

Trauma and Resilience 101

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Trauma and resilience are hot topics right now, both for researchers and practitioners.

Where are points of overlap in the discourses on trauma and resilience?

Objectives

- Provide an overview to fundamental concepts in resilience and trauma, including where the two concepts overlap.
- Describe how resilience and trauma studies can inform teaching and student support practices and policies.

Agenda

1. The Origins of 'Resilience': What contributes to healthy human development?
2. Trauma: What happens when protective factors aren't present or are interrupted?
3. Contemporary Insights in Resilience: Responding and rebuilding from protective factor ruptures
4. Q & A
5. Looking Ahead

Our Presenters



Meagan O'Malley



Leora Wolf-Prusan

Resilience

The processes of, capacity for, or pathways and patterns of positive adaptation during or following significant threats or disturbances.

Resilience-Origins

- Originated in the 1950s in the cultural context of the post-depression, post-war era
- Collective conscience focused on the impact of adversity on development
- Theory and experimental data co-evolved

Factors that contribute to healthy development

What are significant threats during development that increase the probability of bad outcomes? (Risk Factors)

What is similar about people who overcome these threats to avoid bad outcomes? (Protective Factors)

(Kauai Longitudinal Study, 1955; Werner)

Protective Factors Related to the Individual- The start of the story



(Kauai Longitudinal Study, 1955; Werner)

Protective Factors in the Environment

- No prolonged separations from a primary caregiver during first year of life
- Having an enriched relationship with at least one familial adult, such as a grandparent or aunt/uncle
- Emotional support outside of family: peers, teachers, religious and cultural groups
- Participation in extracurricular events that are valued by others
- Families of 4 or fewer children with space of 2 or more years between self and next child

Trauma

With the right relationships and opportunities to make meaning of the experience, trauma can be a source of positive power.

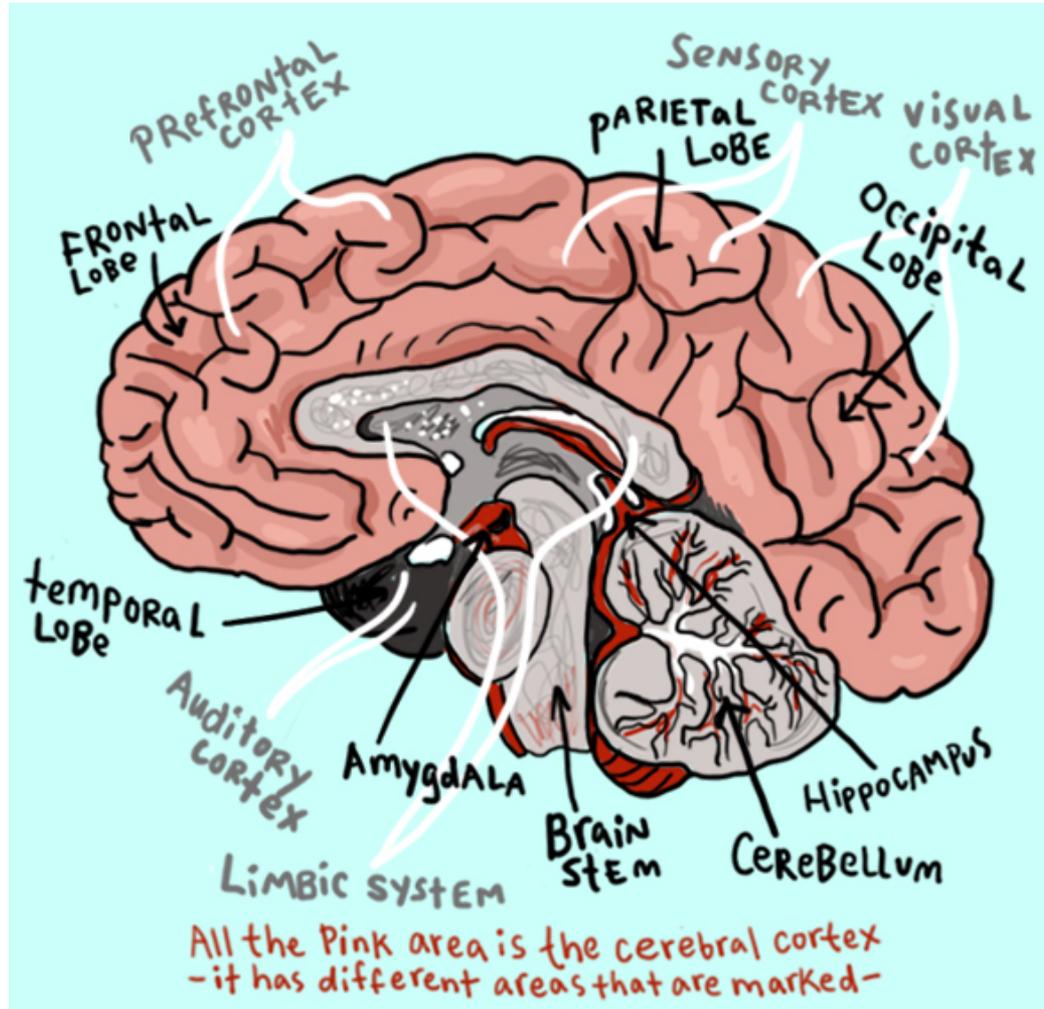
Understanding trauma dynamics creates opportunities for new behaviors, new connections, and supports towards adaptation.

