

PCIT 18th ANNUAL CONFERENCE

HOW DO I EXPLAIN TRAUMA EN ESPAÑOL TO MY PCIT FAMILIES?

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Goals

By the end of this presentation, attendees will:

- Understand Active Inhibition Process
- Be able to explain trauma in Spanish
- Learn interventions in Spanish to get buy-in



WHY TRAUMA WORK?

ACTIVE INHIBITION PROCESS

Dr. James Pennebaker Ph.D.,
Professor - University of Texas at Austin

- Interested in the healing power of confiding in others (talking to the hairdresser, the Uber, clergy, therapist, and the power of writing).
- How disclosing painful memories impacts behavior, health, etc.

Active Inhibition/Inhibición Activa

Concealing or holding back powerful emotions, thoughts, and behaviors.
(Pennebaker, 2017).

(White bear experiment)



Impact of Active Inhibition

- ❑ **Implies a physical effort:** people need to maintain focus of attention in something else, and make efforts to not think, feel, or behave in certain way.

- ❑ **Produces biological changes:**
 - **Short term:** decreases peripheral temperature, increases blood pressure, effects transpiration, muscle tension, etc.
 - **Long term:** becomes accumulative body stress, increasing the likelihood of chronic degenerative diseases.

- ❑ **Influences thought process:** when stressful situations do not get to be expressed with words, this limits their comprehension and assimilation. (White bear experiment)

Active Inhibition as Coping

- People feel relaxed/ satisfied when they talk in groups.
- After confessing a crime, bodies relax.

← **Holding Back/ Letting go continuum** →
Finding right balance is the key

Inhibition is work
Agitates physiology
Affects long term health
Prevents understanding/integration

Letting Go/ Opening Up
Calms physiology
Better health /lowers stress
Supports understanding

Language aids assimilation of experience

Active Inhibition Experiment

Two groups:

1. Vent emotion, and also write facts of the trauma.
 2. Write about the details of your outfit.
- Write for 15 minutes on 4 consecutive days. Entirely anonymous --- no names attached.
 - Blood drawn before the study, after the study, & 6 weeks later looking for **t-lymphocytes** – a measure of immune function.
 - **Those who wrote about emotion & facts – heightened immune function.**

Active Inhibition Experiment

Real World Study: 100 engineers laid off

- Half asked to write about their thoughts and feelings about this.
- Half asked to wrote about time management.
- Thoughts/Feeling Group –
 - **27% had found work within 3 months**
 - **53% had found work within 6 months**
- Time management Group –
 - **5% had found work**
 - **18% had found work within 6 months**
- *Both groups had the same number of job interviews*





