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Erica Martinez, M.S.
Founding College Success Coach



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Trauma-Informed Coaching

— TO INNOVATE TOGETHER. —

Today's Goals

- X Understand trauma & the brain
- X Learn practical applications & strategies in coaching
- X Address compassion fatigue



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— TO. THROUGH. TOGETHER. —

Trauma & the Brain

Trauma: a deeply distressing or disturbing experience.

PTSD (posttraumatic stress disorder): is a mental health problem that some people develop after experiencing or witnessing a life-threatening event. (DSM-V)



RISK FACTORS



Prenatal stress & birth trauma

Abuse (physical, sexual, or emotional)

Neglect *can be the most damaging

Traumatic event (natural disasters, community violence, loss of loved one)

Here are some facts

(based on the U.S. population):

7-8% of the
population will have
PTSD at some point
in their lives.

About 8 million
adults have PTSD
during a given year.

About 10% women
develop PTSD
sometime in their
lives compared with
about 4% of men

National Center for PTSD, U.S. Department of Veteran Affairs

Traumatic Events Among Undergraduates

85% reported experiencing a traumatic event in their lifetime

Most common event: unexpected loss of a loved one

Most distressing events:
X Lifetime exposure to violence

21% reported experiencing an event over a 2 month period in college

Sexual assault was associated with most PTSD symptoms

X Unwanted sexual attention
X Sexual Assault

Frazier, P.A., Anders, S., Perera, S., et al. (2009).
Survey of 1,528 students using online surveys

Children of New Orleans

Prevalence of
PTSD is 4 x
national average

> 50% lost a loved
one to murder

18% had been a
witness to murder

16% either worried
about not having
enough food to eat
or worried about
having a place to live

Institute for Women and Ethnic Studies
Survey of 1,200 youth, age 10-16 (2016)

So what does that look like?

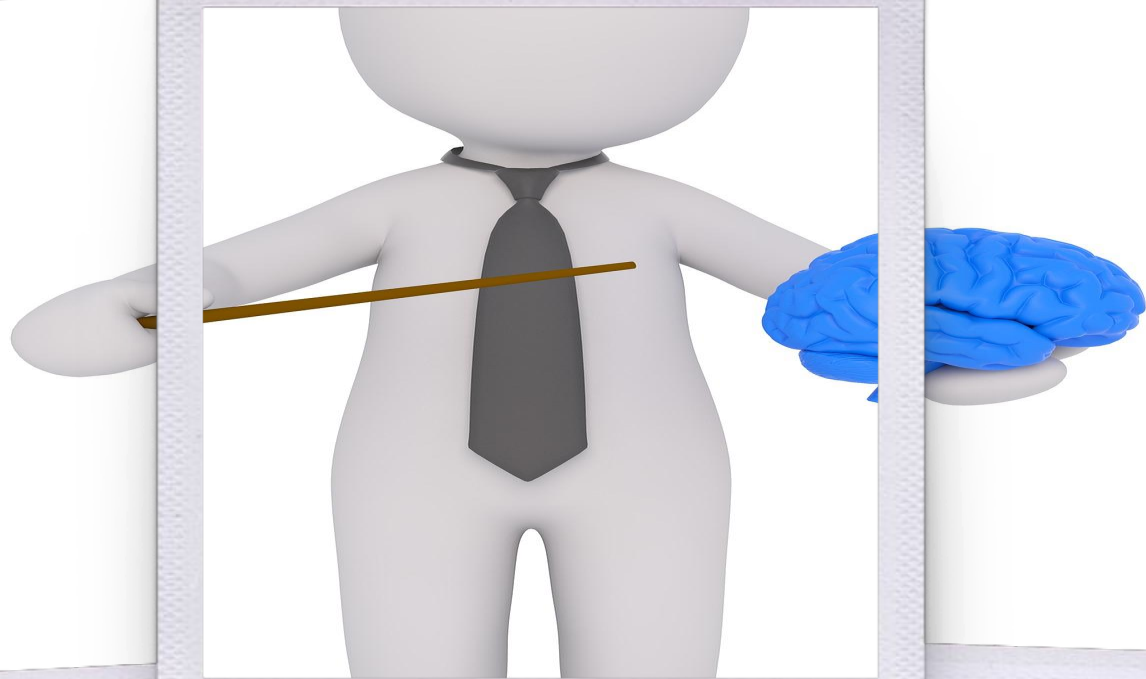
SYMPTOMS:

