



HIDDEN TRAUMAS: GOING BEYOND ACES

Aimee Stockenstroom, LCSW



JUSTICE 3D



"Anything is bearable as long as you know that it's going to come to an end."

slido

Please download and install the Slido app on all computers you use

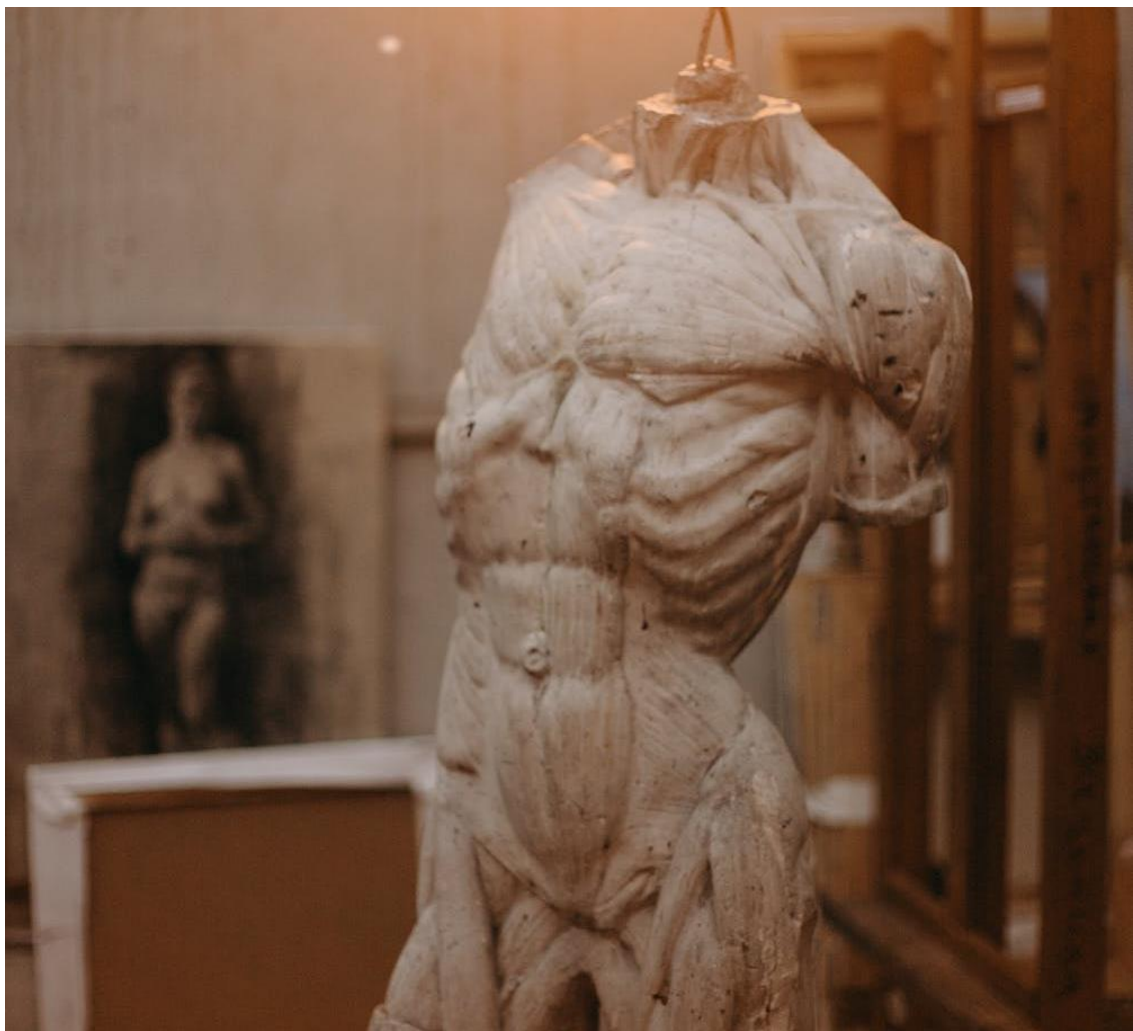


How do you define trauma?

① Start presenting to display the poll results on this slide.

THE OVERLOOKED SPECTRUM: BRIDGING STRESS AND TRAUMA





“Trauma is not what happens *to you*
but what happens *inside of you*.”

Gabor Mate

ROSIE





Embodiment of Trauma

- No resources – during or after
- Integration stops

COPING ADAPTATIONS





COMMON STRATEGIES



Emotional Dysregulation

- Emotional Suppression
- Dissociation
- Anxiety
- Depression
- Hopelessness
- Hypervigilance



Relationship Difficulties

- Social Withdrawal
- Fear of Intimacy
- Trust Issues
- Seeking Validation
- Abusive



Coping Mechanisms

- Avoidance Behavior
- Substance Misuse
- Perfectionism
- Overachiever
- Over responsibility
- Creating Narratives



Physical Health Issues

- Gastrointestinal Issues
- Chronic Pain
- Autoimmune Diseases

MEMORY

FQ JIXDYMEBSLJBWXDUNL
GFBVWLCTFPOIZQAYWHA
MYVLOYFJRCVUNIJPNJHI
WZUXQURAXIOMVMVOFTDC
VYCDYCJMKOPXEFRSPCOB
KBJIMUKIVAGVGRQNTZHX
ZHBTECNMIGOMFEVETDE
CIPNMFIXCTFZLNJEAR
YKRVECTUCRLKCLKLCTRD
QLGZRWFPPFOEIYFVRMZXX
RPZYDUIVTEAXLJWSIRUC
JLAVMPLOTYCKIBQYWYPK
BPFRDJTVAQIFSTZVFMJC
SYECVINGFBRNYUCBSNTD
CFIBRMSZJEDXRWTKADFE

EXPLICIT MEMORY

A conscious, intentional recollection of factual information, previous experiences and concepts.

SEMANTIC MEMORY

The memory of general knowledge and facts.

EPISODIC MEMORY

The autobiographical memory of an event or experience – including the who, what, and where.

IMPLICIT MEMORY

A recollection acquired and used unconsciously that can affect thoughts and behaviors

PROCEDURAL MEMORY

The memory of how to perform a common task without actively thinking about it.

EMOTIONAL MEMORY

The memory of the emotions you felt during an experience.

Memory

- Encoding – temporary registration of sensations and thoughts into short-term memory
 - Central – Emotionally Significant
 - Peripheral
- Storage – transformation of encoded information – retraining in the brain
- Retrieval
 - Context and Cues

An illustration of a person with dark hair, wearing a yellow long-sleeved shirt and tan pants, holding a large magnifying glass. The person is looking at a large, stylized yellow question mark. Several other question marks in yellow, blue, and red are scattered around. There are also green checkmarks and small yellow dots. The entire scene is framed by a white double-line border. At the bottom, there are two small blue potted plants.

What Happened to You?



“IS ABOUT A LOSS OF CONNECTION – TO OURSELVES,
OUR FAMILIES, AND THE WORLD AROUND US. THIS
LOSS IS HARD TO RECOGNIZE, BECAUSE IT HAPPENS
SLOWLY, OVER TIME. WE ADAPT TO THESE SUBTLE
CHANGES; SOMETIMES WITHOUT NOTICING THEM.”

PETER LEVINE

AIMEESTOCKENSTROOM@GMAIL.COM



JUSTICE 3D