



# Treating Traumatized Women: A Therapeutic Approach of Empowerment

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4<sup>th</sup> BIENNIAL TRAUMA CONFERENCE

Addressing Trauma across the Lifespan: Integration of Family,  
Community, and Organizational Approaches

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# 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

Source: Marian House Report: FY2013 – 7/1/12-6/30/13



# 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

Empowerment/Connection	Marian House I	Marian House II
Entry (Choice)	2 Interviews/Referrals Only	Complete MH I reqs
Structure (Practice Family, Safety, Boundaries)	Schedules Chores Dinner	Schedules Chores
Therapy (Woman-to-Woman)	Counseling weekly Addictions Group Women's Rap	Counseling 2/mo Women's Rap
Employment	Job Readiness	Employed PT or FT
Education	Tutoring, GED Prep	Tutoring, GED Prep Advanced Education
Medical	Community-based Providers	Community-based Providers
Addictions	NA/AA, Sponsor, Home Group	NA/AA, Sponsor, Home Group



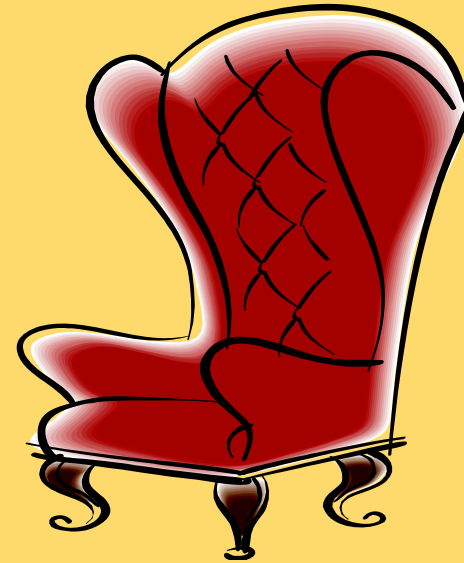
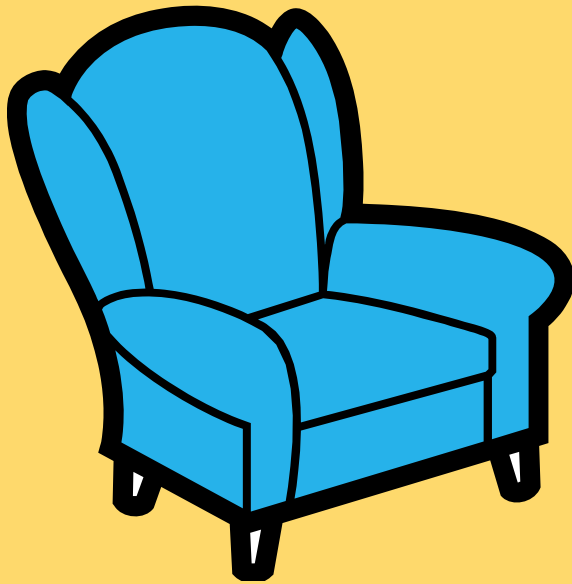


