

Navigating Childhood Trauma

World Discipleship Summit 2022

Kathy Boger, Adoption Coach 765-438-4036 www.embracingchildadoption.com

1. OBJECTIVES

A. Understand Childhood Trauma B. Our Response C. Their Need

2. Myths: This and other material Mike/Kristen Berry of the Honestly Adoption Company.

- ~Children don't remember before age 3 (but their bodies do!)
- ~Children are resilient and can handle it. Can be, but usually takes a solid relationship they trust.
- ~Children are a blank slate. Who kids are is built into DNA. Only a part of who they are. Experiences are a huge part.

3. "Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening and having lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."

Substance Abuse and Mental Health Services Administration (SAMHSA) 2014 Concept of Trauma

4. <https://www.youtube.com/watch?v=cckFkcfXx-c> Adverse Childhood Experiences (ACES)

5. Psalm 147:3; 34:18 "The LORD is close to the brokenhearted." God is not unaware.

6. <https://www.youtube.com/watch?v=IOeQUwdAjE0>. Rather than getting frustrated, take the time to ask why. Seek to understand the source. Then it is easier to accept and deal with the behavior. Each time behavior, stop and consider what need is not being met in the child. If old enough, ask child questions.

7. Signs of Childhood Trauma (One or more may not mean the child has experienced trauma. See multiple signs? Seek professional opinion):

- ✓ Depression ✓ Nightmares or trouble sleeping ✓ Changes in eating habits or loss of appetite
- ✓ Trouble forming attachments or relationships ✓ Difficulty trusting you or others ✓ Aches and pains
- ✓ Difficulty concentrating or paying attention ✓ Vomiting ✓ Poor academic performance
- ✓ Pounding heart ✓ Substance use/abuse (drugs or alcohol) ✓ Risky behavior
- ✓ Regression or loss of skills the child had previously mastered ✓ Engaging in sexual activity/promiscuity
- ✓ Incontinence (loss of bladder or bowel control, including enuresis [bed-wetting])
- ✓ Intense and ongoing emotional upset, including feelings of fear, terror or under pressure
- ✓ Anxiety or being in a state of constant alert

8. MOSES. If our bodies truly do carry trauma, can you imagine the trauma of being abandoned in the Nile River? Raised in a different culture, probably a different language, with a family of a different skin color. How did Moses feel knowing he was the only Hebrew male his age alive? What was result of trauma as an adult (speculation)? Killed an Egyptian, insecure about leading his people, lost his temper w/Israelites, struck rock instead of speaking to it. We don't know about his adopted family, but wondering if he had the connection and trust to help him heal from his trauma? How encouraging though, that he became a great leader, used in a powerful way by God! God chose him to be one of the three human beings to appear before Jesus at the transfiguration! That is our vision for our children, regardless of the trauma they might have experienced. God can do amazing things!

9. Phil. 4:19 "And my God will meet all your needs according to the riches of his glory in Christ Jesus." Ps. 147:3.
10. OUR RESPONSE: We are conduits . . . God does the work! At moments of extreme behavior, we need to remember their rocky start in life, to help us not get frustrated. Coping and regulation skills don't come naturally to them. We as parents can learn to be more patient with them. They will react to our reactions. If I get triggered and frustrated, and let it show, a child will mirror that. If you by nature are more likely to get triggered, ask the other parent to step in, or step out and take a few minutes to pray and regulate, if possible (even if the child sees you stop and pray). Or if they are older, pray with them, humbly asking God to help you be a more patient mommy or daddy.
11. Children from trauma backgrounds often get triggered more easily. Trauma is stored in the mid-brain. Trauma makes pieces of experience frozen in time and space. If you remember something negative, you are strengthening those synaptic connections. The more the brain recalls a traumatic experience, the more it can stay in a triggered state.
12. According to Mike and Kristen Berry, the healing begins with us, the primary caregivers, through connection, trust, consistency and time. Trust heals trauma. Our children were harmed in relationships and they will experience healing through nurturing relationships. Never underestimate the power of having fun with them. They need to see you laugh. I mean belly-laugh. According to Dr. Daniel Hughes, "Eye contact, voice tone, touch, movement, and gestures are actively employed to communicate safety, acceptance, curiosity, playfulness, and empathy, and never threat or coercion. These interactions are reciprocal, not coerced." One-on-one time, each parent with each child, regularly.
13. Secondary Trauma (D. Horesh/ A. Brown): Post-traumatic symptoms experienced by those who were only indirectly exposed to trauma, whether by hearing stories about the event, or by witnessing the negative effects on their loved ones.
14. SELF CARE - Time with the Lord; Time for yourself; Time with your spouse; Outside support
15.
 - ***Regulation** is the best day, a good day. Child's baseline.
 - ***Dys-regulation** (emotional dysregulation) - a poor ability to manage emotional responses or to keep them within an acceptable range of typical emotional reactions.
 - ***Re-regulation** - Whatever it take to get back to baseline. Until re-regulation happens, it is unlikely that the child can do anything else (like school work). This is NOT the time to punish a child with a trauma background, or give ultimatums! She/he must get calm before you can do ANYTHING!
 - ***Co-regulation** - warm and responsive interactions that provide the support, coaching, and modeling children need to. Get on your child's level, eye contact, use humor, re-direction, distraction, (Carvetta/birthday), fidgets, weighted blanket, food, sit beside them, hold them, offer different textures, secret code, space. Touch. Helping the child's nervous system to find a calm and oriented state. This is different for each child. You know your child. Experiment and see what works. Ask an older child, "How do I know when you are dys-regulated?" Then he can know that about himself.
16. Nuggets from Dr. Bessel van der Kolk's "The Brain Keeps the Score"
 - ~Trauma affects how their immune system works and how their attention/concentration works.
 - ~ Trauma causes children to be out of sync. Participation in team sports can help them learn "being in sync" with others.
 - ~Asking older kids their opinion/how they are feeling teaches them that they matter.
17. Flipping Your Lid. <https://buildingbetterbrains.com.au/hand-model-of-the-brain/>
18. FLIP IT. <https://centerforresilientchildren.org/dcrc-shop/flip-it/>
19. TBRI, brain mapping, EMDR (eye movement and desensitization reprocessing), neurofeedback therapy

