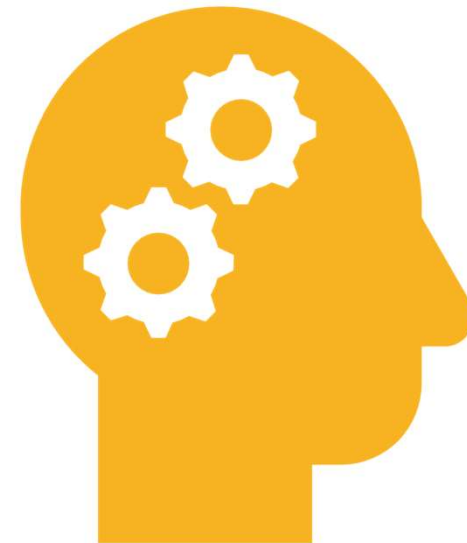


**PSYCHOLOGICAL
TRAUMA.**

**APPLYING THE
RESEARCH TO
SERVICE DESIGN
AND DELIVERY**

DR SHARON LAMBERT

S Lambert (c)



TRAUMA

Individual, Group, Community.....

- **Single incident trauma** - unexpected and overwhelming
- **Complex trauma** - inter-personal and enduring
- **Developmental trauma**: exposure to early life trauma ACEs
- **Intergenerational trauma**: living with trauma survivors
- **Historical trauma**: oppression etc.
- The experience of **immigrants, refugees, marginalised groups & ethnic minorities**



Bullying



Poverty



**Peer rejection and
having no friends**



**Experience of
racism**



**Death, multiple and
traumatic loss**



**Community
violence**



**Food
scarcity**



**Experience of
the care system**



**Poor academic
performance**



**Living in an unsafe
environment**

CURRENT RESEARCH

- ✓ Young People
- ✓ The Travelling Community
- ✓ People Who Use Drugs (DD)
- ✓ People Experiencing Homelessness

'Grief, Tragic Death, and Multiple Loss in the Lives of Irish Traveller Community Health Workers'

Tobin, M., Lambert, S. & McCarthy, J. (2018). *Omega Journal of Death and Dying*, 0 (0):1-25