Trauma

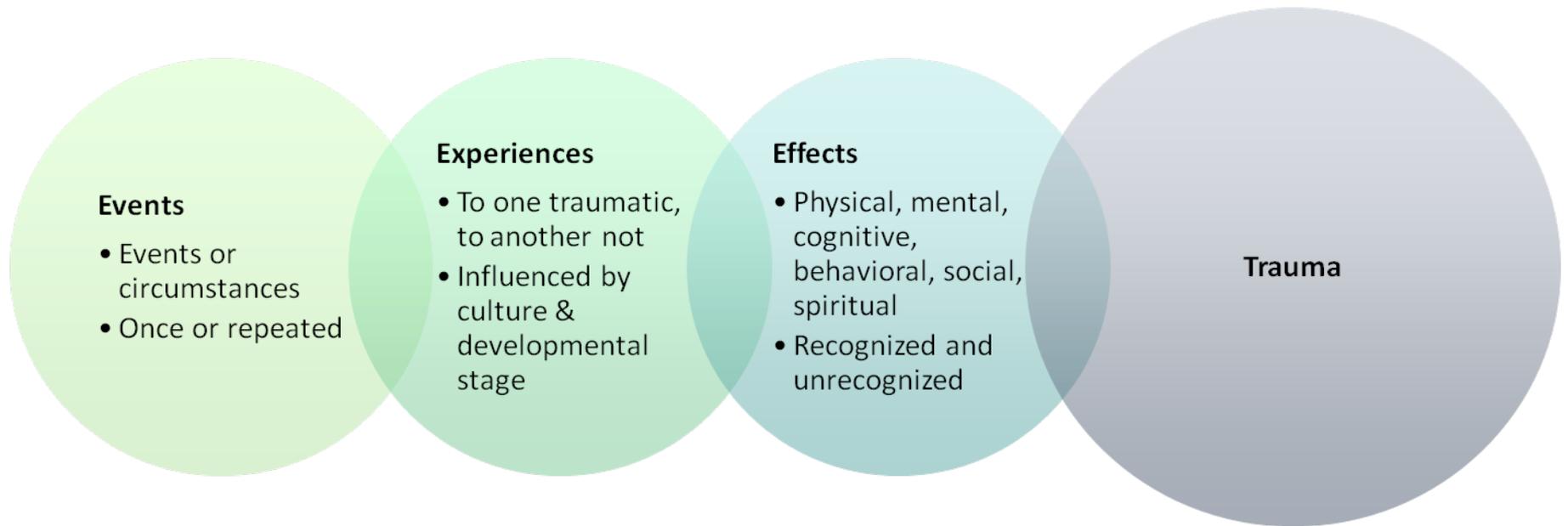
“Experiences or situations that are emotionally painful and distressing, and that overwhelm people’s ability to cope, leaving them powerless”

-The Center for Nonviolence & Social Justice

The Brain



The Three Es



Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. Rockville, MD: Substance Abuse and Mental Health Administration, 2014.

