



# RECOVERY NOW – TRAUMA

Presented by Dr. Anna B. Baranowsky

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<p>RECOVERY NOW Trauma ©</p>	<p>Learn about the impact of trauma and the importance of self-care. Engage in guided trauma recovery exercises.</p>	
		
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More information about the Traumatology Institute ([www.psychink.com](http://www.psychink.com))

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## SUDs ratings:

This explanation forms the basis of the use of the SUDs rating scale which is used in the Trigger List exercise later in this package.

**EXPERIENTIAL:** Take the time to complete this section independently. You can briefly identify and select several pivotal memories from your past. You can keep a record of the identified memories with their SUDS rating.

**SUDS** stand for Subject Units of Distress or Subjective Units of Discomfort. Identified memories are rated on a 1 to 10 scale of Subjective Units of Distress (SUDS). The scale begins at 1 which represents a calm and peaceful response to a situation (i.e., lying on a sunny beach); 5 would be an experience of irritation but one that is readily managed (i.e., spilling a drink); and 10 characterizes a horrible event that feels completely unmanageable and shattering (i.e., a car accident).

	<u>SUDS</u>
Memory 1: _____ _____	_____
Memory 2: _____ _____	_____
Memory 3: _____ _____	_____

**EXPERIENTIAL:** Now that pivotal memories or traumatic experiences have been identified, you can begin to learn how these past events continue to impact your life through a review of triggers, thoughts, and behaviors.

## 3-6 Breathing:

You can also find a live demonstration of “3-6 Breathing” <https://youtu.be/IR0cV9vOIRM>

1. **Noticing:** Begin by “just noticing the pace, depth, and movement of the breath as you take three inhalations and exhalations (three breaths). Notice if the breath is deep, shallow, smooth, rough and how it feels moving in and out of the body. After three breaths make a note of on whether the breath was smooth/rough; deep into the belly/shallow into the chest; slow/fast”.

Capture Your Response

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2. **Deepening:** Begin by “noticing that you can make the breath deeper, smoother and slower just by focusing your attention on this task. Take three breaths again, be careful not to hold your breath at any time. When you get to the edge of a full inhalation begin to exhale not straining the body at any time. Bring the breath deep into the belly on the inhalation and release completely on the exhalation letting the body rest for a beat at the end of the exhalation before inhaling again. At the end of the third exhalation stop and make a note of what it feels like to deepen, slow and smooth out the breath”.

Capture Your Response

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3. **Sipping:** Now you will work with a sipping breath by “imagining that there is a straw in your mouth and you are inhaling through that straw very slowly and smoothly (you will need to form your lips into an “o” shape – notice you can bring the breath deep into your belly. At the edge of the inhalation begin to exhale through the nose. Do not hold or force the breath. Do this three times and make a note of what it feels like to breath in this way.

Capture Your Response

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4. **Counting:** In this part of the exercise you will learn to lengthen your exhalation until it eventually becomes twice as long as the inhalation. To start, we focus on inhaling to the count of three (you can count silently in your own mind) and exhale to the count of 6 pausing at the end to let your body relax. For most people, you will lengthen the exhalation over time starting with a count of 3 on the inhalation and reaching 4, 5, or 6 on the exhalation. The idea is not to try too hard but to let the exhalation lengthen over time with a pause to relax before taking the next breath. Begin by “inhaling slowly fully and deeply into the belly to the count of three and release slowly and completely to the count of six (counting in your own mind). Staying focused on the slow full rhythm of inhalation and exhalation, “do this five times and make a note of how you feel when you are done.”

Capture Your Response

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5. **Biofeedback using Emwave:** If you are using the Emwave system or any other biofeedback system, begin this session by taking a silent three minute baseline of performance and then after breathe training take another three minute reading of the performance to compare and contrast change over time. It is often amazing the progress that is achieved and can be demonstrated within a short time period using this pattern of breath training.

## Titration:

### Trigger List using Braking and Acceleration (C-R-RE)

Consider the following example to help you make your own Trigger List.

