

Image removed but can be viewed at the following link:
<http://www.mindingmatters.com/wp-content/uploads/2016/04/WEIGHT-GRIEF-300x224.jpg>

CAIRN by the sculpturer Celeste Roberge – Popularly Known As:
The Weight of Grief

PTSD

**Post Traumatic Stress Disorder:
Issues, Challenges, &
Hope
in Career & Life Planning...**

IN HIGHER EDUCATION

Image removed but can be viewed at the following link:
http://www.sbs.com.au/yourlanguage/sites/sbs.com.au/yourlanguage/files/international_students.png

Issues

PTSD is so pervasive in the world that we are coming to an understanding that more of our students suffer from it than we ever realized.

PTSD

Post Traumatic Stress Disorder

According to the Mayo Clinic:

“Post-traumatic stress disorder (PTSD) is a mental health condition that’s triggered by a terrifying event — either experiencing it or witnessing it.”

“**Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.**”

<http://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/basics/definition/con-20022540>

Why PTSD?

Post Traumatic Stress Disorder
--- PTSD ---
is a bigger threat to the well being of society than most of us realize.

Unwanted Memories

“Symptoms include strong and unwanted memories of the event, bad dreams, emotional numbness, intense guilt or worry, angry outbursts, feeling ‘on edge,’ and avoiding thoughts and situations that are reminders of the trauma.”

<http://www.ptsdunited.org/ptsd-statistics-2/>

Symptoms, Basic Facts, Statistics, & Global Burden

According to the USA's National Institutes of Health, Department of Veteran Affairs, and Sidran Institute, “The societal and economic burden of PTSD is extremely heavy.”

<http://www.ptsdunited.org/ptsd-statistics-2/>

Conservative Global Look

A joint United Nations and United Nations High Commission for Refugees study of PTSD in 21 countries indicates that of the people surveyed:

- 21.8% witnessed violence;
- 18.8% experienced interpersonal violence;
- 17.7% were in traumatic accidents;
- 16.2% were exposed to war; and
- 12.5% had loved ones suffering from trauma.

http://www.who.int/mediacentre/news/releases/2013/ptsd_war_torture_health_20131008/en/ http://apps.who.int/ibid/datastream/0685/747961/9789241548533_eng.pdf

Headline: Pakistan

It's Not Just Soldiers With PTSD

by

Beenish Ahmed,
Journalist – 2013

Pakistan

Estimates:

“...40 percent of people in the Federally Administered Tribal Areas ...” suffer “...from PTSD....”

It is difficult to almost impossible to directly study PTSD in Pakistan's perilous tribal regions.

Pakistan

“What I have seen is that there are much deeper and stronger impacts of war on children... Thousands of children [have] lost their childhood,” yet...

“Pakistan lacks the mental health resources it needs to treat all the people who need help.

A WHO (World Health Organization) study indicated, ‘...there were only 342 psychiatrists and 478 psychologists for a population of 190 million’”

Image removed but can be viewed at the following link:
<http://www.abc.net.au/news/image/5039908-3x2-940x627.jpg>

In Pakistan she witnessed the her grandmother being killed by a drone strike.
October 2013.
Photo credited to Amnesty International, Australia.

Image removed but can be viewed at the following link:
<http://www.irinnews.org/report/100226/pakistan%E2%80%99s-traumatized-war-children-play-soldiers-and-taliban>

Pakistan's chronically traumatized war children play soldiers & Taliban.
Photo by Fakhar Kakahel
Article by Umar Farooq
IRIN (The Inside Story on Emergencies)

Headline: India

Post-traumatic Stress Disorder in Children of Conflict Region of Kashmir

Journal of Clinical and Diagnostic Research
January 2016

Headline: India

“The last two decades have seen various traumatic events in Kashmiri population, which has led to psychological impact on all population, especially children.”