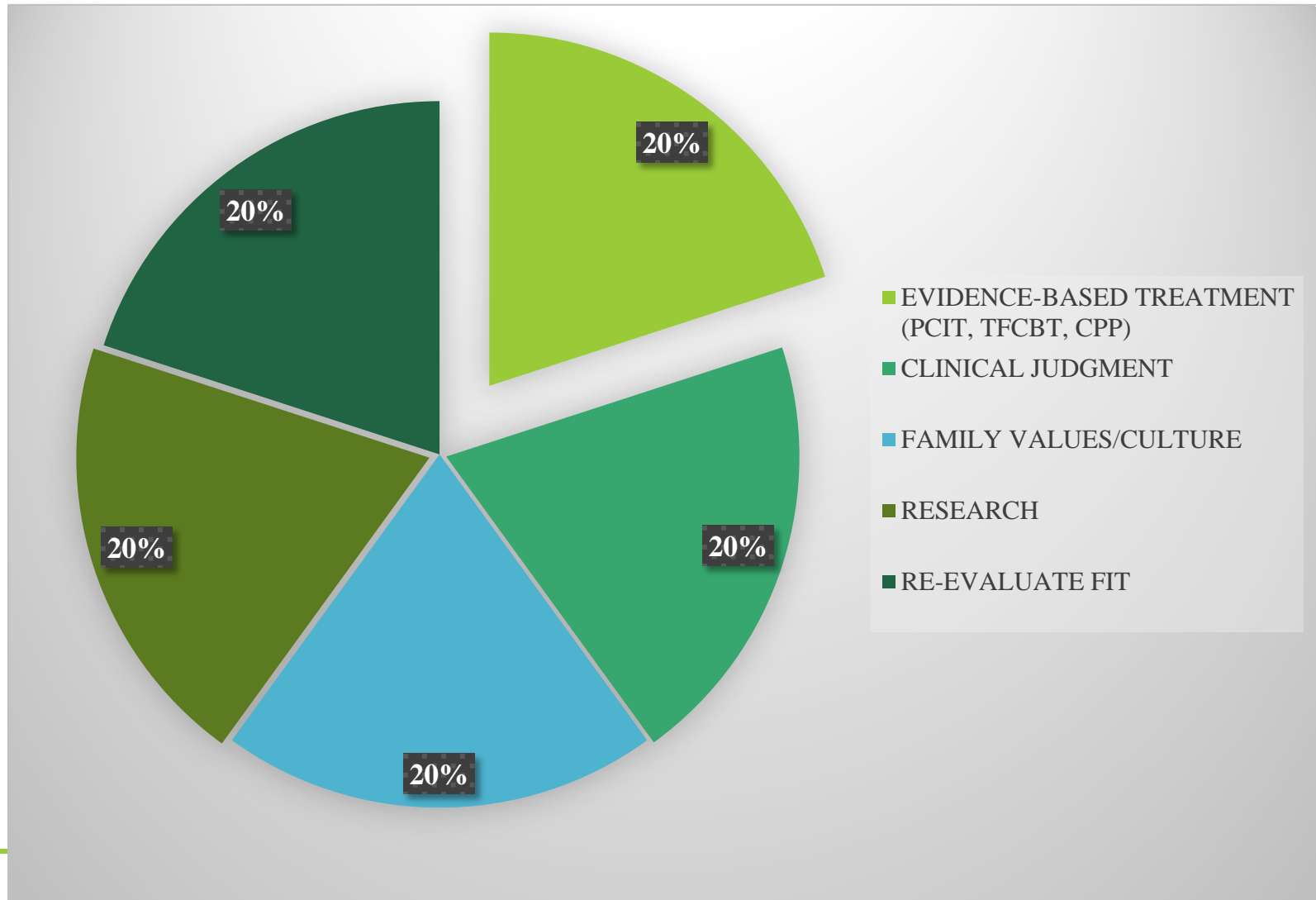
Por qué todo este rollo?

We need to understand the aftermath
of avoidance/active inhibition
if we want to practice successful
trauma work!!!

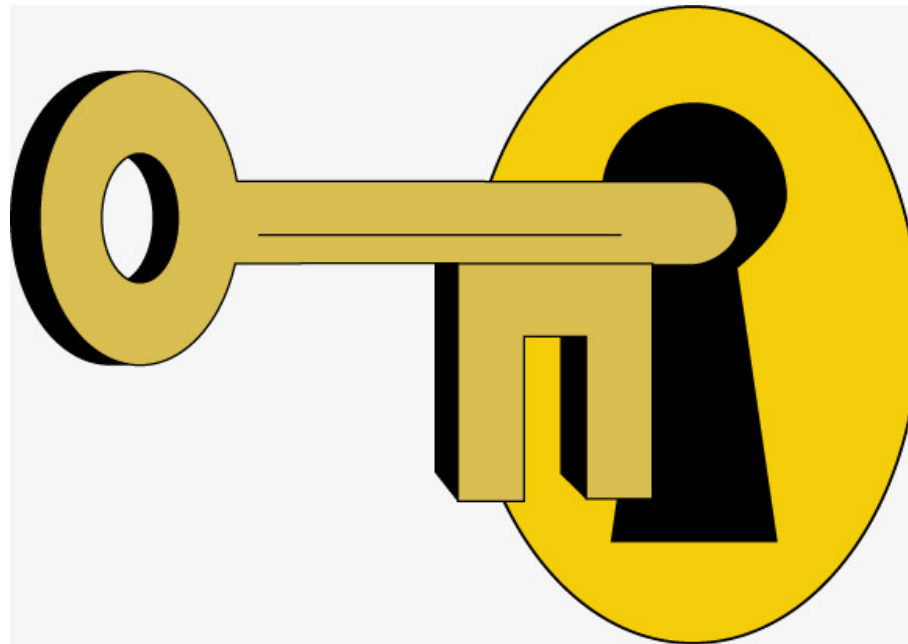
AVOIDANCE IS THE HALLMARK
SYMPTOM OF PTSD

