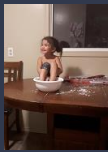


Breaking Through the Barriers of Shame and Guilt: Engaging Isolated Families

Donna Balkwill BSW RSW and Deena Hall BSW RSW

Presentation Overview



Introductions

What is Resistance?

- Trauma
- Shame & Guilt
- Vulnerability

What Creates Resilience?

- Acknowledging Barriers
- Identify Core Values
- Identify Strengths
- Identify Goals

Building Your toolbox

Questions



What is behind Resistance?

<https://www.youtube.com/watch?v=Ps8tAPj8dE>

Trauma
Shame
Vulnerability

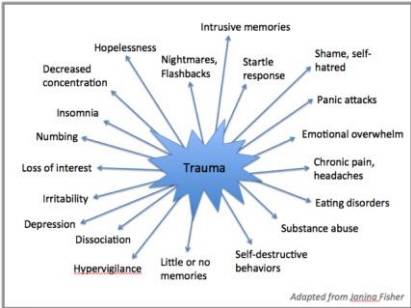


Trauma

Simple
Simple traumas, although not life-threatening, are highly disturbing events that evoke overwhelming negative affect and result in painful, unresolved memories, which negatively impact on the person's view of self and others. Most people have had several such experiences during their lifetime, with events that occur in childhood having the greatest emotional impact.

Complex
Complex traumas refer to exposure to highly disturbing situations. Complex traumas involve death, or the threat of death or serious injury, to which the person reacts with feelings of intense fear, helplessness, or horror. Complex traumas overwhelm the person's coping ability and meet one of the criteria for post-traumatic stress disorder.

Symptoms of Trauma



Trauma Symptoms in Children

From National Child Traumatic Stress Network

Preschool Children

- Feel helpless and uncertain
- Fear separation from parent
- cry/scream a lot
- Poor eating/weightloss
- Return to bedwetting
- Return to babytalk
- Develop new fears
- Nightmares
- Recreate trauma through play
- Not developing to next growth stage
- Changes in behavior
- Ask questions about death

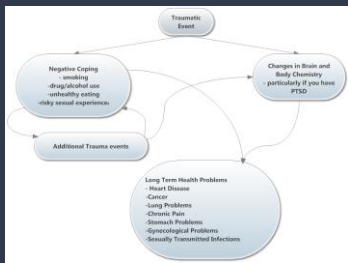
Elementary School Children

- Anxious and fearful
- Worry about own and others safety
- Clingy with caregiver
- Feel guilt and/or shame
- Retelling trauma event over and over
- Become upset with small bump or bruise
- Difficulty concentrating
- Experience numbness
- Fear that the trauma will happen again
- Sleeping difficulties
- Change in school performance
- Easily startled

Middle/High School Children

- Feel depressed and alone
- Discuss trauma events in detail
- Eating disorders and self-harm behaviors
- Start using substances
- Sexual activity
- Feel different from everyone else
- Risk taking behavior
- Sleep disturbances
- Avoid places that remind of the trauma event
- Express no feeling about the trauma event
- Changes in behavior

Trauma and the Physical Body



Orsillo, 2012



Guilt vs Shame

- What is it? How does it present?



"It is like internal bleeding - exposure to oneself lies at the heart of toxic shame. A shame based person will guard against exposing his inner self to others, but more significantly, he will guard against exposing himself to himself."

- John Bradshaw -

What Can Shame Look Like?

Shameful Acting Out

- Compulsive/obsessive
- Out of control
- Self blame
- "Slob"
- Intimacy dysfunction
- Rage
- Self contempt
- Self indulgent

Shameful Acting In

- Perfectionist
- Controlling
- Blame
- Righteousness
- Intimacy dysfunction
- Passive /Aggressive
- Self deprivation/criticism
- Rigid
- All knowing

SHAME BASED FAMILY RULES

1. Control
2. Perfectionism
3. Blame
4. Denial of the five freedoms
5. "No Talk" rule
6. "No listen" rule
7. Don't make mistakes
8. Unreliability
9. Don't Trust