STRESS HORMONES

- **Adrenaline**

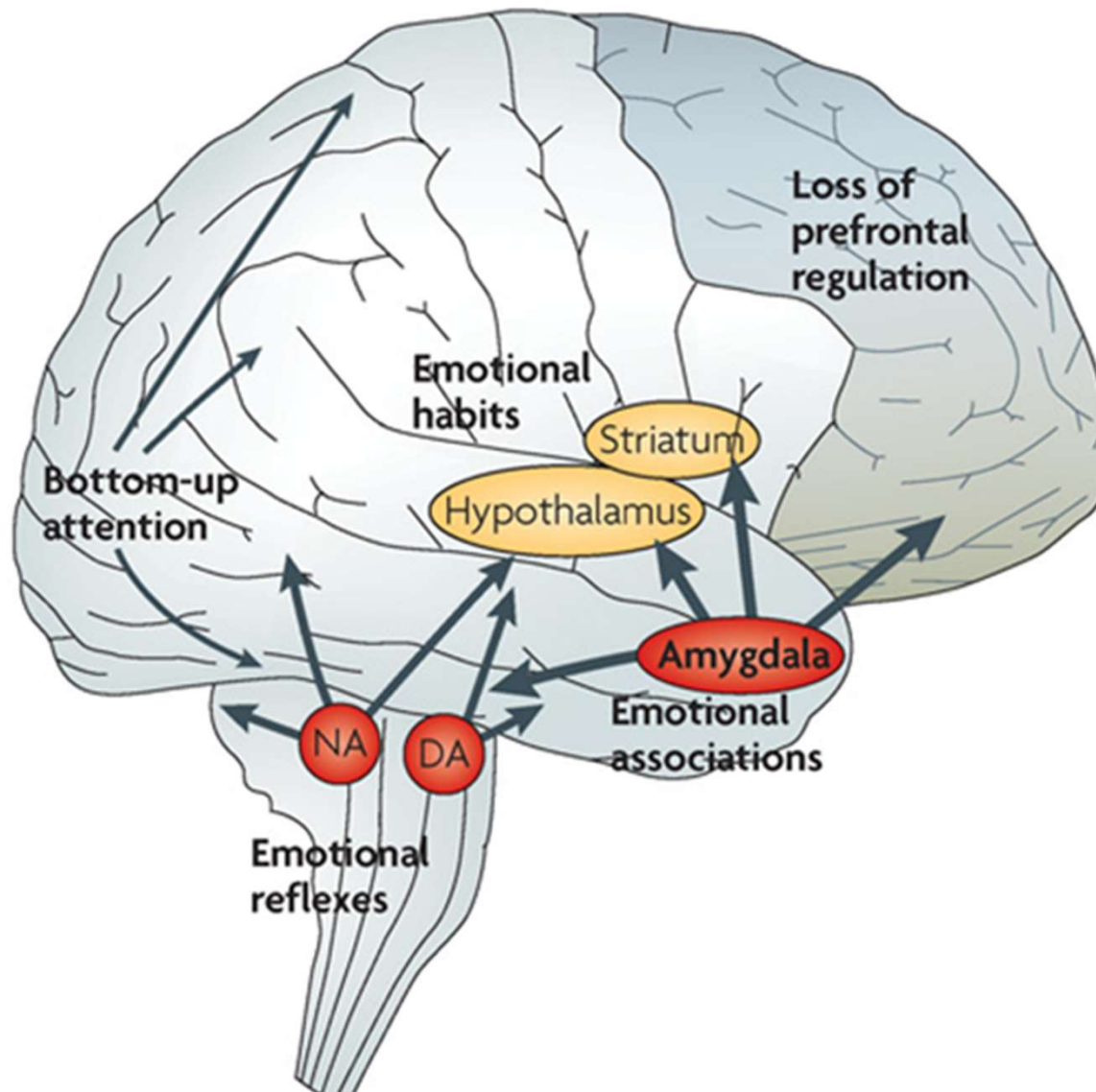
heart rate, blood pressure and energy supplies