- x reliving the event (nightmares, flashbacks, or triggers)
- x avoiding situations that remind you of the event
- x negative changes in beliefs & feelings
- x feeling keyed up (hyperarousal).

PRESENTATION:

- x misunderstood as "Willful Disobedience"
- x looks like extreme distrust
- x difficulty navigating healthy friendships
- x extreme or unmatched emotions





The Brain

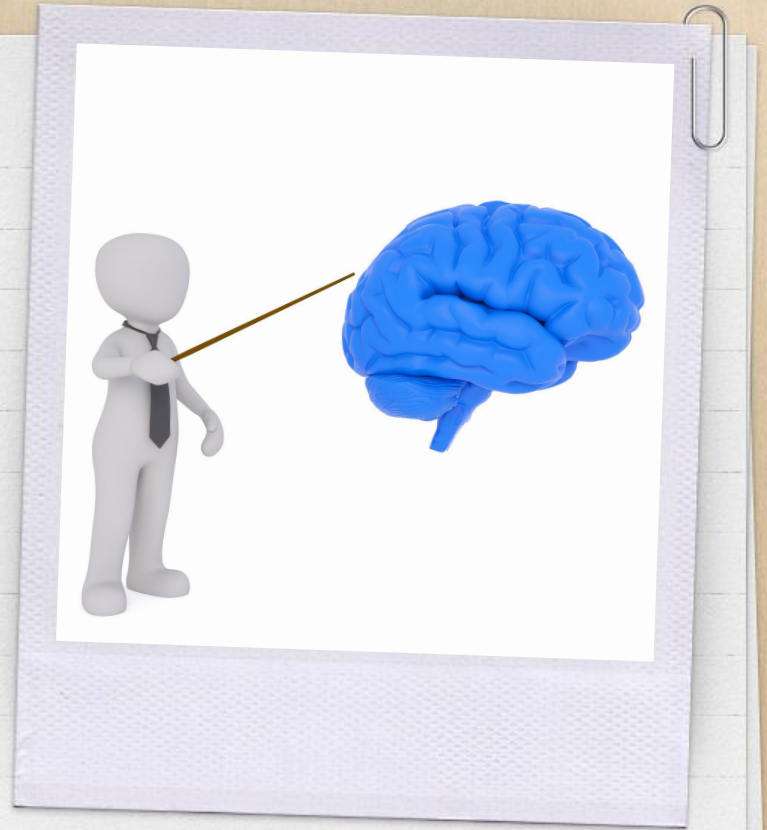
Trauma on the Brain

Scary event happens & survival kicks in

- x brain floods with stress hormones (Adrenaline & Cortisol)
- x flight, fight, or freeze

Repeated exposure:

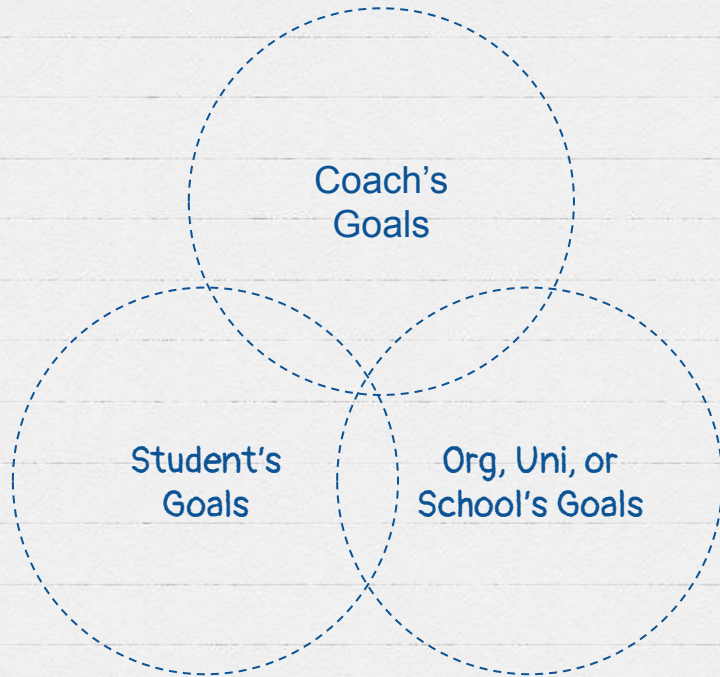
- x alters development, chemistry, & activity
- x changes to biological structures & alters DNA



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Applications & Strategies

WARNING: Know your role!



Coaching Strategies

- X Nurture Relationships & Create Safe Environments
- X Address Physiological Needs & Teach Self-Regulation Skills
- X Be Proactive & Have FUN!



Nurture relationships
(with students & between students).

Give Voice: allowing choices

Eye contact (soft eyes)

Healthy positive touch

Take an interest in students' lives

Ask questions. "Check-in." Listen.



Create safe spaces.

Organized & tidy meeting spaces

Consistent & predictability

Judgement-free zones

Undivided attention

Compromises & offer choices

Practice behavioral re-dos



Address physiological
needs.

Hydration & snacks

Encourage physical movement

Sleep

Sensory needs



Teach self-regulation skills.

Help student identify healthy calming techniques

Practicing deep breathing

Visualization

Mindfulness/Grounding Techniques (5-senses)



Be proactive & have fun!

Don't wait... teach skills before student needs them

Have a code word

Brains are primed for learning when students are having FUN!



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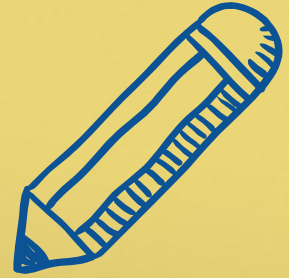
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Compassion

TEACH THROUGH. TOGETHER.

Fatigue

"... is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create SECONDARY TRAUMATIC STRESS for the helper."



Dr. Charles Figley
Professor, Paul Henry Kurzweg Distinguished Chair
Director, Tulane Traumatology Institute
Tulane University, New Orleans, LA

So what does that look like?

Individual Symptoms:

- x Bottled emotions
- x Isolation
- x Irritation
- x Poor coping
- x Exhaustion
- x Lack of self-care
- x Trouble with sleep

Organizational Symptoms:

- x Chronic absenteeism
- x High turnover
- x Friction between staff & leaders
- x ...creating more stress on staff & leaders.



Essential Tools of ABC's

AWARENESS:

Knowing you
needs, limits,
emotions, &
resources

BALANCE:

work, play & rest.



CONNECTION:

to oneself, loved
ones, colleagues,
& community

Assessing Self-Care

- X Physical Self-Care
- X Psychological Self-Care
- X Emotional Self-Care
- X Spiritual Self-Care
- X Workplace Self-Care
- X Balance



*When you say "Yes" to
something, what are you
saying "No" to?*



More Resources & Information

- x “Children of Central City”
projects.nola.com/the-children-of-central-city/
- x Karyn Purvis Institute of Child Development,
TBRI at TCU <https://child.tcu.edu>
- x Trauma Informed Cognitive Behavior Therapy
tfcbt.org
- x [Compassionfatigue.org](https://compassionfatigue.org)



Thanks!

Any questions?

You can find me at:

- x emartinez@collegebeyond.org
- x (504) 556-2266
- x IG: CB_CoachErica