# Overview of Intensive Short-Term Dynamic Psychotherapy (ISTDP)

- 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

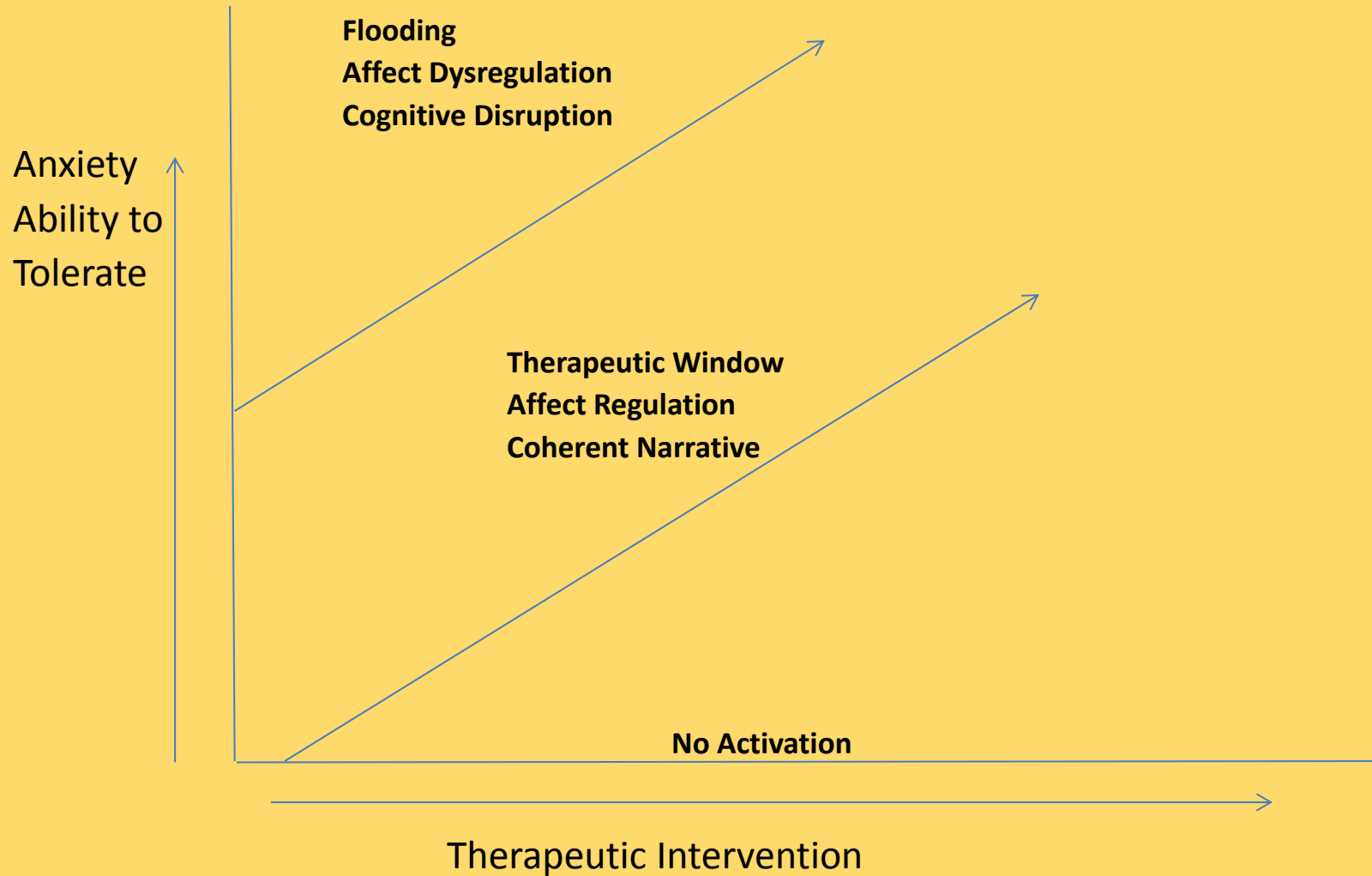
Ekman, P. (2003). *Emotions revealed: Recognizing faces and feelings to improve communication and emotional life*. New York: Henry Holt.

Izard, C. (1994). Innate and universal facial expressions: Evidence from developmental and cross-cultural research. *Psychological Bulletin*, 115, 288-299

# Levels of Anxiety

- Somatic Nervous System (voluntary)
- Automatic Nervous System (involuntary)
  - Sympathetic
  - Parasympathetic
- Cognitive Perceptual Disruption

# Tolerance Window for Anxiety



# Triangle of Conflict

## DEFENSES

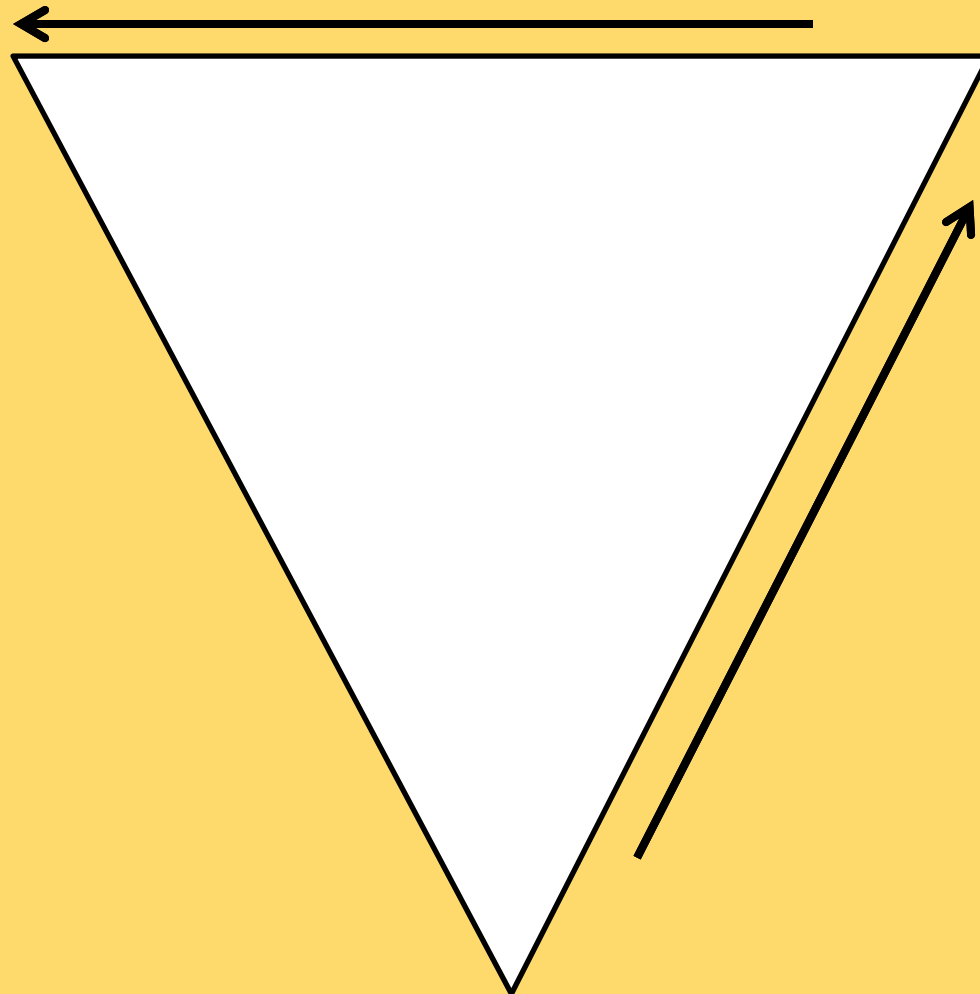
- Self-Attack
- Acting Out on Impulse
- Dissociating
- Drugs/Alcohol
- Addictive Behaviors
- Defiance
- Focusing on others
- Etc.