Journal Article: India

Neurobiology of Early Life Stresses and PTSD in Children

India

“Heim et al., revealed that in paediatric (pediatric) PTSD, elevated levels of cortisol, dopamine, norepinephrine in 24 h (hours) urine sample were found.”

India

“He also found elevated levels of cortisol in salivary gland of children. Abnormalities in brain electrical activity on electroencephalogram were also noted.”

India

“Children with PTSD were found to perform poorly on attention, abstract reasoning and executive functioning...”

India

...further it has been seen that siblings of PTSD patients have increased chances of getting PTSD”

Image removed but can be viewed at the following link:
<http://images.mapsofindia.com/my-india/2016/10/what-drives-the-stone-pelters-in-kashmir.jpg>

Image from Flickr
 Article by Debu C., Journalist

Headline: Singapore

Nadia Jansen Hassan
 June 24, 2016

Image removed but can be viewed at the following link:
https://www.sgh.com.sg/about-us/newsroom/News-Articles-Reports/Documents/Year%202012/September/20120927-STM-Frontpage-01_12_13-76x33-Reducing%20risk%20of%20post-traumatic%20stress.jpg

Singapore

“In 2007, both Changi General Hospital (CGH) and KK Women’s and Children’s Hospital (KKH) started screening programmes (programs) using questionnaires to identify those at risk of PTSD.”

Singapore

“The mental state of trauma victims admitted through emergency departments and subsequently warded are routinely checked.”

Singapore

“Since March 2007, more than 3,500 patients have been screened at CGH, while at KKH, approximately 1,400 children have been screened since June 2007.”

Headlines: Japan

**Tsunami & Earthquake
and Trauma:
Post Traumatic Stress Disorder**

**Post Traumatic Stress Disorder
in Japanese Prisoners of War**

Guess What?

Most of us are from one of the 25 top countries for having highest prevalence of PTSD in its population as identified by WHO of the United Nations.

- 1. Thailand
- 2. Indonesia
- 3. Philippines
- 4. USA
- 5. Bangladesh
- 6. Egypt
- 7. India
- 8. Iran
- 9. Pakistan
- 10. Japan
- 11. Myanmar
- 12. Turkey
- 13. Vietnam...
- 23. China

Dr. Belleruth Naparstek Psychotherapist & Author

Her Removed Image
can be found at:
<http://www.healthmyptsd.com/wp-content/uploads/2012/04/Belleruth-Naparstek.jpeg>

Invisible Heroes: Says of PTSD

- Greater prevalence in women than in men.
- Greater prevalence in children than in adults.
- Upward of 70% - 80% of the world’s population exposed to trauma.
- Perception often has a role in determining if PTSD develops.

**PTSD feels like
Chronic Stress,
Chronic Grief
Chronic Sadness,
Chronic Discomfort,
Chronic Pain,
Chronic Fear...**

**Imagine Chronic Discomfort
Within One's Own Body...**

**Imagine Chronic
Discomfort Within One's
Own Body and Having to
Make Major Life
Decisions...**

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**“Death is not the greatest loss in
life. The greatest loss is what
dies inside us while we live.”**

*~Norman Cousins
Author/Medical Doctor
World Peace Advocate
1915 - 1990*

Somatic Experiencing®

Image of
the book
**Waking
the Tiger**

Dr. Peter Levine:

- **PhD in Medical Biophysics** from the University of California, Berkeley
- **Ph.D. in Psychology** from International University.
- **In the field of stress & trauma for over 40 years**
- **Inventor of Somatic Experiencing**
- **Was an Astronaut Stress Consultant for NASA**
- **Received Lifetime Achievement award from U.S. Association for Body Psychotherapy, 2010**
- **Received Reis Davis Chair in Child Psychiatry, 2010**
- **Has worked extensively with indigenous populations around the world**

**The Foundation for Human Enrichment
FHE**
<http://traumahealing.org/>

Worldwide Trainings
Include: Most of Europe,
South Africa, India, Japan,
South Korea, Taiwan,
Turkey, Australia, and
Canada.

