


PARK COUNTY  
**COMMUNITY**  
FOUNDATION



**STAR-T: Secondary Trauma  
Activates Resiliency**  
with Andrew Laue, LCSW

THURSDAY, SEPTEMBER 15, 2022

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STAR-T  
Secondary Trauma Activates Resiliency-Training

**Daily Resiliency Skills for  
Human Service Workers**

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## **STAR-T**

**ACTIVATERESILIENCY.COM**

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## **STAR-T Contact Information**

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- 406 327 9445

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# The Wildfire



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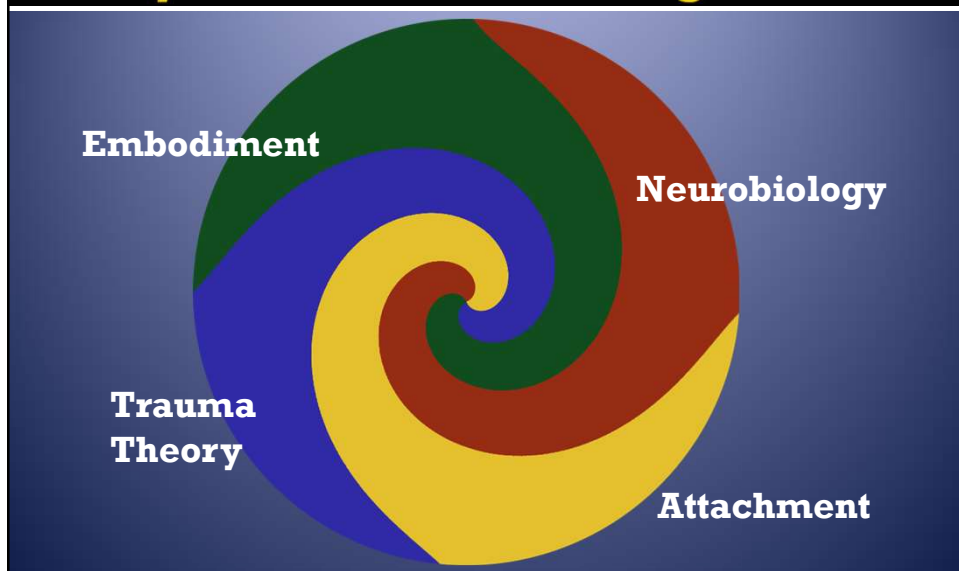


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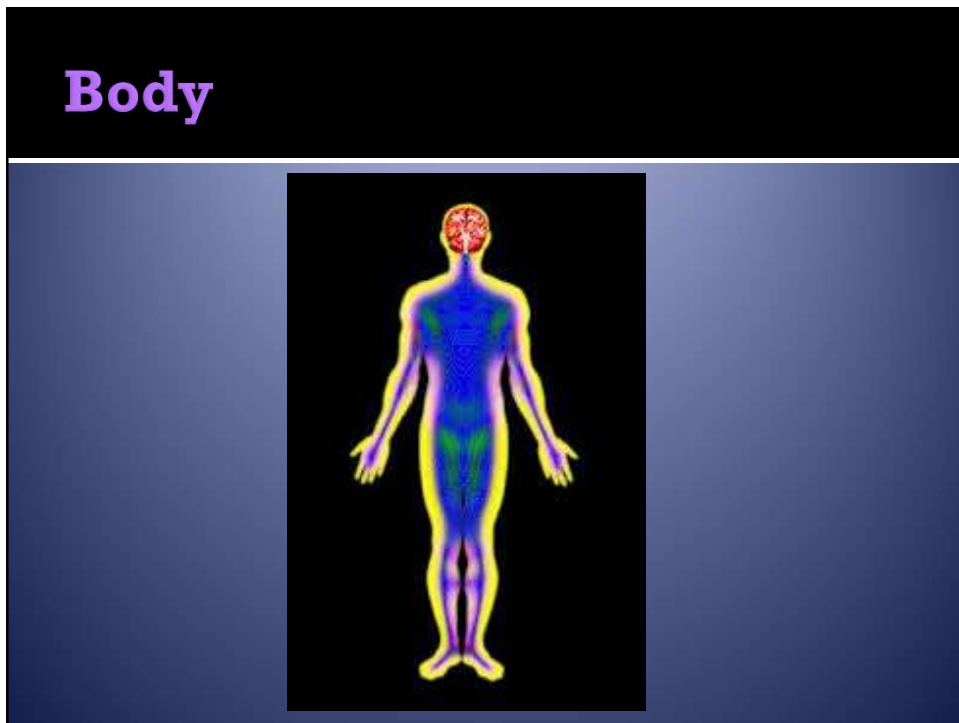
## Integration of Four Themes into a Hybrid Understanding



