

POVERTY
HOUSEHOLD DYSFUNCTION
TRAUMA AND TOXIC STRESS
SANDRA L. BLOOM, M.D.
HEART AND LUNG DISEASE
SEXUAL ABUSE & ASSAULT
ACES: MIND BODY SOUL
SANDRA L. BLOOM, M.D.
TRAUMA AND TOXIC STRESS
SUBSTANCE ABUSE
SEXUAL ABUSE & ASSAULT
POVERTY
HOUSEHOLD DYSFUNCTION
TRAUMA AND TOXIC STRESS



MEANING



IN TROUBLED TIMES



WHAT'S THE BIG DEAL ABOUT ACES?

***We live in a world where
amnesia is the most
wished-for state. When did
history become a bad
word?***

Playwright, John Guare
International Herald Tribune,
Paris, June 13, 1990





HISTORICAL PERSPECTIVE

WHAT WE ARE UP AGAINST



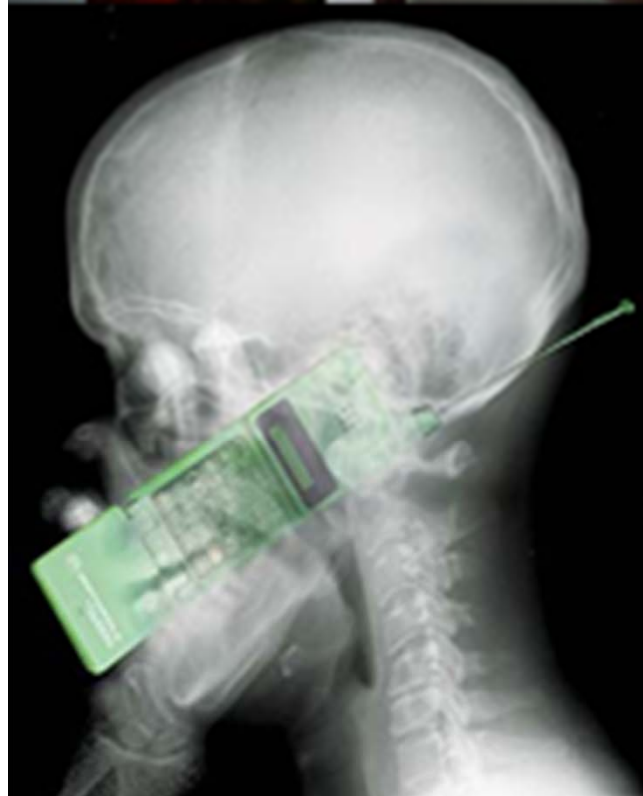
HUMANITY'S TRAUMATIC PAST

**AND OUR POWERFUL TENDENCY TO
REPEAT THE SOLUTIONS OF THE PAST,
EVEN WHEN THEY ARE NO LONGER**



The original trauma, meaning of course, not a single event but a long-standing condition - was the trauma of being hunted by animals and eaten.

Barbara Ehrenreich, *Blood Rites*

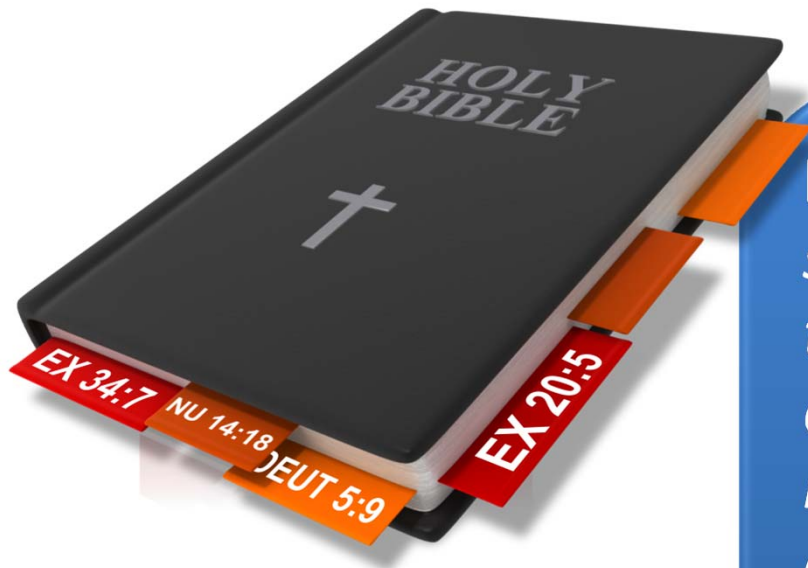




ANCIENT HEADLINE FOR THE ACE STUDY

What society does to its children, its children will do to society.

Cicero, 106-43 B.C.E.



*Exodus 34:7 keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, **visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.***

GROUNDWORK FOR EPIGENETICS

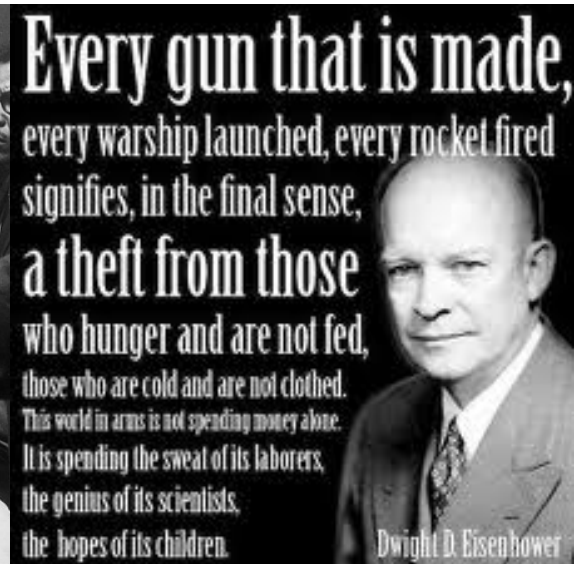
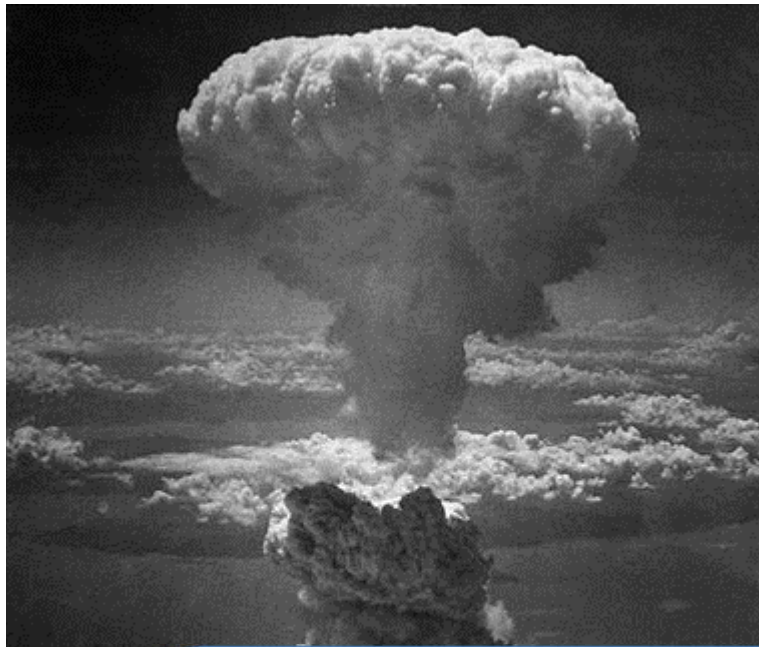


"Individual discord is but the symptom of a social discord".

Trigant Burrow, M.D. (1926)

"Insanity a social problem"

American Journal of Sociology 32,

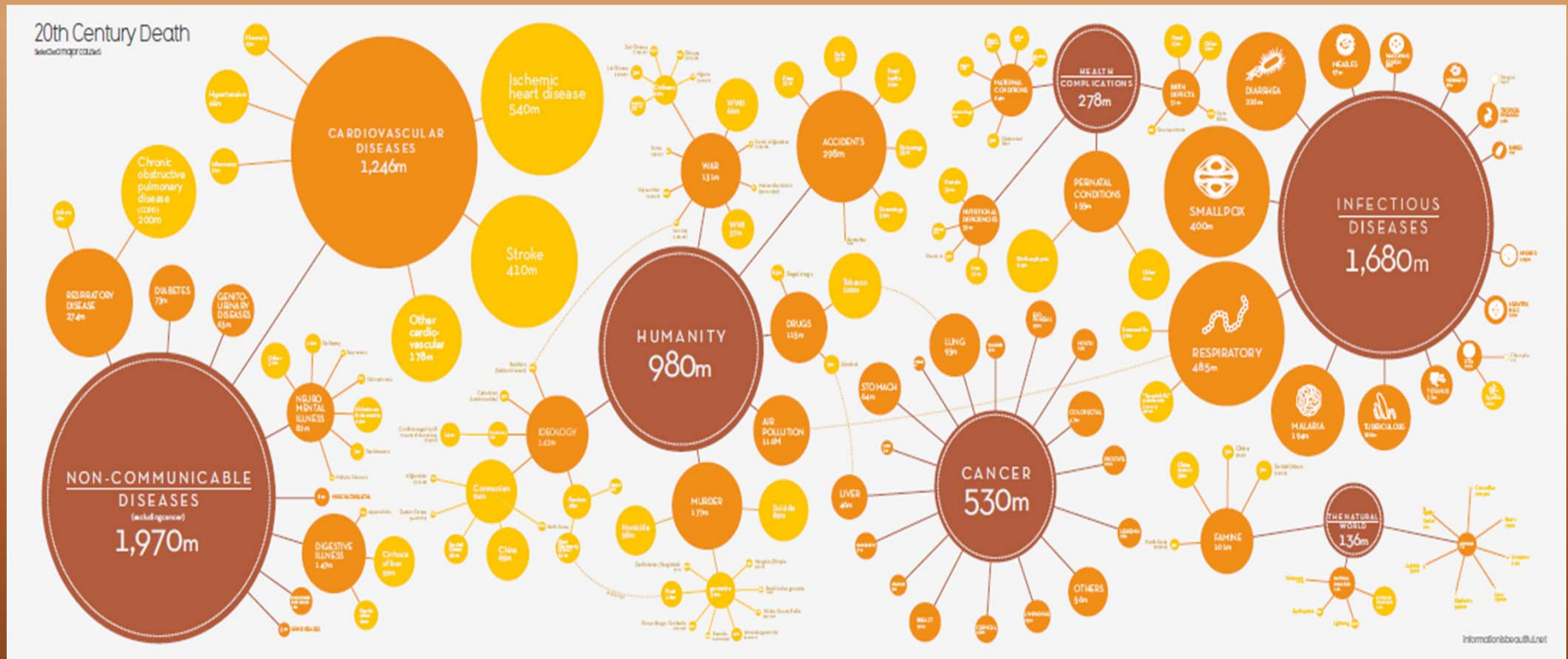


"it is futile to attempt to remedy mental disease occurring within the individual mind as long as psychiatry remains blind to the existence of mental disease within the social mind".