Dr. Levine and Foundation for
Human Enrichment Images
Removed: Go to:
<https://traumahealing.org>

**Quick Review:
When there is a stressor.
Threat!**

- **Less likely to lead to PTSD due to a single traumatic episode:**
 - **Fight or Flight**
- **More likely to lead to PTSD in even one traumatic episode:**
 - **Freeze or Fold**

Danger! Danger!

- **Amygdala** turns on fear mechanism - Signals hippocampus - Hippocampus sends info to cortex, mostly prefrontal
- **Amygdala** sends info to hypothalamus - Hypothalamus signals release of cortisol
- **Amygdala** signals sympathetic nervous system to release noradrenaline - Pulse quickens to give body more O2 - Body perspires

All Clear!

- **Threat** passes
- **Amygdala** signals hypothalamus to signal the serotonin releasing cells in raphe nuclei.
- **Serotonin** aids in feelings of safety, well-being, and calm.

Amygdala

Images of the brain and the amygdala were here and were removed.

Hoberman Sphere 

**PTSD happens
because...
...one's stress cycle
becomes dysregulated
and stuck.**

Why We Should Care:

Our Students & Our Societies

Due to its prevalence, none of us escape PTSD.

- Family & Friends
- War Veterans and their offspring
- Law Enforcement & Firefighters
- Search and Rescue Workers
- Health Care First Responders
- Each Other...

Think of our students
who are trying to
make career and life
planning decisions...

Image removed but can be viewed at the following link:

<http://www.mindinmatters.com/wp-content/uploads/2016/04/WEIGHT-GRIEF-300x224.jpg>

Lost Potential?
Yet, they hold our
HOPE!

SE Examples of How PTSD Impacts Our Students & Our World

- Continuation of violence in the world, war, terrorism, school shootings
- Addictions: food - gambling - drugs
- Undereating & under hydration
- Inability to maintain close relationships
- Low ability to concentrate, sleep, remember
- Learning Disabilities

Examples from SE: How PTSD Impacts Us

- Always on edge – easy to startle and anger (chronic hypervigilance)
- Constantly engage in activities that puts one's life in danger
- Lack of experiencing positive feelings
- Lack of compassion and empathy
- Inability to maintain a job
- **Chronic desire for revenge**

Causes of PTSD in the SE® Model

- Fetal trauma (intra-uterine)
- Birth trauma
- Loss of a parent or close family member, this includes children who are adopted into the warmest and most loving families
- Illness, high fevers, accidental poisoning
- Physical injuries, including falls and accidents, bodily burns

Causes of PTSD in the SE® Model

- Abandonment, adoption, attachment issues
- Sexual, physical, and emotional abuse
- Natural disasters such as earthquakes, fire, and floods
- Some medical and dental procedures
- Being under the anesthesia named ether
- Prolonged immobilization, casting and splinting or torsos for various reason such as turned in feet and scoliosis

Causes of PTSD in the SE© Model

- Bereavement (especially due to a sudden unexpected death)
- Extreme weather climates (hot, cold)
- Loss of a job
- War
- Military, Firefighting, Law Enforcement
- Witnessing violence
- Drone and terrorist attacks

Intrusive Memories

“...ain’t no future in the past.”

~Vince Gill

Country Western Singer, USA

Intrusive Illnesses

- Fibromyalgia
- Irritable Bowel Syndrome
- Autoimmune Diseases
- Chronic Depression
- Chronic Head, Stomach, or Back Pain
- Dissociative Identity Disorder
- Cancer
- Phobias
- Nightmares

“Our moral responsibility is not to stop the future, but to shape it. To channel our destiny in humane directions and to ease the trauma of transition.”

~Alvin Toffler

Futurist/Writer

1928-2016

Native American & Other Traditions Say:

Suffering of forebears is carried in future generations.