Belief Systems of People Living with Trauma

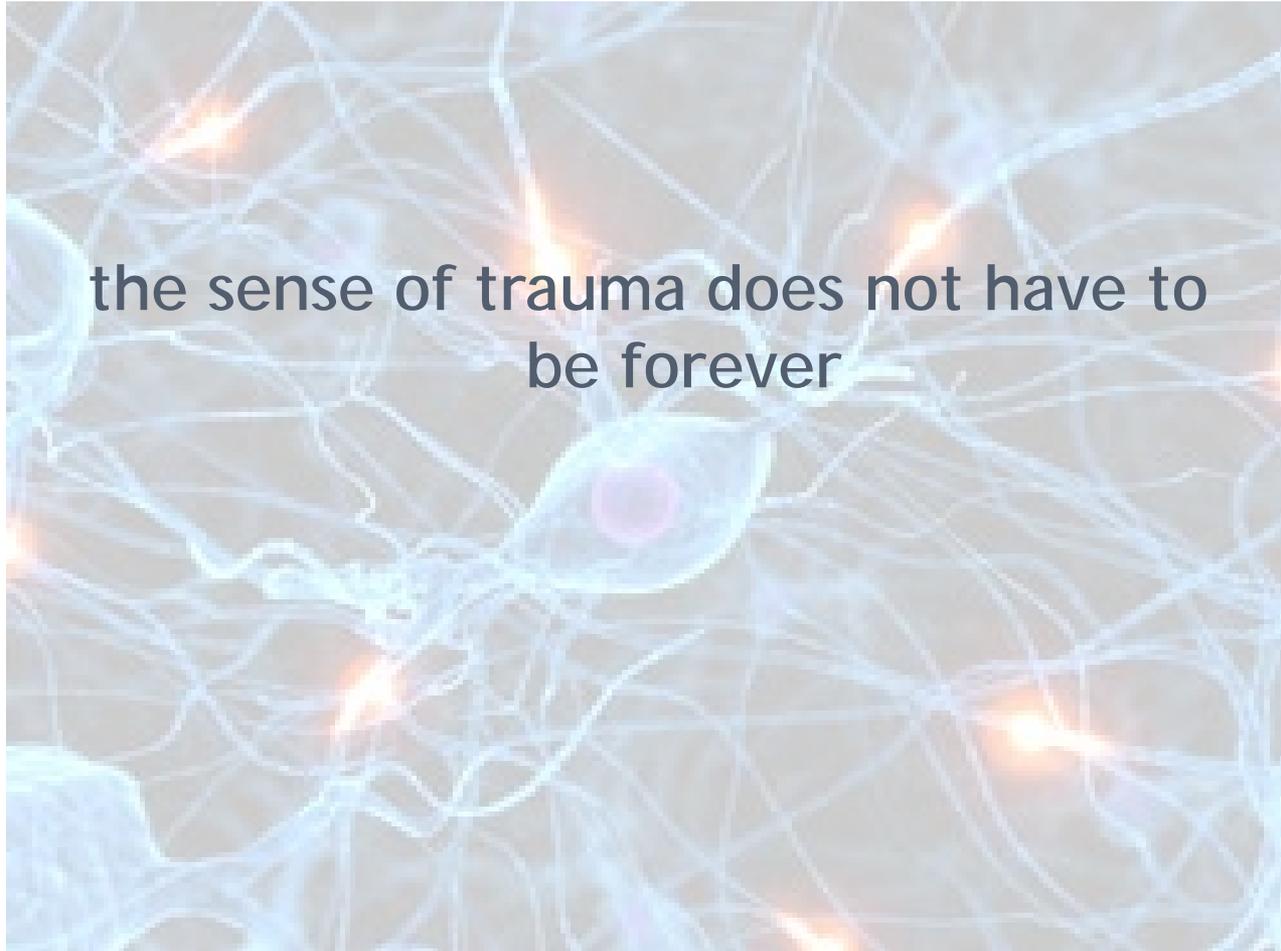


What is complex trauma and what makes it different from other forms of trauma?

Complex trauma generally refers to:

- Traumatic stressors that are **interpersonal**.
- They are repetitive, prolonged, and cumulative.
- They are **premeditated, planned, and caused by other humans**.

A note on neuroplasticity:



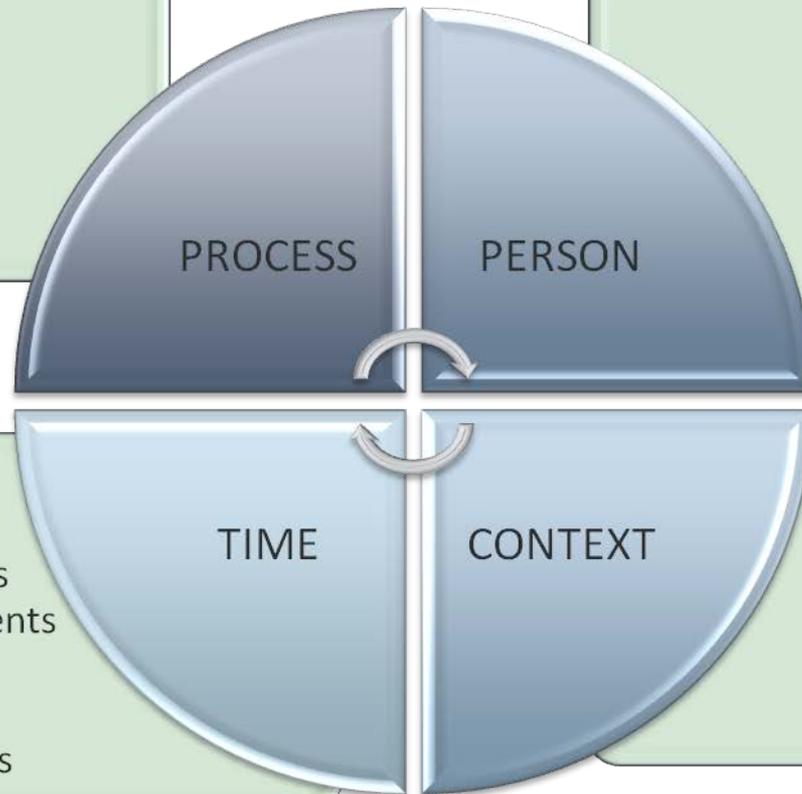
the sense of trauma does not have to
be forever

Resilience-A Deeper Dive

What are the defining characteristics of the INTERACTIONS between a human and his environment that result in resilient outcomes?

- Development is a joint function of the context and the developing person over time

- The Person is inseparable from his development. She influences her own development over time.



- Age and cohort effects related to adverse events in historical context; Normative and non-normative experiences

- An individual human exists in an multi-layered ecosystem

Resilience-Contemporary Contributions

KEY IDEAS

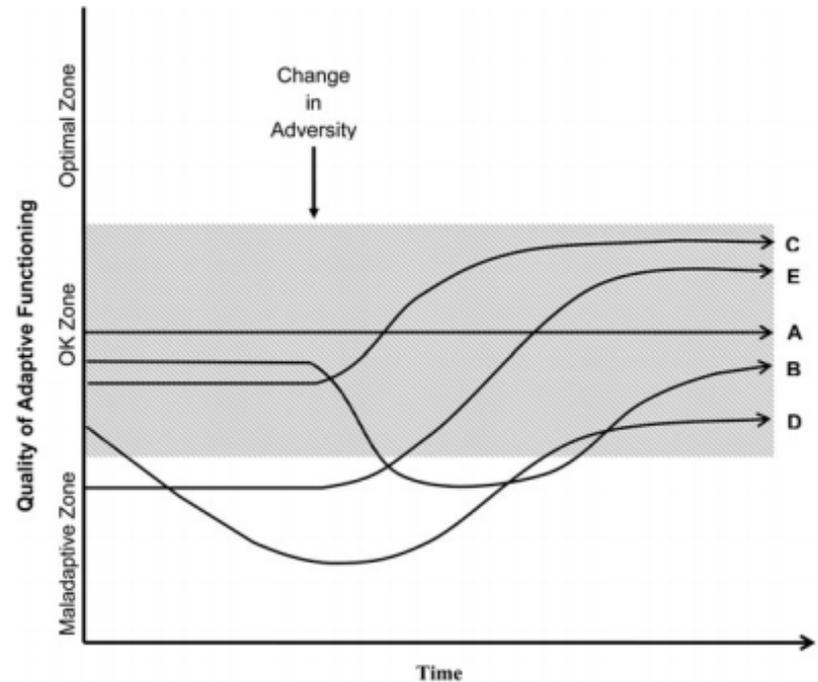
Competence > resilience > maladaptation

Cascade effects

Cumulative risk

Individual pathways to resilience

Protective vs. promotive factors



Masten & Tellegen, 2012

Contemporary Contributions: Michael Ungar, Dalhousie University & Resilience Research Centre