Trigant Burrow: "Our mass neurosis." Psychol. Bull., 1926. 23, 305-312.

20TH CENTURY

THE CENTURY OF “MEGADEATH”



Alienation as our present destiny is achieved only by outrageous violence perpetrated by human beings on human beings. No man can begin to think, feel or act now except from the starting point of his or her own alienation.

R.D. Laing,
The Politics of Experience, 1967





The major dilemma for mental health professionals lies in the fact that primary prevention of mental handicaps and the assurance of overall community health is total. It involves the whole social system and is thus beyond his power as well as his expertise ...

Eugene Brody, M.D., 1973,
The Lost Ones

What if we ARE protecting a massive societal blind spot? What if judges have been trained not to hear, doctors schooled not to see, and psychiatrists encouraged not to believe? What if the instruments of social scientists have been calibrated to filter out an insistent static of post-traumatic pain that is central to the origins of violence and emotional disturbance?

R. Summit in *Lasting Effects of Child Sexual Abuse* by Wyatt and Powell (1988)



SOCIAL UNREST = INCREASED COMPLEXITY



Civil Rights Movement



Anti-War Movement



Women's Rights Movement



Children's Rights

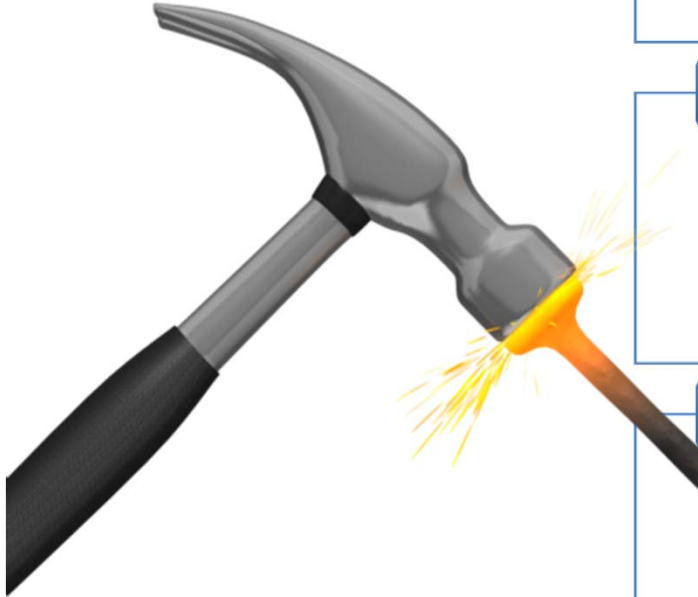


LGBTQ Rights



Globalization

WHEN FACED WITH COMPLEXITY HUMAN BEINGS AND HUMAN GROUPS WILL ENGAGE IN REDUCTIONISM:



Biological Reductionism

- All cause is biological – chemistry and genes
- Biological psychiatry

Psychological Reductionism

- All cause is individual – sickness/badness
- Psychoanalysis, behaviorism, cognitive-behaviorism, etc., etc. etc.

Social reductionism

- All cause is cultural – economics, gender, class, race, etc.

Spiritual reductionism

- All cause is non-human, incorporeal, supernatural

We have come to know more and more about less and less (p.23).

Owen Barfield, 20th Century philosopher

The Rediscovery of Meaning



Americans today inhabit a post-traumatic world of fragmented, conflicting narratives, each true to a degree and each in part false. . . . If we are to take effective action in the years ahead, we must allow the psychological wounds of the past to close. . . . If we are to avoid repeating the mistakes of the past, we must also continue to run our fingers along the scars.

Fred Turner, 1996

Echoes of Combat: The Vietnam War in American Memory

WHAT ARE WE UP AGAINST? OUR OWN BIOLOGY, OUR OWN PSYCHOLOGY, OUR OWN SOCIOLOGY



*Human history becomes more and more a
race between education and catastrophe.*

H. G. Wells

Outline of History, 1920



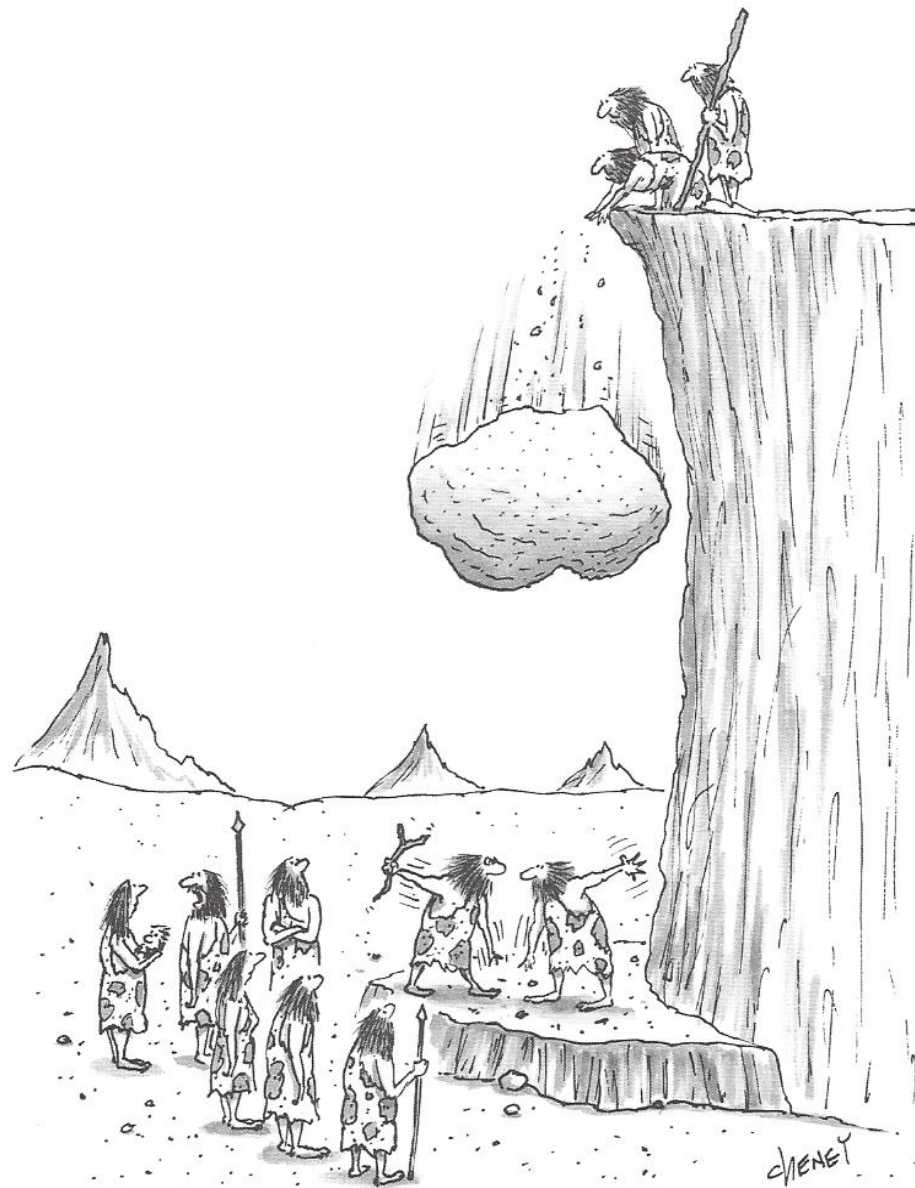


Are we driving ourselves toward national/global traumatic second order change?

The 10 Best Post-Apocalyptic Movies Of 2013

K. Clark Posted May 9, 2013





"You're going to hate how it ends."



