

TREATING TRAUMA IN CHILDREN AND ADULTS: FIRST NATION PEOPLE, ABORIGINAL, TORRES STRAIT ISLANDER, AND MAORI PEOPLE

1

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- Clinical Psychologist/Family Therapist
- EMDR Consultant Children and Adults for EMDR Europe and EMDR Australia and EMDR NZ
- Specialised in resistant children Sleeping Dogs Method (Struik, 2019)
- Private practice in Queensland Australia, teaching and supervision
- Monthly EMDR clinics, Fly-In-Fly-Out trauma treatment AU and NZ
- Started as Psychologist for Child Protection Western Australia
- Founder and convenor of EMDR peergroup EMDR with Indigenous Australian's or New Zealanders

2

AUSTRALIA AND NEW ZEALAND

- Aboriginal, Torres Strait Islander and Maori People
- Colonization
- Removal of children (Stolen Generation)
- Removal from country/land
- Loss of culture/language
- Very high rates of institutional sexual abuse
- Children and adults over-represented across service delivery
- Similar to First Nation People in US/Canada

3

Remote areas

- Clinicians generalists
- No specialised treatment
- Focus on crisis management/medication
- Not address trauma
- Fear waking up sleeping dogs
- Lack of support
- Transient clients
- In accessible in wet season

4

PROGRAM

- FIFO Intensive model
- Establishing connections
- Preparing
- Questions
- Integrated treatment
- Video example
- Urban clients
- Video example
- Questions

5

INTRODUCTION FIFO INTENSIVE MODEL

- Start with an Invite
- Establish connection with elders/family/local services
- Explore wishes/desired outcomes with elders
- Making a plan for integrated trauma treatment
- Preparation, psychoeducation, motivation
- Assess stability, safety; potential barriers for EMDR
- Motivation and nutshell checks
- EMDR Intensive - part of FIFO Model
- Cultural/spiritual ways of healing
- Evaluation – follow-up

6

STARTED WITH AN INVITE

- Remote community
- Group of traumatized children
- Needed specialised help
- Elders contacted Department for Child Protection and Family Support (DCPFS) in Western Australia
- Cultural adviser for each area (county)
- Cultural training/cultural passport

7

ESTABLISHING CONNECTIONS

- Cultural ways of establishing connections
- Collaboration with their elders - Getting their blessing.
- They pass this on to the families
- Meeting every family/client separately
- Their choice - can always say no at any time
- Collaboration with families – builds trust
- Collaboration with local support services

8

YARN WITH THE ELDERS



9

MAKING A PLAN

- Desired outcomes?
- Children, adults or both?
- What are traditional ways of healing?
- Where are they not sufficient?
- Involve local clinicians and school
- Where can treatment be done safely?
- How to move on after?

10

INTEGRATED TRAUMA TREATMENT MODEL

- Traditional ways of healing
- Western way of healing
- Outreach model
- Brief intervention (intensive EMDR)
- Children and adults
- Collaboration local clinicians

11

Three layers of healing (Mary)



12

PREPARATION

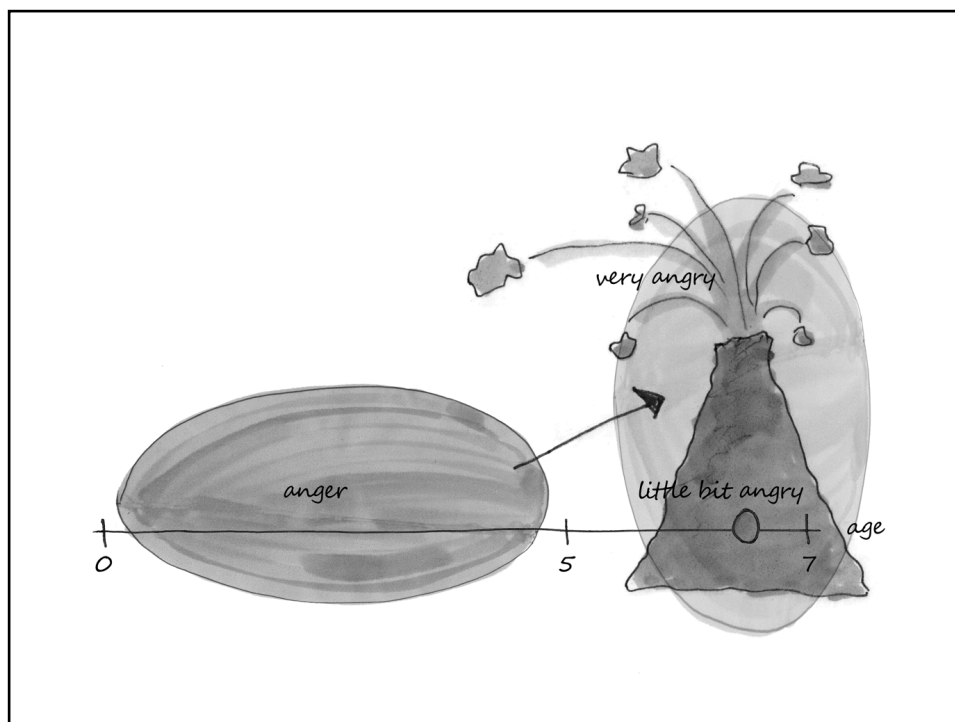
- Psychoeducation on trauma and treatment
- Identifying clients
- Assessing stability and safety
- Increasing stability and safety if needed
- Increasing support around treatment