Blair, 2008

Vulnerability

It's sort of like climbing a mountain

<https://www.youtube.com/watch?v=LdrZ7bsDdhA&t=341s>

Vulnerability is not good or bad

"To believe vulnerability is weakness is to believe that feeling is weakness. To foreclose on our emotional life out of fear that the costs will be too high is to walk away from the very thing that gives purpose and meaning to living. Our rejections of vulnerability often stem from our associating it with dark emotions like fear, shame, grief, sadness, and disappointment – emotions that we don't want to discuss, even when they profoundly affect the way we live, love, work, and lead. Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity" (Brown, 2012)



Mental Health and Self Preservation



**Breaking Through:
What Creates
Resiliency**

"Resiliency is often a slow unfolding of understanding" (Brene Brown, 2010)

- Acknowledge Barriers
- Identify Core Values
- Identify Strengths
- Identify Goals





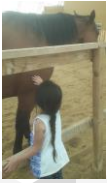

Acknowledging Barriers



Core Values



Identifying strengths



natural Strengths gifts Qualities Core abilities talents

Identify Goals



For myself.....
Maximize autonomy
Manage stress

For my family.....
Improve /strengthen relationships
Support child's behaviors
Take care of my children

To move forward.....
Express my feelings, manage anger,
Communicate feelings + increase positive
communication

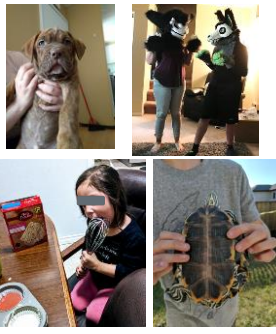
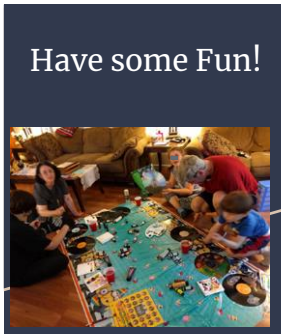
Building Your Toolbox

So what tools can we use to acknowledge barriers, identify core values identify strengths, and identify goals?

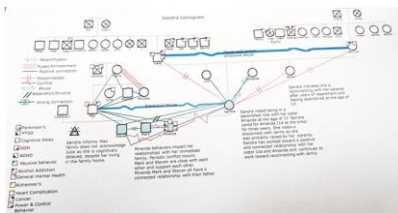
	Values	Goals	Strengths







Genograms



Validation



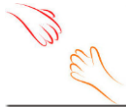
When people truly feel heard they are more likely to engage and take the step towards making changes.

Prove your value

How can we as practitioners show how we are valuable to these families moment by moment?

We have the knowledge that their participation will be helpful in the long term, however, sometimes we can be invasive to a family who are living under "shame based family rules."

Working hard to earn trust in a short amount of time is essential in breaking through some of the barriers.



Strengths Exercises

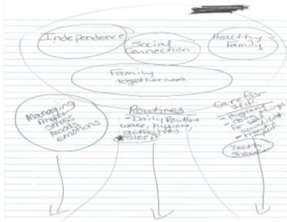


Questioning



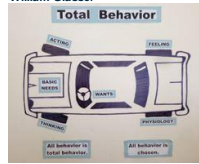
Confidence

Core Values and Goal Setting





Reality Therapy/Choice Theory William Glasser

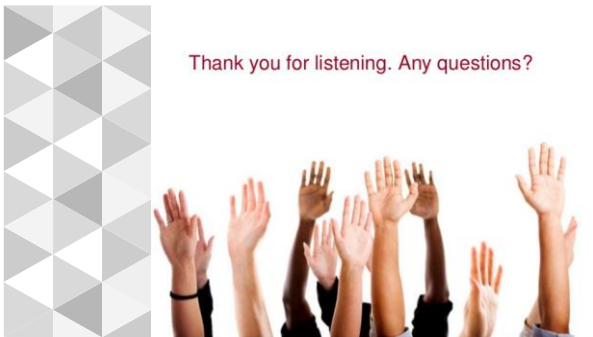


What do I want?
What am I doing to get what I want?
Is it working?

Activities With Children







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