

What happens in Vagus...

TRAUMA IDENTIFICATION & INTERVENTION
WITHIN LADAC SCOPE OF PRACTICE

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JUST WHO AM I?

There's a fine line
between saying too
much and saying too
little. I walk that line
like a drunken clown
at the circus

Karen Moran, LADAC II, NCAC II, QCS

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What Is Trauma?

Traumatic Event vs. Pervasive Trauma

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Wound Identification



Conceptualized by Bobby Chapman, LADAC II, LMSW

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RED WOUNDS

- ▶ Overt Traumatic wounds
- ▶ What most think about when they hear the word, "Trauma"
- ▶ "The presence of something that shouldn't have happened."
- ▶ Different from the other kinds of wounds because it is traumatic if it happened firsthand or if it is witnessed.
- ▶ Creates a fundamental sense of unsafety in the world and PTSD symptoms

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Complex PTSD Symptoms

Flashbacks	Memory Lapses
Distorted Sense of Self	Emotional Dysregulation
Hyperarousal	Unexplained Upset Stomach
Sleep Disturbances	Interpersonal Challenges
Avoidance	Substance Abuse
Low Self Esteem	Chronic Health Conditions
Thoughts of Suicide	Unexplained Headaches
Autoimmune Conditions	Hypervigilance

[illegible][illegible]

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YELLOW WOUNDS

- ▶ Enmeshment and Role Confusion
- ▶ I don't know where I begin and YOU end.
- ▶ Present in families with high parental need that supercedes the needs of the children
- ▶ Children lose their childhoods
- ▶ Results in lifetime pervasive anxiety
- ▶ Claudia Black story about parentalized children

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WOUND RECAP

RED WOUNDS: The Presence of Something that **SHOULD NOT** have happened.
Resulting in PTSD symptoms.

BLUE WOUNDS: The Absence of Something that **SHOULD** have happened.
Resulting in a Fundamental Sense of Unworthiness

YELLOW WOUNDS: Enmeshment and Role Confusion.
Resulting in Pervasive Anxiety

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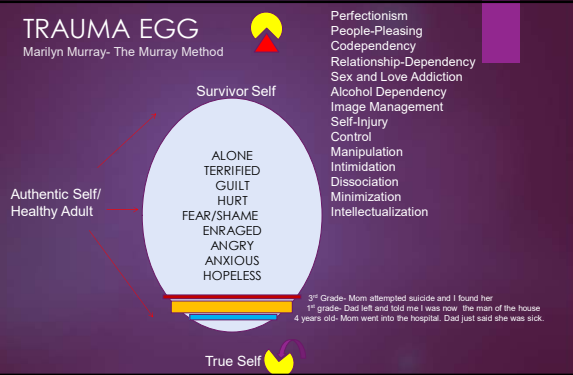
TRAUMA EGG

- ▶ Also called the Murray Method.
- ▶ Marilyn Murray, psychotherapist, created model in 1983
- ▶ Trauma identification and mapping
- ▶ Assists with insight and shame reduction
- ▶ My belief, "There is no such thing as unusual behavior when you know the backstory," AND We may never know the full back story because we don't always know our own full back story.

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TRAUMA EGG

Marilyn Murray- The Murray Method

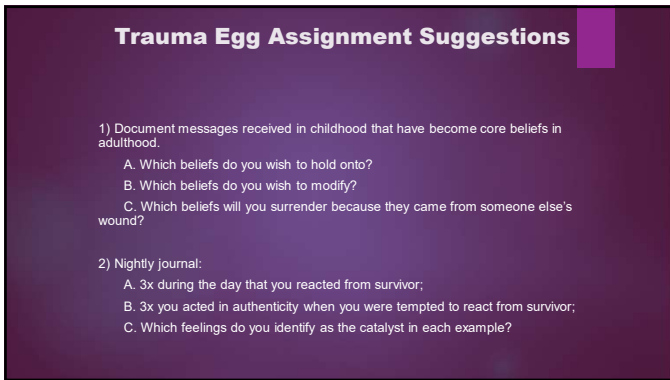


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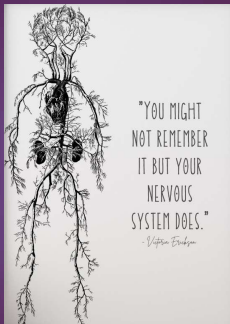


