

Training Tuesday: To Serve in the Present Age: Leading and Serving in the Midst of Trauma and Grief

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How can we be faithful...?

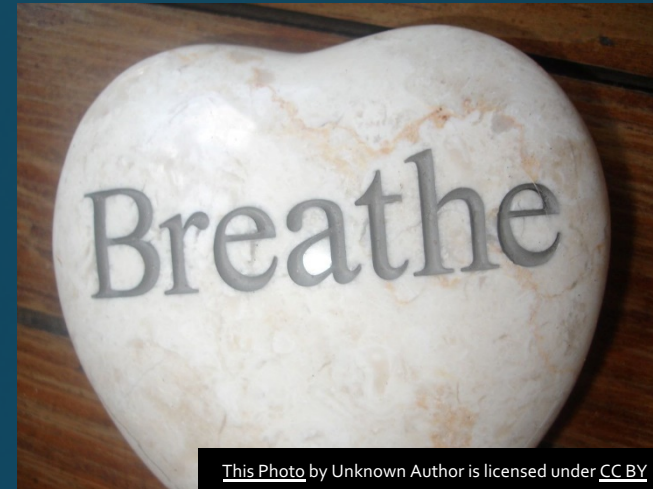
- How can we be faithful to the call to make disciples in the midst of the challenges our congregations and communities face on a daily basis?:
- By increasing our empathy, knowledge about trauma and grief (especially complicated grief and bereavement).
- By being willing to serve as a “witness,” (Kessler, 2016) and/or
- Identify experienced community and professional resources who can support our congregations and communities...

Objectives

- Understanding trauma, including adverse childhood experiences (ACEs), and grief
- Identifying symptoms/behaviors of trauma, ACEs, and grief
- Learn how to support and link persons to trauma recovery and grief recovery community resources, including web-based resources and Apps

What is Our Community Struggling with?

- Increased violence
- Increased homicides
- Increased substance abuse
- Increased opioid use
- Increased overdoses
- Increased suicides
- Increased material poverty



Our Communities are struggling...



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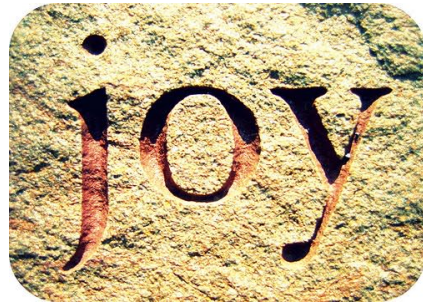
- Increased housing challenges
- Increased “unlivable” wages
- Increased family chaos, challenges
- Increased family trauma
- Increased community trauma
- Increased ACEs
- CORONAVIRUS – LORD HELP US!!!
- Decreased support resources to support “breathing through”

Just

breathe.

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Listen to the song...what happens when



- "Joy doesn't come in the morning?"
- <https://youtu.be/Ksl8B2w9Mvw>

ACEs

- <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

ACES can have lasting effects on....



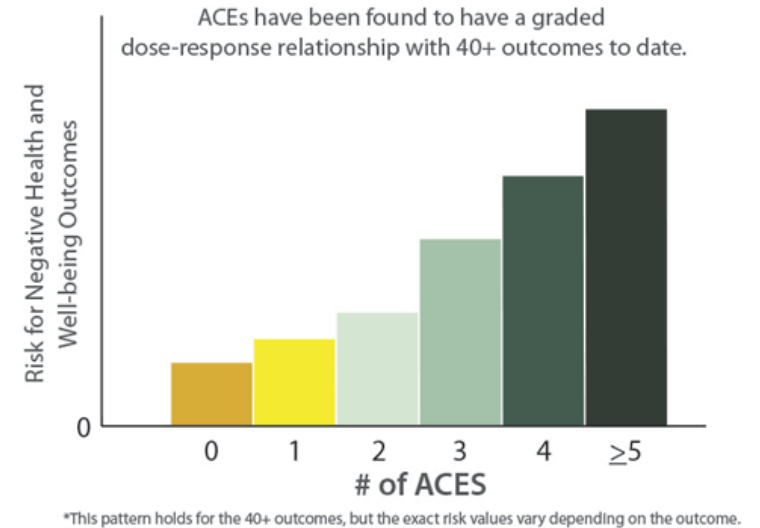
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



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How to support ACEs?

