

Central Valley 9th Annual Conference on **Human Trafficking**



Be Free

Restoring Hope

Trauma Informed Art That Heals



Fresno **Economic Opportunities Commission**
Sanctuary and Youth Services

Central Valley Against Human Trafficking

Trauma Informed Art That Heals



Workshop 1.1

11:00 a.m. – 12:00 p.m.

Presenters:

Kim Contreras, World Impact, Clear Thinking Life Coach

Julie Smith, Artist, Clear Thinking Life Coach

Barbara Fiske, Clear Thinking Life Coach

Sharon Browatzke, World Impact, Clear Thinking Life Coach

Summary



- This session provides an integrative framework for engaging Trauma Informed Practices (an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma), in serving survivors of human trafficking. The session will emphasize the physical, psychological and emotional safety for survivors through the use of the “Art Thinking Model”, and explore how service providers can assist survivors to rebuild a sense of control and empowerment through exploring a creative outlet. Participants will participate in an art project, and hear first-hand regarding “Art Thinking Groups” which have been utilized as a vehicle for healing.

Workshop Objectives



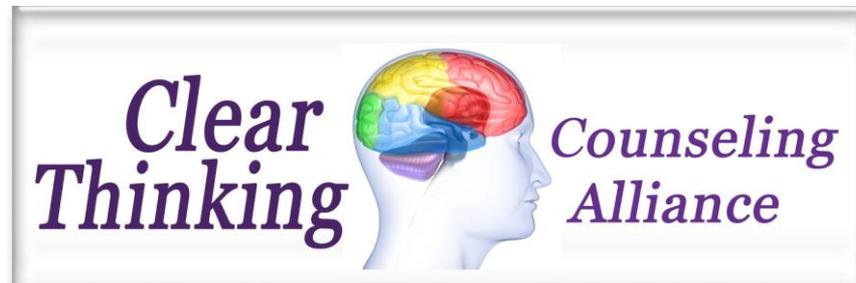
- Define trauma and its impact on survivors of human trafficking.
- Understand the psychological aspects of trauma on the brain.
- Gain an understanding of the Art Thinking Model to address trauma.
- Participate in a first-hand in an art project.
- Connect with a network of providers and dialogue on promising practices.

