



Working with pre conceptions

A practical approach to trauma recovery

(musings from a social worker who is not a expert at anything but dabbles across a range of things)

Frameworks

- Functional Behaviour analysis (background of positive behaviour support)
- Attachment styles and adaptations
- Systems theory
- Minority stigma and intersectional approaches to minority stigma
- Strengths based approach
- Culture Mapping

These sit alongside CBT strategies and DBT strategies.



Who am I

I am a civilian

I sit across a multitude of identities as many of us do

I come from a naval family.

One grandfather served in the airforce, one in the Navy

Two of my uncles served in the Navy

3 of my cousins served in the Navy

I have a brother in law who serves in the QPS

I am a product of all my experiences and continually learning from the participants in my rooms who I come into contact with

I have a generalist practice and I work with a large amount of men. I also work with disability clients and work cover clients and the homeless population and I also see a small number of gender Diverse and LGBTI clientele.

I work in an individual counselling and complex case management capacity with some family work also.





Stigma and frontline responders

Stigma. A dish of awfulness that everyone can share.

A fixed point of identity approach



Another way of examining identity

A journey of
identity

NO fixed end point

As we change our
identity can too –
although it may
not.

many different
facets to identity
that sometimes
come into conflict
with each other



The trap of perfectionism as a cultural norm

Internal stigma of illness in the background of an athletic results oriented culture (physical and or psychological or both)

Increasing media pressure and accountability organisationally and increasing outcry against perceived injustice or inequality

Internalised gender views which are misaligned with emotional regulation in a workplace environment

Increased internal pressure around results focused recovery /and systems themselves that can further perpetuate trauma

And all this is before the actual work of recovery



Grief and Loss

- Mapping grief and loss using language and education in cultural experience
- Allowing the participant to reframe using their language both their understanding of their work culture, the personal culture and how loss is conceptualised while gently providing information on other themes that may be useful
- Disenfranchised grief as an example

Re-alignment using language





“The distress of being unwell”



Inter-placement of therapy

Where core therapy training and implementation (CBT, ACT, DBT, EMDR) is placed inside the wider quest for individual identity work is an interesting question and one that is largely governed by the individual and therapists working alongside the client

Other practicalities (managing chronic pain, injuries and fatigue or systemic medical and or financial oppression) can wreak havoc with some individuals experience of a therapeutic quest and for some a strict adherence can be very difficult and medicalising.