- **Cortisol**

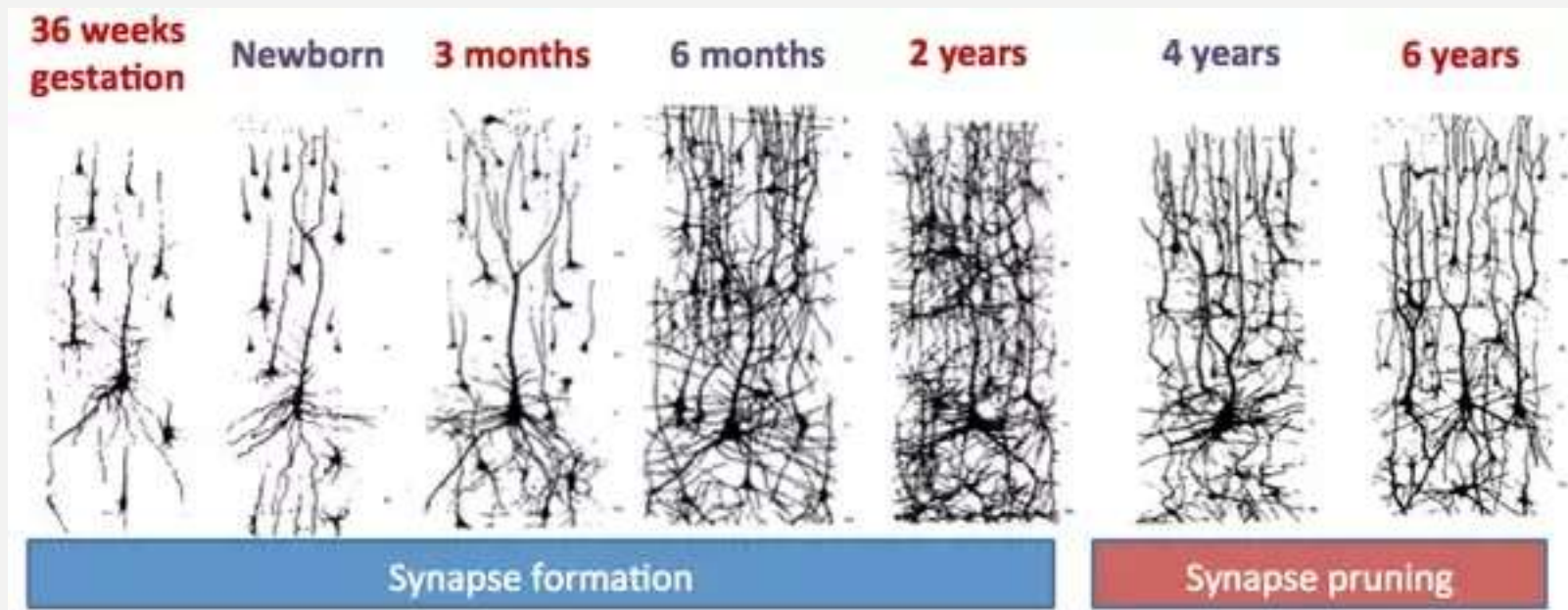
reduces functions that are nonessential or detrimental in fight-or-flight



