Treating Traumatized Women: A Therapeutic Approach of Empowerment

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4th BIENNIAL TRAUMA CONFERENCE
Addressing Trauma across the Lifespan: Integration of Family, Community, and Organizational Approaches
October 3rd & 4th, 2013
Key Takeaways

• Understand trauma-informed environment

• Identify the sequence of emotion-anxiety-defense

• Learn to build clients’ capacity to experience their emotions in a safe way through helping them clear up defenses and regulate their anxiety
Our mission is to:
• Provide a holistic, healing community that is safe and loving.
• Challenge women to respect and love themselves, confront barriers
• Build stable and productive lives.
Who is the Fragile Client?

- Homeless and Living in Poverty
  - 92% had a Chemical Addiction
  - 57% had a Chronic Mental Illness
  - 66% were Victims of Domestic Violence
  - 50% were sexually abused as children
  - 42% were sexually assaulted as an adult
  - 61% were ex-offenders

Commitment to Trauma-informed Care

- Trauma-informed Staff and Board
- Integrated Treatment Team Across All Phases
- Master’s Level Clinicians
- ISTDP-training/Supervision
## Marian House I & II

<table>
<thead>
<tr>
<th>Empowerment/Connection</th>
<th>Marian House I</th>
<th>Marian House II</th>
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</thead>
<tbody>
<tr>
<td>Entry (Choice)</td>
<td>2 Interviews/Referrals Only</td>
<td>Complete MH I reqs</td>
</tr>
<tr>
<td>Structure (Practice Family, Safety, Boundaries)</td>
<td>Schedules Chores Dinner</td>
<td>Schedules Chores</td>
</tr>
<tr>
<td>Therapy (Woman-to-Woman)</td>
<td>Counseling weekly Addictions Group Women’s Rap</td>
<td>Counseling 2/mo Women’s Rap</td>
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<tr>
<td>Employment</td>
<td>Job Readiness</td>
<td>Employed PT or FT</td>
</tr>
<tr>
<td>Education</td>
<td>Tutoring, GED Prep</td>
<td>Tutoring, GED Prep Advanced Education</td>
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<tr>
<td>Medical</td>
<td>Community-based Providers</td>
<td>Community-based Providers</td>
</tr>
<tr>
<td>Addictions</td>
<td>NA/AA, Sponsor, Home Group</td>
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</tbody>
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### Overview of Intensive Short-Term Dynamic Psychotherapy (ISTDP)

- Establishes a strong therapeutic alliance
- Addresses the driving source of debilitating symptoms through helping clients embrace the emotional dimension of their lives in healthy ways
- Promotes Recovery
Demo
Emotions

Emotion researchers have found six core emotions:

✓ Sadness
✓ Anger
✓ Disgust
✓ Surprise
✓ Fear
✓ Happiness


Levels of Anxiety

• Somatic Nervous System (voluntary)

• Automatic Nervous System (involuntary)
  - Sympathetic
  - Parasympathetic

• Cognitive Perceptual Disruption
Tolerance Window for Anxiety

Flooding
Affect Dysregulation
Cognitive Disruption

Therapeutic Window
Affect Regulation
Coherent Narrative

Anxiety
Ability to Tolerate

No Activation

Therapeutic Intervention
Triangle of Conflict

DEFENSES
- Self-Attack
- Acting Out on Impulse
- Dissociating
- Drugs/Alcohol
- Addictive Behaviors
- Defiance
- Focusing on others
- Etc.

FEELING/IMPULSE
Anger, Sadness, Happiness, etc.

ANXIETY
- Tension
- Slow/Fast Thinking
- Queasy Stomach
- Blurry Vision
- Tunnel Vision
- Frozen Stiff
- Ringing in the Ears
- Teary Eyes
- Foggy Thinking
- Headache
- Etc.
Triangle of Person

C

P

T
Intervention

What is the feeling toward him?

Feeling
- Explore the bodily experience of the feeling

Anxiety
- Striated Muscles: differentiate the anxiety from the feeling, and then explore the feeling
- Smooth muscles or cognitive/perceptual disruption; regulate the anxiety, and then explore the feeling

Defense
- Identify and clarify the defense, and then explore the feeling


Intensive Short-term Dynamic Psychotherapy Institute (http://istdpinstitute.com/)

Washington Institute of Psychiatry
http://www.wspdc.org/education/istdp/
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Questions