

Becoming Trauma-Informed: Adverse Childhood Experiences, the Brain, & Resilience

Madalene Rutherford M.S. OTR/L

Doctoral Candidate

Misericordia University Department of Occupational Therapy

Objectives

- Name various types of traumatic experiences
- Recall the ways trauma changes the brain and central nervous system
- Identify behavioral responses that may be trauma responses
- Identify the correlation between sensory processing disorders, post traumatic stress disorder, and childhood trauma histories
- List factors that increase resilience for people with trauma histories

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- What are Adverse Childhood Experiences (ACEs)?

- Abuse
- Neglect
- Household Challenges

- Types of Trauma

- Big T Trauma
- Little T Trauma
- Complex Trauma

- What are Examples of ACEs in Real Life?

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- Step Inside the Circle if...

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- Traumatic Experiences as a Public Health Issue

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- Correlations of ACEs

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- Amygdala Function –
- _____, _____, & _____ require activation from the ENTIRE brain
- Poor Corpus Callosum connectivity in the brain causes problems with _____, _____, & _____ AND
- Sensory problems in the _____ & _____ cortices of the brain.
- Post-traumatic Stress Disorder (PTSD)
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- Sensory Processing Disorder (SPD)
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- PTSD & SPD
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- ACE Prevention
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- Positive Childhood Experiences (PCEs) Build Resilience
 - Dose-Dependent relationship
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- PCEs Build Resilience
 - Individual Resilience Factors
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 - Community Resilience Factors
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- Resilience Factors protect people with histories of trauma against the effects of...
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- PCEs Build Resilience
- Why is this important for society?
 - Individual
 - Organizational
 - Community
 - System

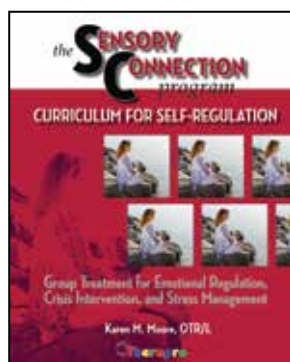
THANK YOU!

Dr. Madalene Rutherford OTD, OTR/L

Contact Dr. Rutherford rutherfordmadalene@gmail.com or info@rutherfordoccupationaltherapy.com for future speaking or educational opportunities, as well as copies of today's presentation's reference list!

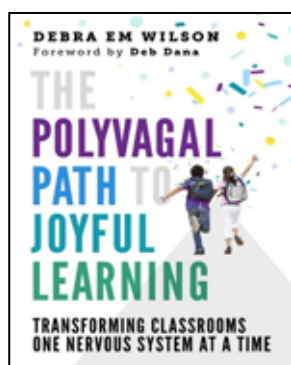
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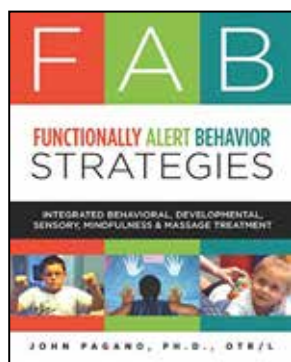
The Sensory Connection Program

“The Sensory Connection Program represents a vividly imaginative and theoretically sound occupational therapy intervention program for adults with mental health problems. The author was energized to develop this program when she discovered the impact of sensory-based activities when used with some of her more complicated clients. After a decade of intense study, research, and program development she now presents this program in its entirety.”
- Patricia Wilbarger, MEd, OTR, FAOTA.



The Polyvagal Path to Joyful Learning

The Polyvagal Path to Joyful Learning: Transforming Classrooms One Nervous System at a Time explores the idea that the optimal state for learning is one of safety, connection, motivation, and engagement. Every student and teacher is different, but there’s one thing each has in common: a responsive nervous system ready for action. Whether it’s a fight breaking out on the playground, a difficult conversation with a parent, or an impromptu fire drill, understanding how the nervous system responds can help keep teachers and students on an even keel.



FAB: Functionally Alert Behavior Strategies

FAB Strategies is a pioneering book offering practical transdisciplinary interventions that help students with complex behavioral challenges. FAB Strategies integrates diverse developmental, positive behavior support, sensory modulation, mindfulness, massage, art, music, exercise, and physical self-regulation interventions. Therapists and teachers have difficulty working with students who have behavioral, developmental, post-traumatic stress, sensory modulation, and cognitive challenges. To improve these students’ skills it is important to simultaneously address problematic behaviors.