The Iroquois remind us when they say: Decisions we make today have repercussions for seven generations.

New Discovery : "On/Off Button for Passing Along Epigenetic 'Memories' to Our Children"

Accompanying image of the journal article was removed.

Epigenetics

"The study of the process by which genetic information is translated into the substance and behavior of an organism: specifically, the study of the way in which the expression of heritable traits is modified by environmental influences or other mechanisms without a change to the DNA sequence."

www.dictionary.com

Inherited & Collective (Comprehensive) Trauma - PTSD

Consider Collective PTSD

Globally, children are born with their genetic coding impacted by Inherited PTSD!

Inherited PTSD

The Descendants of & from

- Slavery,
- War Veterans (WW II, Korean War, etc.),
- Survivors of Holocausts & Tsunamis,
- The Hungry,
- Sex Trafficking, i.e. War Comfort Women...

Removed is historical of Asian women kidnapped for sex trafficking during WWII

<https://lifeofagyopogirl.wordpress.com/2013/06/10/comfort-women-were-not-forced-into-prostitution>

“Why Do Humans Kill, Maim, & Torture One Another?”

Traumatic Reenactment

Based on Legacies:

- Fear
- Separation
- Prejudice
- Hostility

“Why Do Humans Kill, Maim, & Torture One Another?” Why Do Humans Seek Revenge, I ask?

“Imagine now an entire population of people with a similar post-traumatic history. Now, imagine two such populations in the same geographical region, perhaps with different languages, colors, religions, or ethnic traditions.... Disturbing arousal.... Ongoing perception of danger.... The threat has been located: It is them. They are enemy. The urge to kill, maim, and mutilate escalates.... Compelled to slaughter each other. **They destroy each other’s homes, hopes, and dreams. By doing so, they kill their own futures.**”

~ Dr. Peter Levine

Google James Baldwin, famous African American author to see images of him.

“I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.”

~James Baldwin
Author, Civil Rights Activist
1924 - 1987

A Challenge

- Helping students with their Issues
- Changing our institutions

Students Need to Feel Safe at Our Universities & Within Their Own Bodies

Our goal is to help our students make it to a university, pick a major, choose a career, graduate from college, find jobs in their careers and be successful in their own ways.

Symptoms: University Students

1. Chronically exhausted while in school
2. Difficulty concentrating
3. Difficulty in interacting with peers
4. Not completing school work
5. Perfectionism & other self-defeating behaviors
6. Avoidance and chronic fear
7. Outbursts in class
8. Difficulty in being in larger classrooms, noises, and lots of external stimuli

Students with PTSD need understanding but they do not have less abilities. They can and do excel!

Possible Symptoms: University Students

- Insomnia
- Depression
- Panic Attacks
- Crying Attack
- Chronic Anxiety
- Avoidance
- Incompletion
- Trembling
- Sweating
- Fighting

Our Challenge: Career & Life Planning

My Students. Some Observations:

- Believe they have limited choices even when they have top grades;
- Too easily discouraged when they have a difficult time or even with just one topic in a class;
- Won't utilize professor office hours or meet with a counselor due to fear & social anxiety.

Experts in the field of PTSD say in Career & Life Planning They Display:

Magical Thinking

Students of Higher Education: Trigger Class: #1 & All

1. Public Speaking 101
2. Any class with public speaking
3. Psychology class, particularly abnormal behavior
4. Classes that fill up with students in large lecture halls
5. Actually, any class that triggers a traumatic memory...

Following the Trigger... (Reminded of PTSD)

1. Self defeating thoughts and behaviors
2. More stress leaving the house
3. Absent when oral presentations are due,
4. Movies can serve as triggers so they will walkout out of class
5. You may be baffled but judgement, chastising and criticizing deepens the wound. They may never ever open up to you and accept your help.