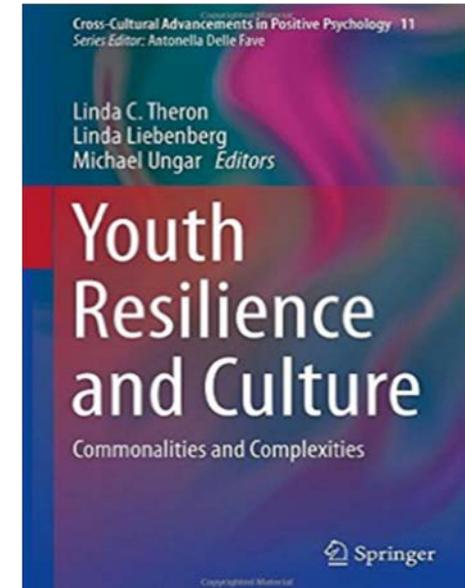
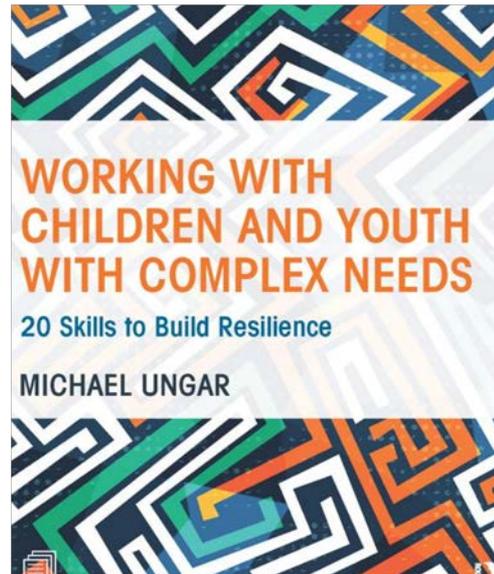
KEY IDEAS:

Decentrality

Complexity

Atypicality

Cultural Relativity



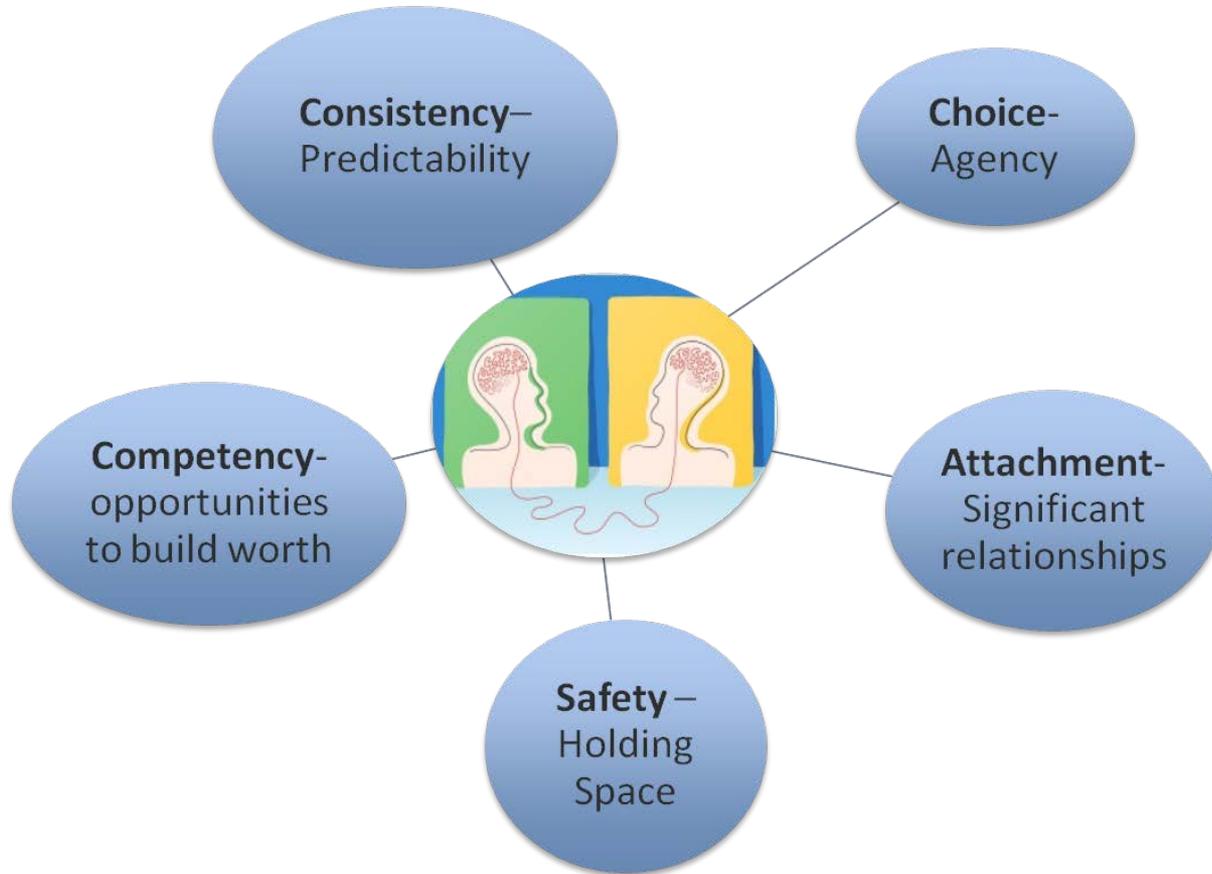
(Ungar, 2011)

In light of today's discussion, what can youth-serving systems and organizations do?

