



# TRAUMA & Eye Movement Desensitization & Reprocessing (EMDR)

# Contact Information

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# MACT Integrated Behavioral Health Program (IBHP)

- ▶ IBHP is now providing services at all of our current 4 existing sites however in a limited role.
- ▶ In comparison to recent years, 2016 is on pace to provide more than double the Behavioral Health (BH) encounters
- ▶ Streamlined GPRA screening with automatic BH referrals if positive on any measure
- ▶ Strategic outreach to our identified Native Diabetic patients to offer an annual BH appointment to assess and address any unmet mental health needs
- ▶ Current planning to expand our BH access/services by adding full time clinicians at all of our sites and improving our service delivery with addition of psychiatric care as well

# Is Your Organization Trauma-Informed?

- ▶ Why is it important?
- ▶ What is trauma-informed care?
- ▶ Who benefits?
- ▶ What can we do?



## Nadine Burke Harris TED Talk

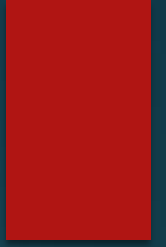
[http://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

# Trauma By The Numbers

- ▶ 51% of the general population have experienced trauma in childhood
- ▶ 98% of people served by behavioral health professionals have experienced trauma
- ▶ 80% of people in psychiatric hospitals have experienced physical or sexual abuse
- ▶ 66% of people in substance abuse treatment report childhood abuse or neglect
- ▶ 90% of women with alcoholism were sexually abused or suffered severe violence from parents
- ▶ Adverse Childhood Events (ACE) Study Findings



# The Adverse Childhood Experiences (ACE) Study (DR. R.F. Anda, V.J. Felitti, & C.A. Redding,



- ▶ The largest study of its kind ever to examine over the lifespan the medical, social, and economic consequences in adults of adverse childhood experiences. (17,337 participants).
- ▶ Center for Disease Control and Kaiser Permanente (an HMO) Collaboration
- ▶ Over a ten year study involving 17,000 people
- ▶ Looked at effects of adverse childhood experiences (trauma) over the lifespan
- ▶ Largest study ever done on this subject



# Prevalence of Adverse Childhood Experiences

## ABUSE, BY CATEGORY

## PREVALENCE

PSYCHOLOGICAL (BY PARENTS)	11%
PHYSICAL (BY PARENTS)	28%
SEXUAL (ANYONE)	22%

## NEGLECT, BY CATEGORY

EMOTIONAL	15%
PHYSICAL	10%

## DYSFUNCTION, BY CATEGORY

ALCOHOLISM OR DRUG USE IN HOME	27%
LOSS OF BIOLOGICAL PARENT < AGE 18	23%
DEPRESSION OR MENTAL ILLNESS IN HOME	17%
MOTHER TREATED VIOLENTLY	13%
IMPRISONED HOUSEHOLD MEMBER	10%

# More ACE study findings

- ▶ 2/3rd (67%) of all suicide attempts
- ▶ 64% of adult suicide attempts
- ▶ 80% of child/adolescent suicide attempts are attributable to childhood adverse experiences
- ▶ Women are 3 times as likely as men to attempt suicide over the lifespan.

# The ACE Study

## Summary of Findings

- ▶ Adverse Childhood Experiences (ACEs) are very common, but largely unrecognized.
- ▶ ACEs are strong predictors of later death, disease, health risks, social functioning, well-being, and medical care costs.
- ▶ ACEs are the basis for much of adult medicine and of many major public health and social problems.
- ▶ Adverse childhood experiences are interrelated, not solitary.
- ▶ This combination makes Adverse Childhood Experiences the prime determinant of the health, social, and economic well-being of our nation.
- ▶ Stressful and traumatic childhood and adolescent experiences literally become “biology” affecting brain structure and function (as well as endocrine, immune, and other biologic functions) thus leading to persistent effects (Foege, W.H., American Journal of Preventive Medicine, 1998).