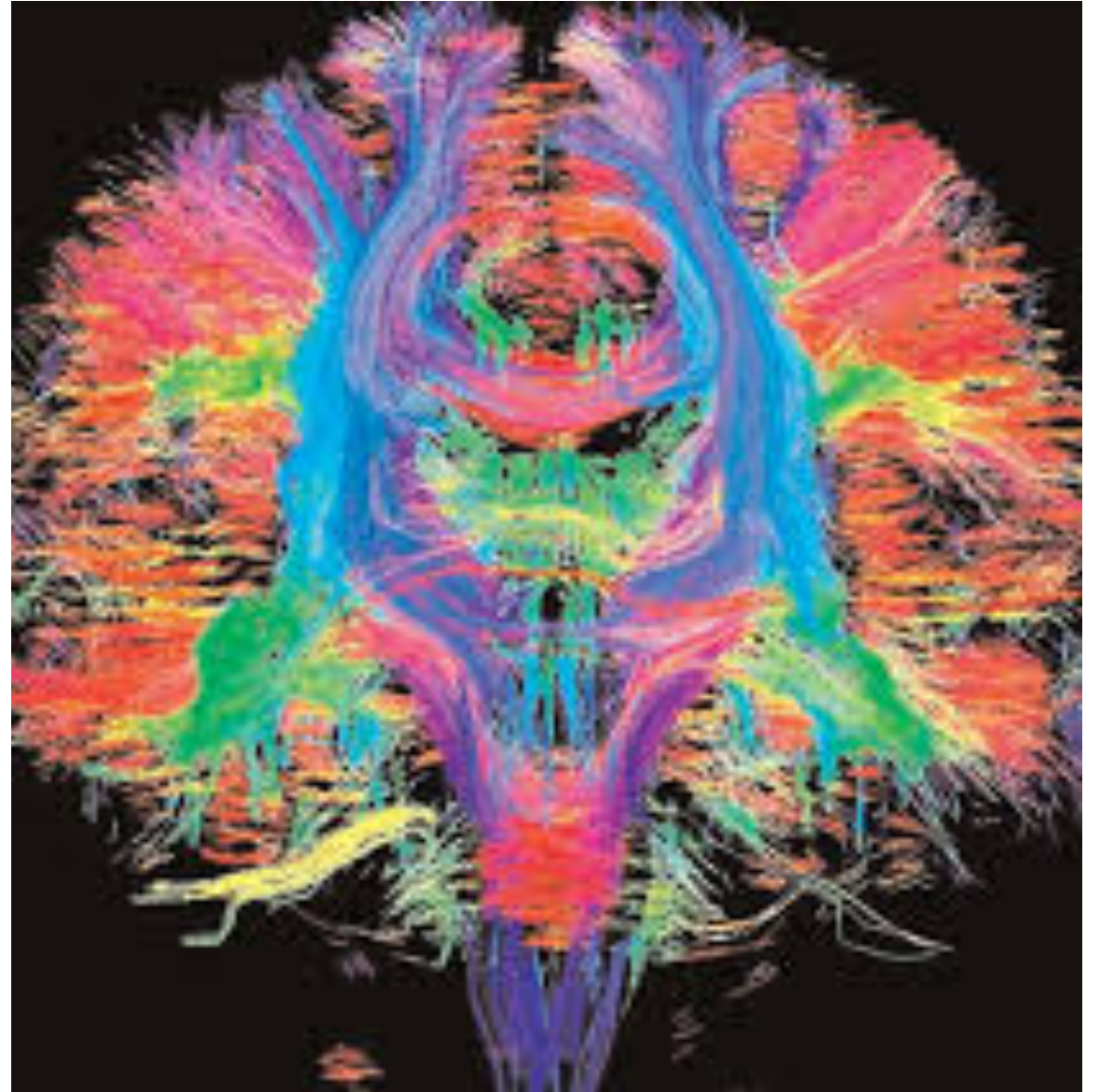


Exploring the paradox

What works about the trauma response

Reliance on the medical model for discussion of trauma

“It only feels crazy until it doesn’t”



Grabbing on to
the practical
tools (transferable
skill sets)



Learning from a basis of competence



The practical function of anger for our male clients



Sometimes the competence can be paradoxical and we then can use our self and our tools to grab at this



An example here may be a participant with multiple criminal charges around low level threats to government agencies around the role of the military



So I can see you have passion and conviction.. But the message is getting lost for you. I wonder why? Let's explore this together.

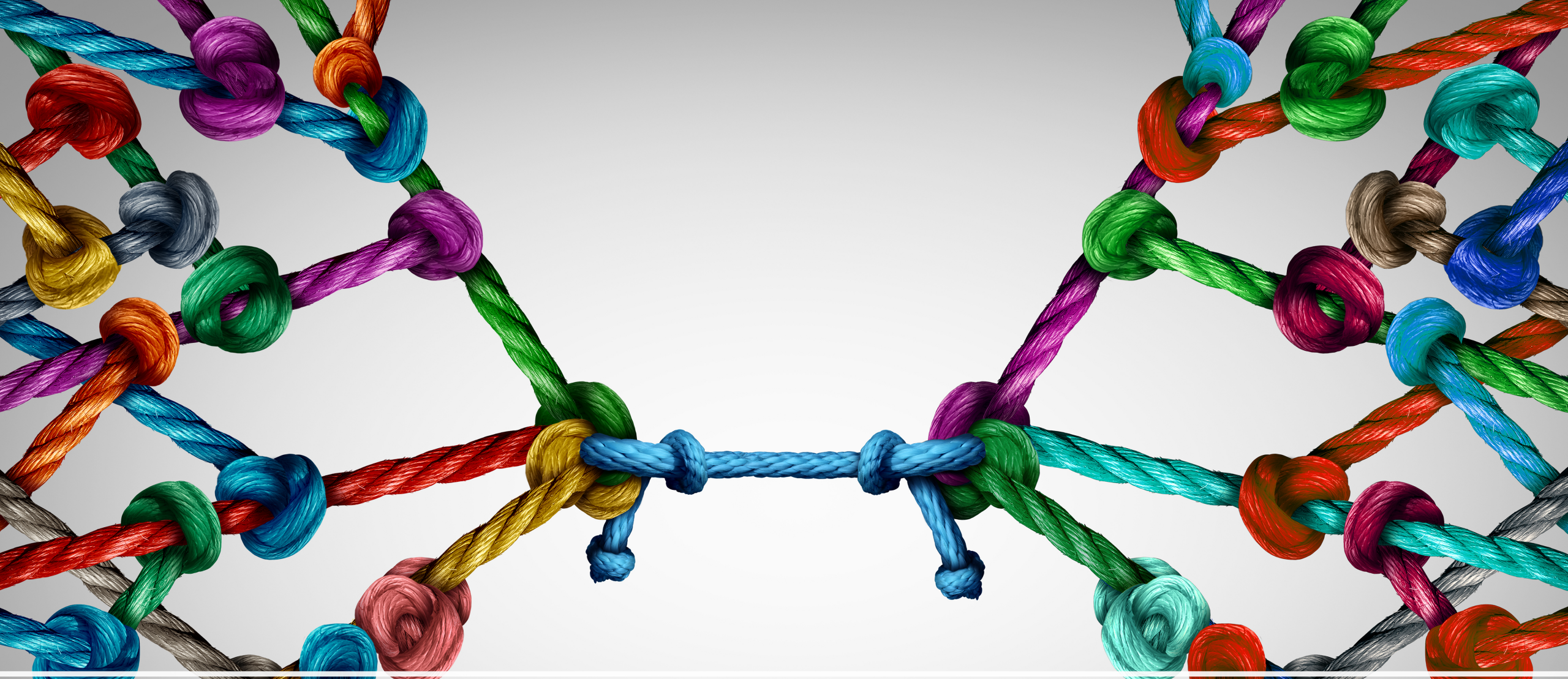


adjustments to experiences of a New Identity

- being separated from the herd
- The adjustment to a change of “never being able to go back” is profound after significant life experiences and trauma
- It can change the context of wider relationships and networks
- “I want to go the musical theatre but I’m scared that folks may think I I’m gay. I actually just like theatre”. What if the guys on base find out.
- Vulnerability /shame and recovery

limiting beliefs and self-imposed rules





Re-Integration



The little
things