

Trauma Made Me Pull The Trigger: Healing Intervention to Violence.

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What does
Trauma and
Violence have
in
common????

- They both HURT LIKE HELL



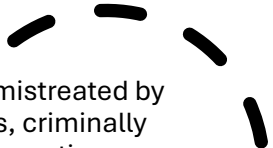
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Trauma: What is does to the body and brain.

- After a traumatic event, the brain and body are transformed, and the person experiences a physical and emotional reaction.
- Trauma can affect your brain's emotion networks to make you overreact or under-react to stressful situations.
- Avoidance behaviors and trying to suppress your trauma don't work and can create more damage.

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Violence: What is does to the body and brain.

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- Many young people who are mistreated by an adult, victimized by bullies, criminally assaulted, or who witness domestic violence react to this violence exposure by developing behavioral, emotional, or learning problems.
 - What is less well known is that adverse experiences like violence exposure can lead to hidden physical alterations inside a child's body, alterations which may have adverse effects on life-long health.

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Who is exposed to Violence and Trauma:



EVERYONE PICK UP YOUR SELF PHONES AND
TAKE A SELFIE.



LOOK AT THAT PICTURE.... THAT PERSON YOU
ARE LOOKING AT HAS BEEN EXPOSED. IF THEY
HAVEN'T, THEY KNOW SOMEONE WHO HAS.



HOWEVER, WE ALL LOOK GREAT TODAY
MASKING IT.

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Different Types of Trauma

- Emotional, sexual, or physical abuse
- Bullying
- Assault
- War, mass killings
- Natural disasters
- Loss of loved ones
- Child Birth
- Illness or diseases
- Etc. Etc. Etc. Etc. Etc. Etc. Etc. Etc. Etc.
Etc. Etc. Etc. Etc.....

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- - Nightmares
- -Emotional Outbursts
- Loss of appetite
- Difficulty with relationship's
- Lack of Trust
- Insomnia
- GUN VIOLENCE>>>>>>>>>>>>>>>>

Aggression	
Withdrawal	
Risky Behavior	
Numbness	
Explosive Anger	
Hoplessness	

Adverse Childhood Experience: ACE

- How many people have heard of this?
- How many people know your score?
- How many people want to know your score?

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The Boy with No Socks



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The girl who
wanted for
nothing... Or
did she???



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How do we
heal?

Self-Reflection – Identifying the root of the problem often requires looking inward. Acknowledging personal challenges is the first step to growth.

Understanding the Timeline – On average, Americans do not speak about their trauma until they are 40 years old. Early recognition can lead to earlier healing.

Seeking Support – You are not alone. Exploring support groups can provide connection, encouragement, and understanding from those who share similar experiences.

Recognizing the Effects – Trauma may not have led you to extreme actions, but consider the subtle ways it has shaped your choices, behaviors, and mindset.

Reclaiming Control – You did not seek trauma—trauma found you. However, you hold the power to decide whether it remains in your life or affects those around you.

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Tool Bag of Healing Strategies:

- Therapy
- Mindfulness
- Yoga
- Creative Expression
- Nature GO OUTSIDE and PUT DOWN YOUR PHONES!!!!
- Exercise/movement-dance, bike riding.



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Had she not healed, she would not be presenting to you today.

“ If we don’t heal what hurt us, we will bleed on people who didn’t cut us”



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