# Trauma amongst American Indian & Alaskan Natives

- ▶ Suicide rates for AI/ANs are 1.7 times the national average leading to the alarming statistic of being the second leading cause of death for Indian youth between the ages of 15-24 (3.5 times higher than the national rate: IHS, Trends in Indian Health 2002-2003)
- ▶ AI/AN youth have reported being a bully themselves at a rate of 30.9% compared to the 18.8% national rate (Olewus, 1993)
- ▶ Violent deaths—deaths from unintentional injuries, homicide, and suicide account for 75% of all mortality among AI/AN's in their 20s (DHHS, Mental Health: Culture, Race, and Ethnicity, 2001)
- ▶ 39% of AI/AN women reported experiencing intimate partner violence (IHS 2002 & CDC, 2008)
- ▶ 39% of AI/ANs aged 26 to 49 reported binge drinking in the past month compared to the national average of 28% (SAMSHA, July 15, 2010)

# What Is Trauma-Informed Care?

- ▶ An appreciation for the high prevalence of traumatic experiences in persons who receive mental health (physical health and substance abuse) services.
- ▶ A thorough understanding of the profound neurological, biological, psychological and social effects of trauma and violence on the individual.

(Jennings, 2004)

# What Is EMDR?

- ▶ Developed by Francine Shapiro PHD in 1987
- ▶ Expanded into one of the most effective trauma techniques and is now widely used around the world
- ▶ EMDRIA (EMDR International Association) and research related questions: <http://www.emdria.org/>
- ▶ Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. To date, EMDR therapy has helped millions of people of all ages relieve many types of psychological stress.



# Efficacy

- ▶ Bessel van der Kolk and other Trauma experts have researched various trauma treatments and have found EMDR to be one of the most effective and swift techniques for PTSD and other trauma related conditions
- ▶ There is extensive research on this technique and other trauma focused treatments, please see <http://www.emdria.org/> or other such websites for article references



# How Does It Work?

- ▶ Briefly stated, the model regards most pathologies as derived from earlier life experiences that set in motion a continued pattern of affect, behavior, cognitions, and consequent identity structures (EMDR, 2<sup>nd</sup> edition, 2001)
- ▶ EMDR seems to have a direct effect on the way that the brain processes information. Normal information processing is resumed, so following a successful EMDR session, a person no longer relives the images, sounds, and feelings when the event is brought to mind. You still remember what happened, but it is less upsetting. Many types of therapy have similar goals. However, EMDR appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep. Therefore, EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way.

# How Does It Work Continued

- ▶ TICES protocol: Target (Memory) = Image, Cognition, Emotion, Sensations
- ▶ Target = Memory that has been agreed to address
- ▶ Image = What mental image or thought represents the incident
- ▶ Cognition = Negative Cognition (e.g., I'm stupid) vs Positive Cognition (e.g., I'm intelligent).
- ▶ Emotions = Identifying emotions associated with the incident
- ▶ Sensations = Where in the body the person feels sensations
- ▶ Scaling questions: VOC (Validity of Positive Cognition) & SUDS (Subjective Units of Disturbance Scale)

# Case Examples: Natives vs Non-Natives

- ▶ My personal experience when receiving training in EMDR
- ▶ Non-Native Nurse experiences life threatening Staph infection at hospital
- ▶ Native experiences car accident with physical disabilities and chronic pain

# What Can We Do to Promote a Trauma-Informed Organization & Improve Outcomes?

1. Early Screening and Comprehensive Assessment of Trauma.
2. Consumer Driven Care and Services.
3. Trauma-Informed, Educated and Responsive Workforce
4. Provision of Trauma-Informed, Evidence Based Best Practices.
5. EMDR and other Trauma focused techniques are essential.
6. Create a Safe and Secure Environment.
7. Engage in Community Outreach and Partnership Building.
8. Ongoing Performance Improvement and Evaluation

# Thank You For Your Attention

▶ EMDR Training:

<http://www.emdr.com/us-basic-training-overview/>

<http://www.emdria.org/?page=22>

Questions ?