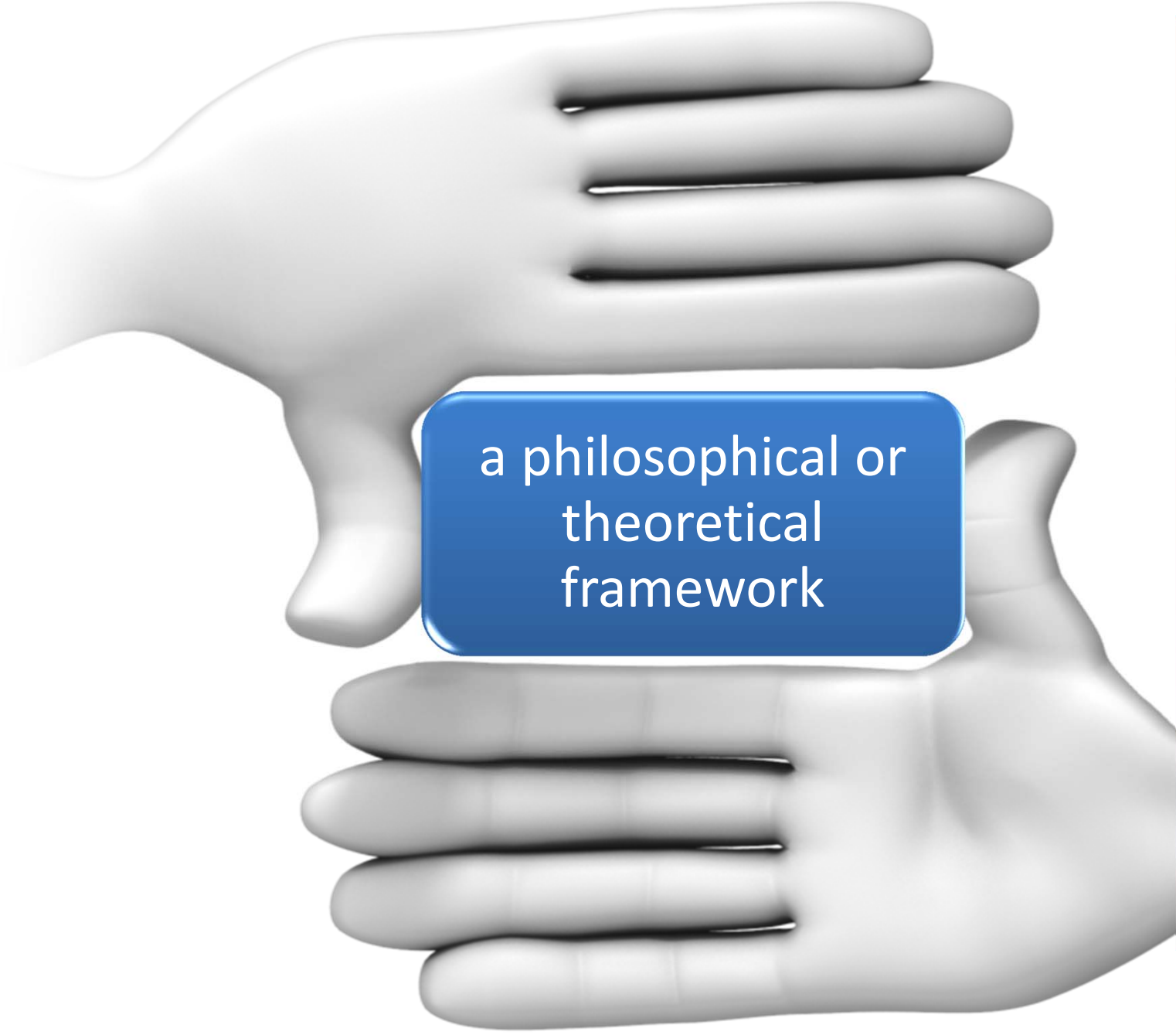
FUTURE

Can we consciously evolve
quickly enough to avoid
extinction?

**WE LIVE IN REVOLUTIONARY
(EVOLUTIONARY?!?) TIMES**



MENTAL MODELS ARE SHIFTING

A 3D rendering of two white hands, palms facing each other, holding a blue rectangular box with rounded corners. The box contains the text "a philosophical or theoretical framework".

a philosophical or
theoretical
framework

A red vertical bar with the word "PARADIGM" written vertically in white capital letters.

P
A
R
A
D
I
G
M

MENTAL MODELS



DEEPLY HELD ASSUMPTIONS THAT:

- Are largely unconscious
- Determine much of what we think, feel and do
- Help our brains automatically organize information.
- Are self-reinforcing

SENSE OF COHERENCE

(Antonovsky, 1979)



COMPREHENSIBILITY

MANAGEABILITY

MEANINGFULNESS

CHANGING MENTAL MODELS

Changing mental models means major intrapsychic adjustments – personally and professionally

Shifts in roles with increase in uncertainty and therefore anxiety

Mental models thus limit people's ability to change.



SCIENTIFIC REVOLUTION

(KUHN, 1970)

Normal Science: theory is not questioned

Anomalies emerge

Crisis grows – professional insecurity – old rules don't work

New paradigm emerges – better explanations and results

Increasing attention from eminent scholars

Two VERY different world views – old guard and new

Eventual changeover determined by effectiveness of new paradigm





**UNDERSTANDING
TRAUMA IS NOT JUST
ABOUT ACQUIRING
KNOWLEDGE.**

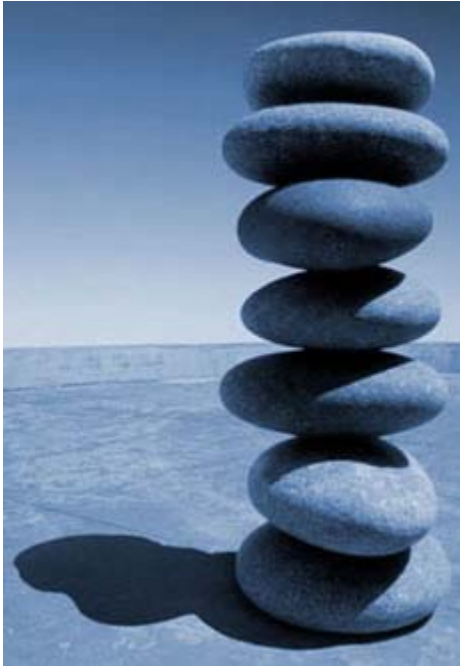
***IT'S ABOUT CHANGING THE WAY
YOU VIEW THE WORLD.***

A detailed illustration of a medieval siege. In the foreground, a massive, dense army of soldiers, many wearing chainmail and carrying shields, is gathered on a dirt path leading towards a city. The city wall, made of stone and featuring battlements, stands in the middle ground. Several towers and spires are visible on the city's skyline. Thick, dark smoke billows from the city, suggesting fires or explosions. The sky is filled with heavy, grey clouds. The overall scene conveys a sense of intense conflict and the scale of a major battle.

SYSTEMS UNDER SIEGE

WORKPLACE STRESS





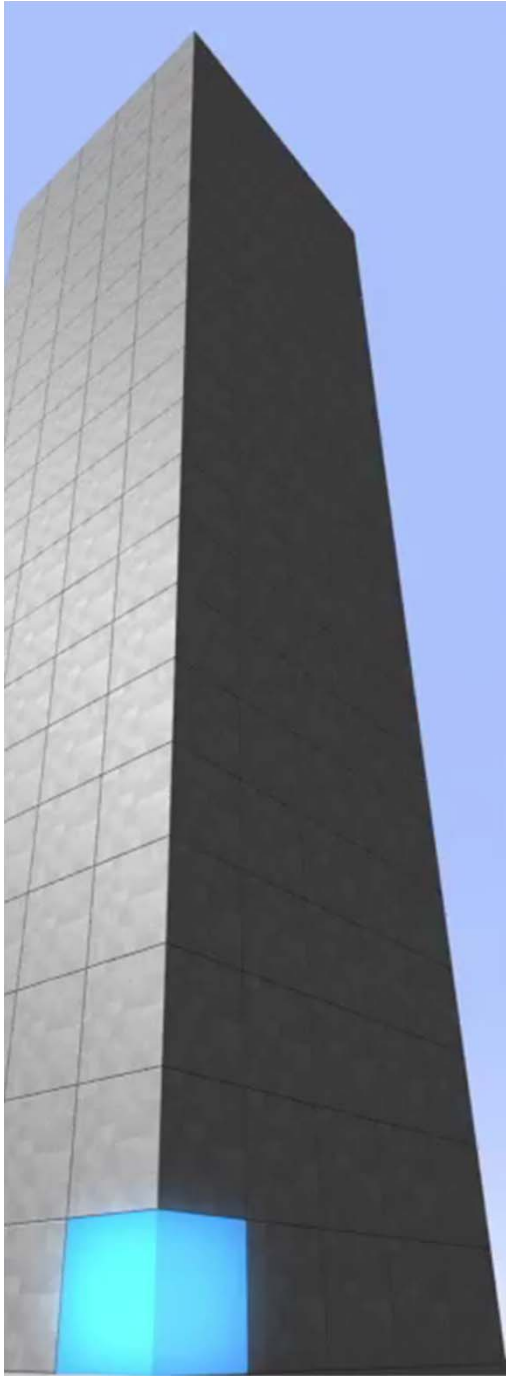
*Living, complex,
adaptive systems are
vulnerable to stress,
particularly chronic
and repetitive stress.*

***Living, complex,
adaptive systems can
be traumatized and
the result of
traumatic experience
can be devastating***

ORGANIZATIONAL HYPERAROUSAL



WHEN EVERYTHING IS A CRISIS



ORGANIZATIONAL HYPERAROUSAL

CHRONIC CRISIS = LOSS OF BASIC SAFETY & TRUST

EMOTIONAL DYSREGULATION

POOR COMMUNICATION: UNDISCUSSABLES

POISONED GRAPEVINE; INCREASED CONFLICTS

IMPERMEABLE BOUNDARIES; INFORMATION SILOS

MEMORY LOSS; MINDLESS REPETITION

LOSS OF PARTICIPATION

LEARNED HELPLESSNESS

HOSTILE WORKPLACE



PARALLEL PROCESS

When two or more systems – whether these consist of individuals, groups, or organizations – have significant relationships with one another, they tend to develop similar thoughts, feelings and behavior.

*K. K. Smith, V.M. Simmons, and T.B. Thames,
The journal of applied behavioral science, 1989. 25(1): p. 11-29.*



DESTROYING SANCTUARY

**THE IMPACT OF STRESS ON FAMILIES,
ORGANIZATIONS & COMMUNITIES**

IF YOU THINK THIS IS BAD.....

Mental health services decreased

Less educated staff

No time to talk

Superficial supervision

No management training

Fewer resources

No respect



BROUGHT TO YOUR ANCESTORS BY THE LAST PARADIGM SHIFT.....

SPANISH INQUISITION

PORTUGUESE INQUISITION

ROMAN INQUISITION

MILLIONS OF WOMEN (AND SOME
MEN) BURNED AS WITCHES

THE ENLIGHTENMENT

The scientific method

- Liberation of thought from superstition and established authority
- Modern medicine, technology, all scientific achievement

Individuality and human rights

- Abolition of slavery
- Democracy



PROBLEMS OF MODERNITY

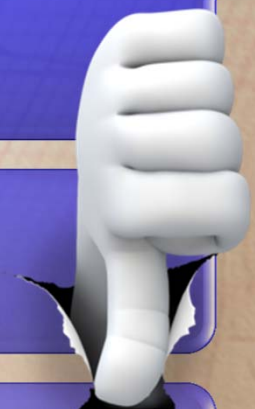
Reductionism – keep going down through the trees and forget about the forest

Nothing matters except physical cause and effect – science is the ONLY way of understanding the world

Extreme materialism

Loss of the integrity of the whole

Loss of value: dehumanization, atrocity, justification of everything and anything that leads to increased material wealth



FUNDAMENTAL PROBLEM FOR MENTAL HEALTH SERVICES: CATEGORY ERROR

Modern psychiatric practice – and funding - based on medical model

Diseased part of the body

Underlying physical abnormality (pathology) within the individual.