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## Threat System



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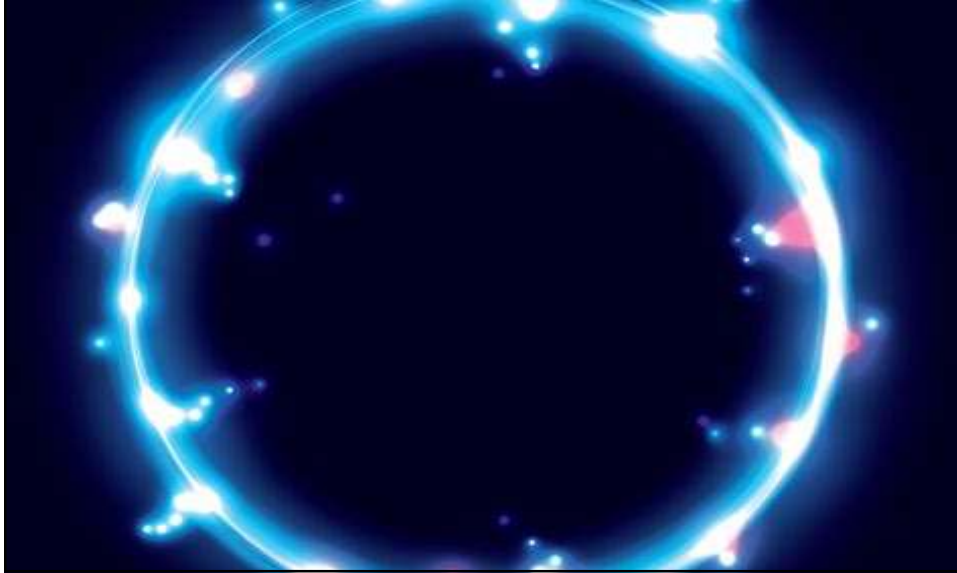
## Drive System



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## Nurturance System



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## Find The Blue



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**We are being impacted in our whole brain being**



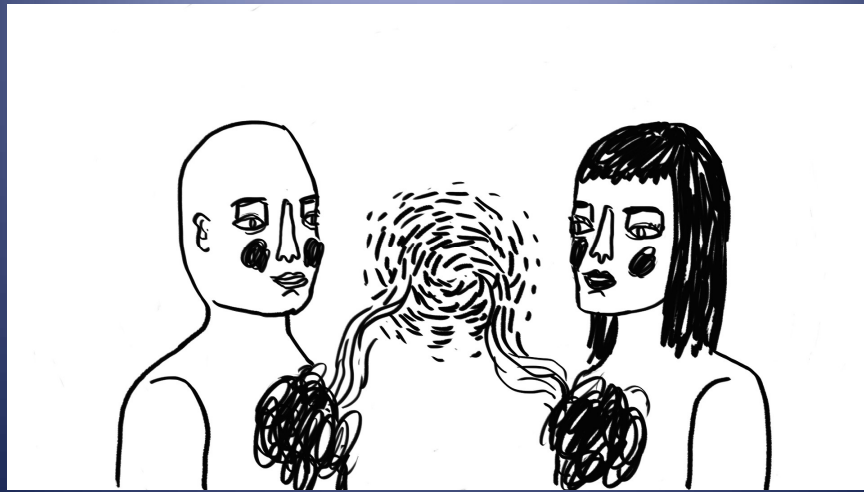
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**The BRAIN is not CONTAINED**



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## Empathy, Collaboration and the Mirror Neuron System



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## Post-Traumatic Growth



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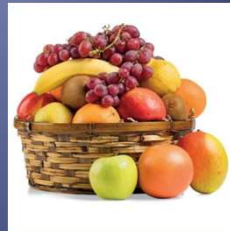
## A sink hole that turns into an artesian well



