


Wellness Zone:
Ongoing Trauma Transformation

Yvett Harris, MS, LPC-S, NCC
Susan Boaf-Arthur, Ph.D., NCC
Phyllis Benjamin, Ph.D., LPC-S, NCC



MISSISSIPPI STATE
UNIVERSITY

What is Ongoing Trauma?

- Ongoing trauma
 - is the repetitive and persistent "emotional / psychological" pain that adults struggle with on a daily basis.
 - This pain is "triggered by" unresolved / unspoken issues from childhood.

Ongoing Trauma

- Often ignored
 - Most often this ongoing pain is minimized as it does not "qualify" as PTSD or any definite diagnosis.
 - This repetitive and persistent emotional/psychological pain stands in the way of building meaningful relationships.

Goal: Ongoing Wellness

- By daily transforming negativity through:
 - Identification
 - Exploration
 - Acceptance
 - Letting go/ Forgiveness

Theoretical Framework

- Erikson – developmental trauma
- Freud – repetitive compulsion
- Bowlby – importance of secure base
- Maslow – hierarchy of needs
- Rogers – importance of unconditional positive regard
- Young -- schemas or “life traps”

Case Study

Julie

Julie is a 26 year old female international doctoral student from Mexico. Julie has been married for four years to Samuel who is Polynesian and originally from Hawaii. Julie and Samuel meet five years ago at a conference in New York. Julie is studying Architecture at Mississippi State University. Samuel is an Aerospace Engineer employed at a company in Texas.

Julie presents to ASST Student Counseling Services exhibiting symptoms of depression. Julie reports frequent crying, insomnia, loss of appetite, hopelessness, guilt, and irregular sleep pattern for the past 6 months nearly every day. Julie further states experiencing marital distress due to her husband's absence and she is currently involved in a romantic relationship with a colleague. Julie reports inability to attend and concentrate in class and isolates herself from family and friends due to the affair. Julie exacerbates arguments with husband which strains their marriage even more.

Mask / Play Pretend

The illustration shows a man in a blue suit and tie, carrying a briefcase. A thought bubble above his head contains a drawing of a face with a sad expression. To his right is a large heart with a pink outline. Inside the heart, the words "MY MASK" are written in green. Above "MY MASK", there are two small drawings of faces: one with a sad expression and one with a happy expression. Text around the heart reads "I'm not who I really am" and "I had to see up and pretend to be".

Erikson's Stages Of Development

| Stage | Crisis | Examples Of Core Beliefs With Unsuccessful Resolution |
|---|---|--|
| Trust vs. Mistrust (0-18 months) | Can I trust others to take care of my needs or not? | "Others can't be trusted." "I can't trust myself." |
| Autonomy vs. Shame (2-3 years) | Am I free and capable to explore my world, or am I too small and weak to do so? | "I am weak and incapable." "I must depend on others." |
| Initiative vs. Guilt (3-5 years) | Am I confident in my abilities or should I feel bad about myself and my desires? | "I am defective." "My desires are bad." |
| Industry vs. Inferiority (6-11 years) | Can I be successful in school, or am I inferior to others? | "I am incompetent." "I am stupid." |
| Identity vs. Role Confusion (12-18 years) | Will I understand of him myself or sink into confusion and uncertainty about who I am? | "I am invisible." "My life is meaningless." |
| Intimacy vs. Isolation (19-40 years) | Am I able to form an intimate and stable relationship with another person? | "I am all alone." "I will be abandoned." |
| Generativity vs. Stagnation (40-65 years) | Can I contribute to society and care for others, or am I stuck in self-centeredness? | "I have to look out for myself." "It's a dog-eat-dog world; only the strong survive." |
| Integrity vs. Despair (65+ years) | Has life been satisfying and fulfilling, or simply a series of disappointment and failures? | "You live, you die, who cares?" "Life is futile." |

Why Tell My Story?

