



Foundations of Trauma-Responsiveness: Healing Together
Participant Handbook
v.2 1/2023

Gustav Moen Therapies  <https://gustavmoen.com>

Foundations of Trauma-Responsiveness: Healing Together
v.1 12/2022
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Caution Statement

Discussions and presentations of trauma-related content pose a potential for traumatization or retraumatization. As you engage in this content, please practice in active mindfulness and self-care, as it is normal and predictable for a participant to experience heightened sensations, awareness, and emotionality during an exploration of the impacts of trauma on a person's quality of life.

We highly encourage you to engage in therapeutic practices with a professional for the duration of this course, as triggers of unresolved traumas can linger in the system unknowingly until stimuli activates a trauma-response. Having the support of a therapeutic professional drastically decreases the potential for retraumatization, as you have the ability to quickly process and resolve the trigger.

If at any point you find yourself experiencing a triggered or trauma-response, please reach out to your facilitator for support and resource referrals, contact your mental health professional, or reach out to a national service, such as those listed below

SAMHSA's National Helpline

Call: 800.622.HELP (4357)
Text: 435748

LIFELINE

Call: 800.273.TALK (8255)
Text: 988

National Domestic Violence Hotline

Call: 800.799.SAFE (7233)
Text: START to 88788

Workplace Violence Prevention Helpline

Call: 877.987.3747

National Human Trafficking Hotline

Call: 888.373.7888
Text: 233733

National Sexual Assault Hotline

Call: 800.656.4673

Veterans Association

Call: 800.273.8255

National Eating Disorder Association

Call: 800.931.2237

The Trevor Project

Call: 866.488.7386

Crisis Text Line

Text: 741741

NAMI

Call: 800.950.NAMI (6264)
Text: 62640

Foundations of Trauma-Responsiveness: Healing Together

OBJECTIVES: building upon the foundational understanding of Course 1: Foundations of Trauma-informed Care Practices: A Healing Journey, this course provides a deeper understanding of Trauma-informed principles with focus on impact of relational and developmental trauma, generational trauma, and neglect through a lens of resilience and relational healing.

The flow of topics include:

Section 1: Neuroscience:

- Maslow's Hierarchy of Human Needs
- Neuroplasticity
- Gratitude and Neuroplasticity
- Neuroscience and Trauma

Section 2: The Nervous System:

- Overview of the Nervous System
- Polyvagal States
- Releasing Hypervigilance

Section 3: Trauma Indicators:

- Trauma Indicators
- Responding to Indicators of Trauma
- Adaptive Behavior Loop
- Dissociation
- Adaptive Behaviors: Substance Dependency
- Adaptive Behaviors: Alcohol Dependency

Section 4: Attachment Strategies:

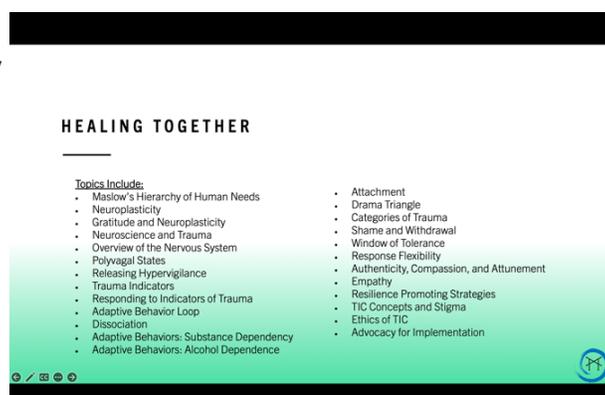
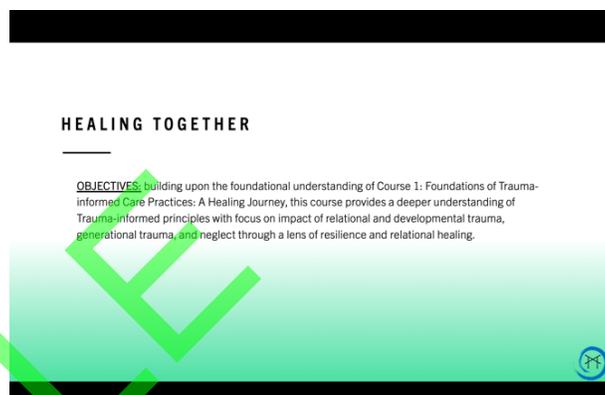
- Attachment
- Drama Triangle
- Categories of Trauma
- Shame and Withdrawal
- Window of Tolerance
- Response Flexibility