13

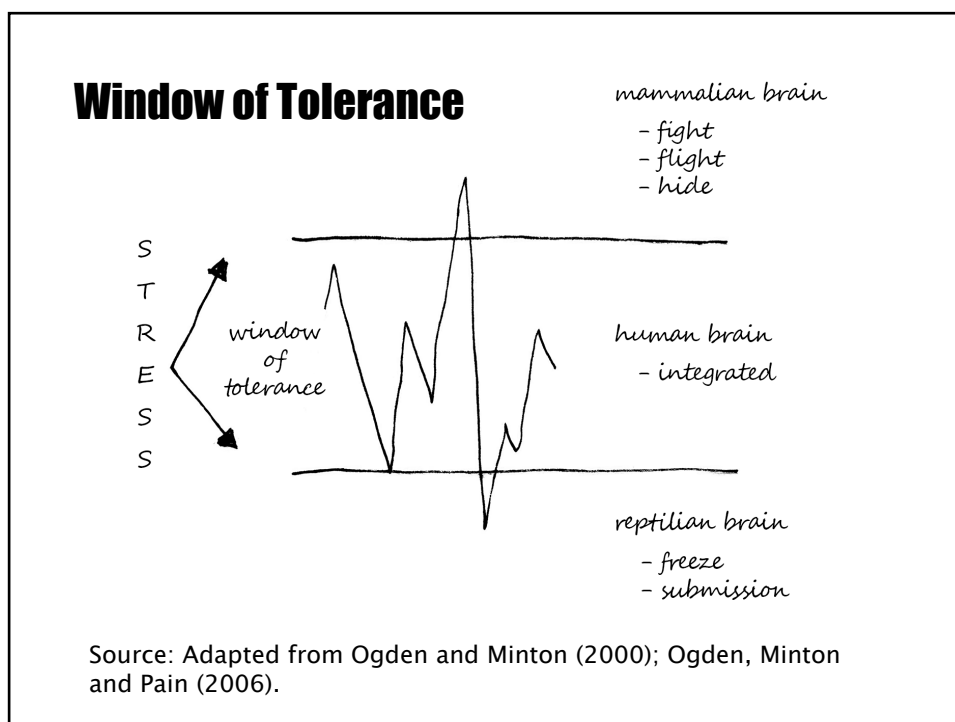
BUILDING KNOWLEDGE: PSYCHOEDUCATION

- Individual or with network
- Presentation
 - woman's and men's groups
 - school
 - local clinicians
- Impact of trauma
- Ways of trauma treatment - EMDR
- Increasing hope

