

# **TRAUMA & ITS TREATMENT**

## **Includes VICARIOUS TRAUMATIZATION**

### **The Abused Woman: A Survivor Therapy Approach** (DVD 1715) 2006; 89 min

- CAMH staff and institutional loans only

Synopsis: Combining principles from both feminist and trauma therapy, survivor therapy seeks to provide safety and the re-establishment of personal worth. The psychotherapy documented in this program consists of highlights from a two-year series of counselling sessions. Main areas focus on conducting the first session, developing a crisis safety plan, working with the cycles of trauma and violence, issues of countertransference and boundaries. Goals include helping the client develop new coping strategies, build self-esteem and a healthier life.

A workbook is available that contains transcripts of the sessions and suggestions for role-plays.

### **The ACE Study, 2005 - Adverse Childhood Experience**

Audience: health professionals; students in professional programs

- Institutional loans only

Précis: In two parts, the ACE Study, Adverse Childhood Experience, is a large survey that examines the short and long-term health effects of traumatic events. It is argued that adult health is often strongly affected by these surprisingly common negative experiences. The presenters suggest routine screening in health examinations to aid in understanding both serious illness and vague somatic complaints. Perspectives on trauma are given by health professionals and by adult survivors.

- **Childhood Trauma and Adult Health** (DVD 1625.1) 48 min

Origins, design and findings of the study; intergenerational transfer; obesity, addictions, depression; social costs; child safety

- **Healthcare Implications** (DVD 1625.2) 44 min

Neurobiology of trauma; trauma and addictions; alternative treatments; asking the right questions; medical training

- **Wounds that Won't Heal** (DVD 1625) 30 min

Audience: adult

This is a patient information module condensed from the above professional development program. The goal of this module is to help clients consider the idea that current unhealthy or self-destructive behavior may be directly related to ACE conditions of the past.

### **Beyond Trauma: A Healing Journey for Women, 2003**

- Institutional loans only

Audience: health professionals and their clients

Synopsis: For women, the experience of trauma often leads to the development of co-disorders such as addictions, eating disorders, and self-harm. This program with Stephanie Covington explores the interrelationship between substance abuse, trauma, and mental health. The therapeutic techniques of psycho-educational, cognitive behavioral, expressive arts, and relational therapy are all used to help women explore the impact of trauma on their lives and help develop a sense of safety. These techniques have been applied in both regular treatment and in criminal justice settings. Based on theory, research, and clinical experience the presenter combines a practical approach to treatment with theories about women who have experienced all kinds of trauma. Designed as an integrated treatment guide for therapists and the women they treat. Dr. Covington attends to key themes, including power, violence, self-soothing, response to trauma, the mind-body connection, and feelings.

- **Facilitator Program** (DVD No.1649.1) Disc 1, 75 min., Disc 2, 54 min

- **Client Program** (DVD 1649.2) 45 min

- **Facilitator Guidebook** (Workbook 1649WB.1)

- **Workbook for Women** (Workbook 1649WB.2)

**Brain Injury and Substance Abuse** (Video 1491) 2001; 20 min

Audience: professional; post-secondary

Synopsis: Centre for Addiction and Mental Health developed this training film on Traumatic Brain Injury (TBI) to answer the need for increased cross training and communication between providers working in the areas of substance abuse and TBI. "Because substance abuse providers are not trained to identify or manage conditions that individuals with brain injury present, and brain injury providers are not trained to identify or manage substance abuse problems, individuals with this co-occurring condition often fall between the cracks," says Dennis James. "They may receive not only inappropriate treatment, but their recovery in general may be jeopardized." This training video and manual address this issue, and aims to improve the identification, assessment and service planning for clients with this dual condition. Also, to enhance understanding of the functional relationships between TBI and substance abuse and present the systemic problems that exist in providing services to clients with a concurrent condition and what typically happens to them.