Section 5: Resilience:

- Authenticity, Compassion, and Attunement
- Empathy
- Resilience Promoting Strategies

Section 6: Applications:

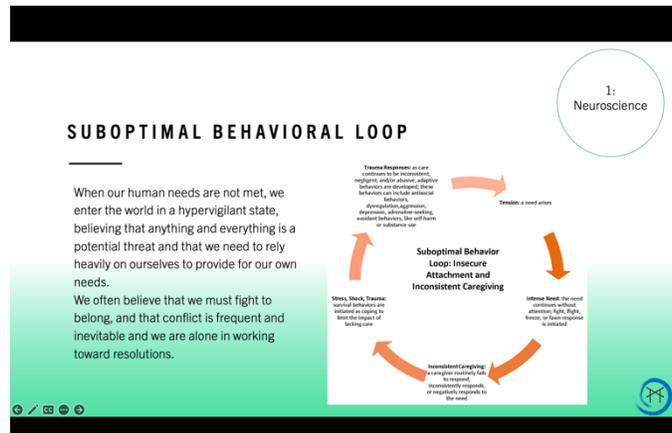
- TIC Concepts and Stigma
- Ethics of TIC
- Advocacy for Implementation



Suboptimal Behavioral Loop.

When our human needs are not met, we enter the world in a hypervigilant state, believing that anything and everything is a potential threat and that we need to rely heavily on ourselves to provide for our own needs.

We often believe that we must fight to belong, and that conflict is frequent and inevitable and we are alone in working toward resolutions.

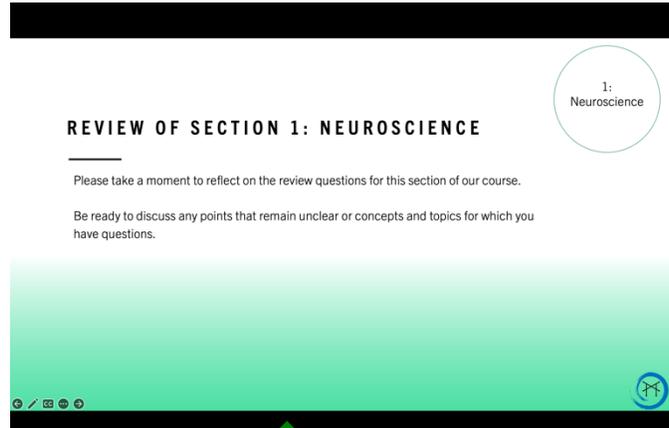


Notes:

Neuroscience Review.

Please take a moment to reflect on the review questions for this section of our course.

Be ready to discuss any points that remain unclear or concepts and topics for which you have questions.