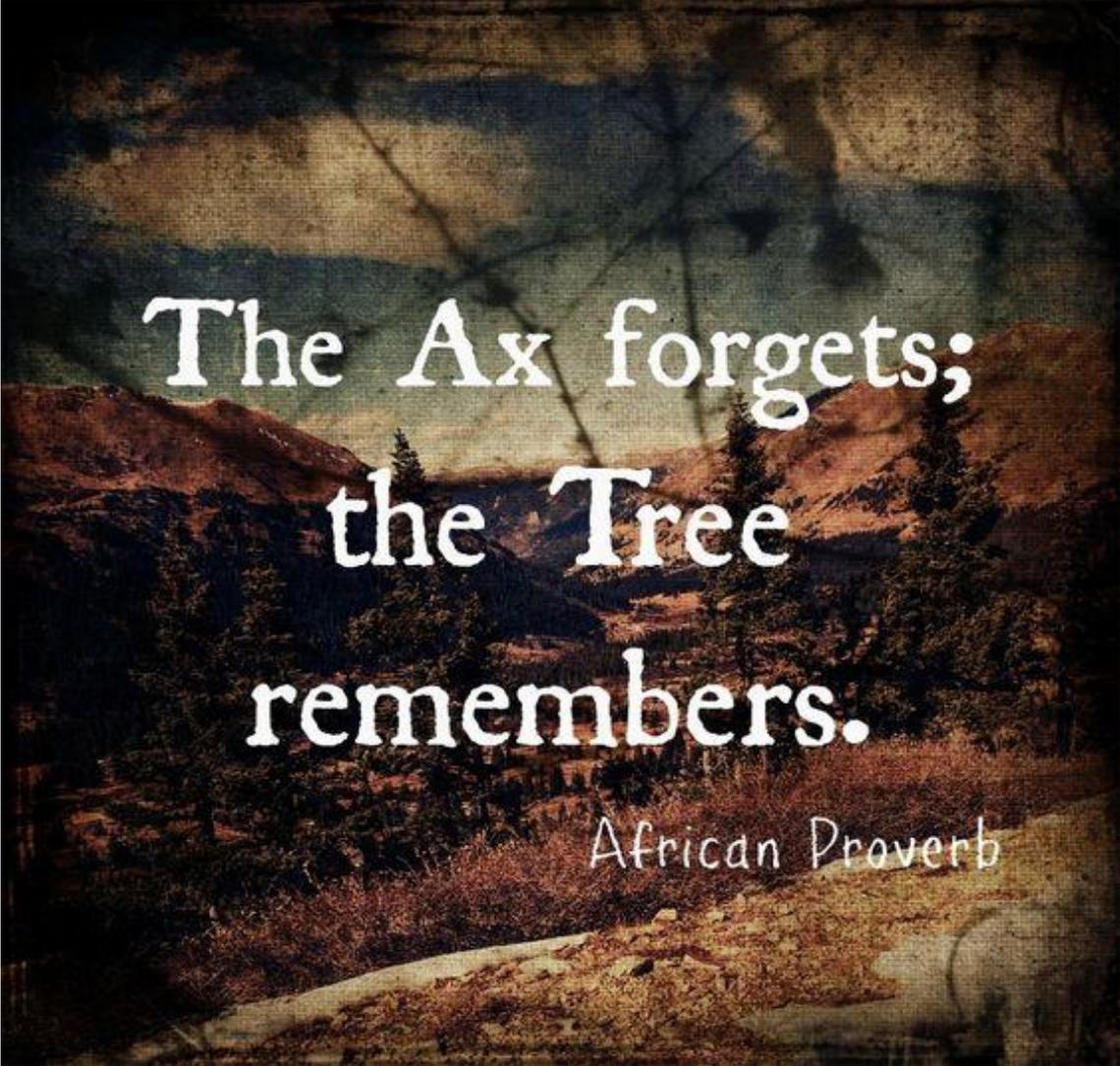
Clear Thinking Method



Based on the Peck Protocol, using outcome thinking, created by David Peck and David Purvis, of Fresno, CA.

Now used and taught by the Clear Thinking Counseling Alliance, an educational effort of Christian licensed counselors and life coaches in Fresno, CA.

