

## Working with Adolescents with Trauma and HSB: Building Competency and Skills for a Healthy Future

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## Activity


Check in  
– first sexual word that comes to your mind

### Who are we working with





- \_\_\_\_\_ Socially isolated
- \_\_\_\_\_ Struggle with building and maintaining relationships
- \_\_\_\_\_ Have a hard time figuring out their identity
- \_\_\_\_\_ Have difficulties reading social cues
- \_\_\_\_\_ Are often concrete/rigid thinkers
- \_\_\_\_\_ Have difficulties with language
- \_\_\_\_\_ Are often victims of trauma/abuse/neglect
- \_\_\_\_\_ Often learn best by doing
- \_\_\_\_\_ Often have several other diagnosis

Run in place for 30s  
Count times 3.

Listen to your body  
what do you notice....



### TRAUMA SYMPTOMS

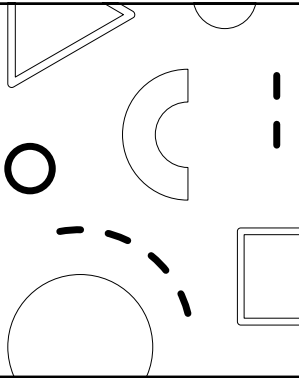
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|---|--|--|--|
|  <p><b>THOUGHTS</b></p> <ul style="list-style-type: none"> <li>• Rumination</li> <li>• Concentration difficulties</li> <li>• Flashbacks</li> <li>• Pictures flashing in your head</li> <li>• Fear of being retraumatized</li> <li>• Easily scared</li> <li>• Difficulties sleeping/nightmares</li> </ul> |  <p><b>EMOTIONS</b></p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Fear that something bad will happen</li> <li>• Tense, irritated, angry</li> <li>• Depressed</li> <li>• Shame, guilt, bitterness</li> <li>• Sense of being isolated and that everything is unreal</li> </ul> |  <p><b>BODY</b></p> <ul style="list-style-type: none"> <li>• Rapid Heartbeat</li> <li>• Pressure on chest</li> <li>• Tense muscles</li> <li>• Tiredness, feeling of no energy</li> <li>• Light headed, confused</li> <li>• Body aches</li> <li>• Hypervigilant</li> </ul> |  <p><b>BEHAVIORS</b></p> <ul style="list-style-type: none"> <li>• Avoidance</li> <li>• Difficulty relaxing, restless</li> <li>• Avoiding being alone</li> <li>• Drug/alcohol abuse</li> <li>• Mood swings</li> <li>• Hypervigilance</li> <li>• Rituals</li> </ul> |
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### Concrete skills – How do we do that?

- What are they good at already? How can we use that to build and practice good skills?
- Can you learn relationship skills by cooking, playing basketball, or playing games?
- How do we make it concrete and on the right level?
- What are the skills that would be necessary not to get "in trouble" again? How do we practice that in a safe way?
- Is touch allowed? How can we practice safe touch in an often closed environment in a realistic way?
- Focus on relationship skills rather than emotional regulation
- How do we engage families, staff, teachers other support persons?
- How do we avoid the "dead man's rule"?
- How do we get "buy in" and how do we keep them interested?

### Validation


- Interventions should meet clients where they are, in that moment
- Clients want to do well and to succeed
- Validation needs to be real and honest
- Validating language is important
  - Verbal and non-verbal
  - Non-judgmental
- Recognizing that clients will react to and have different experiences with activities
- A seemingly easy task may prove difficult for some clients
- How do we validate harmful behaviors?



### MINDFULNESS: BE MINDFUL

BE MINDFUL OF YOUR FEELINGS

BE MINDFUL OF YOUR IMPULSES




BE MINDFUL OF YOUR THOUGHTS

BE MINDFUL OF YOUR WHAT IS GOING ON IN YOUR BODY





Barnet et al, 2014, Simpson et al, 2018, 2019


Activity

Categories ...



### RELATIONSHIP SKILLS

|  |  |  |   |
|--|--|--|---|
|  <p><b>MAKE CHOICES</b></p> <ul style="list-style-type: none"> <li>• Make a goal</li> <li>• Wizard, lizard, robot brain</li> <li>• Get info/ask questions</li> <li>• Negotiate/compromise</li> <li>• +/- consequences</li> </ul> |  <p><b>MAKE CONNECTIONS</b></p> <ul style="list-style-type: none"> <li>• Be friendly</li> <li>• Listen</li> <li>• Be interested</li> <li>• Be honest</li> <li>• Reach out</li> </ul> |  <p><b>EXPRESS YOURSELF</b></p> <ul style="list-style-type: none"> <li>• Stand up for your values</li> <li>• Say what is going on</li> <li>• Ask/tell what you want</li> <li>• Say how you feel</li> <li>• Be fair</li> <li>• apologize</li> </ul> |  <p><b>EMOTIONAL REGULATION</b></p> <ul style="list-style-type: none"> <li>• Warning signs</li> <li>• Climbing the ladder</li> <li>• Be mindful</li> <li>• Use your skills</li> </ul> |
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## How do we talk about sex?

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