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Vagus Nerve



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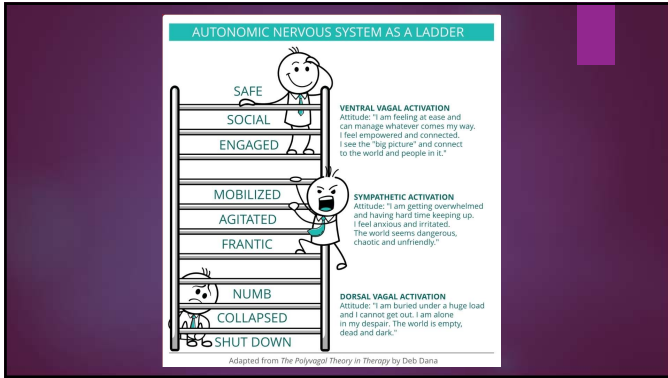


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TRAUMA RESPONSES



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SYMPATHETIC ACIVATION

PHIGHT/ FIGHT

FEELINGS: FEAR, ANXIETY, STRESS, PANIC, TERROR, UNGATE

PHYSICAL RESPONSE: INCREASED HEART RATE AND RAPID BREATHING, RELEASE OF ADRENALINE TO PREPARE FOR MOBILIZATION, EARS MUSCLES ARE NOW TUNED TO MUCH HIGHER AND LOWER FREQUENCIES (THINK CRYING BABY AND GROWLING ANIMAL)

SOCIAL CUES: CANNOT HEAR THE HUMAN VOICE WITH CLARITY. ALSO A RETRAIT FACIAL EXPRESSION IS PERCEIVED AS THREATENING. IN THIS STATE, BENEVOLENCE, GENEROSITY, PATIENCE, AND TOLERANCE ARE PHYSIOLOGICALLY NOT POSSIBLE. SURVIVAL IS THE ONLY OBJECTIVE.

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wired for connection
a polyvagal podcast

PVI | polyvagal institute

THE IMPORTANCE OF CO-REGULATION

From Dr. Stephen Porges & Deb Dana, LCSW

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DORSAL VAGAL

FREEZE/ SHUT DOWN

FEELINGS: OVERWHELMED, HOPELESS, FROZEN, EMOTIONAL FLATNESS

PHYSICAL RESPONSES: BRAIN FOG, DISSOCIATION, PHYSICAL COLLAPSE, HEAVY LIMBS, PROFOUND FATIGUE, SLOWED HEART RATE, LACK OF COORDINATION

SOCIAL WITHDRAWAL: WANTING CONNECTION OR HELP BUT FEELING COMPLETELY UNABLE TO REACH OUT OR SPEAK UP.

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VENTRAL VAGAL

PERCEIVED SAFETY

FEELINGS: CALM, SAFE, CONTENT, CURIOUS, GROUNDED

PHYSICAL RESPONSES: EASY DIGESTION, SLOW AND STEADY HEART RATE & BREATHING, EAR MUSCLES ARE TUNED IN TO THE FREQUENCY OF THE HUMAN VOICE.

SOCIAL CUES: EYE CONTACT IS EASY, SAFE, AND INTUITIVE. FACE IS RELAXED WITH EASILY INITIATED AND RETURNED SMILES. TONE OF VOICE IS RELAXED AND RHYTHMIC.