## ANXIETY

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

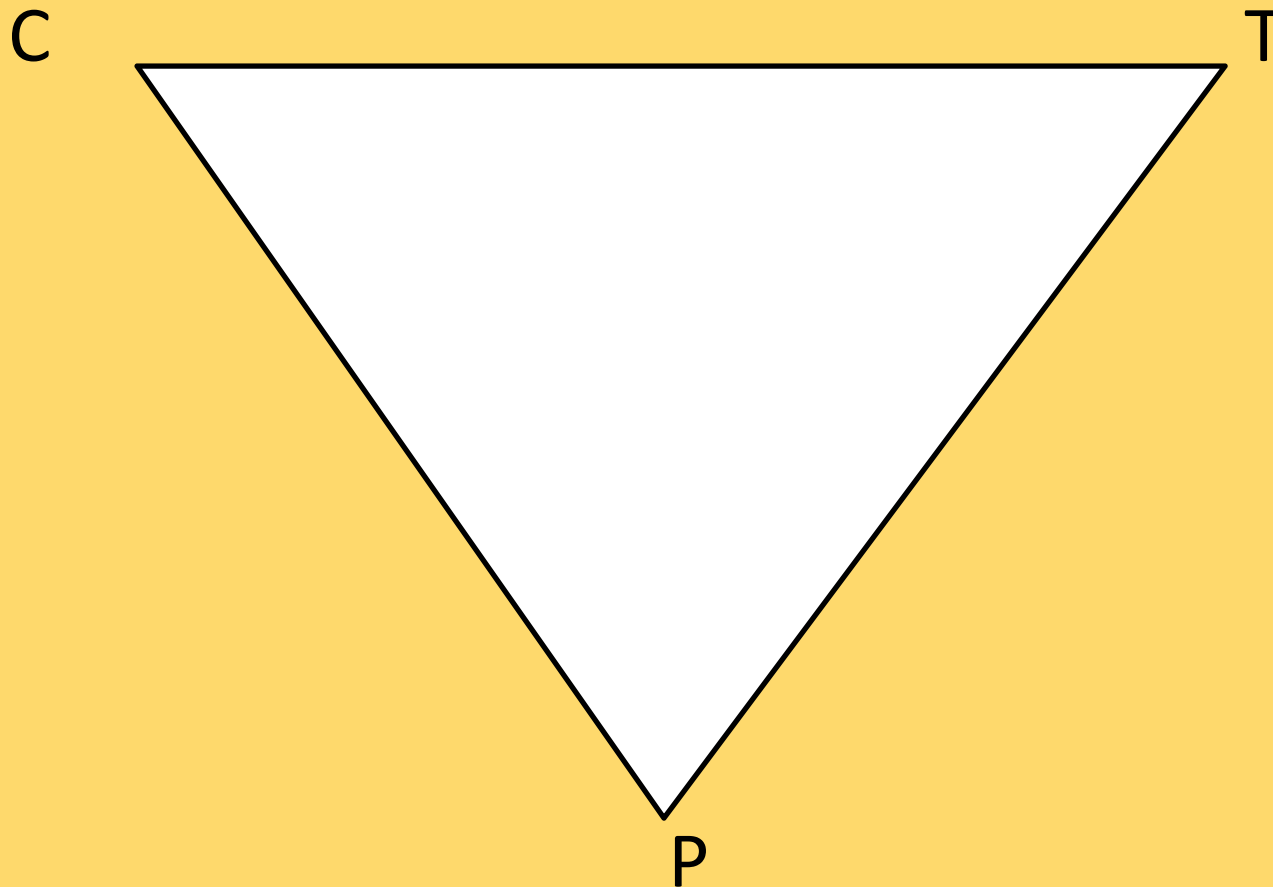
## FEELING/IMPULSE

Anger, Sadness, Happiness, etc.