14



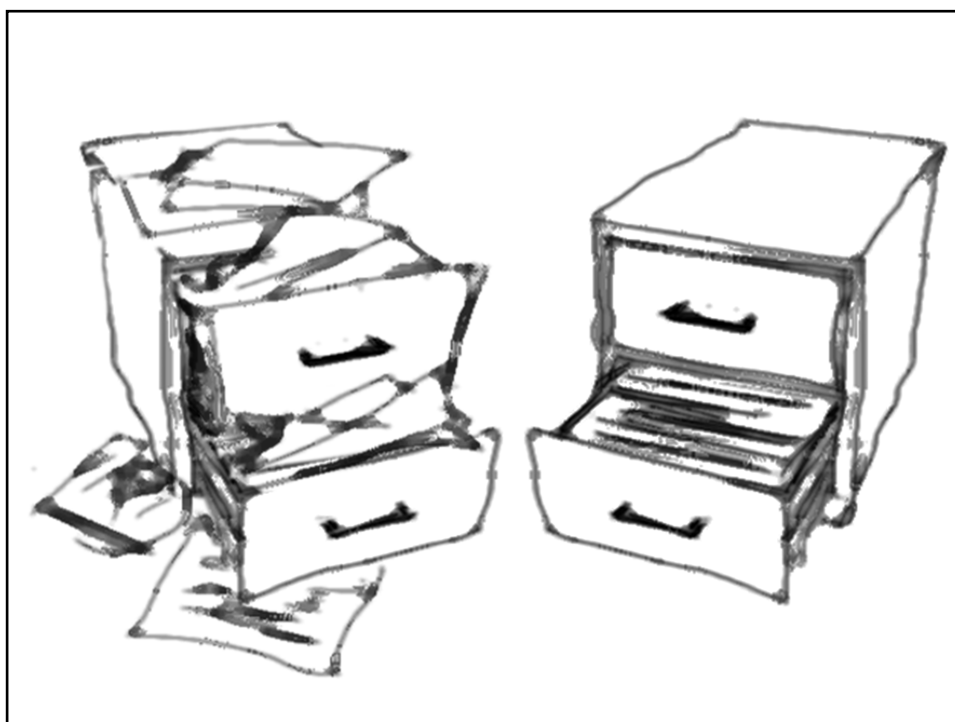
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16



17



18

WORKING MEMORY THEORY

- How does EMDR work?
- Short term/working memory
- Limited space
- Multitasking

<https://www.youtube.com/watch?v=JNNIIQ-AHoo>

- Less space for trauma memory
- Stored in reduced form

19

ASSESSING STABILITY AND SAFETY

- Sleeping Dogs method (Struik, 2019)
- For children, can be used for adults
- Sleeping Dogs Tool
 - Brief case conceptualisation
 - 19 Questions on potential barriers
 - Action plan



20

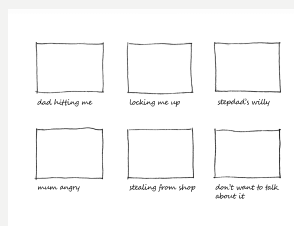
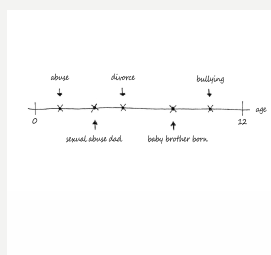
POTENTIAL BARRIERS FOR EMDR

- Safety
- Daily Life
- Attachment and connections
- Emotion regulation
- Cognitive Shift
- Motivation

21

MOTIVATION AND NUTSHELL CHECKS

- Does client want to do EMDR?
- If yes, why is that beneficial?
- Can client make an overview of memories in a nutshell while staying within window of tolerance?