Diagnosis is essential and should lead to treatment of the diseased part

Works well when we are focused on “a part” – not so well when the focus is “the whole” – category error

Thinking you can change the whole by an exclusive focus on the part

The background of the slide is a dark, industrial scene with steam rising from machinery. The words "SOCIAL ENGINEERING" are written in large, metallic, three-dimensional letters across the upper middle of the image.

SOCIAL ENGINEERING

Leader as head, Organizations as body: intelligence is centralized near the top

Assumption of cascading intention: initiative flows from the top down and once defined is *communicated* and *rolled out*.

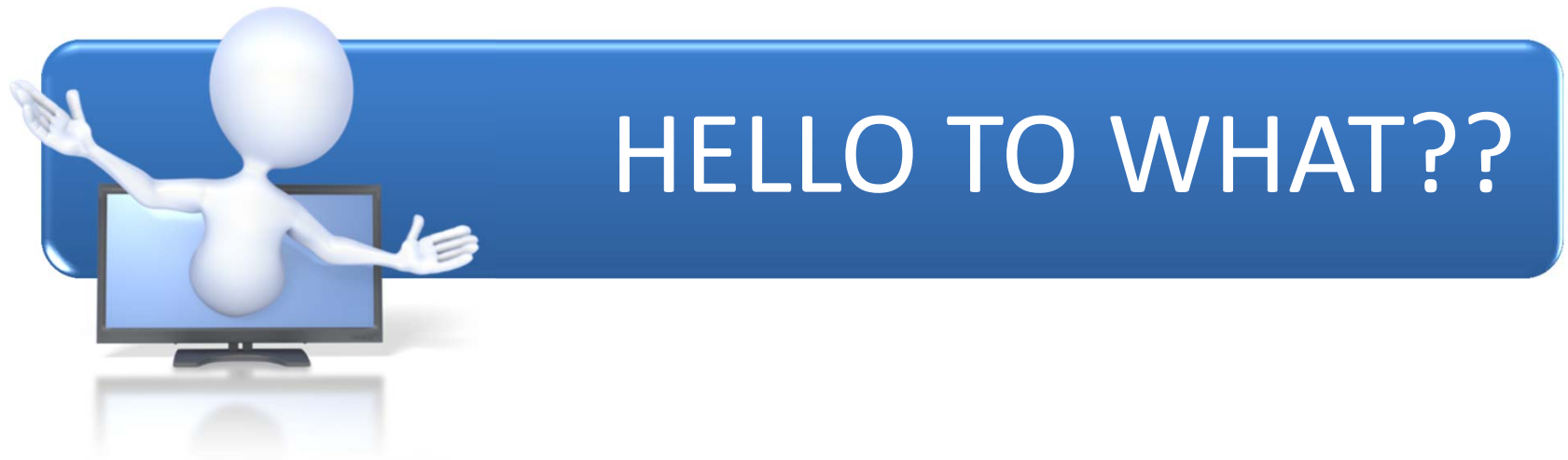
Precise assessment; extensive planning and design

Predictable outcomes that can be repeated

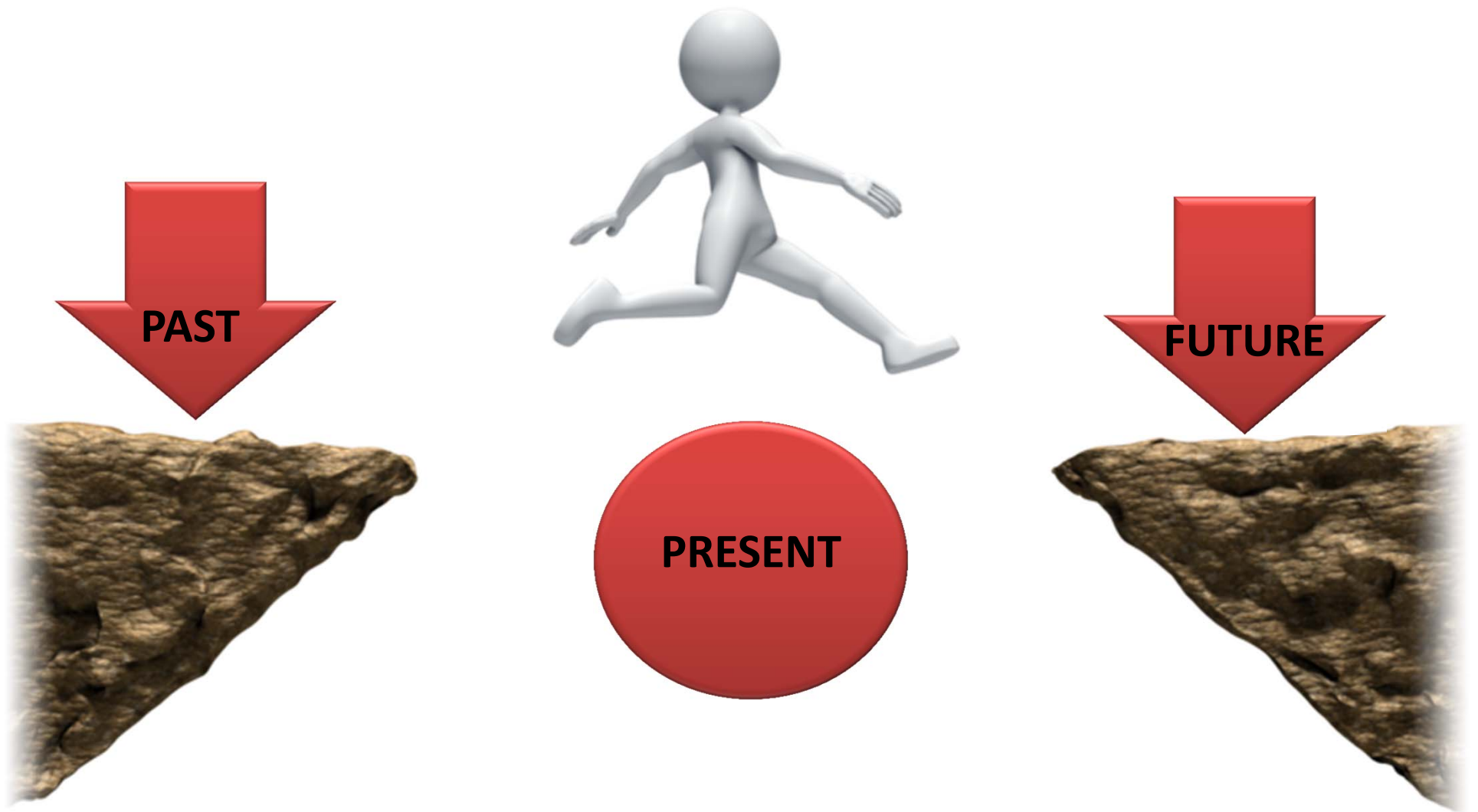


Social engineering as a context is obsolete – Period.

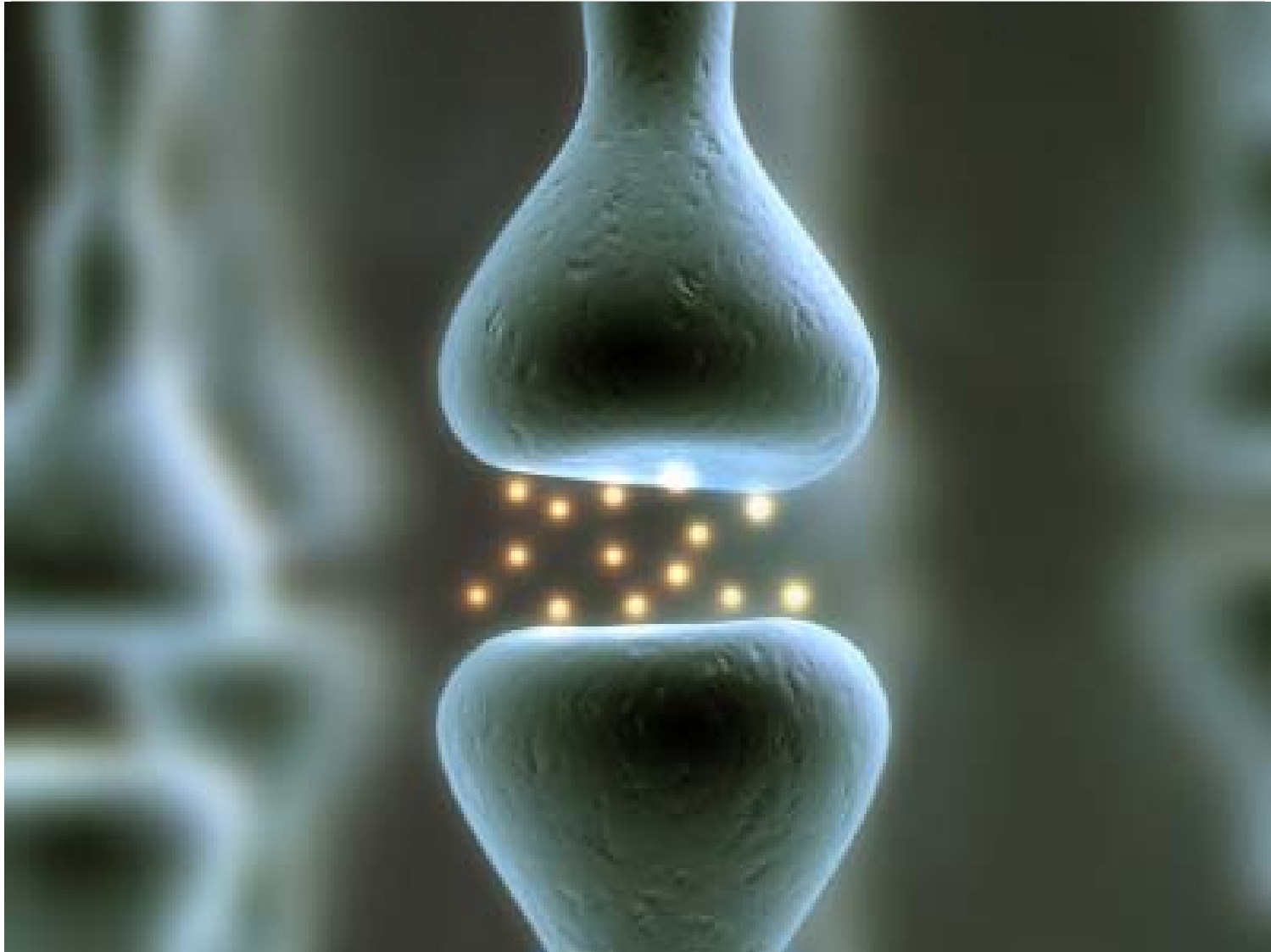
Pascale, Millemann and Gioja, *Surfing the Edge of Chaos:
The Laws of Nature and the New Laws of Business*