**Casualties of Peace, The National** (Video 2520) 2004; 20 min

Audience: senior students; general adult

Synopsis: The CBC National Magazine examines the effects on the peacekeepers Canada sends into some of the world's trouble spots. Now it is becoming apparent that many soldiers are coming home highly troubled. It is remarked here that recently, a Canadian Forces inquiry recognized what many soldiers have long known to be true: that long after the troops have left the fighting and the humanitarian disasters behind, those left with traumatic memories of what they have witnessed, are left alone.

**Child Maltreatment, 2000**

Audience: medical staff; students in professional programs

- Institutional borrowers only

Note: This program offers in two parts is a fundamental introduction to the problem of child abuse.

- **Psychological and Physical Abuse** (Video 2263.1) 30 min

Synopsis: This program will define and discuss psychological abuse and its effect on the emotional and social life of children. Also presented is a discussion of the characteristics of adults who physically abuse children and illustrates the physical signs of adult inflicted injuries. A concluding discussion presents an identification of the women, both pregnant and postpartum, that may be at risk for maltreatment of their children.

- **Neglect and Sexual Abuse** (Video 2263.2) 26 min

This tape offers an outline of the issues of physical neglect and sexual abuse and the factors that contribute to parents or guardians becoming negligent or abusers of children. There is definition of the activities that are considered sexually abusive, the characteristics of potential abusers and victims and the phases of abuse. The concluding discussion focuses on the effects of sexual abuse on children

**EMDR: A Closer Look** (Video 1535) 1998; 40 min

Audience: health professionals

Synopsis: EMDR, Eye Movement Desensitization and Reprocessing, is a technique for treating trauma originated by Francine Shapiro in 1989. Since that time considerable controversy has developed around both treatment methods and explanation of efficacy. Likewise supporters and critics stand at polar opposites. Dr Larry Beutler presents the evidence and arguments from both sides to give an objective evaluation of EMDR, which includes short interviews with several experts in trauma treatment and reports of the scientific literature.

**Honouring Resistance: A Response Based Approach to Counselling**

Audience: professional counsellors; post-secondary students

- **A Workshop with Allan Wade** (DVD 1600.1) 2005; 22 min

Synopsis: Wade demonstrates the response-based approach to therapy with victims and perpetrators of violence and examines the connection between violence and language. The response-based approach stems in part from In addition conceal victims' resistance, and blame or pathologize victims. In contrast, the response-based approach consists of practices that

expose violence, clarify perpetrators' responsibility, elucidate and honour victims' resistance, and contest the blaming and pathologizing of victims. Perpetrators anticipate resistance from their victims and take specific steps to conceal and suppress it. Wade argues that representing victims and survivors as passive and socially conditioned recipients of abuse tends to conceal the nature and extent of violence and mitigate the perpetrators' responsibility. In this view, violent behaviour is typically represented as an effect of social or psychological forces that overwhelm the perpetrator and compel him to engage in violent acts.

• **A Response Based Client Interview** (DVD 1600.2) 2005; 102 min

Synopsis: This part of the program contains two sections. Wade demonstrates the response-based interview process with a client in the first twenty-minute Client Interview section. Although the client is not a victim of extreme trauma or abuse, there is a significant change in the client's self-image and even of the specific memories of the event. Part two consists of an interview commentary and client reflections and summary. Wade and the client provide a running commentary on the process of the preceding interview. There is a summary of steps to response-based interviewing, including the client's feedback about this approach. In conclusion, Dr. Wade summarizes the process.

**Jericho: Walls of Silence** (Video 1549) 1999; 48 min (CC)

Audience: adult; deaf and HOH

Synopsis: This story of sexual abuse at this residential school for the deaf is also a critical examination of how the gap between the deaf and hearing worlds contributed to the isolation of the children of Jericho. When police were first alerted to the abuse in 1982, interview protocol for sexual abuse had not been formulated and the investigation faltered. For over a decade successive governments and authorities at 'Jericho Hill School for the Deaf' had evidence that abuse was happening in their midst but took no action. As the years passed, victims became offenders; a culture of abuse was established. A former student forced an examination of his claims and exposed the hundreds of stories that eventually led Justice Berger's inquiry and the establishment of compensation.