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TRIGGERS & GLIMMERS

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TRIGGERS

- TRIGGERS ACTIVATE THE SYMPATHETIC NERVOUS SYSTEM, LEADING TO FEELINGS OF FEAR, ANXIETY, OR STRESS
- TRIGGERS ARE SENSORY REMINDERS, USUALLY OF PAST TRAUMA, THAT CAN CAUSE AN INTENSE AND UNEXPECTED EMOTIONAL AND PHYSIOLOGICAL REACTION
- TRIGGERS ACTIVATE THE FIGHT, FLIGHT, FREEZE, AND FAWN RESPONSES
- TRIGGERS RESULT FROM AN INDIVIDUAL'S PERSONAL NARRATIVE AND ARE HIGHLY INDIVIDUALIZED

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TRIGGERS ARE OUR FRIEND

WHY?

BECAUSE THEY COME TO US AS REMINDERS OF WOUNDED PLACES THAT NEED OUR HELP.

THEY ARE POWERFUL PARTS OF OURSELVES, LOST EXPERIENCES SUSPENDED IN SPACE AND TIME, LONGING TO BE RECLAIMED AND EMBODIED.

JAN WINHALL 2024

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GLIMMERS

GLIMMERS ARE SMALL SUBTLE MOMENTS THAT CUE OUR NERVOUS SYSTEM TO FEEL SAFE, CALM, AND CONNECTED, PROMPTING A SENSE OF WELL-BEING AND REGULATION.

THEY ARE NOT NECESSARILY GRAND OR LIFE-ALTERING EXPERIENCES, BUT RATHER SMALL, EVERYDAY MOMENTS THAT CAN HAVE A POSITIVE IMPACT ON OUR NERVOUS SYSTEM.

DEB DANA

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EXAMPLES OF GLIMMERS

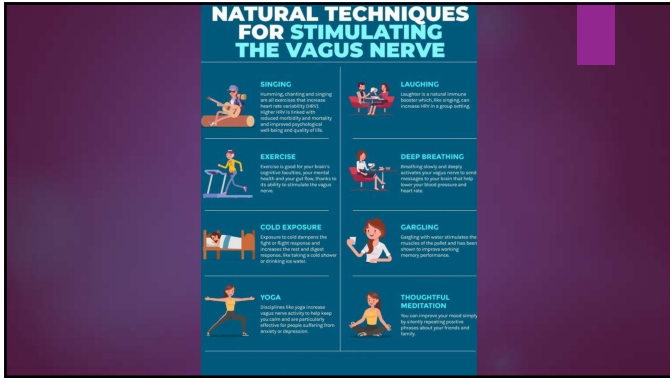
- SEEING A FRIENDLY FACE
- HEARING A SOOTHING SOUND
- NOTICING SOMETHING IN THE ENVIRONMENT THAT BRINGS A SMILE
- FEELING A TINY CHANGE IN YOUR BODY
- NOTICING A THOUGHT THAT HOLDS A HINT OF HOPE
- SMELLING LAVENDER OR SOME OTHER RELAXING SCENT
- PETTING A DOG OR CAT
- BEING IN NATURE
- A STRANGER SMILING AT YOU IN PUBLIC
- THE PERFECT CUP OF COFFEE OR TEA

DEB DANA

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EXERCISES FOR VAGAL TONING

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BILATERAL MOVEMENT

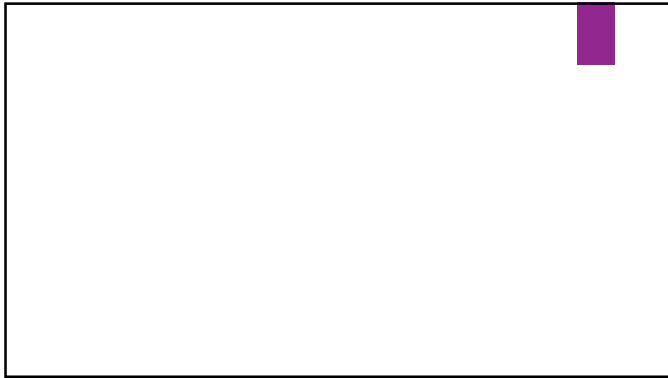
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DEEP AND MINDFUL BREATHING