BRIDGING PARADIGMS



LIFE HAPPENS AT THE GAPS

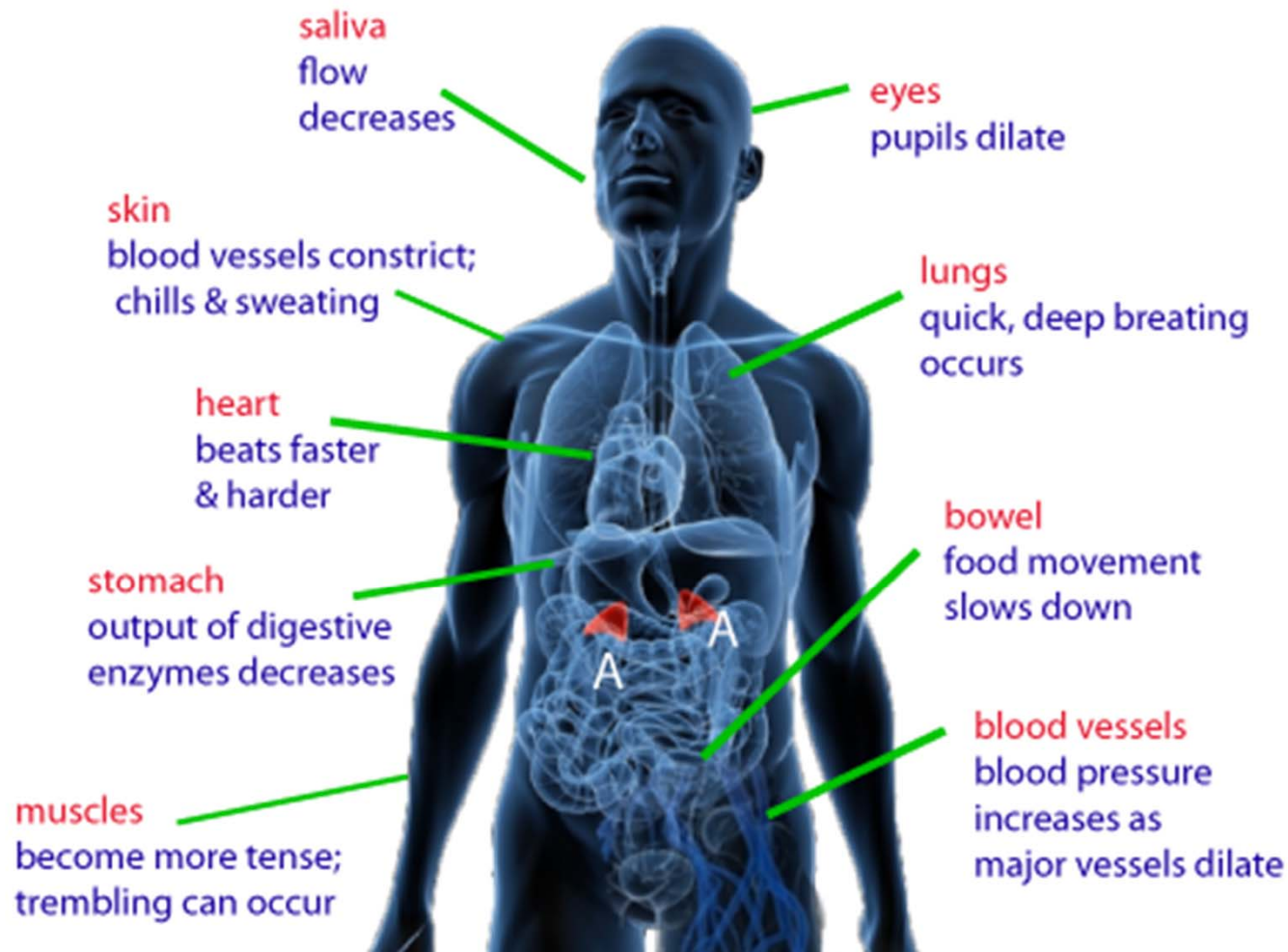


KEY TO THE DILEMMA



THE EMBODIMENT REVOLUTION

Fight or Flight Response





ACES DEMONSTRATE THAT CONTEXT MATTERS

Physical context

Developmental context

Multigenerational context

Emotional context

Social context

Economic and political context

Philosophical/religious/spiritual context

Creative, transformative context



In the acute traumatic state one stands alone and abandoned by all sources of feelings of security.

Krystal, 1968



SENSE OF COHERENCE

(Antonovsky, 1979)



COMPREHENSIBILITY

MANAGEABILITY

MEANINGFULNESS

LIFE IS UNPREDICTABLE

LIFE IS INCOMPREHENSIBLE

LIFE IS NOT MANAGEABLE

LIFE NO LONGER HAS MEANING

SHATTERED SENSE OF COHERENCE

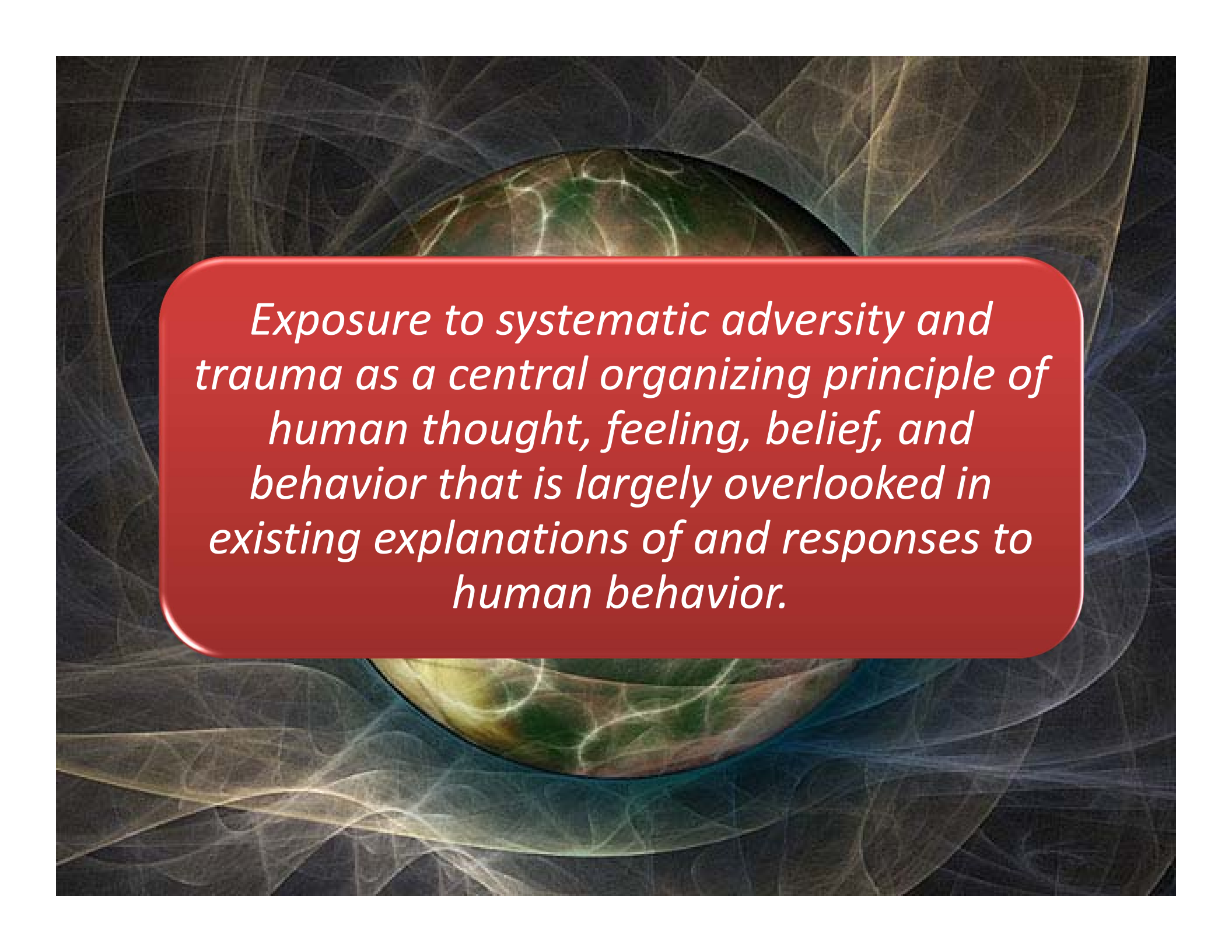
LOSS OF SENSE OF COHERENCE



IT'S VERY HARD TO CHANGE EFFECTS WITHOUT KNOWING CAUSES

ACES TELL US WHAT
WE NEED TO KNOW
ABOUT WHAT IS
CAUSING THE EFFECTS
WE ARE SEEING

AS REVOLUTIONARY AS
“GERM THEORY” WAS
FOR THE 19TH CENTURY

The background of the slide is a dark, abstract composition. In the center, a portion of a globe is visible, showing green landmasses and blue oceans. Surrounding the globe are numerous thin, glowing, and ethereal lines in shades of yellow, green, and blue, which appear to be swirling or flowing around the central sphere, creating a sense of dynamic energy or a complex network.

Exposure to systematic adversity and trauma as a central organizing principle of human thought, feeling, belief, and behavior that is largely overlooked in existing explanations of and responses to human behavior.

SICKNESS/BADNESS TO INJURY



INJURED

- Injuries are preventable!