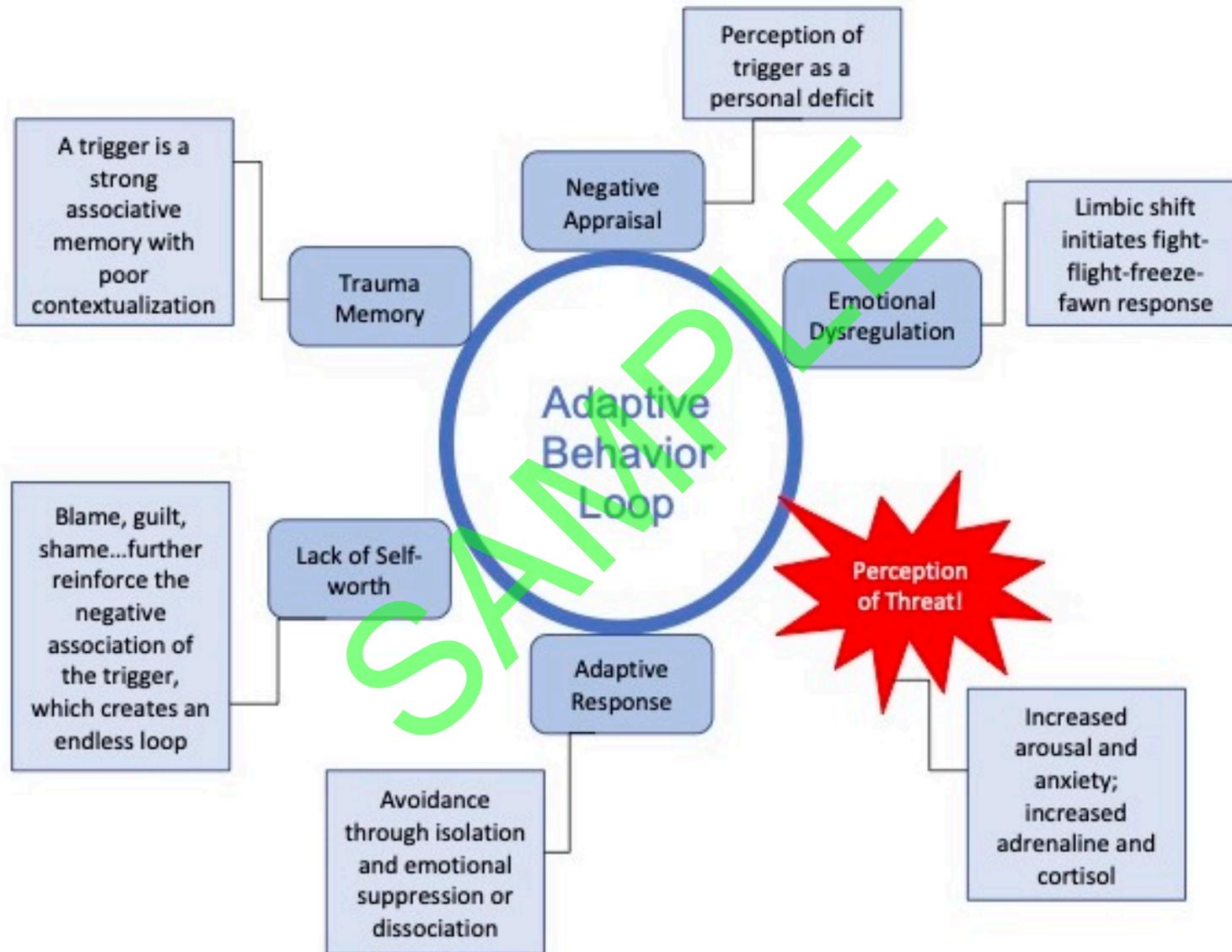
Reflect on the following review prompts for Section 1: Neuroscience:

- How does Maslow's Hierarchy of Needs connect to an individual's survival and development?
- Explain the impact of a person's experience with optimal versus suboptimal developmental caregiving.
- Explain how neuroplasticity is related to resilience.
- Explain the relationship between synaptic pruning and gratitude.
- What are the consequences of suppressing emotional responses to stimuli?
- What is emotional regulation?
- Explain how co-regulation works to create a felt sense of safety, belonging, and self-worth.



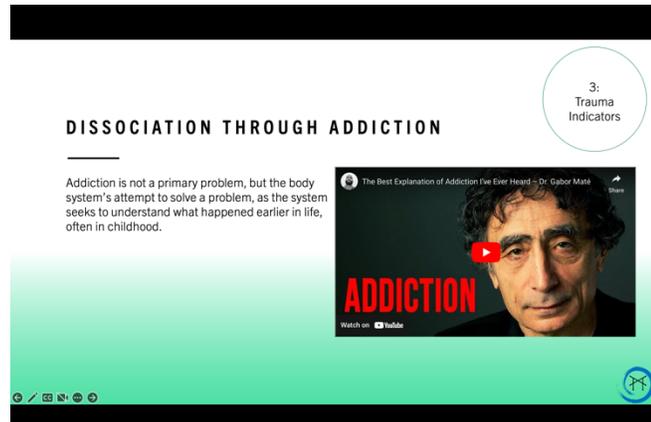
We invite you to find a comfortable space in a safe environment to practice an exercise that releases anxiety through the engagement of the Vagus Brake by scanning this code.

If you are comfortable sharing your experiences with this exercise, please share at the start of the next session.



Dissociation Through Addiction.

Addiction is not a primary problem, but the body system's attempt to solve a problem, as the system seeks to understand what happened earlier in life, often in childhood.



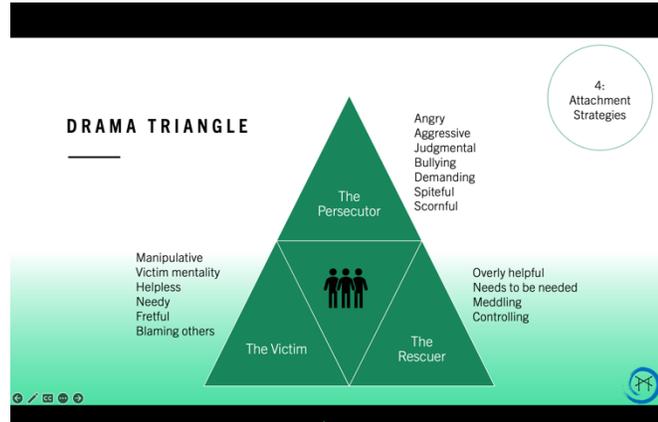
Notes:

Drama Triangle.