- See [Dr. Nadine Burke-Harris](#) TED Talk

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/transcript

Read: the deepest well: Healing the long-term effects of childhood adversity (2018) by Dr. Nadine Burke-Harris, MD




Trauma defined



- Stressor events that involve trauma are powerful and overwhelming and threaten perceptions of safety and security (Jackson-Cherry & Erford, 2014)
- A traumatic event involves threatened or actual death or serious injury, or a threat to the well-being of oneself or to another person (APA, 2013)
- Trauma creates a new reality where survivors:
 - ☐ Don't feel safe
 - ☐ Question the world/environment/community
 - ☐ Question "Who Am I Now, Who Are We/Without My Loved One"—
IDENTITY???



Dr. Haskins interview (WTOP FM, Fall 2019)

- Radio clips: 
- Homicidal Loss Interview: Part 1
- <https://youtu.be/F29bwHFTGel>
-
- Homicidal Loss Interview: Part 2
- <https://youtu.be/y4J-RFQULCU>

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Trauma is.

“Normal response to an event that is abnormal.”

(American Counseling Association 2019 Workshop on Trauma assessment)

Most survivors of trauma feel “something is wrong with me!” but

Nothing is wrong with them...what they feel is a normal response to something abnormal.....

Containment of Trauma Memories

Contain, but do not ignore, feelings and parts of yourself. Containment is entirely different from “getting rid” of your feelings. When you contain a feeling or memory, and thus often a dissociative part of yourself, you are saying to yourself, “Not now, but I will return to this later.”

You are making a promise to all parts of yourself to make the time and energy to deal with it in the right place at the right time. Be sure to take the time to check for internal agreement among parts to contain an experience temporarily. You can use countless containment images: a bank vault, floating up in a balloon floating high in the air, a submarine, a computer file, a video, and so on.

Coping with Trauma-Related Dissociation (2011) p219

facebook.com/TraumaAndDissociation

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How does a faith supporter respond (and others?)