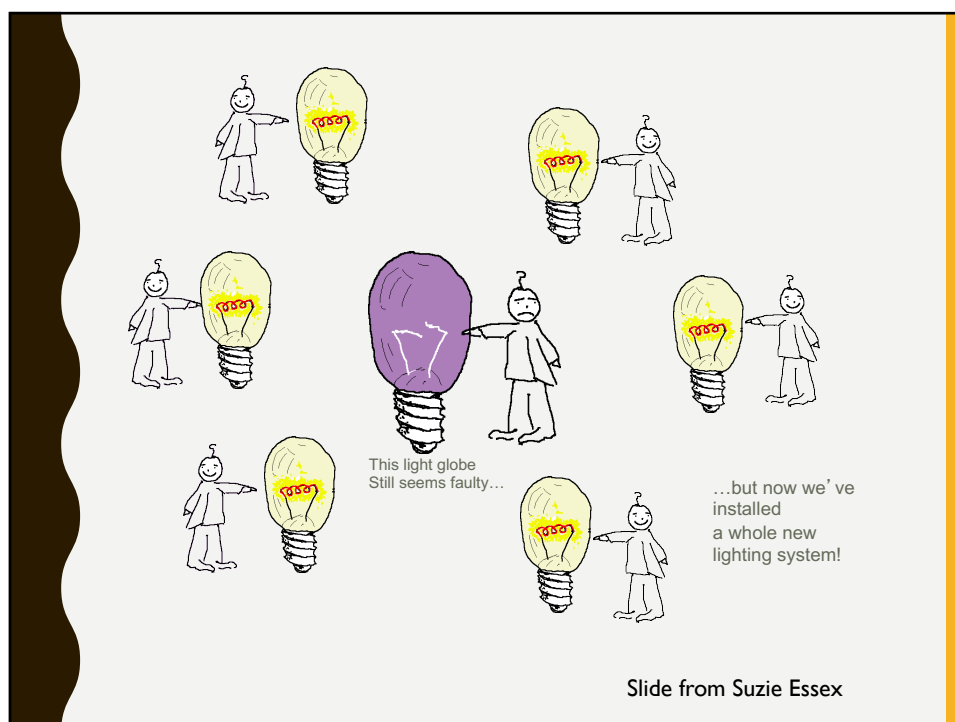


22

SAFETY FOR CHILDREN

- Can this ever become safe?
- Alcohol and drugs
- Violence
- Compensate rather than improve
- Involve the child's network
- Form of (Community) Safety Planning
- Signs of Safety/Partnering for Safety

23



24

PSYCHOEDUCATION ON GROOMING

- Power grows on fear
- Fear immobilizes and makes us submit
- Power grows on secrecy
- Explain how grooming works
- Strong together
- Help each other



25

SAFETY FOR ADULTS

- Relative safety 56%
- Trauma keeps them unsafe
 - Violent
 - Needing drugs/alcohol to numb
 - Risky behaviour
 - Self harming and suicidal
- Stay in DV relationship: 'but I love him!'
- Pick the right trauma's
- Cannot process what is ongoing
- Plan to keep them alive and not seriously harmed during and after sessions

26

TOO MANY PROBLEMS IN DAILY LIFE

- Can this become better? 56% good enough
- Container exercise
- Grounding exercises
- Self regulation
- Local clinician can do this, or online

27

ATTACHMENT FIGURE

- Does the child have an attachment figure?
- Children in care
- Use extended family network
- Increase contact/connections
- Parents are important
- Even fathers in prison, alcoholic mothers
- Increase connection to country/land/nature
- Songs, dances, stories, storytelling

28

SOMEONE TO TALK TO

- Can the child talk about the trauma with someone?
- Can that person keep a calm brain
- Parents own trauma
- Child takes care of parent
- Extended families are great sources
- Professionals

29

ADULTS INNER SENSE OF CONNECTION

- I am not alone... anymore
- Building therapeutic relationships takes long
- Bypass by other support in network
- Family member or friend
- Church/religious/cultural group
- Animal
- Someone deceased
- Increase connection to country/land/nature
- Songs, dances, stories, storytelling, language

30

EMOTION REGULATION

- Don't spend too much time
- It is going to hurt
- Can the client get through the EMDR sessions
- Without running off or dissociating
- During EMDR use interweaves, connection, more bilateral stimulation

31



32



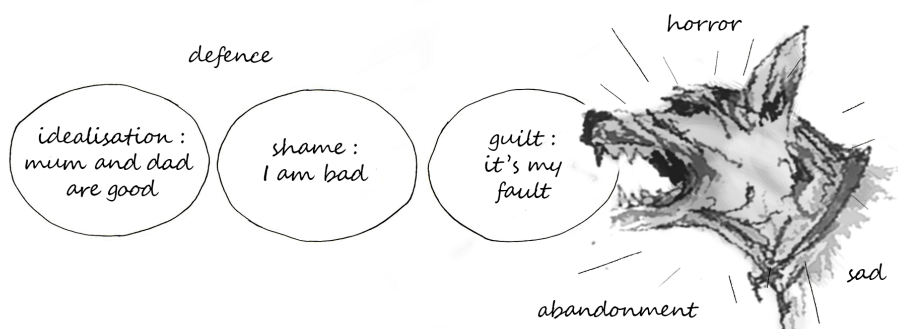
33

DILEMMA SUICIDE/SELFHARM

- Aboriginal, Torres Strait Islander and Maori People very high rates
- Increase in child suicides
- Unprocessed trauma
- Depression/ hopelessness
- Self-blame and self harm
- Waiting: increasing risks
- EMDR is going to relief self-blame, reduce self harm and suicidal behavior
- Make plan to survive the EMDR (intensive is shorter)