PUBLIC HEALTH SYSTEM



CHANGING THE FUNDAMENTAL QUESTION



Foderaro, 1991

CHANGING PARADIGMS

An interconnected world

- COMPLEXITY

That is alive

- ALIVE AT EVERY LEVEL NEW LIFE EMERGES FROM SIMPLER ELEMENTS
- THROUGH SELF-ORGANIZING CHANGE

Life = self-organizing change

- NONLINEAR
- TRANSFORMATIVE

CHANGING PARADIGMS

Sensitive dependence on initial conditions

- CHILDHOOD and ADVERSITY
- History can influence the future course of a system's evolution, but not determine it.

An almost infinite number of possibilities unfold within every moment

- NEUROPLASTICITY IS REAL
- HUMAN INTENTION CAN CHANGE THE BRAIN AND CHANGE FUTURE

A SHARED LANGUAGE HUMAN RIGHTS FRAMEWORK: A SOCIAL REVOLUTION



Human rights are those rights which are essential to live as human beings – basic standards without which people cannot survive and develop in dignity. They are inherent to the human person, inalienable and universal.

The science of
change in complex
adaptive systems



COMPLEXITY THEORY

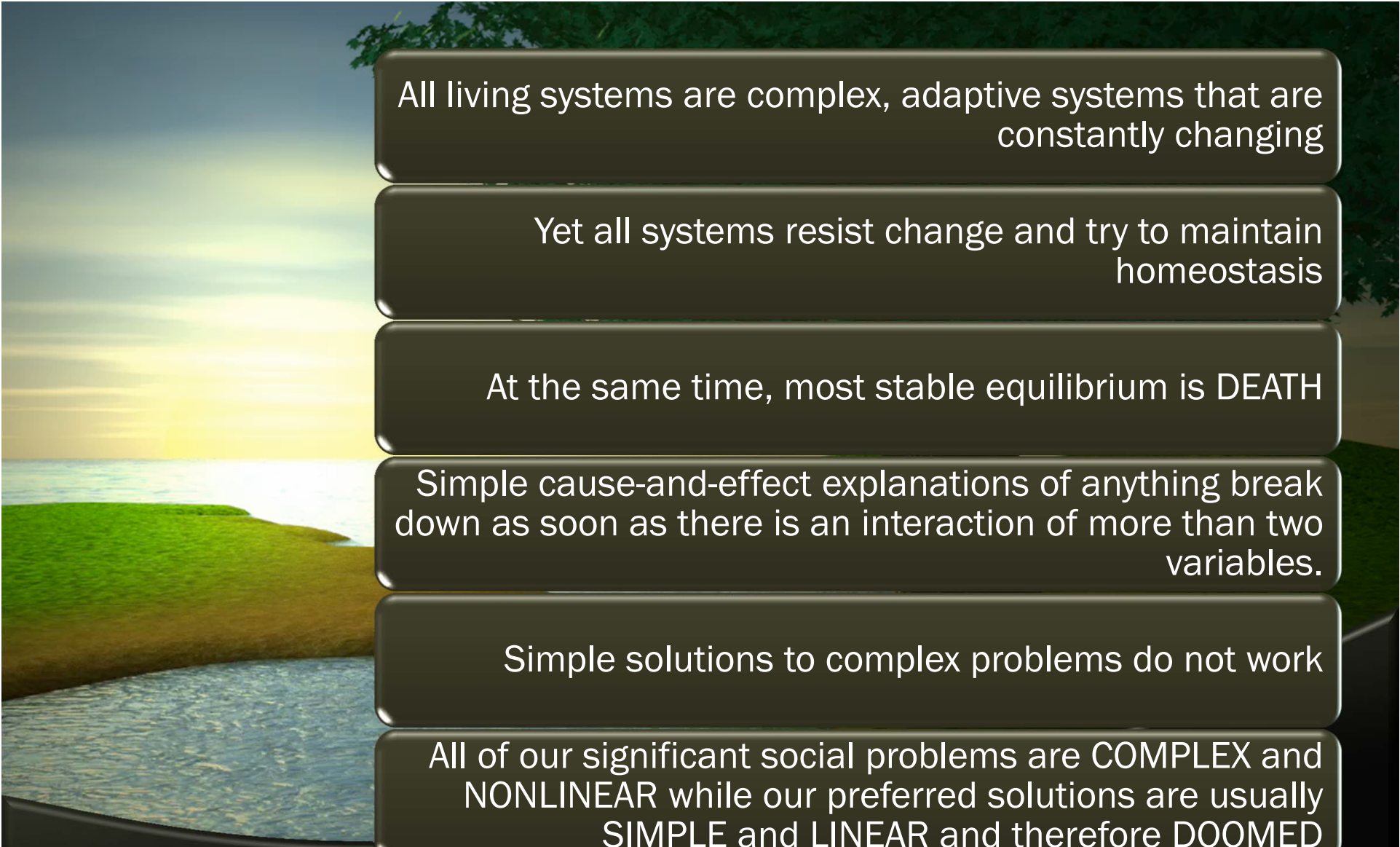
WHAT ARE WE DEALING WITH?

SYSTEMS

ALWAYS

WARNING

Living systems theory is a general theory about the existence of all living systems, their structure, interaction, behavior and development.



All living systems are complex, adaptive systems that are constantly changing

Yet all systems resist change and try to maintain homeostasis

At the same time, most stable equilibrium is DEATH

Simple cause-and-effect explanations of anything break down as soon as there is an interaction of more than two variables.

Simple solutions to complex problems do not work

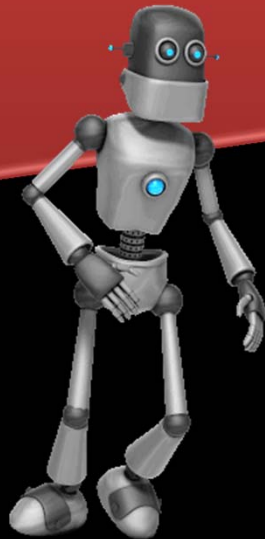
All of our significant social problems are COMPLEX and NONLINEAR while our preferred solutions are usually SIMPLE and LINEAR and therefore DOOMED

THE PARADOXES OF LIVING SYSTEMS

HOW DOES CHANGE OCCUR?

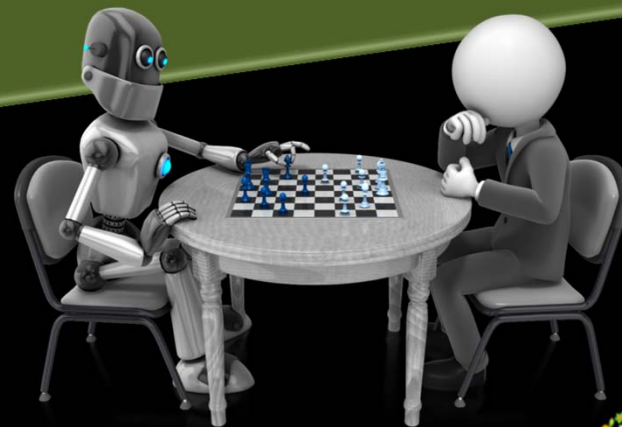
FIRST ORDER CHANGE

- Doing more or less of something we are already doing



SECOND ORDER CHANGE

- Deciding or being forced to do something entirely differently than we have done it in the past





Adjustments within the existing structure

Doing more or less of something

Reversible

Restoration of balance (homeostasis)

