Moving From Theory to Practice

Joan Gillece, Ph.D.
“When a flower doesn’t bloom you fix the environment in which it grows, not the flower.”
Things to Remember

- Underlying question: “What happened to you?”
- Symptoms: Adaptations to traumatic events
- Healing happens in relationships

Video: Power of Empathy
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TRAUMA IS NOT WHAT HAPPENS TO US, BUT WHAT WE HOLD INSIDE IN THE ABSENCE OF AN EMPATHETIC WITNESS.
-PETER LEVINE
What is Trauma?

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
The Three E’s in Trauma

Events
Events/circumstances cause trauma.

Experience
An individual’s experience of the event determines whether it is traumatic.

Effects
Effects of trauma include adverse physical, social, emotional, or spiritual consequences.
"It's a little embarrassing that after 45 years of research and study, the best advice I can give people is to be a little kinder to each other."

Aldous Huxley
You can’t go back and change the beginning, but you can start where you are and change the ending.

C.S. Lewis
Potential Traumatic Events

**Abuse**
- Emotional
- Sexual
- Physical
- Domestic violence
- Witnessing violence
- Bullying
- Cyberbullying
- Institutional

**Loss**
- Death
- Abandonment
- Neglect
- Separation
- Natural disaster
- Accidents
- Terrorism
- War

**Chronic Stressors**
- Poverty
- Racism
- Invasive medical procedure
- Community trauma
- Historical trauma
- Family member with substance use disorder
Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

-Pema Chodron
Department of Health

Sexually Transmitted Diseases
Detoxification Center
Chest Clinic
Women's Services
Patients are our Passion

Physicians and Associates are our Pride

Healing is our Joy
May His dear sheltering wing be over you through all the storms.

Elizabeth Ann Seton
The final stage of healing is using what happens to you to help other people.

GLORIA STEINEM
I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Maya Angelou