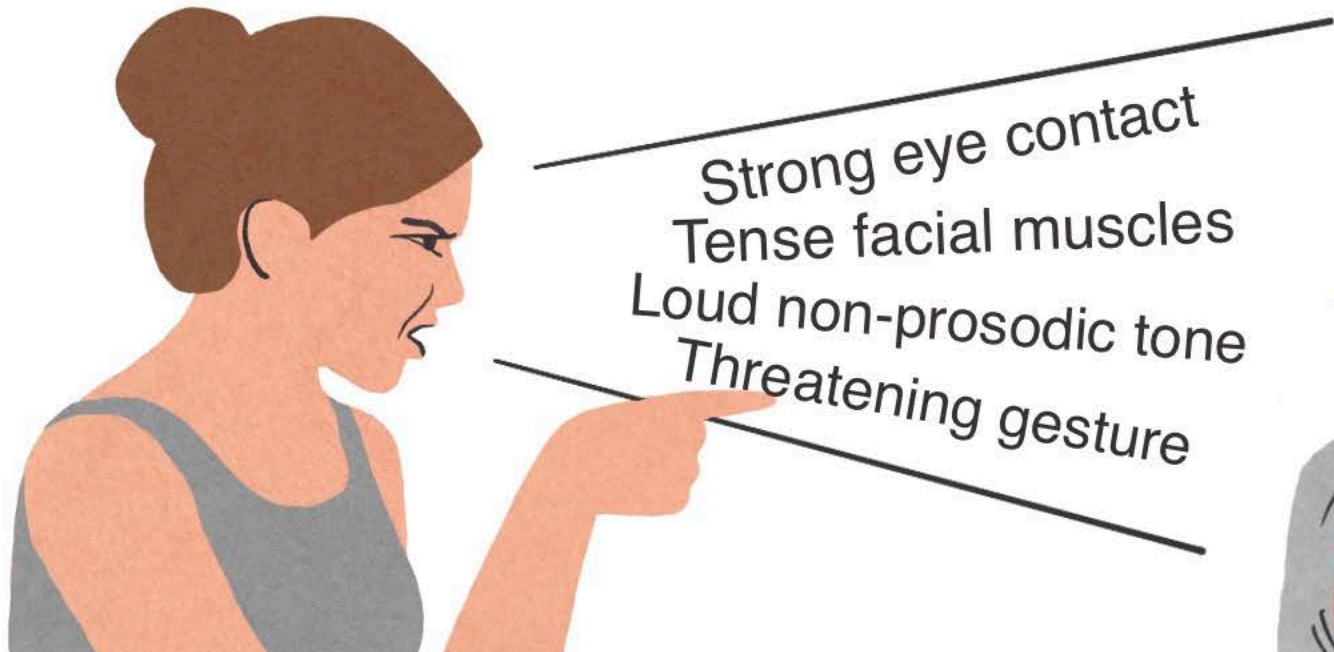
Bessel van der Kolk

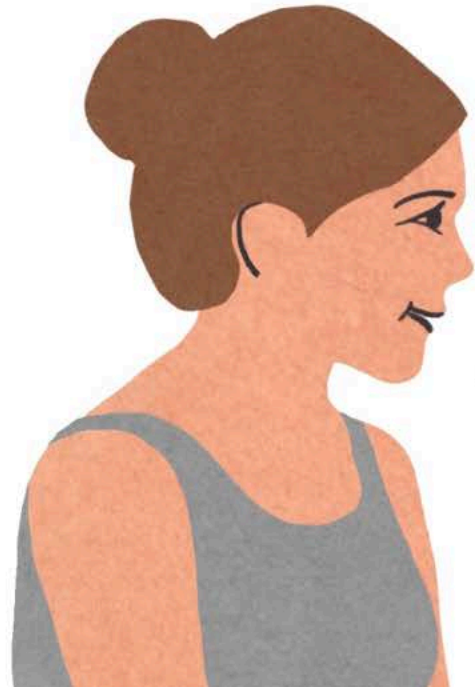
A black silhouette of a person's head and hand in profile, holding a lit cigarette. The person is facing right. The background is a light, hazy gradient. The image is framed by dark teal vertical bars on the left and right sides.

Coping with Distress

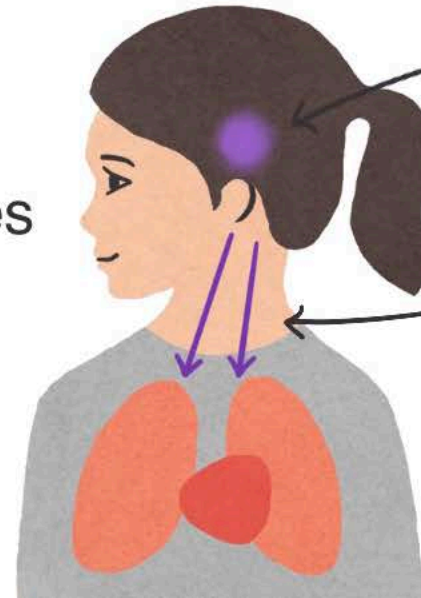
If trustworthy people are not available, the chronically distressed individual will turn to drugs, alcohol, smoking, sex, criminal activity, or risk-taking behaviour - any activity that relieves the unrelenting, emotionally driven, repetitive distress.

Bloom & Farragher





Soft eye contact
Relaxed facial muscles
Prosodic tone



Neuroception
Strong vagal tone
Calming of heart and respiration rate

Without...soothing by reliable and consistent caregivers, the traumatised young person is unable to regulate his or her mental state and restore emotional equilibrium



Phil Mollon

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

*Humans are on a quest to calm neural defence systems **by detecting features of safety...***

This quest is initiated at birth and continues throughout the lifespan, with needs for trusting friendships and loving partnerships

Stephen Porges

Epistemic trust

Relates to the belief that the adults in our lives are trustworthy and are a source of generalisable, relevant information

Wisdom grows over time, is shaped by experience, and also impacted by the mentorship, guidance, and advice of trusted adults and elders.

Kiaras Gharabadi

*Sometimes the most
important thing you can do...*

*is to just sit with somebody
in their pain*

Bruce Perry



*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

Healing relationships need not always involve psychotherapy. Many people recover from trauma exposure in the context of family, friendships, and other relationships.

Briere & Scott

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