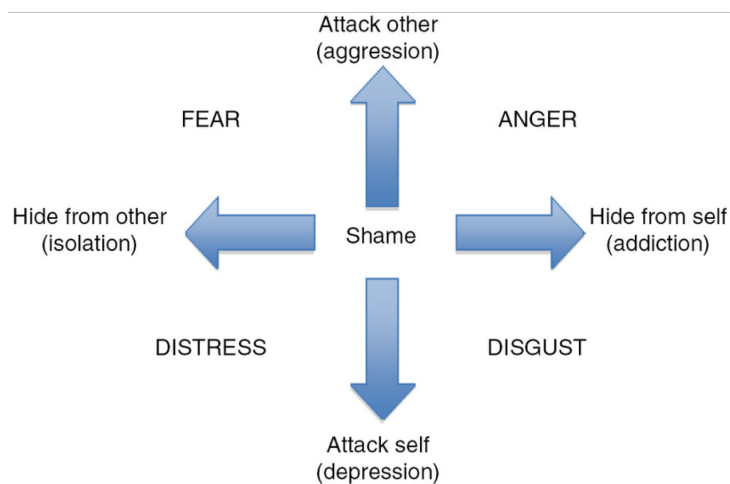
34

Psychological defences



Source: Adapted from Knipe 2018

35



Webb (2010) adapted from Nathanson
(1992)

36

CANNOT MAKE COGNITIVE SHIFT NC-PC

- Trauma processing means:
- Learning from experience
 - I am safe now
 - I am in control now
 - It is not my fault
 - I am not bad
- Some children and adults cannot afford that
- Risk rejection by their family, they are to blame
- Rather blame myself than loose my family

37

PREPARE COGNITIVE SHIFT

- Conversation about responsibly
- Psychoeducation Window of Tolerance
- About grooming, accepting money or a beer does not mean you agree
- When scared we can do things we regret
- Can someone acknowledge innocence to trauma
- Network?
- Make message

38

EMDR INTENSIVE

- ▶ EMDR sessions on consecutive days 4 days a week sometimes with follow-up next week
- ▶ EMDR Standard protocol from target selection
- ▶ Research Psytrec the Netherlands
- ▶ Sessions 60-120 minutes
- ▶ Sports-distraction
- ▶ Storytelling
- ▶ Connection
- ▶ Cultural healing

39

TRAUMA SELECTION

Chronic childhood trauma

- Sexual, physical, psychological abuse
- (Family) violence
- Physical neglect
- Symptoms guide: one per drawer

Be careful with

- Abandonment and emotional neglect

40

PRACTICAL SET UP

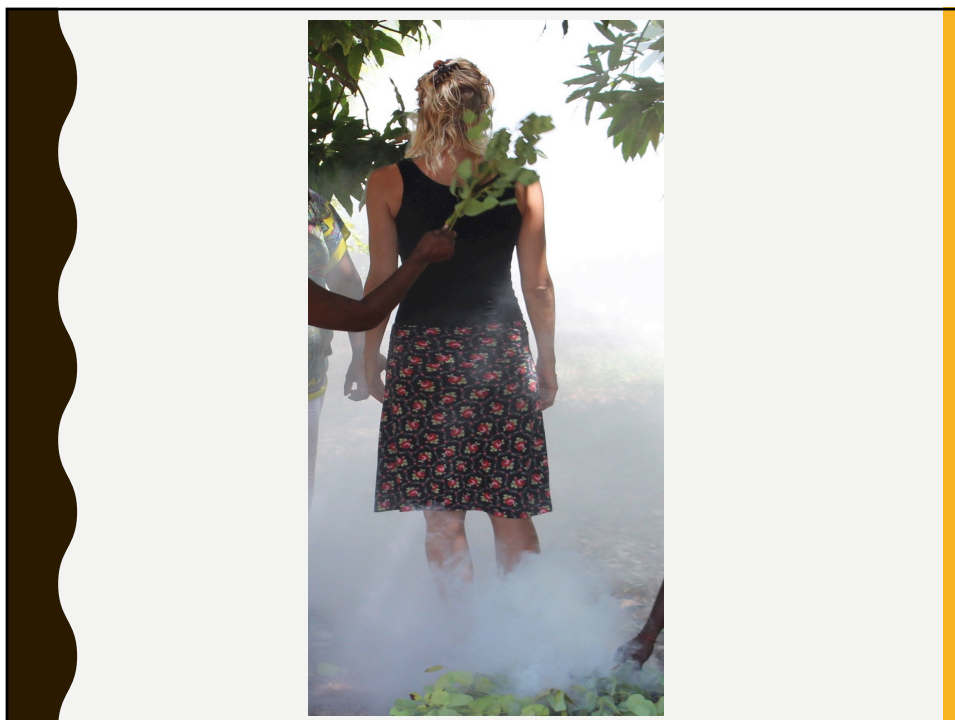
- Planning sessions
- Plan the cultural/spiritual healing daily or afterwards?
- Support in/after sessions
- Local clinician in or out session
- Rituals/objects/music to support connections