Non-transformational

New learning is not required

Old story can still be told

FIRST ORDER CHANGE

SECOND-ORDER CHANGE

Sudden unpredictable

New way of seeing things

Shifting gears

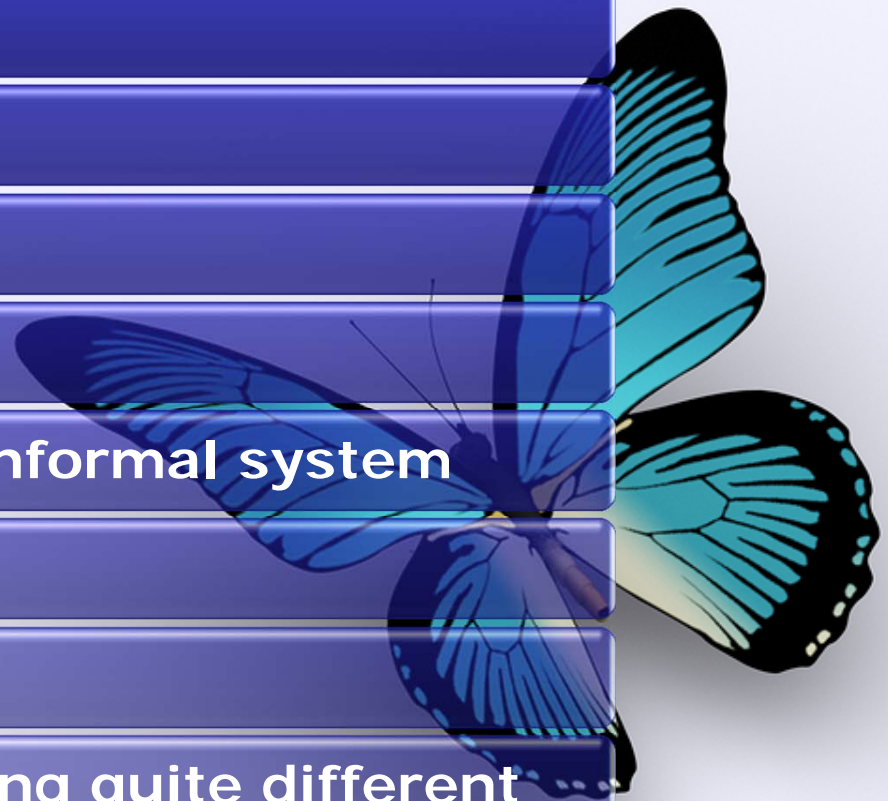
Irreversible

Often begins through the informal system

Requires new learning

New story is told

Transformation to something quite different



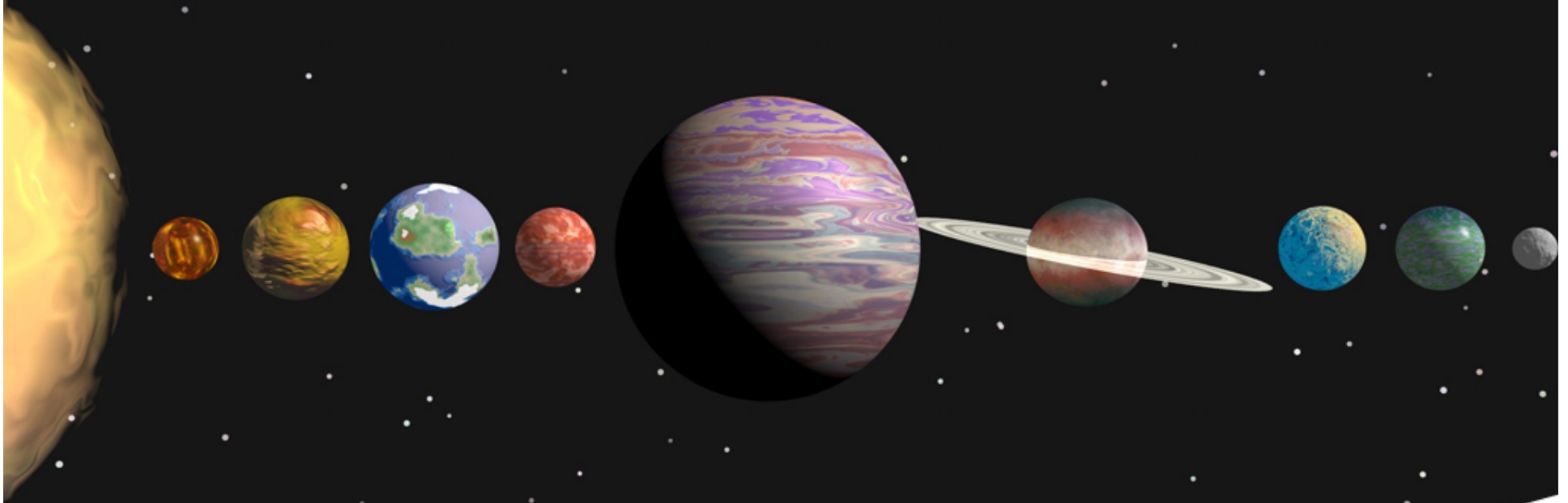
YOU CANNOT MAKE TRANSFORMATION HAPPEN



**BUT YOU CAN REMOVE OBSTANCES AND CREATE THE
CONTEXT FOR TRANSFORMATIVE CHANGE TO OCCUR**

ATTRACTORS

Think of them as magnets that draw a complex adaptive system in a particular direction.



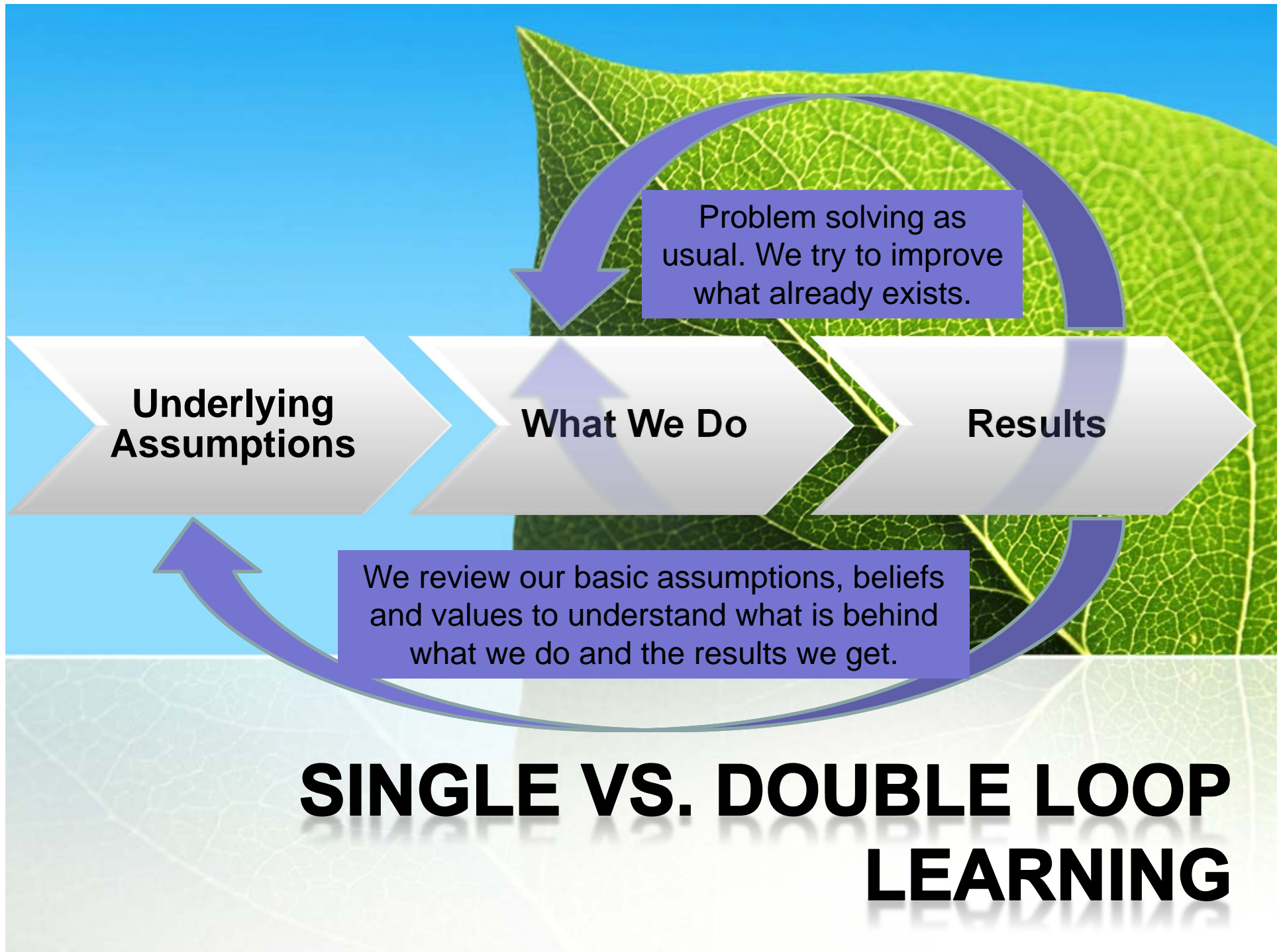


Define the movement that is permitted in the system

System may be temporarily perturbed

Settles back into the prescribed behavior through first-order, single-loop, “equilibrium-seeking processes”

ATTRACTORS



TURBULENCE

But if turbulence increases and
FIRST ORDER ADJUSTMENTS fail to
work, the system does not restabilize

Is now on “the edge of chaos”



FAR-FROM-EQUILIBRIUM CONDITIONS

Components of a system are far from a condition where they are locked into place and stable


But their level of excitation is not so extreme that the system dissolves entirely.

Edge of chaos is precondition for creativity, innovation and transformation to take place