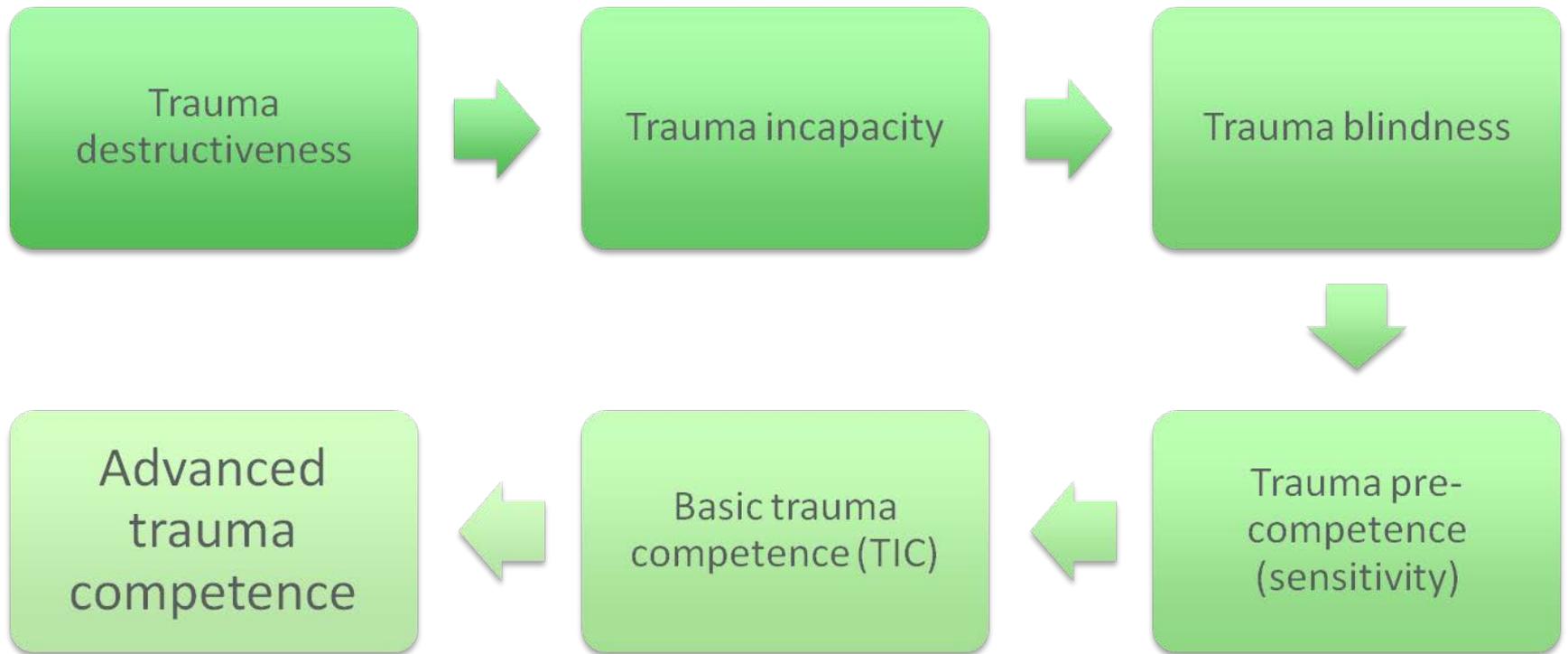
Consider Principles Before Programs

- **Focus on connections**
 - Help adults connect with youth
 - Help families and communities connect with youth
 - Help peers connect
- **Focus on helping children and youth grow developmentally-appropriate skills**
 - In all domains of functioning (cognitive, social, emotional, behavioral)
 - For effectively navigating their environments
- **Reduce experiences that undermine perceived caring**
 - Promote opportunities for belonging

Trauma Informed Care (TIC)



The Trauma Ally Continuum



Intersections & Recommendations