The graphic features a central circle with the text "Why we tell our story?". Surrounding this central text are several words in different colors and fonts: "Love" (blue), "Hope" (red), "Faith" (green), "Life" (purple), "Joy" (orange), "Peace" (yellow), "Kindness" (pink), "Patience" (light blue), "Gentleness" (light green), "Self-control" (light purple), "Honesty" (light orange), "Humility" (light pink), "Modesty" (light blue), "Simplicity" (light green), "Peace" (light purple), "Kindness" (light orange), "Patience" (light blue), "Gentleness" (light green), "Self-control" (light purple), "Honesty" (light orange), "Humility" (light pink), "Modesty" (light blue), "Simplicity" (light green).

Exploration (Nascent of the Inner Critic)

Happiest Childhood Memory



Saddest Childhood Memory



Free Child



"Identifying" the Inner Critic



Inner Critic Takes Over

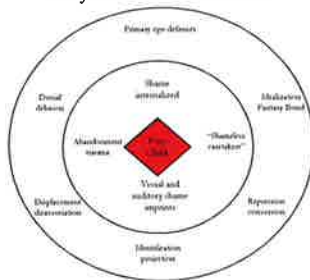


Schemas -- --> Core Beliefs

- Schemas (life traps)
 - Are self-defeating patterns that typically begin early in life.
 - Consist of negative/dysfunctional thoughts and feelings.
 - Are repeated and maintained over time and pose obstacles for accomplishing one's goals, getting one's needs met, etc.

Young et al., (1995)

Layers of Shame



John Bradshaw (2005)

Remember....

*I teach others
how to treat me
By the way
I treat myself*

-Cloud & Townsend (2008)

Therapeutic Relationship

- Establish a rapport
- Unconditional Positive Regard
- Emphasize client's strengths
- Assign affirmation homework/ mirror exercise

Carl Rogers (1951)

Therapeutic Relationship


- Coping Mechanisms (flight, fight, freeze)
- Empathic confrontation
- Assign homework- Tree of Truth

Who Am I/Tree of Truth

Who Am I?

beloved, creative, resourceful, responsible, whole, etc.

I am creative
I am resourceful
I am responsible
I am WHOLE

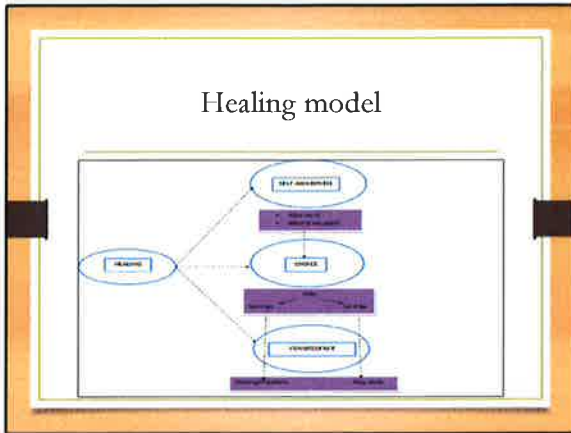


Triggers

Julie presents to MSU Student Counseling Services exhibiting symptoms of depression. Julie reports frequent crying, insomnia, loss of appetite, hopelessness, guilt, and irregular sleep pattern for the past 6 months nearly every day. Julie further states experiencing marital distress due to her husband's absence and is currently involved in a romantic relationship with a colleague. Julie reports inability to attend and concentrate in class and isolating herself from family and friends due to an affair. Julie exacerbates arguments with husband which strains their marriage even more.