U. S. GEOLOGICAL SURVEY  
4. ARTESIAN WELL AT LYNCH, NEBR.  
Flows more than 3,000 gallons per minute.

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## Self Care



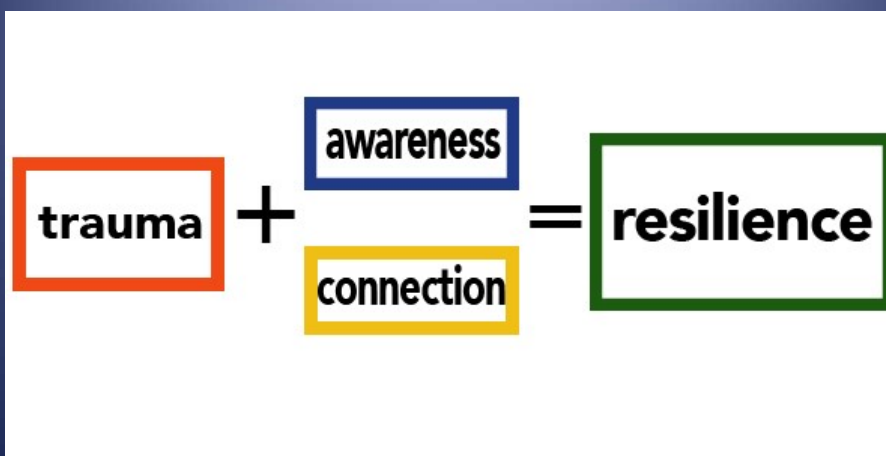
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## Self-Care is not enough

- Self-care implies that there is a pathology or depletion that is the responsibility of the individual alone.
- We need to build resiliency. Resiliency is power that comes from responding to the trauma itself.
- The tools needed for resiliency are awareness and connection

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## Resiliency and Trauma



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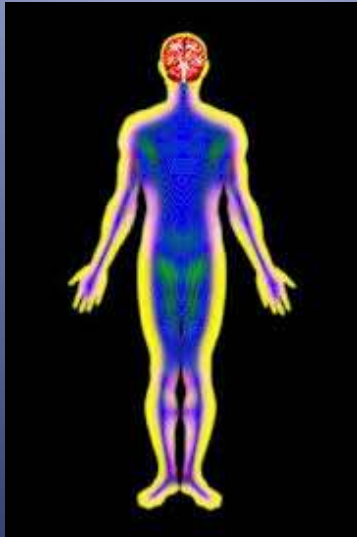


## Morning Grounding Activity

- Begin each day by returning to your own grounded relationship to your body and the natural world.
- Find an anchor point in your body through which you can connect with a natural element.
- Take some time to ground, breathe, and then track with body cues where you are tracking distress in your body

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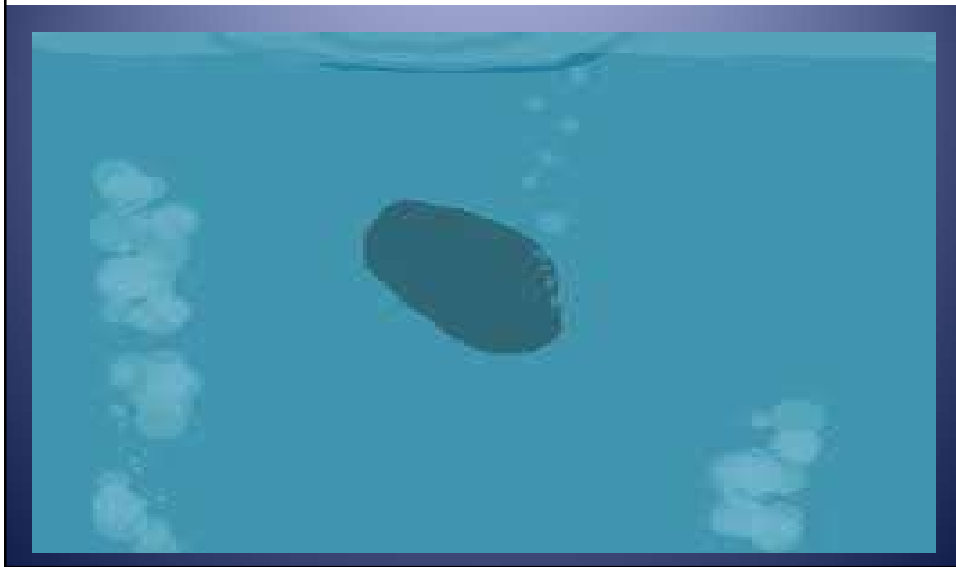
## Finding an anchor point