#### USING THE TOOLS

Trigger List EXAMPLE (Multiple Events) Sally Ann, 33 years old, school teacher

Life stage	Trigger List	SUDs
Early childhood*		
1. Age 10	Teased in school yard because of weight	8
2. Age 12	Three boys corner me and molest me on way home from school	10
3. Age 12	Parents not want to walk about what happened after police Leave the house	10
4. Age 27	Weight loss doctor shames me for being unable to stay on a diet	7

After reviewing all the items above and rating the memories the Sally Ann reflected on the Themes. After reflecting on the trigger list items Sally Ann identified some Themes, these included:

- I am not acceptable as I am
- I am unlovable
- No one will accept me once they know me
- People are cruel

Now it is possible to work with both the memories as well as the core beliefs that have been established as a result of these pivotal life experiences.

## Trigger List Exercise (Multiple Events)

Life stage	Trigger List	SUDs
Early childhood*		
1.		
2.		
3.		
Middle childhood to adolescence*		
1.		
2.		
3.		
Young adulthood*		
1.		
2.		
3.		
Adulthood to present day*		
1.		
2.		
3.		

LIST OF THEMES (OR CORE BELIEFS):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Layering (Baranowsky, 1997): A Mastery Approach to Disturbing Physical and Emotional Sensations

## USING THE TOOLS

Target Event	SUDs
<b>Emotional Reaction</b>	
<b>Thought</b> - What is it that makes this event so upsetting?	
<b>Outcome</b> - What happened?	
<b>DEEP BREATHING</b> (5 times) (or Comfort in one Part)	
<b>Target Event</b> (Further Description?)	
<b>DEEP BREATHING</b> (5 times)	
<b>Cognition</b> (What thoughts go along with this experience?)	
<b>DEEP BREATHING</b> (5 times)	
<b>Emotion</b> (What feelings do you have about this event?)	
<b>DEEP BREATHING</b> (5 times)	
<b>Body Sensation</b> (What feelings of discomfort do you have in your body?)	
<b>DEEP BREATHING</b> (5 times)	
<b>Emotion</b> (What feelings do you have about this event?)	
<b>DEEP BREATHING</b> (5 times)	
<b>Emotion</b> (What feelings do you have about this event?)	

**Alternatives** (Refer to Comfort in one Part or Positive Self-Talk/Thought Replacement in this book)  
 Continue with this process until SUDS's rating is below 5 for the identified event prior to ending the exercise. If this is not achieved then end with a Safety / Stabilization Grounding exercise for closure.

# Story Telling

## USING THE TOOLS

In our method for Story Telling following the steps below:

1. Identify the unresolved memory, concern or situation:

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2. For one minute remain in quiet reflection letting your thoughts run with no judgment on the content. This should be a timed minute ending when a buzzer goes off.

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3. Now take as much time as needed to write out the details of your thoughts during your one minute reflection leaving out nothing (add paper if needed) [time out for 10 minutes].

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4. Repeat steps 2-3 until the SUD's ratings are a 5 or less.

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## Connections with Others

One of the most useful exercises is the Connection with Others strategy.

The rules are as follows:

1. Identify two to three activities of interest within the following four domains (physical; intellectual; creative; spiritual).
2. Ensure that all selected activities occur within a social context with other people.
3. This is an experiment so keep it fun.
  - Stage I: Simply investigate options or activity areas within each domain.
  - Stage II: Select one activity from at least three of the four domains to try out.
  - Stage III: Try out the activity.
  - Stage IV: If you like it continue, if not choose another to try out
  - Stage V: Continue moving through your options until you find 3 or 4 that you truly enjoy and wish to continue.

***For the 3rd phase of Reconnection in the tri-phasic model, here are 4 connections:***

### CONNECTIONS WITH OTHERS

Identify activities that may interest you within each of the four cluster areas that include a social component. Investigate what is available in your vicinity to participate in, or create your own group. Select 2-3 items to get involved in at least once each month.

Develop your social life and become involved in your community. Decide if a given activity is a good fit for you only after attending at least 3-4 times. If not, move on to the next.

1. Physical (e.g., walking club; yoga class; bowling)

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2. Intellectual (e.g., book club; university/college course; astronomy club)

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3. Artistic/Creative (e.g., painting class; pottery class; scrapbooking)

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4. Spiritual/Religious (e.g., join a religious church/temple; learn to meditate; volunteer in a homeless shelter)

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***“The key to happiness is realizing that it's not what happens to you that matters, it's how you choose to respond.” ~ k.d.harrell***