Core Beliefs

| NEGATIVE | (Healthy) ADAPTIVE |
|-----------------------------------|---|
| ❖ I am abandoned | ❖ I can survive/exist/get my needs met |
| ❖ It's not safe to feel | ❖ I can begin to learn when and how to... |
| ❖ I am powerless/helpless/trapped | ❖ I can control what I can influence |
| ❖ I have to be in control | ❖ I can safely let go of some control |
| ❖ I am unlovable/undeserving | ❖ I am ok as I am... |
| ❖ I am worthless/defective | ❖ I can learn from my mistakes |
| ❖ I am a failure | ❖ I did the best I could |
| ❖ I am vulnerable | ❖ I can protect myself |
| ❖ I am powerless | ❖ I can control what I can |
| ❖ I am going to die | |
| ❖ I am in danger | |



MY TRUTH (Confronting my pain/fear)

| | | |
|---|------------|--|
| <p>Scared Self</p> <ul style="list-style-type: none"> ❖ I'm not good enough ❖ Bad things happen to me ❖ I MUST ALWAYS please/help everyone ❖ Asking for what you want is scary ❖ There is something wrong with me ❖ I am not lovable | <p>vs.</p> | <p>Sacred Self</p> <ul style="list-style-type: none"> ❖ Breathe (I am safe) ❖ I am honest ❖ I am outgoing ❖ I am generous ❖ I am friendly ❖ I am trustworthy ❖ I am understanding ❖ I am thoughtful |
|---|------------|--|

Self-Awareness/my truth

- Who-am-I/self-identity

My Truth / My Light

- Foundational affirmations
 - I am... **GENEROUS**
 - I am... **HONEST**
 - I am... **OUTGOING**
 - I am... **FRIENDLY**

My Shadow / My Fear (pain?)

Creates:
Helplessness
Hopelessness
Worthlessness

↓

Stuck/confused

Mask
↓
Half-truth

Scared self } Shadow

↓

Where do I want to be?

My Light / My Sacred self

Light } Sacred self

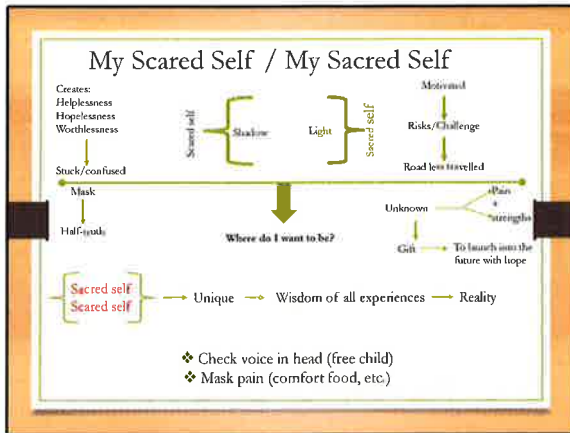
Motivated
↓
Risks/Challenge
↓
Road less travelled

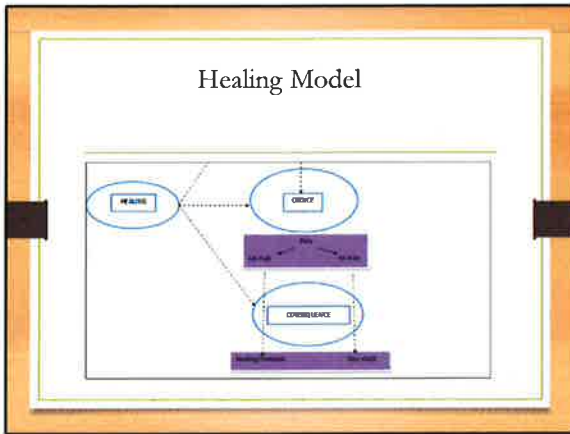
Unknown } Pain + strengths

↓

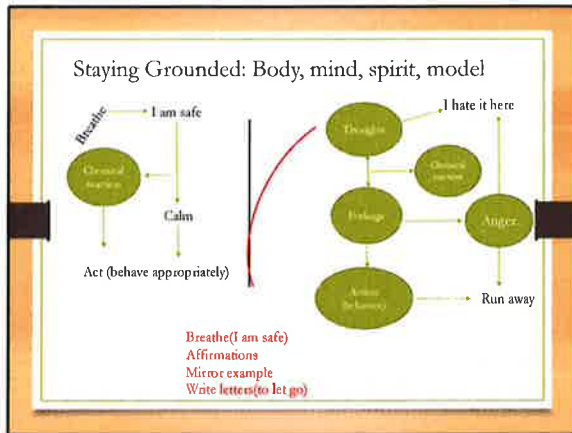
Gift → To launch into the future with hope