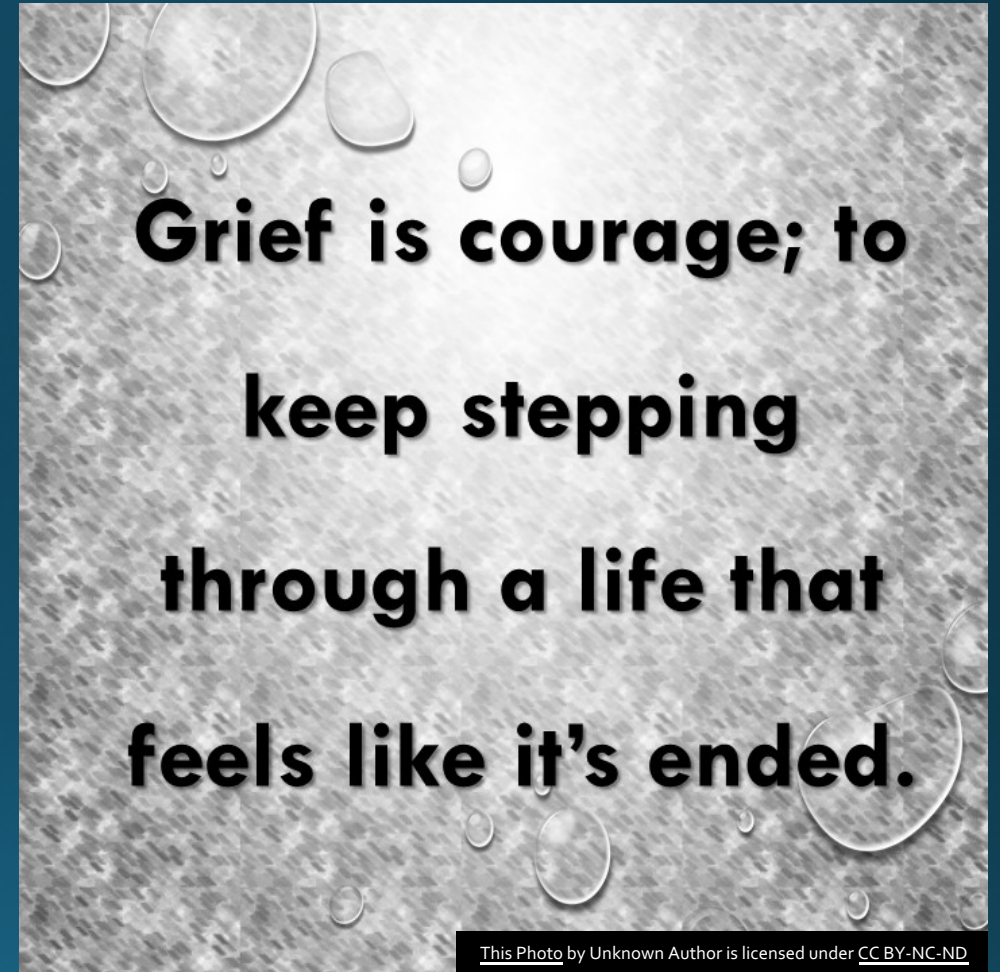


- We
try
to
manage
the
response.....

[https://www.cdc.gov/
cpr/infographics/oo_
docs/TRAINING_EM
ERGENCY_RESPON
DERS_FINAL.pdf](https://www.cdc.gov/cpr/infographics/oo_docs/TRAINING_EMERGENCY_RESPONDERS_FINAL.pdf)

How should we respond?...

It's all about
loss....



Grief and loss illustrations

- Mom's only son was killed while home from college for the weekend
- Parents get a call to "come quickly." Son has been shot! Died from home invasion injury, leaving loving parents, family, fiancé, step son (5.5), 2 mo. old daughter; year later, nephew who left the city to "see the world" after losing his brother dies while home for 1 day visiting family. Murder murders the person, the family, the heart!
- 80 year old widow loses husband: "he did everything....I never had to pump my gas"



Grief

Defining Grief & Crises of Bereavement

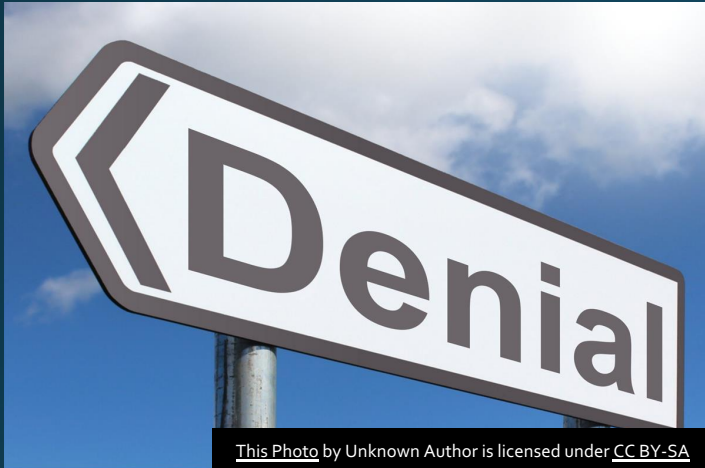
Cavaliola & Colford (2018)