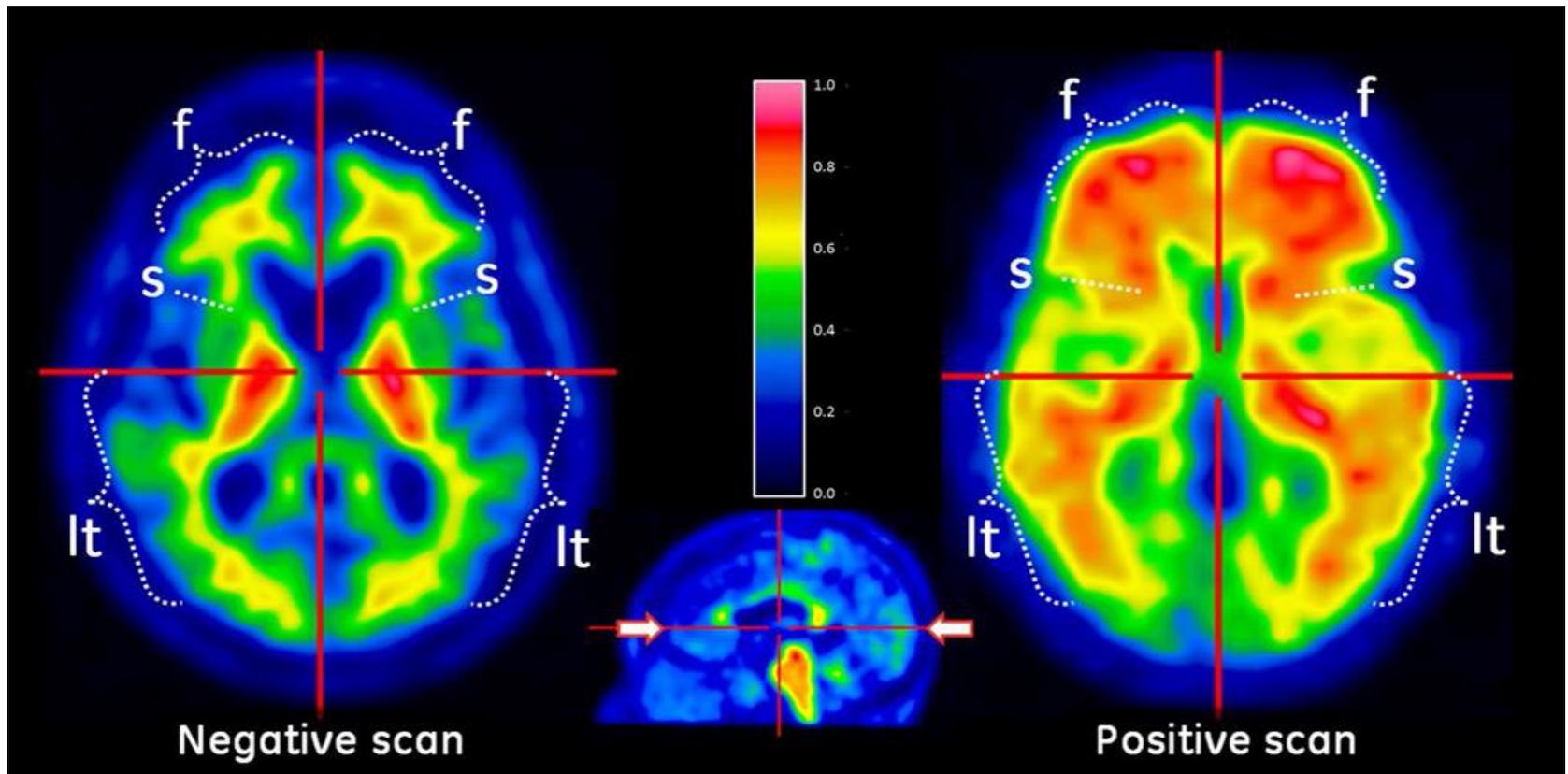




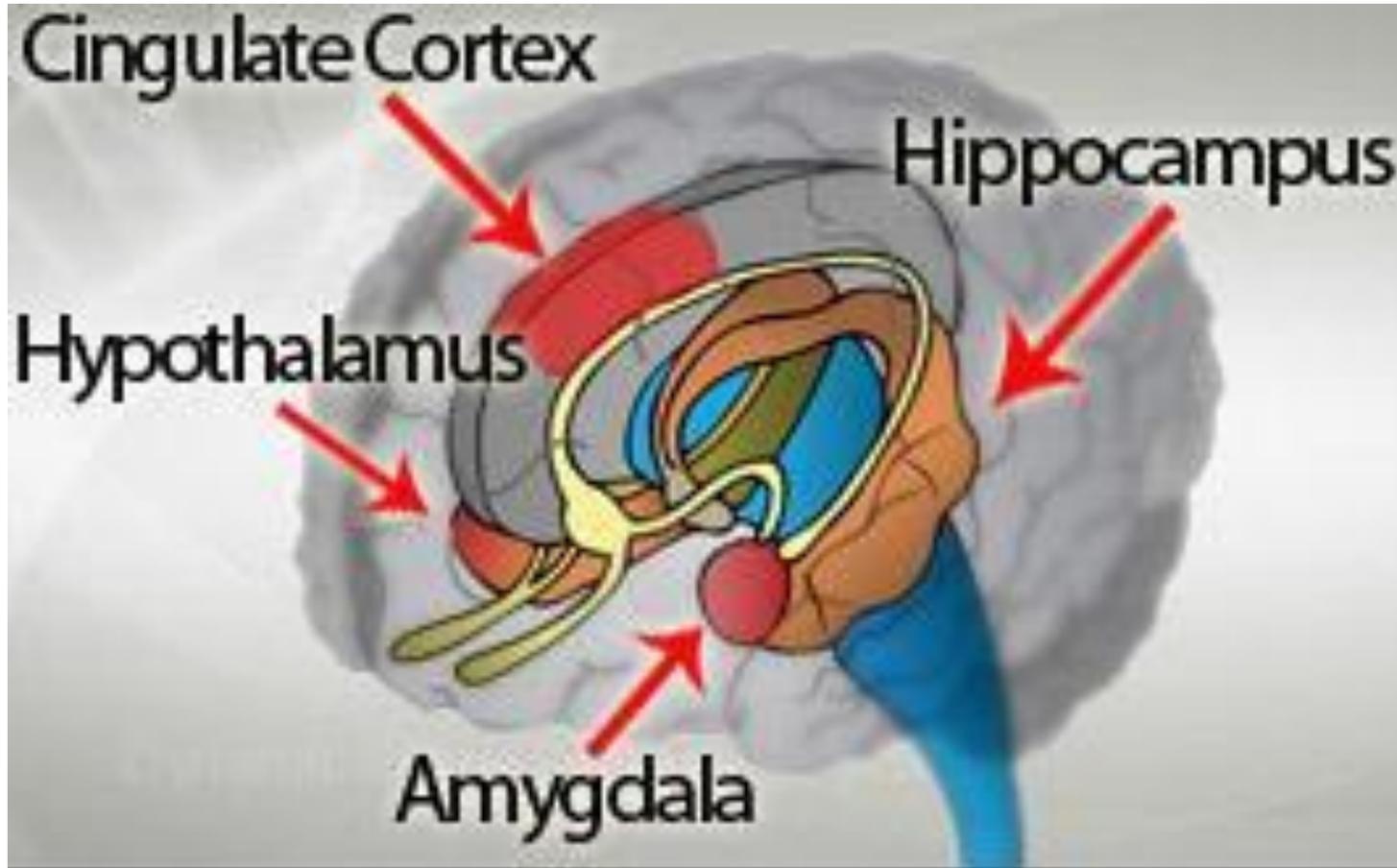
The Ax forgets;
the Tree
remembers.

African Proverb

PTSD Brain Scan



Trauma Informed Art That Heals



Taming your anxious thoughts



For simplicity sake, let's understand what our:

Worst State of Mind

vs. our

Best State of Mind

(also known as acceptance)