**Oppression: Post-Traumatic Stress** (Video 1596.3) 1998; 52 min

Audience: adults only

• **Caution:** This program contains very graphic images and may not be suitable for young or sensitive viewers.

Synopsis: Post-traumatic stress disorder can develop as a result of exposure to unusual or extreme situations that threaten the physical integrity of a person. This documentary explores the concept of PTSD in a woman victimized for some twenty years, by a violent husband; a mother whose child, victim of street gang violence died of leukemia; a female bank employee, victim of two armed robberies; a soldier serving during the recent Balkan wars in former Yugoslavia. The program shows that while varied stress symptoms are evident the problem can be diagnosed and treated.

### **Seeking Safety Training Series, 2006**

Developed under a grant from the National Institute on Drug Abuse, it is recommended that the programs outlined below be viewed in sequence. *Supporting material including an "adherence scale" and score sheet, is available in pdf format on the **Seeking Safety** website.*

• CAMH staff and advanced institutional loans only

Audience: trauma counsellors

• **Seeking Safety Training** (DVD 1685.1) 120 min. This training session is hosted by Lisa Najavits illustrated with segments showing actual therapy sessions of clients and clinicians. The training includes background information on trauma/PTSD and substance abuse; an overview of the Seeking Safety program; implementation; studies; and answers to frequently asked questions.

• **Therapy Session: Asking for Help** (DVD 1685.2) 60 min. This section shows Lisa Najavits conducting an unscripted group session with real clients. The session uses the topic "Asking for Help" from the Seeking Safety book.

- **A Client's Story** (DVD 1685.3) 20 min. This program is mainly focused on a male client who describes the impact of sexual abuse and addiction on his life and his attempts to obtain treatment. Examples are presented of teaching a real client the skill of "grounding" using the script from the Seeking Safety manual.
- **Adherence Rating Session: Healthy Relationships** (DVD 1685.4) 60 min. A clinician conducts an unscripted group session with real clients, using the topic "Healthy Relationships" from the Seeking Safety book. The session is designed to show both good and poor elements, and is for use with the "Seeking Safety Adherence Scale" and "Seeking Safety Adherence Scale Score Sheet." Comparisons may be made of test ratings with the expert rating as a learning exercise for clinical purposes or for research purposes to aid inter-rater reliability estimation.

### **Severe Early Trauma, 1995**

- **The Long Term Effect** (Video 2223.1) 55 min
  - **Therapy for Adult Survivors** (Video 2223.2) 50 min
- Audience: health professionals; post-secondary students
- Synopsis: Secure attachments with caregivers play a critical role in helping children develop a capacity to modulate physiological arousal. Research undertaken for the DSM-IV revealed that survivors of repeated and severe childhood trauma generally experience a common set of problems as adults. Loss of ability to regulate the intensity of feelings and impulses is possibly the most far-reaching effect of trauma and neglect. This video series examines the wide range of symptoms for what the researchers have labeled Disorders of Extreme Stress. Presenters Bessel van der Kolk, MD, Director of the HRI Trauma Center, along with David Calof, Yvonne Dolan, Diana Elliott present their therapeutic approaches to treating the disorganized attachment, aggression, self-destructive behavior, eating disorders, and substance abuse, noting these behaviors coexist, complicating diagnosis and treatment.

- **Counting the Cost: The Lasting Impact of Childhood Trauma** (Video 2223) 1993; 30 min

Audience: survivors; families; senior secondary students

Synopsis: Four survivors of childhood trauma discuss its impact on their lives. The experiences have affected both self-definition their attitude to others and toward their surroundings. They describe their attempts to cope with those effects, to heal, and to find meaning in life.