b Amygdala control during stress conditions



SYNAPTIC DEVELOPMENT

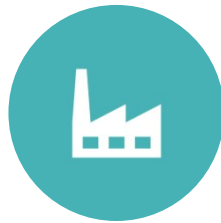


STRESS EXPOSURE

ENDORPHINS – NATURAL PAIN & STRESS FIGHTER



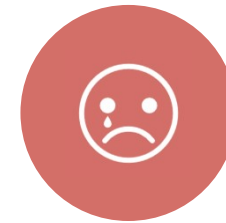
INTERACT WITH THE
OPIATE RECEPTORS IN
THE BRAIN



REDUCTION IN
ENDORPHIN
PRODUCTION



AFFECTING
ATTACHMENTS/RELATIO
NSHIPS



DECREASE IN ABILITY TO
SELF-SOOTHE

DOPAMINE –



• Motivation hormone



• Pendulation between instant need and lethargy



Reduction in response to constant stressors



Less resilience over time



More anxiety-related behaviors

MAIN FINDINGS

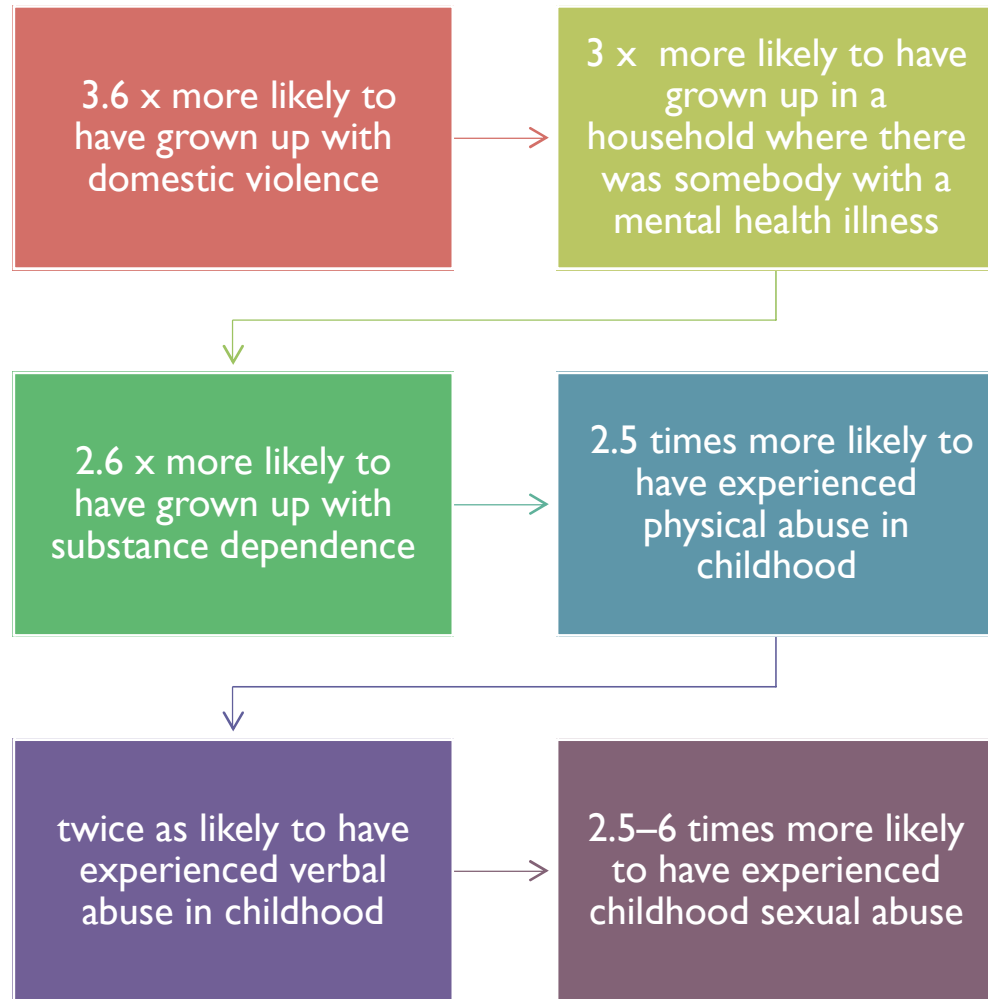
High ACE
scorers



- Are almost four times more likely to report thinking about suicide when compared to low ACE scorers.
- Are almost eleven times more likely to report being incarcerated when compared to low ACE scorers.
- Are likely to have a mental health diagnosis when compared to low ACE scorers.
- Are likely to have be clinically depressed when compared to low ACE scorers.
- Are likely to have self-reported their depression when compared to low ACE scorers.

Lambert & Murphy (2019). Dual Diagnosis and adverse childhood experiences in an adult residential addiction service. In Press. Forum.