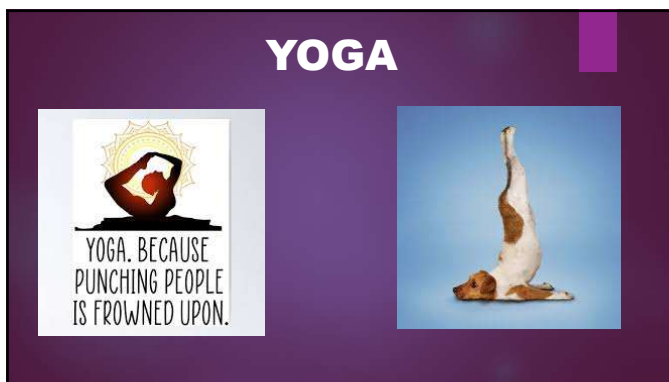
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COLD EXPOSURE

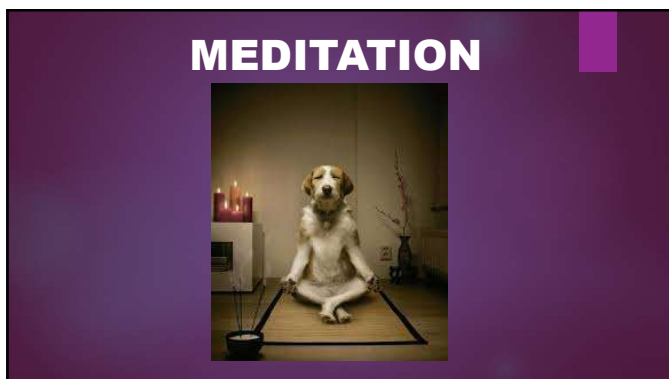
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CHANTING,
HUMMING,
CONTEMPLATIVE
PRAYER



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COREGULATION

“

If our nervous system detects safety, then it's no longer defensive. When it's no longer defensive, then the circuits of the autonomic nervous system support health, growth, and restoration.

Dr. Stephen Porges

PVI polyvagal institute
appliedpolyvagal.com



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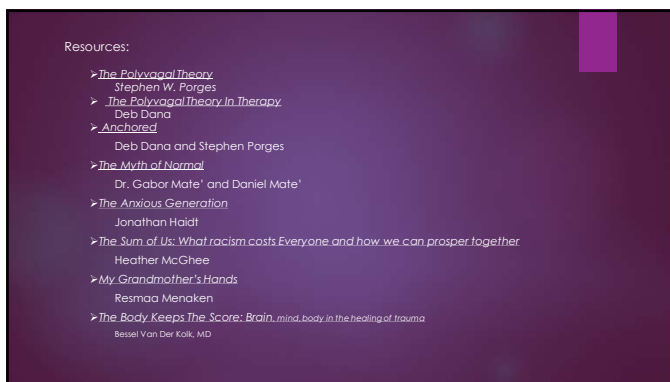


Explainers

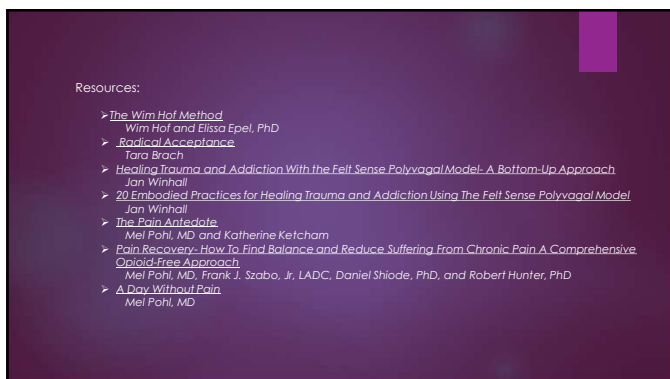
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