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## Basic Skill: Drop In



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## First Add On: Natural World



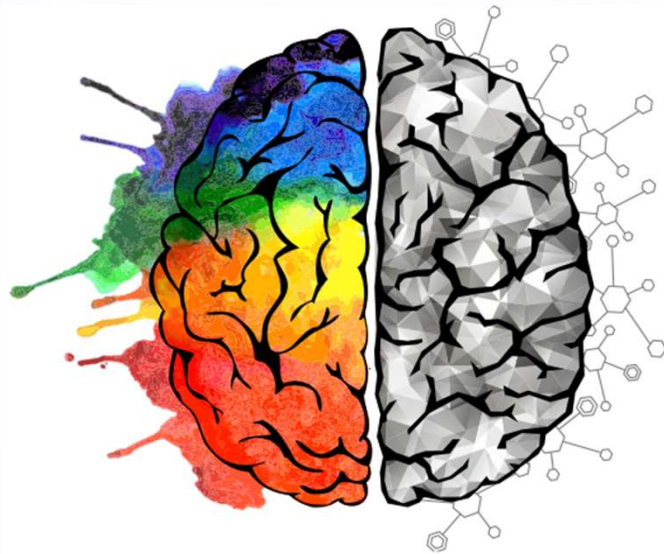
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## Second Add On: Checking IN

- Acknowledge the general state of your being for exactly what it is.
- Feel the connection between this state of being and your anchor point
- Say one word that describes how you are feeling at this moment, this morning.

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## Third Add on: Neuro-Plasticity Movement



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## Tracking Regulatory Process Throughout the Day

- Utilize your understanding of basic trauma theory to track if you are in a hyper aroused state, a dissociated state, or in an optimal state of arousal
- Use body cues and awareness to track where you are
- The tracking alone is effective as it brings critical resiliency awareness to bear on this state of being.
- Notice if your awareness allows you to move toward a zone of optimal arousal or resilience.

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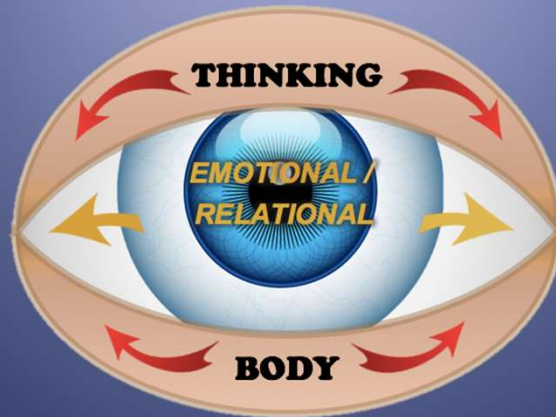


## Noticing

- The verb of awareness
- Tracking, not fixing
- Resiliency is activated by tracking or noticing

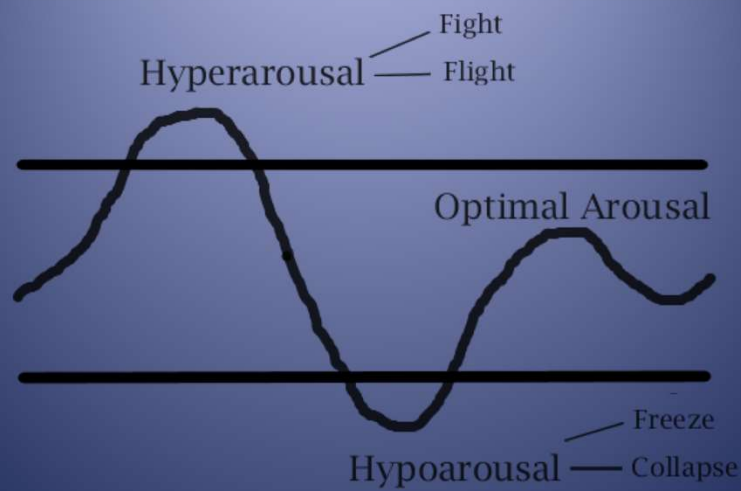
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## Observational Brain



