



# **Trauma Informed Care Toxic Stress Reduction Orientation**

## **Fundamentals of Self-Regulation and Compassion Care**

### **San Bernardino County 2019 Forums**

**1.0 Hours**

**Check in- PIES**

**Trauma Informed Fundamentals**

**Barriers to trauma informed approaches**

**Mentalist Models and trauma organized systems-Impact on service workers**

**Defining Psychological Trauma**

**The Stress Continuum and Organizational Stress Responses**

**Organizational Trauma and Traumatic exhaustion**

**Workplace Toxic stress-how to recognize it-how to reduce it!**

**Self-Regulation Tools - Compassion Self Care for Self and Colleagues**

**Final Comments and Questions- Wrap Up & Adjourn**



A **Subjective Units of Distress Scale (SUDS** - also called a **Subjective Units of Disturbance Scale**) is a scale of 0 to 10 for measuring the subjective intensity of disturbance or distress currently experienced by an individual. The individual self assesses where they are on the scale. The SUDS may be used as a benchmark for a professional or observer to evaluate the progress of treatment. In desensitization-based therapies, such as those listed below, the patients' regular self assessments enable them to guide the clinician repeatedly as part of the therapeutic dialog.

The SUD-level was developed by Joseph Wolpe in 1958. It has been used in EMDR, Trauma-Focused Therapy (TFT), EFT, and Anxiety Disorders and for research purposes.



**Basis:** There is no hard and fast rule by which a patient can self assign a SUDS rating to his or her disturbance or distress, hence the name *subjective*.

Some guidelines are:

- The intensity recorded must be as it is experienced now.
- Constriction or congestion or tensing of body parts indicates a higher SUDS than that reported.
- **10** = Feels unbearably bad, beside yourself, out of control as in a nervous breakdown, overwhelmed, at the end of your rope. You may feel so upset that you don't want to talk because you can't imagine how anyone could possibly understand your agitation.
- **9** = Feeling desperate. What most people call a 10 is actually a 9. Feeling extremely freaked out to the point that it almost feels unbearable and you are getting scared of what you might do. Feeling very, very bad, losing control of your emotions.
- **8** = Freaking out. The beginning of alienation.
- **7** = Starting to freak out, on the edge of some definitely bad feelings. You can maintain control with difficulty.
- **6** = Feeling bad to the point that you begin to think something ought to be done about the way you feel.
- **5** = Moderately upset, uncomfortable. Unpleasant feelings are still manageable with some effort.
- **4** = Somewhat upset to the point that you cannot easily ignore an unpleasant thought. You can handle it OK but don't feel good.
- **3** = Mildly upset. Worried, bothered to the point that you notice it.
- **2** = A little bit upset, but not noticeable unless you took care to pay attention to your feelings and then realize, "yes" there is something bothering me.
- **1** = No acute distress and feeling basically good. If you took special effort you might feel something unpleasant but not much.
- **0** = Peace, serenity, total relief. No more anxiety of any kind about any particular issue.

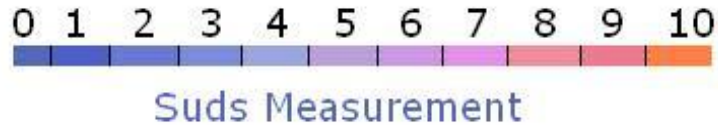
For example: If you were afraid of walking into a darkened room I would ask you on a scale of zero to ten what level of resistance you think you are.

The point to remember here is that you don't have to intellectualize it, if you are not sure then simply guess. Because in almost every case you will be fairly close to the mark as your inbuilt guidance system will help you.



*The Heart of Trauma Informed Care®*

A **Subjective Units of Play/Pleasure Scale** (SUPS - also called a **Subjective Units of Play/Pleasure Scale**) is a scale of 0 to 10 for measuring the subjective intensity of play & pleasure currently experienced by an individual. The individual self assesses where they are on the scale. The SUPS may be used as a benchmark for a professional or observer to evaluate the progress of workforce protection or self care.



## SUPS

**Basis:** There is no hard and fast rule by which a patient can self assign a SUPS rating to his or her play or pleasure, hence the name *subjective*.



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## **WORKSHEET: Compassion Care Plan for Human Service Providers**

### **Self Reflection- Locate parts of your life on the stress continuum:**

- Positive Stress
- Tolerable Stress
- Intense Distress
- Toxic (Chronic) Distress
- Allostatic Load

### **Acute Safety Plan & Stillness Practice**

- Posture & Body Weight (Seated & Standing)
- 
- Inhale-Exhale (3:6 Complete Breath) See Stabilization Handout
- 
- Visualization (Guides)
- 
- Selected Space & Place (When Possible)

### **Primary Stabilization:**

Complete Breathing (see handout) 3-6 or 4-8 breathing

Press Down

Tapping

Tai Chi Walk



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## **WORKSHEET: Compassion Care Plan for Human Service Providers**

### **Stress Perception (Daily & Weekly)**

- QTIP (who with?)
- Subjective Units of Distress (SUDS)
- Subjective Units of Play/Pleasure (SUPS)
- Resting Pulse
- Active Daily Pulse
- 'Battle' Pulse
- Combine Pulse reading with SUDS reading

### **Building Your Compassion Care Team**

- Primary Care Physician
- Other Body "healers" (Chiropractic-Acupuncture)
- Fascia-connective tissue therapist
- Counselor and/or spiritual guide
- Social Connections May & The "Short List"  
2-3 compassionate connections (Friends)



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## **WORKSHEET: Compassion Care Plan for Human Service Providers**

### **Attachment Mapping:**

- Primary Care Giver(s)
- Significant Other(s)
- Healers
- Client-Survivor
- Work Colleagues
- Compassionate Friends
- Self (Image, Rhythm, Integration)
- Peer Group
- Cognitive & Belief Schemas
- Sensory-Motor Activities
- Landscape
- Ritual(s)
- Entrainment Domains