BECOMING TRAUMA BRONZE AWARE LEVEL

WITH NICOLA LESTER

UNDERSTANDING TRAUMA & LOSS

TRAUMA

"A WOUND, A HURT, A DEFEAT"

But we are NOT our traumas



can effect the way we think, feel and see. **(3)** THE THEORY OF : SHATTERED ASSUMPTIONS

We are born believing: 1. The world is benevolent

2. The world is meaningful

3. We are Worthu

Survivors are left Searching for STABILITY and SAFETY

But we need to think about how we relate and communicate

IT'S ALL

INDIVIDUAL

There is room for Joy and

new relationships and ways of connecting. HAPPINESS

THE THEORY OF CONTINUING BONDS

& MEANING

NOTICE IT AND ALLOW IT

BUILDING THEIR

STRENGHS

@ aglover.facilitation

agmail · com



THE COMPLEXITY

TRAUMA

OF DEVELOPMENTAL

Being labelled "NAUGHTY"

or blaming the child.

THE IMPORTANTANCE OF:

WITH HOLDING

CONNECT &

REMAIN

THE

HUMAN

AND

POWER OF

CONNECTION

LOVE

JUDGEMENT

TO BE

A LIGHT

DARKNESS

IN THE

PRIMITIVE LIMBIC

CORTICAL

ZPAV

COPING SURVIVA

OF

LIVING

FEAR

THE

DEVELOPMENT

what is

this person?

INTEGRATING A TRAUMA INFORMED

TO SIT WITH SOMEONE THEIR

A WAY OF BEING, SEEING, KNOWING AND DOING

ESTABLISHING A SENSE OF SAFETY



SUPPORTING SOMEONE TO

COPE

FACILITATING CONNECTION

RESPONDING TO IDENTITY AND

CONTEXT

Remain Curious and withhold

Judgement

OF THE BRAIN 4. Emotional Regulation 6. Cognition 7. Self Concept and

IMPACT

RIGHT with

Understanding how someone is engaged with and

experiences the world now

APROACH IN PRACTICE

CONNECTED

DARKNESS

RESILIENCE Grief is resolved through creating

STORY TELLING

MAKING

TRAUMATIC GROWTH

WHAT WRONG ME!?

1. Sensory Development

2. Dissociation 3. Patterns of attachment

5. Behavioural Regulation

Identity development

RELATIONSHIPS

CHARACTERISED BY KINDNESS, COMPASSION LOVE AND CONNECTION

RECONNECTION CAN HEAL REMINDING SOMEONE THEY ARE NOT

REFRAMING

WHAT

RIGHT

WITH ME?

ATTENTION

SEEKING

CONNECTION

AND

ALONE

THE SHIFT



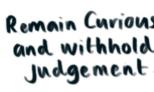














Ma·e·glover 92



Irritability and anger

Disengagement

Overwhelm and difficulties containing emotions

Hypervigilance

ASK and take time to LISTEN

ANDERSTANDING TRAUMATIC BEREAVEMENT

TOO MUCH CAUTION CREATES INACTION

FEELING ESTACES

REMAIN HERE and I'M HTIW

life begins to grow around it

Grief doesn't get smaller, but slowly

> BIGGER, STRONGER, BRIGHTER AND MORE RESILIENT