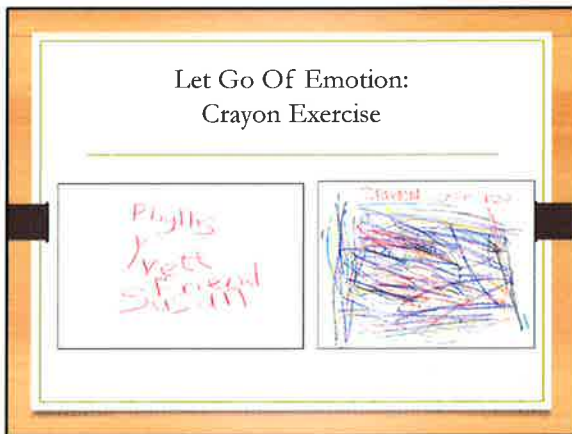
Where do I want to be?






- ### Self-Soothing/Re-Parenting
- Awareness
 - Acceptance
 - Responsibility
 - Gratitude





- ### Letting Go of Roles
- Daughter
 - Wife
 - Student
 - Colleague
 - Friend

Letting Go of Baggage



An illustration showing a person in a red shirt and yellow pants standing next to a red suitcase and a black bag. The person appears to be in a state of transition or carrying a heavy load.

Letting Go: Separate Person From Problem

SEPARATE

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graph TD; SEPARATE --> PERSON; SEPARATE --> PROBLEM; PERSON --> WhoTheyAre[Who they are]; PROBLEM --> WhatTheyDo[What they do]
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A diagram showing the word "SEPARATE" at the top, branching into "PERSON" and "PROBLEM". Below "PERSON" is the text "Who they are", and below "PROBLEM" is the text "What they do".

Letting Go: Handout

- Letting Go
 - Letting go does not mean to stop caring, it means I can't do it for someone else
 - Letting go is not to cut myself off; it is the realization I can't control another
 - Letting go is not to enable, but to allow learning from natural consequences
 - Letting go is to admit powerlessness; which means the outcome is not in my hands
 - Letting go is no to try to change or blame another; it is to make the most of myself....

Gratitude: I am thankful...

- That I am healthy
- That my friends love and accept me
- My husband is trying his best to love me
- My education has given me this awareness

Forgive Yourself... And Others

| | | | |
|---|--|---|--|
| <p>Have you had beats your being being helpful Supportive</p> | <p>Do not frustrate because... yourself as the one you give blame you wish for you were something you were important Annoy</p> | <p>Have you had beats your being being helpful Supportive</p> | <p>Do not frustrate because... yourself as the one you give blame you wish for you were something you were important Annoy</p> |
|---|--|---|--|

Healing Model-Recreate My Story

Resilience

- Capacity to interact and respond to challenges with flexibility, competence, and efficacy.
- Lack of resilience leads to overwhelmed, confused, helpless, and passive clients.
- Builds confidence and self-acceptance
- Gives client permission not to be perfect and the ability to bounce back from setbacks.

Lessons Learned/Wisdom

- ❖ Lessons learned (from past experiences)
 - ❖ Letting go of pain (negativity)
 - ❖ Be grateful for this experience

WISDOM

Julie's New Story

- My parents' divorce/pain is their story, not mine.
- I will love them – each of them (for who they are) and it is OK for me to separate from their pain as opposed to trying to resolve their pain.
- The voice in my head now tells me “I am okay...it is OK to separate from their pain and love them at the same time.”
- When my mom is depressed, I empathize with her – I am not her caretaker anymore. When my dad is distant, I understand he has difficulty with relationships, and I don't have to act it out by having affairs (i.e. cheating on my husband.)
- I am who I am – not perfect - and I love me.

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