Rando (1984) in seminal work defines *grief* as:

the process of psychological, social, and somatic reactions to the perception of loss. This implies that grief is (a) manifested in each of the psychological, social, and somatic realms; (b) a continuing development involving many changes; (c) a natural, expectable reaction (the absence is actually abnormal in most cases); (d) the reaction to the experience of many kinds of loss, not necessarily death alone; and is based on the unique, individualistic perception of loss by the griever, that is, it is not necessary to have the loss recognized or validated by others for the person to experience grief....(p. 15)

Denial



- Person who may be in denial is grieving the loss of a loved one
- In person dying, denial may look like disbelief
- Person losing loved one, denial is more symbolic than literal
- May respond initially by being paralyzed with shock or numbness
- Note: *Not denial of actual death.. But more that it is too much for one's psyche.*

Five Stages of Loss

Elisabeth Kubler-Ross, MD and David Kessler



- Grief model based around key symptoms of life-changing loss
- Note not linear
- Can experience stages at same time

Anger



- Presents in many ways:
 - ✓ Anger that one didn't take care of self
 - ✓ Anger that "I didn't take care of him/her."
 - ✓ Anger that "I'm left behind."
 - ✓ Anger that we didn't have more time
 - ✓ Anger that death happened.

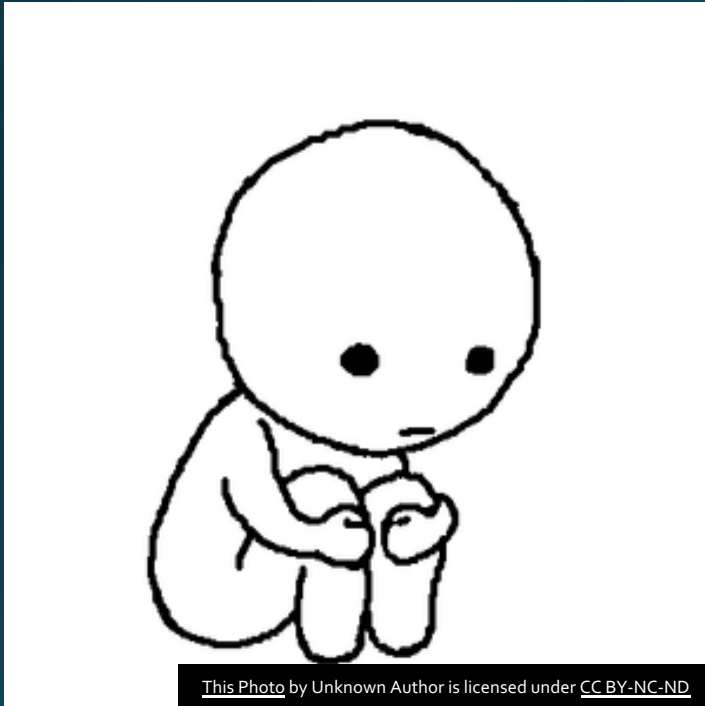
Anger surfaces once **one feels safe enough** to know he/she will probably survive what comes next. As feelings emerge more, **anger precedes sadness, panic, hurt, loneliness more than ever.**

Bargaining



- One will do anything to spare loved one:
 - ✓ "Please God, I will never be angry again...will be a better husband/partner/father/son/etc."
 - ✓ "I will never gamble again...use again...."
 - ✓ Begin living with "if only...."
 - ✓ Guilt is often bargaining's companion
 - ✓ With death, one may bargain that the death will be painless
 - ✓ After death, bargaining moves from past to the future

Depression



Attention moves to present and often grief enters life on a deeper level, deeper than imagined:

- ✓ Depression feels like it will last forever
- ✓ Depression is normal response to loss
- ✓ One may withdraw from life
- ✓ Feel intense sadness
- ✓ Question what's the point of going on alone or at all
- ✓ Life feels pointless

“Morning comes but one may not care.”