4 Step Thinking Sequence For Cognitive Flexibility



1. Notice the Tension (-)
2. Look at Yourself not accepting and the outcome of that picture (-)

Trauma Informed Art That Heals



**Stress/Tension is important.
It alerts us that something
isn't right.**

Clear Thinking Exercise



1. Notice-	2. Look-	3. Look+	4. Notice+

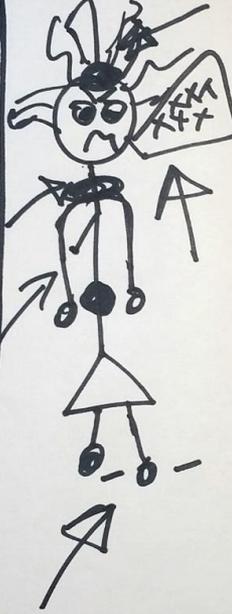
Clear Thinking Exercise



1. Notice-	2. Look-	3. Look+	4. Notice+
 <p>7</p>			
10 0			

Clear Thinking Exercise

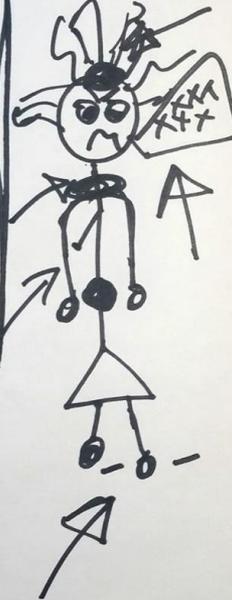


1. Notice-	2. Look-	3. Look+	4. Notice+
 <p>A simple stick figure with a round head, spiky hair, and a triangular body. It has two small circles for eyes and a simple line for a mouth. Arrows point to its head, arms, and legs.</p> <p>7</p>	 <p>The same stick figure as in column 1, but with a sign on its right arm that says 'XXX' and '+++'. It has a more complex, spiky hairdo. Arrows point to its head, sign, and legs.</p>		

10
0

Clear Thinking Exercise



1. Notice-	2. Look-	3. Look+	4. Notice+
 <p>7</p>		BREATH	

10
0

Acceptance



With Acceptance

I am simply observing the facts

And I have the strength:

- **to look at the facts**
- **to stay in the present**
- **to access my best state of mind**
- **to make wise decisions**

4 Step Thinking Sequence

For Cognitive Flexibility



1. Notice the Tension (-)
2. Look at Yourself not accepting and the outcome of that picture (-)
3. Look at yourself Accepting (+) and the outcome of that picture
4. Notice the tension

Trauma Informed Art That Heals

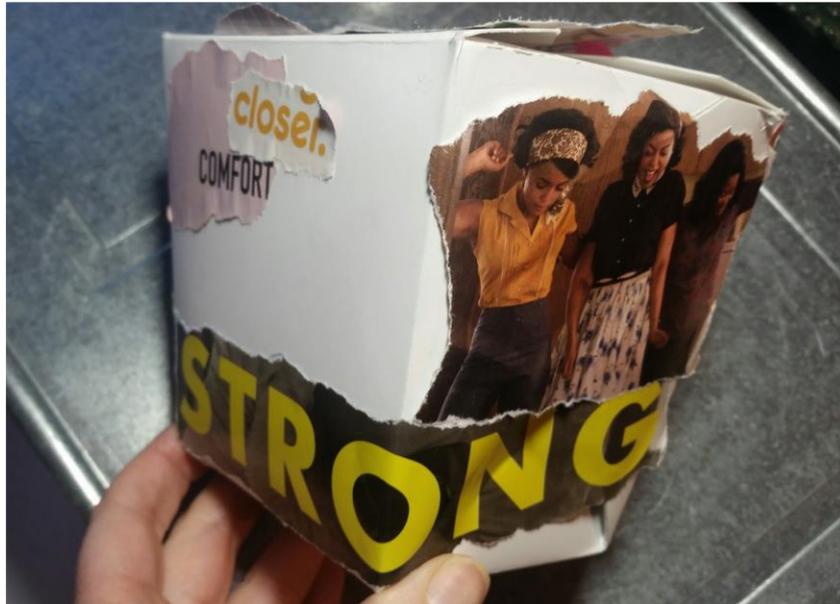


Breathe


Be Free
Restoring Hope



Getting Out of the Pit



Getting Out of the Pit



Forecast



You can use the 4 Step Protocol to forecast a different outcome to an upcoming situation.

1. Notice - the tension
2. Look (-) at yourself not accepting, and the outcome of that picture.
3. Look (+) at yourself accepting, and the outcome of that picture.
4. Notice - the tension



Be Free

Restoring Hope

PTSD Changes your brain

The Amygdala
The fear induced by trauma hypersensitizes it to danger. Everything becomes a threat.
The amygdala may increase in size.

The Hippocampus
Converts short term memory to long term.
The hippocampus may shrink.

The Prefrontal Cortex
Blood flow to left side may decrease with less ability for language and memory.
Blood flow to right side may increase causing more sorrow and anger

LoveOurVets.org
PTSD Family Support