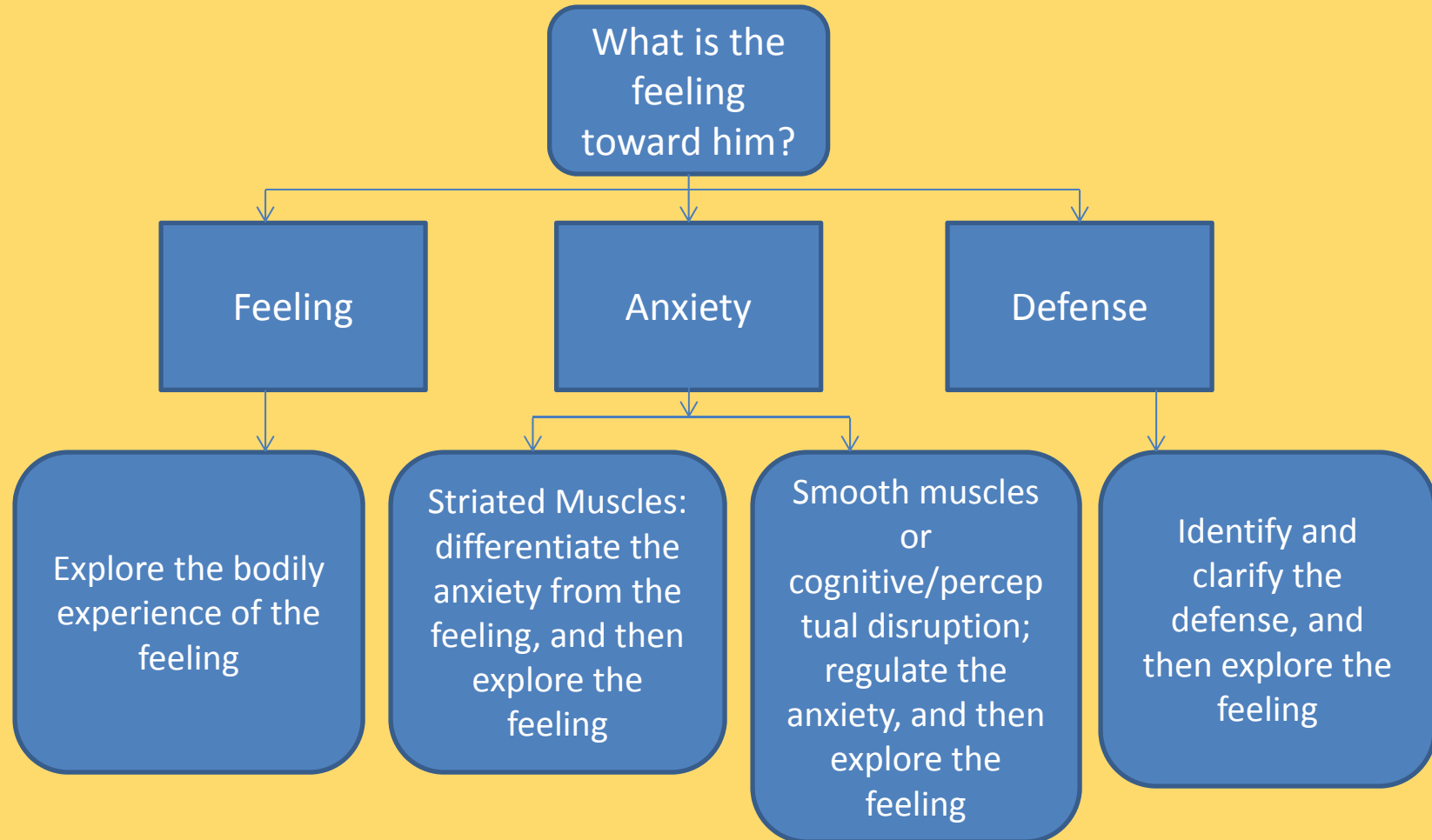




# Triangle of Person



# Intervention



Frederickson, J. (2013) Co-creating Change Effective Dynamic Therapy Techniques. Seven Leaves Press, LLC: Kansas City, MO.

# Resources

Frederickson, J. (2013) Co-creating Change Effective Dynamic Therapy Techniques. Seven Leaves Press, LLC: Kansas City, MO.

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

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

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# Questions