Acceptance



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- **Acceptance does not mean being okay** with what has happened (i.e., in homicidal loss, should one be okay with this? or that person's spouse "came out" as gay after 24 years of marriage...)
- Stage is about **accepting the reality** that our loved one is **physically gone** and recognizing that this new reality is the **permanent reality**.
- We learn to live with the loss. Learn to **live with the new norm**
- **Final healing and adjustment** can occur despite loss appearing to feel **unattainable**

Experienced on Several Levels/Several Different Ways

Affective/Emotional Level

- Feelings of sadness
- Despair
- Guilt
- Loneliness
- Anxiety
- Helplessness
- Hopelessness
- Numbness

Cognitive/Thinking Level

- Shock
 - Disbelief
 - Preoccupation
 - Self-deprecation
- "I shoulda, wouldve, could've)"
...told him/her how much loved them

Experienced/2 (Cavaiola & Colford, 2018)

Behavioral and Somatic Level

- Disturbed sleep
- Loss of appetite
- Crying
- Fatigue
- Loss of desire to interact with others
- May experience panic attacks
- Feelings of emptiness
- Heart palpitations
- Loss of sexual desire or increased sexual drive
- Hollowness
- Aching in stomach

When does normal grief cross over into problematic/pathological grief?

- Persistent Complex Bereavement Disorder (APA, 2013, Conditions for Further Study)
- Prolonged Grief Disorder (11th ed of the International Classification of Diseases (ICD), Rosner, 2015.

David Kessler's 6th Stage: **Finding Meaning**

- There is a life-affirming 6th stage
- “Finding meaning...We want to find meaning.”
- Many seek to find meaning in the legacy that our loved ones leave behind—that 6th stage of grief
- May be a charity to honor a cause close to one's heart, reflecting on the life they lived, passing down of family tradition, or legacy woven into the life that you live.



YOUR STORY IS
TILL UNFOLDING

How do we support our community?

- As a society, we suffer from “death anxiety”
- People do not always know how to respond, especially with traumatic loss events (i.e., homicidal loss, suicidal loss)
- People typically lack patience to support persons, including people of faith
- The world sets a “time limit” on grief journey
- Children are concrete and require different supports
- Cultural persons may rely on resiliency but not give self permission or others don't either to grieve



You are not alone

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Response Tips



- Serve as a witness
- Provide a safe place (including confidentiality) for person to “share their story, experiences”
- Love them
- Pray for them
- Show up and provide practical supports over time (i.e., meals, cleaning)
- Understand that grief is stressful—“grief now occupies space in one’s being” so may be more tired.... (Haskins)
- Link to grief counseling and mental health support, including web-based, Apps
- Understand cultural nuances around losses



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Out reach

Last: We have to increase community Outreach on ACEs/Trauma/Grief & Loss

- Let's expand providing more early education to parents, families, community members so they understand ACEs, trauma, and grief and loss (and mental health challenges)
- Educate, educate, educate
- Link to support and wrap around services
- Understand cultural considerations as many cultural communities do not embrace therapy (i.e., recent Table Talk with Jada Pinkett and Common who shares he was molested in his new book and he has sought therapy!! Modeling for this community that therapy offers hope and healing....his daughter shared he was not emotionally available...)
- Future of hope!!!!

Hope

- Just take one
Breathe at a
Time...that's
All we need to
Do...God is
Helping us to
Breathe...



We will Get Through This....

Dr. Willey Jolley

- <https://youtu.be/lC4bgDZ1eMs>

Roberta's House

<https://robertashouse.org/>

Resources

Resources

- Stella Maris Counseling Center

<https://www.stellamaris.org/counseling-services/the-counseling-center/>

- Gilcrest Hospice

https://www.gilchristcares.org/?utm_source=bing&utm_medium=cpc&utm_campaign=glchrst001&utm_content=branded

- Chesapeake Hospice (offers Sudden Loss Support Groups also)

- <https://www.hospicechesapeake.org/>

Resources

- CenterPointe Counseling and Ministries

<https://centrepointecounseling.org/>

Inspirit Counseling (formerly Pastoral Counseling Services of MD)