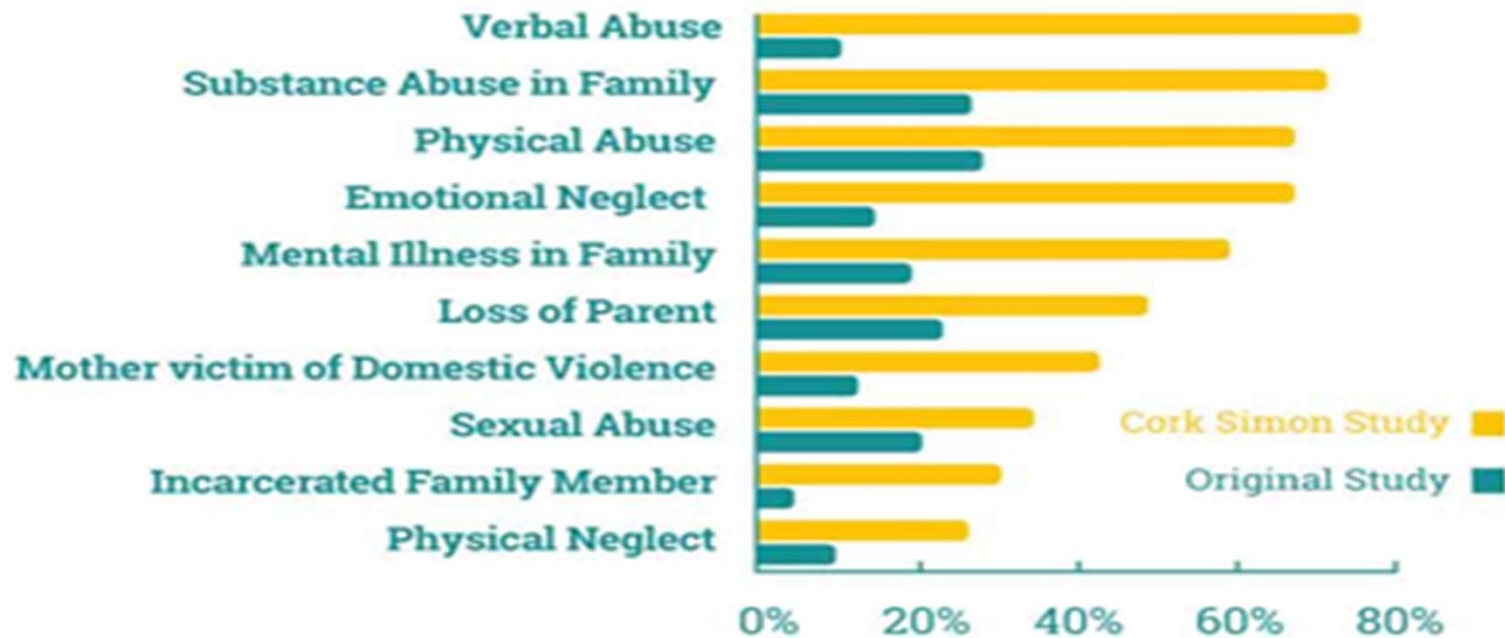
WOMEN IN CONTACT WITH PROBATION SERVICE



Dermody, A., Gardner, C., Davis, S., Lambert, S., Dermody, J. and Fein, M. (2018) 'Resilience in the face of trauma: Implications for Service Delivery'. *Irish Probation Journal*, 15 :161-178

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ACEs among Cork Simon service users compared to the general public in the original ACE study:



Lambert, S. Gill Emerson, G., Horan, A. & Naughton, A. (2017) Moving Towards Trauma Informed Care. A model of research and practice. Cork Simon Community, Cork <http://www.corksion.com/aces-at-cork-simon/>

	GYDP	General pop (59)
0 Aces	4%	36.1%
1 ACE	5%	26.0 %
4 or more ACEs	63%	12.5%
Emotional abuse/verbal abuse	68%	10.6%
Physical abuse	38%	28.3%
Sexual abuse	8%	20.7%
Emotional neglect	52%	14.8%
Physical neglect	34%	9.9%
Loss of parent	74%	23.3%
Domestic violence	20%	12.7%
Household substance abuse	66%	26.9%
Household mental illness	54%	19.4%
Incarcerated family member	40%	4.7%



An Garda Síochána
Ireland's National Police and Security Service



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PRINCIPLES OF TRAUMA INFORMED PRACTICE