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## Window of Tolerance



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## Hypo-arousal or Functional Dissociation



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## Resiliency Begins With the Flow of Awareness



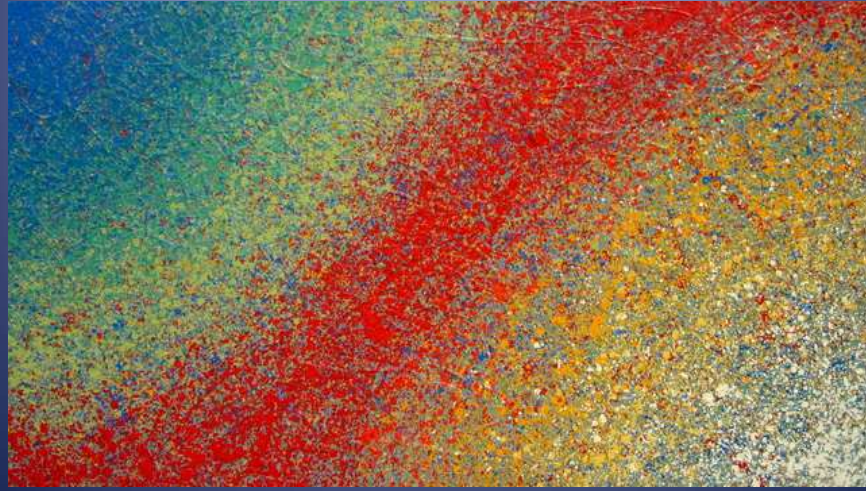
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## Transition Rituals at the End of the Shift

- End your day or your work shift by using effective rituals to transition
- Choose from the four elements: earth, air, fire or water and the fifth element, the now, to anchor your ritual
- Build a ritual in which make contact with the distress of the day that had been loaded into your system and find ways to ritualistically release it.

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## Creating Transition Rituals



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## Four Elements (Five)



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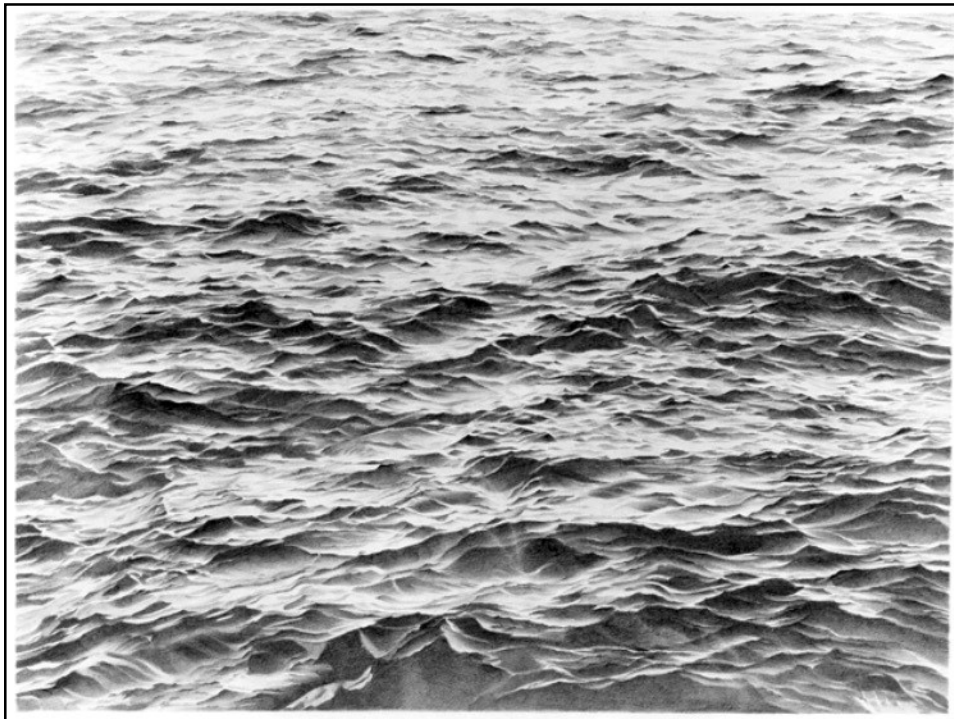
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# Fire



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## How do we hold each other?



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