The Persecutor: Angry, Aggressive, Judgmental, Bullying, Demanding, Spiteful, Scornful

The Rescuer: Overly helpful, Needs to be needed, Meddling, Controlling

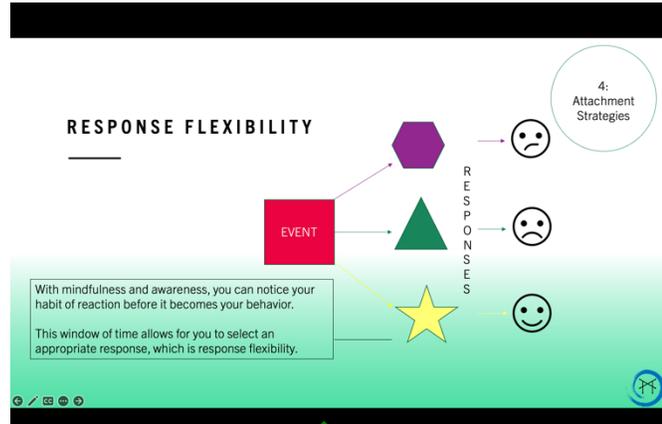
The Victim: Manipulative, Victim mentality, Helpless, Needy, Fretful, Blaming others



Notes:

Response Flexibility.

With mindfulness and awareness, you can notice your habit of reaction before it becomes your behavior. This window of time allows for you to select an appropriate response, which is response flexibility.



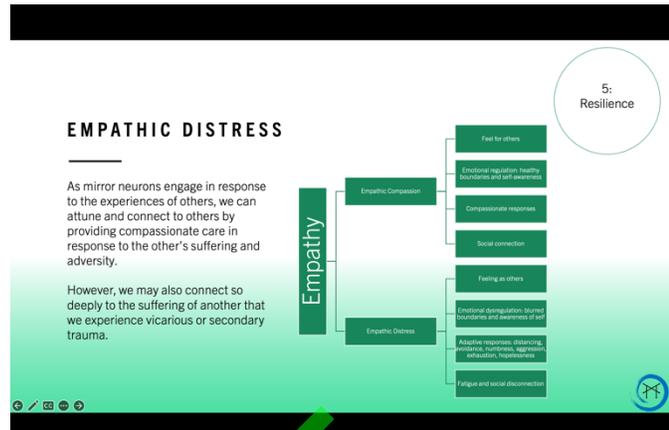
Notes:

Empathic Distress.

As mirror neurons engage in response to the experiences of others, we can attune and connect to others by providing compassionate care in response to the other's suffering and adversity.

However, we may also connect so deeply to the suffering of another that we experience vicarious or secondary trauma.

Notes:



Grounding Practice: Gratitude Meditation.

Let's end this training with one final moment of meditative pause.

Find a comfortable seat, allowing your spine to articulate in a straight line over your sacrum; your shoulders suspended over your hips, your jaw and neck relaxed.

Take a deep breath in, slowly exhale.

As you continue your breath, with each inhale, think of something or someone for which or for whom you are grateful. As you inhale, visualize that person or object; as you exhale, voice a thank you to that person or object.

Continue as long as you feel the need. Leave when you are ready.

Notes:

The screenshot shows a digital interface for a meditation practice. At the top right, there is a circular icon with the number '6' and the word 'Applications' below it. The main title is 'GROUNDING IN GRATITUDE'. Below the title, the text reads: 'Let's end this training with one final moment of meditative pause.' This is followed by instructions: 'Find a comfortable seat, allowing your spine to articulate in a straight line over your sacrum; your shoulders suspended over your hips, your jaw and neck relaxed.' Then, 'Take a deep breath in, slowly exhale.' The next section is highlighted in light green and contains the text: 'As you continue your breath, with each inhale, think of something or someone for which or for whom you are grateful. As you inhale, visualize that person or object; as you exhale, voice a thank you to that person or object.' Below this, it says 'Continue as long as you feel the need. Leave when you are ready.' At the bottom left of the interface are several small icons, and at the bottom right is a circular icon with a crosshair.