41

TRADITIONAL WAYS OF HEALING

- One shoe does not fit all sizes
- Ask the clients what fits
- Smoking ceremony
- Songs
- Dancing
- Storytelling
- Possum skins

42



43

SPIRITUAL WAYS OF HEALING

- Praying
- Singing
- Dancing
- Church blessing

44

CLEANSING OF THE HOME

- Ceremony to clean the home
- Ritual for closure

45



Flying
out
with
EMDR
KIT
&
secrets

46



47

CULTURAL ASPECTS TO CONSIDER

- Ask the clients
- Perspective on trauma
- Sexual abuse targets and therapist gender
- Death and naming and talking about deceased people
- Storytelling rather than answering questions
- Adaptations to the protocol
- Longer associations
- Strong physical (ab)reactions

48

MORAL INJURY

Client has

- Done, failed to prevent, witnessed behaviours
- Go against moral beliefs and values

Guilt cannot be repaired

- It is my fault, I did wrong, I should have

Self image does not match

- I am not bad, I did wrong, part of me is bad

49

PSYCHOEDUCATION MORAL TRAUMA

- Need a way out (from NC to PC)
- Acknowledge responsibility
- NC: it's my fault
- PC: I forgive myself
- NC part of me is bad
- PC I am ok (even though this happened...)

50

MAKE AMENDS/FORGIVENESS

- How can make amends
- Shame isolates
- Reduce isolation
- Repair relationships
- Share story
- Ask forgiveness from others

51

URBAN CLIENTS

- High no show
- Intensive fits better
- Less risk
- Living in the moment
- Disconnected from culture
- Reconnect

52

BETRAYAL TRAUMA (FREYD 2008)

- People or institutions, depend on for survival, betray trust, harm or not help
- EMDR stuck
 - They should have...
 - Anger, unfair, cannot let go
 - Acceptance is more painful
- EMDR cannot change history

53

EMDR UNSTUCK/WAY OUT

- Focus on dysfunctional beliefs
- *What does that say about you? (that they treated you like that)*
- NC: I am worthless/not important
- PC: I am ok/worthy even though they treated me this way
- Express anger
- Sport

54



55

[(COUNTER)TRANSFERENCE]

- Difficult to tolerate betrayal trauma
- Frustrated
- Makes us angry
- We want to fix
- Provide hope
- Clients do not need fixing
- We guide, contribute to their own healing journey
- Painting in family therapy



56

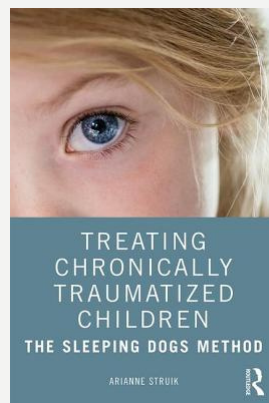
THANK YOU

- Children, adults, families, elders
- Mary
- Kate and Julie
- Raffaella Salvo, DCPFS Perth
- Psych Services, Child Protection Adelaide
- Oranga Tamariki, Child Protection New Zealand

57

PRACTICAL THINGS

- Website www.ariannestruik.com
- Free download materials
- Sleeping Dogs Tool



58