<https://inspiritmaryland.org/>

Safe Harbor Christian Counseling

<http://www.safeharbor1.com/>

Resources

- Maryland Coalition of Families (MCF)

<http://www.mdcoalition.org/>

Maryland Council on Problem Gambling (MCPG)

Marylandproblemgambling.org

- National Alliance of Mental Illness (NAMI)

<https://www.nami.org/>

National Resources for Sexual Assault Survivors and their Loved ONes

GENERAL INFORMATION:

- **National Sexual Assault Hotline:** National Hotline, operated by RAINN, that serves people affected by sexual violence. It automatically routes the caller to their nearest sexual assault service provider. 800-656-HOPE
- **National Sexual Violence Resource Center:** This site offers a wide variety of information relating to sexual violence including a large legal resource library.
- **National Organization for Victim Assistance:** Founded in 1975, NOVA is the oldest victim assistance organization of its type in the United States as the recognized leader in this noble cause.
- **National Online Resource Center on Violence Against Women: VAWnet,** a project of the National Resource Center on Domestic Violence hosts a resource library home of thousands of material on violence against women and related issues, with particular attention to its intersections with various forms of oppression.



ESOURCE

National Resources



- **U.S. Department of Justice:** NSOPW is the only U.S. government Website that links public state, territorial, and tribal sex offender registries from **one national search site**.
- **The National Center for Victims of Crime:** The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving individuals, families, and communities harmed by crime.

National Resources



- **Child Abuse/Sexual Abuse:**
- **National Child Abuse Hotline:** They can provide local referrals for services. A centralized call center provides the caller with the option of talking with or texting a counselor. They are also connected to a language line that can provide service in over 140 languages. Call or texts hotline. 800-422-4453
- **Darkness to Light:** They provide crisis intervention and referral services to children or people affected by sexual abuse of children. Hotline calls are automatically routed to a local center. Helpline: 866.FOR.LIGHT (367-5444)
- **Cyber Tipline:** This Tipline is operated by the National Center for Missing and Exploited Children. Can be used to communicate information to the authorities about child pornography or child sex trafficking. Hotline: 800.THE.LOST (843-5678)

Apps for Trauma

- Trauma Recovery
- PTSD Coach
- Mindfulness Coach (help people learn mindfulness strategies to stabilize your mood and be aware of your emotions)
- ACT (Acceptance and Commitment Therapy) (learn to live with your emotions and accept them vs. run away/let emotions control you)
- Breathe2Relax (effective stress mgt tool to help you with diaphragmatic breathing exercises to decrease your body's "fight or flight" response to stress)
- Dream EZ (help manage intense nightmares that occur from trauma nightmares)
- Moving Forward (helpful for Veterans struggling with PTSD)

Apps for Grief and Loss

- Coping with Grief (launched by My Grief Angels volunteers to help provide online grief support)
- Goodgrief App (social network for loss where grieving people can privately connect/chat/support each other in a “new normal”)
- Griefcast (tackles subjects we tiptoe around and features a guest comedian each week)
- Help2makesense (children and young coming to terms with the death of a loved one)
- Apartofme (young people aged 11 and above who have a parent or relative who’s died or is living with a terminal illness)

National Resources



- **National Children's Alliance:** This organization represents the national network of Child Advocacy Centers (CAC). CACS are a multidisciplinary team of law enforcement, mental and physical health practitioners who investigate instances of child physical and sexual abuse. Their website explains the process and has a directory according to geographic location.
- **Stop It Now:** Provides information to victims and parents/relatives/friends of CSA. The site also has resources for offender treatment as well as information on recognizing the signs of CSA. Hotline: 888-PREVENT (773-8368)
- **Justice for Children:** Provides a full range of advocacy services for abused and neglected children.

Trauma Resource

- https://integratedlistening.com/what-is-trauma/?utm_source=bing&utm_medium=cpc&utm_campaign=what-is-trauma&utm_term=trauma&msclkid=ob7d672427c719c7bad8397ab9fd2ec5

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