➤ **Safety**

Physical and emotional

➤ **Trust**

Consistency & Clarity

➤ **Choice**

Maximised choice & control

➤ **Collaboration**

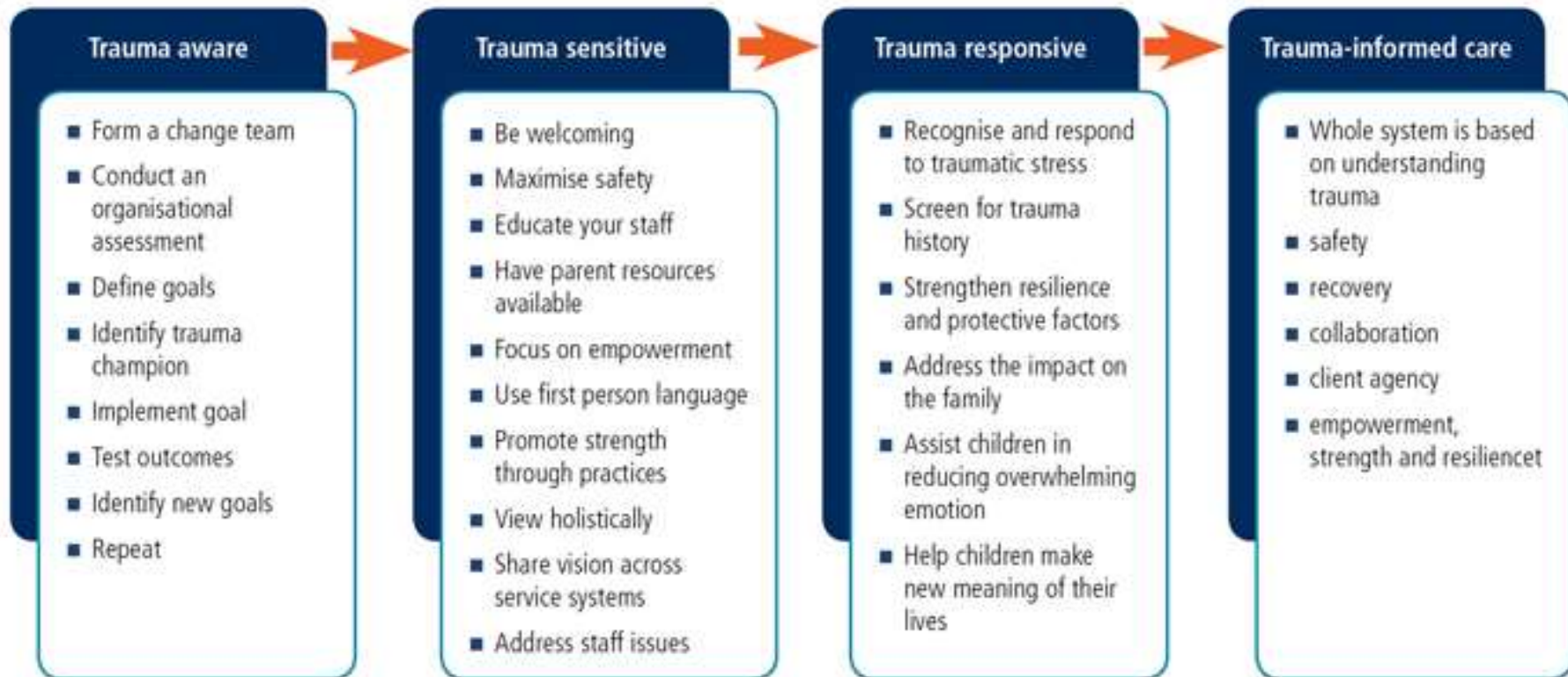
Child and family & All agencies

➤ **Empowerment**

Prioritize skill building

➤ **Cultural Competence**

TRAUMA INFORMED DESIGN



Ref: Australian Institute of Family Studies

EXPOSURE TO TRAUMA

Compassion
Fatigue

Secondary
Traumatic Stress

Burnout

CONTAGION EFFECT

- An online survey completed by 576 frontline **service providers** in Ireland.
- We asked about:
 - Sociodemographic information
 - Their Professional Quality of Life (30-item ProQOL, Stamm, 2010)
 - Their early negative childhood experiences, if any (10-item ACE scale Felitti et al., 1998)
 - An indication of how stressful it was to complete the survey on a scale of 0 – 10 (*‘completing the survey was not emotionally difficult’* to *‘completing the survey was very difficult’*)

Lanigan, L., Lambert, S., Murphy, R., Gill-Emerson, G. (2019). Secondary Traumatic Stress in Front Line Professionals: An exploration of risk factors. Under review

CRITICAL QUESTIONS

Limitations of ACEs Scale

Asking about adversity?

Criticism of Neuro-science

Buzzwords

Labelling or Empowering?



WHY IS INCLUSION IMPORTANT??

Maslow's Hierarchy of Needs



COLLABORATORS

Dr Raegan Murphy (UCC)

Graham Gill Emerson (HSE)

Prof Colin Bradley (UCC)

Laura Lanigan (UCC)

Dr Anna Marie Naughton (HSE)

Novas

Quality Matters

Cork Simon

Tabor Group

HSE Addiction

Shayna Henry (UCC)