### **Surviving Trauma and Tragedy: Lessons for Future Physicians and Health Professionals** (DVD 1699) 2006; 82 min

Audience: students in post-secondary professional programs; medical residents

Synopsis: The program starts of with an interview with Frank Ochberg (Sustaining Trauma Workers) before a group of medical students on the basics of understanding PTSD. There is a review of symptoms, effects on both the victim and their relationships with others, including the caregiver, the use of medication and the place of psychotherapy. Four personal stories of trauma are related by the panel participants. Mediation by Dr. Ochberg enlarges on the effects of PTSD using examples from his practice. The program also brings all the participants together to answer questions from the audience

### **Talking Cure: Case Studies in Psychotherapy, 1999**

This series of case studies, two of four, highlights work done at the Tavistock Clinic in the UK. Founded after the First World War to deal with Shock-Trauma, the Clinic is a major treatment and training center. The following forty-minute therapy sessions offer insight into the healing dialogue.

- **2322.1 When Grief Gives Way to Healing** Ken and Sue Green lost their only son in a traffic accident. Their angry focus on exact details of the accident has become a way for them to avoid the reality of the loss. Excerpts from four sessions are shown here as the Greens attempt to confront their true feelings
- **2322.3 Jan: Facing the Feeling of Guilt** For years Jan has been haunted by a traffic accident where another man died. Through therapy session he learns to break down the defensive mechanisms he has developed out of guilt and deal with the reality of the accident.

### Trauma and Memory, 1993

- **The Dissociative Defence** (Video 2303.1) 42 min

- **The Intrusive Past** (Video 2303.2) 40 min

Audience: health professionals; post-secondary students

Synopsis: Presenters Bessel van der Kolk et al examine how dissociation develops and functions as a defense against overwhelming stress. They argue that intense emotions at the time of the trauma may initiate the long-term conditioned responses. They discuss their ideas on how the mind processes traumatic events, and how traumatic memories may be stored as somatic sensations, behavioral enactments, nightmares, and flashbacks. Child abuse survivors add their perspectives that demonstrate the difficulties people with PTSD have integrating traumatic experiences and their tendency, to continuously relive the past.

- **True/Not True: When Memories Can Be Trusted** (Video 2303) 30 min

Audience: clients; families; senior students

Synopsis: This is a client module with testimonial narratives and edited commentary from counsellors condensed from the above programs.

### Trauma and Eating Disorders, 2003

Audience: health professionals; post-secondary students

Précis: The presenters of this program state that research shows 30 to 40 percent of patients who have eating disorder behaviors are survivors of sexual trauma, and many have experienced other kinds of trauma. Clinical and treatment information in these tapes is supplemented by commentary from clients on the impact of trauma and eating disorders, and of their work to achieve wellness.

- **Clinical Presentations** (Video 2406.1) 42 min

Topics covered include eating disorder as communication, as self-injury, isolation, control and dissociation. In addition the distinctive features of anorexia, bulimia and binge eating are discussed.

- **Treatment Issues** (Video 2406.2) 41 min

Topics covered include symptomatology, the therapeutic relationship, safety and stabilization and trauma resolution.

### Trauma and Substance Abuse 1997

- **Therapeutic Approaches** (Video & DVD 1374.1) 46 min

- **Special Treatment Issues** (Video & DVD 1374.2) 40 min

Audience: health professionals

Synopsis: This detailed program discusses the intricacies and procedures; concepts and issues in treating this often misdiagnosed population. Particular emphasis is placed on attending to both disorders, a dual diagnosis. Four patients present their experiences and treatment specialists provide commentary. The second part of the program examines client-therapist issues: counter-transference, co-dependency, crises and relapse, medications and self-help programs. A condensed version is available for general audiences.

- **Numbing the Pain: Substance Abuse and Psychological Trauma** (Video 1374) 30 min

Audience: client module; general adult

Synopsis: This edited compilation, mainly of client commentary, taken from the above two videos, with minimal professional commentary.

### The Traumatized Child, 2000

- **Understanding** (Video 1609.1) 44 min

- **Parenting** (Video 1609.2) 45 min

- **Treating** (Video 1609.3) 45 min

Audience: health professionals; adoptive parents; students in professional programs

Synopsis: Therapists Margaret Blaustein, Joyanna Silberg, Frances Waters, and Sandra Wieland in this three-part presentation describe how traumatized children's understanding and interactions with the world are different from other children. Providing suggestions for stabilizing traumatized

children and improving adult/child interactions they note how adults can respond most effectively. The topics of anger and anxiety, trauma triggers, dissociation, de-escalation strategies, grounding techniques, and the process of building trusting relationships are discussed. These observations are supplemented by accounts of parents, teachers, and former foster children.