Students of Higher Education: How You Show Empathy

1. Be kind and use your soothing voice
2. Ask if they are OK
3. Ask or inform that you will call or have called for services
 1. Emergency Medical or
 2. Campus Security
4. Ask for permission to touch them

Students of Higher Education: How You Show Empathy

1. Ask for permission to wait with them for services
2. In General:
 1. Challenge irrational things they say.
 2. Acknowledge their suffering.
 3. Also acknowledge those suffering due to vicarious trauma.
3. Help regulate breathing.
4. Keep them grounded with their feet planted to the floor.

Students of Higher Education: PTSD Self-care

1. Limit exposure to negative media and images.
2. Do not watch traumatic events occurring over and over.
3. Exercise and when possible do it outdoors.
4. Work on sleep hygiene and if herbal or medical assistance is needed and available, use it until the body naturally adjusts.

Students of Higher Education: PTSD Self-care

1. Healthy diet
2. Help with addictions: food, illicit drugs, alcohol, gambling
3. Deep breathing, positive imagery and other healthy forms of relaxation, martial arts, Tai Chi, Veteran's Yoga Project
4. Have a little fun every day with reading, sports, music, ping pong, or socializing

When You Go Home

With your broader understanding of PTSD

- Listen to the stories of your students.
- Understand not just their family histories but their, ethnic, regional, and cultural histories.
- Identify all the resources (such as psychologists) available to your students and have handouts ready for them.
- Make sure the institution is safe and has adequate lighting.
- **Influence institutional changes!**

With Institutional Intervention

In our home state of California, Trauma Informed Institutions of Higher Learning is still in its infancy.

The movement first reached K-12.

With Institutional Intervention

During the fall 2016 semester, suspensions decreased by approximately 74 percent.

With Institutional Intervention

Attendance increased by approximately 9 percent, setting the average monthly attendance for the semester at 86 percent.

With Institutional Intervention

For graphical image that has been removed for more information please see: <https://patch.com/california/longbeach-ca/beach-high-school-sees-increased-attendance-decreased-suspensions-during>

With Institutional Intervention

“Beach [High School] has taken their new understanding of the neuroscience of trauma and combined it with an eagerness to truly view students’ challenging behaviors and attitudes through a lens of compassion and unconditional love to create relationships that are changing lives.”

HOPE

In the impossible, there is always meaning and **HOPE**. Change is inevitable. Let it be for the better.

“Forgiveness does not change the past but it does enlarge the future.”

~*Paul Boese*
1923 -1976
Writer

Help Your Students Find Meaning In Their Lives.

Learning to forgive and having empathy is as good for them as it is for others.

**“Someone I loved once gave me
a box full of darkness. It took me
years to understand that this too,
was a gift.”**

**~Mary Oliver – Poet
Pulitzer Prize for Poetry
National Book Award**

Forgiveness, Good Deeds, & the Company of Friends and Family

Peru



Their families, their children, their entire villages were murdered and dumped in mass graves. Yet when together they laughed, told jokes, and played together. They were always smiling.



Why You Should Care About PTSD: The Great Law of the Iroquois

**"In every deliberation, we must
consider the impact on the
seventh generation... even if it
requires having skin as thick as
the bark of a pine."**

HOPE

**“Finally, as Henry Ward Beecher
is reported to have said: ‘Affliction
comes to us, not to make us sad,
but sober; not to make us sorry but wise.’ I
conclude with the **hope** that this
work contributes, in some small way,
to our collective understanding of how
we can come to peace with our difficult
memories and feelings.”**

~Dr. Peter Levine

PTSD is

an explanation.
It is not an excuse.

Let's help our students
surround themselves with
messages and pathways to
HOPE.

Q&A

Send your questions to me:

dredd@vcccd.edu or

Iraufman@elcamino.edu

The Bibliography, Power Point, and
Supplemental Materials are in the Blog
Section of my Website

<http://dredd1.wixsite.com/profred-stem-medsci>

We will be here all week. Let's talk.