Navigating Childhood Trauma, Resources

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Kathy Boger
Adoption Coach
765-438-4036

www.embracingchildadoption.com
embracingchildadoption@gmail.com

Dr. Ira Chasnoff's website, <https://www.ntiupstream.com> about brain development in utero

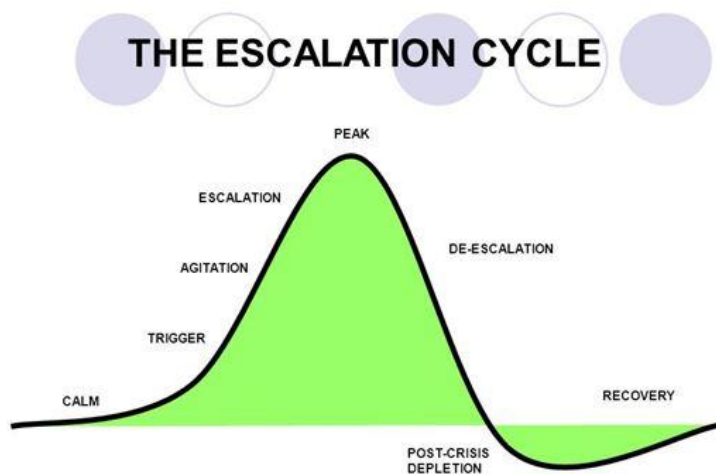
The Honestly Adoption Company <https://honestlyadoption.com/>

Books/Author recommendations:

~Dr. Bruce Perry (stress response)

~Dr. Daniel Siegel, "The Whole-Brain Child", <https://www.mindsightinstitute.com> - Dan Siegel's org. Offers lots of courses/trainings in several areas: parenting, child development, trauma, interpersonal neurobiology, attachment etc.

~Marilyn Schoettle, The W.I.S.E. Up Powerbook (teaching children how to talk about adoption)



After a crisis, one goes below baseline (child may appear tired) before recovering. Giving consequences for actions are best done in the recovery stage.



Adoption/Fostering Conference, simulcast in several states in the US.

Care Portal is a non-profit organization that helps churches connect with needs of vulnerable children (Rise Church, Indianapolis, through the local HOPE ww chapter, has partnered with Care Portal.) Contact Kathy for more info on how to connect your church with this wonderful organization: <https://www.careportal.org/>

Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the *total number* at the bottom.

Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	☐
Did you lose a parent through divorce, abandonment, death, or other reason?	☐
Did you live with anyone who was depressed, mentally ill, or attempted suicide?	☐
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	☐
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	☐
Did you live with anyone who went to jail or prison?	☐
Did a parent or adult in your home ever swear at you, insult you, or put you down?	☐
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	☐
Did you feel that no one in your family loved you or thought you were special?	☐
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	☐
Your ACE score is the total number of checked responses	

Do you believe that these experiences have affected your health?

☐ Not Much ☐ Some ☐ A Lot

Experiences in childhood are just one part of a person's life story.
There are many ways to heal throughout one's life.

Please let us know if you have questions about privacy or confidentiality.