EVIDENCE-BASED PRACTICE

Lakatos, 2016



Intervenciones Clave para el Trabajo de Trauma



Intervenciones Clave para el Trabajo de Trauma

1. Explicar la razón del tratamiento.
2. ¿Qué es Trauma?
3. Uso de metáforas
4. Pasos para sentirme mejor

Explaining the Reason for Treatment:

Child-Parent Psychotherapy's:

Its primary goal is to support and strengthen the relationship between a child and his or her caregiver in order to repair the child's sense of safety, attachment, and appropriate affect to ultimately improve the child's cognitive, behavioral, and social functioning.

Hallmark Intervention

“ I know you experienced ‘A’ that is why you are feeling ‘B.’ You are here so *I can help your mommy help you feel better.*”

Explaining the Reason for Treatment:

Th: Do you know why you are here?


Caregiver: *I know* you saw your daddy hitting your mommy (and that was very scary for you) ***that is why you have been hitting others, and feeling angry all the time.*** **Your mommy brought you here so I can help her *help you feel better.***

Explaining the Reason for Treatment:

Terapeuta: ¿Sabes por qué te trajo tu mami aquí?

Cuidador: *Yo sé que tu viste a tu papi pegarle a tu mami y eso te asusto mucho. **Es por eso que a veces te sientes enojado y le pegas a otros niños.** Tu mami te trajo a terapia para *que con su ayuda te sientas mejor. Lo le voy a enseñar a tu mami como ayudarte a ti.**

2. Qué es Trauma?

Situación	Síntomas	
<ul style="list-style-type: none">• Desastres naturales (fuegos, sismos, tsunamis, huracanes, etc.)• Accidentes en carro, motos, trabajo, etc.• Violencia• Abuso (4 tipos)• Muerte súbita• Violencia doméstica “Bullying”• Suicidio• Secuestro, robos, asaltos• Terrorismo, guerra• Balaceras en escuelas• Otros desastres...• Experiencia personal, a un ser querido o incluso algo que viste o escuchaste en T.V.	<ul style="list-style-type: none">• Cambios emocionales: enojo, irritabilidad, tristeza, miedo, nerviosismo, impulsividad, aislamiento.• Cambios en patrones de sueño (pesadillas, terror nocturno, dificultad para dormir), alimentación, energía, comportamientos regresivos• Pensamientos erróneos e intrusivos: fué mi culpa, soy malo, no puedo confiar en nadie.• Escenas retrospectivas o Flash-backs• Evitación: pensamiento, lugar• Cambios físicos: agitación, ansiedad, dolor de cabeza• Hiperactivación: tensión	<p>Después de 1 mes</p>  <p>PTSD</p>

Uso de Metáforas

“Por qué tenemos que hablar de eso?”

Es mejor olvidar, yo quiero que mi hija olvide todo. No le hable de lo que pasó porque la lastima más.”

Usar metáforas durante todo el tratamiento.

- Beach Ball / Pelota en la alberca
- Water & balls / Cubeta con agua y unas pelotas.
- Finger Trap / Atrapa novias.
- Dog Bite / La mordida de un perro
- The Wound / Las heridas

4. Steps to Feel Better

Instill Hope!

- ✓ Educar a las familias sobre el proceso terapéutico
- ✓ El tratamiento no es para siempre.
- ✓ Emocionate con la graduación!

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¡Gracias!

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