### **Treating Complex PTSD, 2000**

Audience: professional

- **Clinical Issues** (DVD 1632.1) 40 min
- **Stabilization Techniques; Therapeutic Modalities** (DVD 1632.2) 42 min

Synopsis: This video series describes a range of PTSD treatment approaches that the presenters have found useful in working with patients suffering from the effects of chronic traumatization. It is argued here that many of the skills survivors need most: learning how to tolerate touch, symptom management, learning how to resist experience relapse, or re-traumatization may involve adjunctive therapies outside the traditional mental health field.

### **Treating the Dissociative Client, 1995**

Audience: professional

- **Stabilization** (Video 2259.1) 50 min
- **Trauma Work** (Video 2259.2) 45 min

Audience: health care professionals

Synopsis: Designed for practising clinicians working with adults who have suffered abuse during childhood. The first program discussed the incidence of dissociative disorders in psychiatric populations and distinguishes three levels of dissociation. General information is provided in establishing a workable therapeutic relationship emphasising safety, stability and symptom reduction. Cognitive distortions and medication issues are also discussed. The second program focuses specifically on clinical issues, dealing with abreactions, supportive neutrality, ambivalence and grief. Also presented is discussion of reducing dissociative fragmentation, working with hostile and child alters, then the final phase of treatment.

### **Vicarious Traumatization, 1995**

Précis: Sometimes known as trauma fatigue or secondary trauma this program developed by Laurie Anne Pearlman and Karen Saakvitne describes the effects of Vicarious Traumatization (VT). The tapes contain commentaries by seven trauma clinicians who clarify terms and offer solutions from their own experiences.

Audience: trauma workers; clinical students

- **The Cost of Empathy** (DVD 1454.1) 46 min

Synopsis: VT is distinguished from "burn-out" and counter-transference while other contributing factors are discussed including the impact on the personal lives and relationships of counsellors. The special issue of the counsellor who is a trauma survivor is also presented.

- **Transforming the Pain** (DVD 1454.2) 40 min

Synopsis: Dealing with VT in a professional manner includes, education, balancing workload, limit setting, supervisory and colleague consultation. Other personal means of coping can include recreation and creative activities, development of a spiritual life and social activism.

### **When Helping Hurts: Preventing and Treating Compassion Fatigue**

(DVD 1700D) 2006; 17 min

Audience: front line workers, trauma counsellors

Synopsis: This version of "When Helping Hurts" is a condensed version of "Sustaining Trauma Workers" with the addition of some new material. The major focus is on the experience of medical workers. See 1486 below for the full program.

### **When Helping Hurts: Sustaining Trauma Workers** (Video & DVD 1486) 1998; 50 min

Audience: health professionals

Synopsis: Who is the trauma worker? Counsellors dealing with traumatized clients come to mind first, but there are the ambulance attendants, police, fire fighters, international aid workers, almost

anyone, the neighbours who help at natural disasters. It is suggested that compassion fatigue can be thought of as PTSD through empathy. The program is divided into three main topics. The definition of compassion fatigue is given as a state on a continuum between burnout and counter transference. The symptoms are similar to depression and may include loss of the sense of humour, resentment, and altered libido, sleep problems and psychosomatic disorders. The worker may become isolated and lose confidence in their work and they may drink too much alcohol. Recognition of compassion fatigue may be complicated by the denial of feelings, detachment, but intolerance, impatience and lack of judgement are indicators. How do you help someone who doesn't want help? How do you survive? The host Dr. Frank Ochberg, and other trauma workers offer extensive commentary and strategies; admitting vulnerability, practising self-care and having a plan are discussed. The video is punctuated with scenes from Oklahoma City, Rwanda, Bosnia and hospital emergency rooms.