EDGE OF CHAOS



FAR-FROM-EQUILIBRIUM CONDITIONS

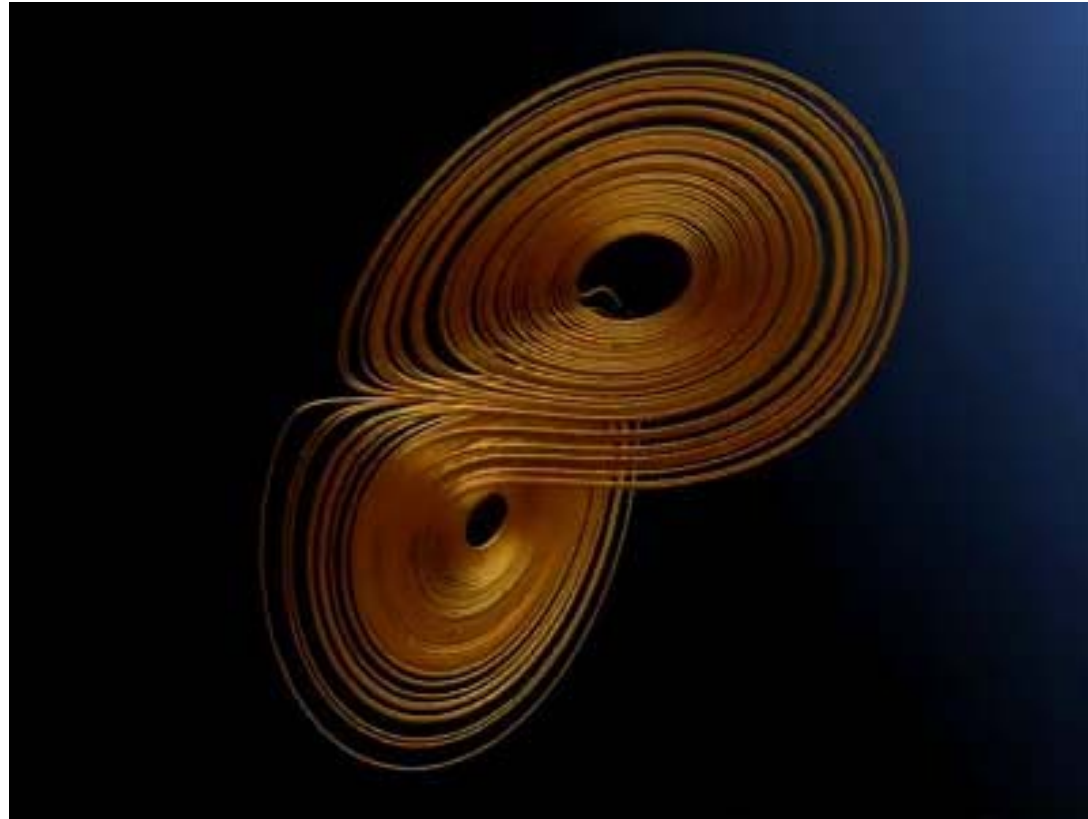


Associated with great
anxiety

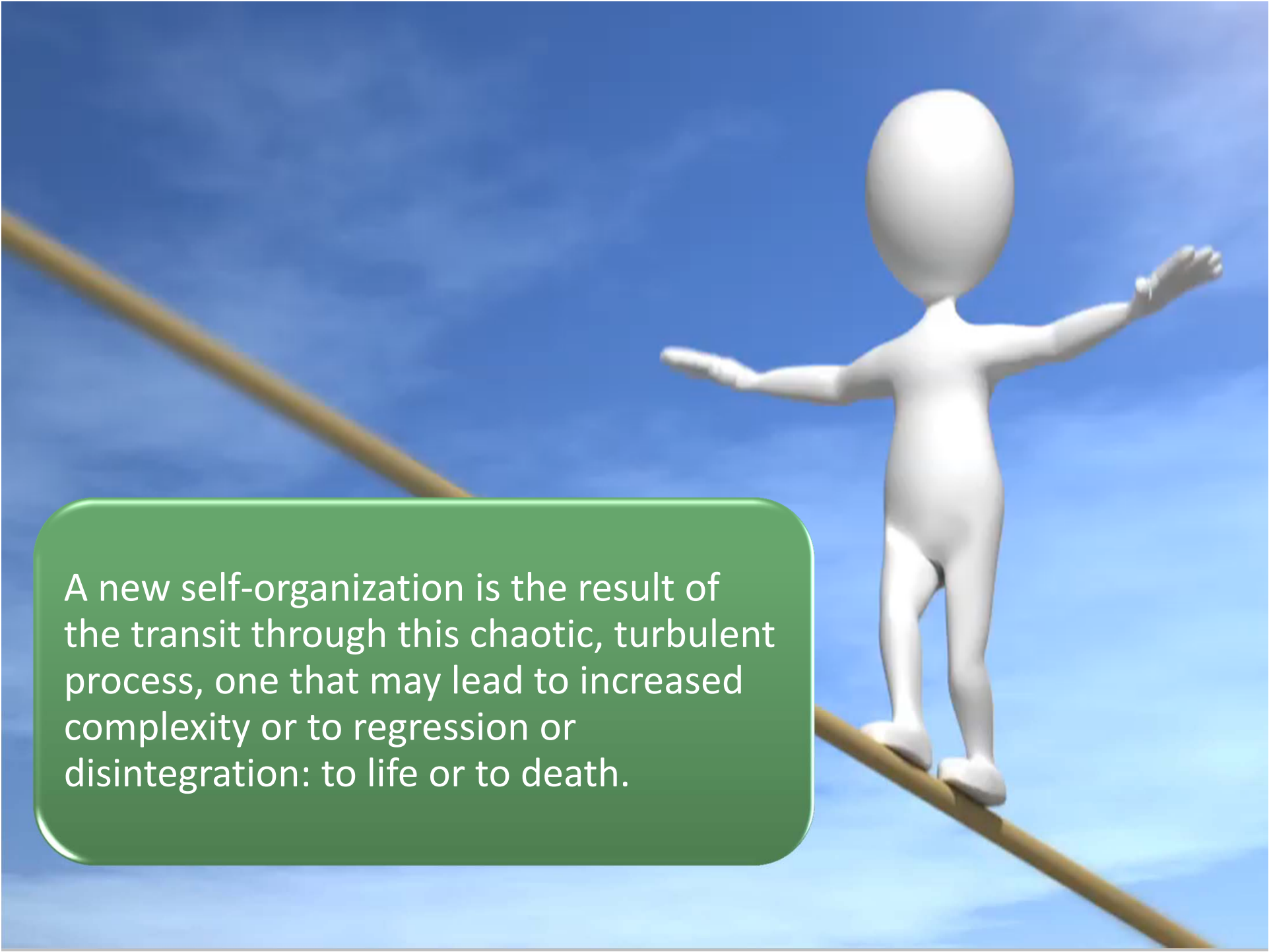
Unpredictable outcomes

At far-from-equilibrium
conditions, transformation
can occur - change needs
to be released

NEW PARADIGM MUST EXIST



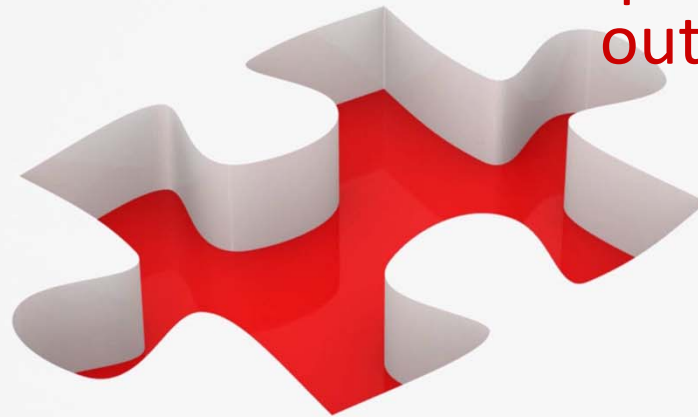
“STRANGE” ATTRACTORS” MUST EMERGE

A 3D rendered white figure is balancing on a thin, brown tightrope. The figure has its arms outstretched horizontally to maintain balance. The background is a bright blue sky with soft, white clouds. A second, parallel tightrope is visible in the upper left corner, receding into the distance.

A new self-organization is the result of the transit through this chaotic, turbulent process, one that may lead to increased complexity or to regression or disintegration: to life or to death.

SELF-ORGANIZATION

Process by which a structure or pattern emerges in an open system without specification from the outside environment.



EMERGENCE



**EMERGENCE IS THE OUTCOME OF SELF-ORGANIZATION –
A NEW STATE OR CONDITION**

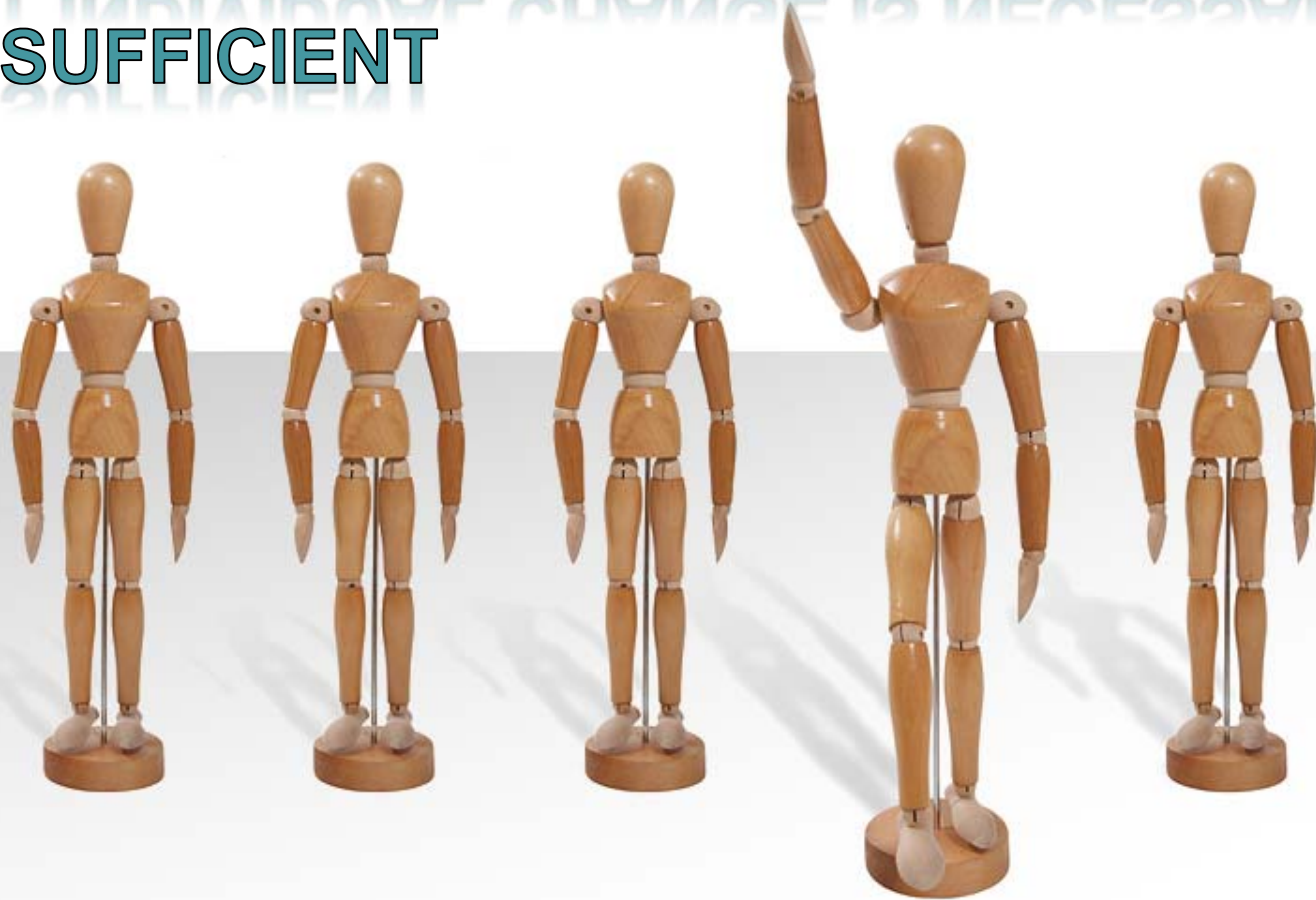
UNEXPLAINED GAPS IN THE EVOLUTIONARY STORY



**EVOLUTIONARY LEAPS, QUANTUM SHIFTS,
EMERGENCE**

WHAT ACES IS TELLING US:

AIMING AT INDIVIDUAL CHANGE IS NECESSARY
BUT *NOT* SUFFICIENT



OUR SYSTEMS OF CARE NEED
SECOND ORDER,
TRANSFORMATIVE CHANGE





BUT REMEMBER
ALL CHANGE
INVOLVES RISK
and Risk is part of
being alive



The clock is ticking for every child in America

OBSTACLES TO TRANSFORMATIVE CHANGE



OBSTACLES TO CHANGE

Lack of knowledge

Perverse incentives

Little double loop learning

History of entrenched bureaucracy

Limited resources

Inadequate, ill-informed leadership

Lack of participatory processes

Insufficient time for collaboration

Demoralized workforce

PERHAPS THE BIGGEST OBSTACLE TO CHANGE



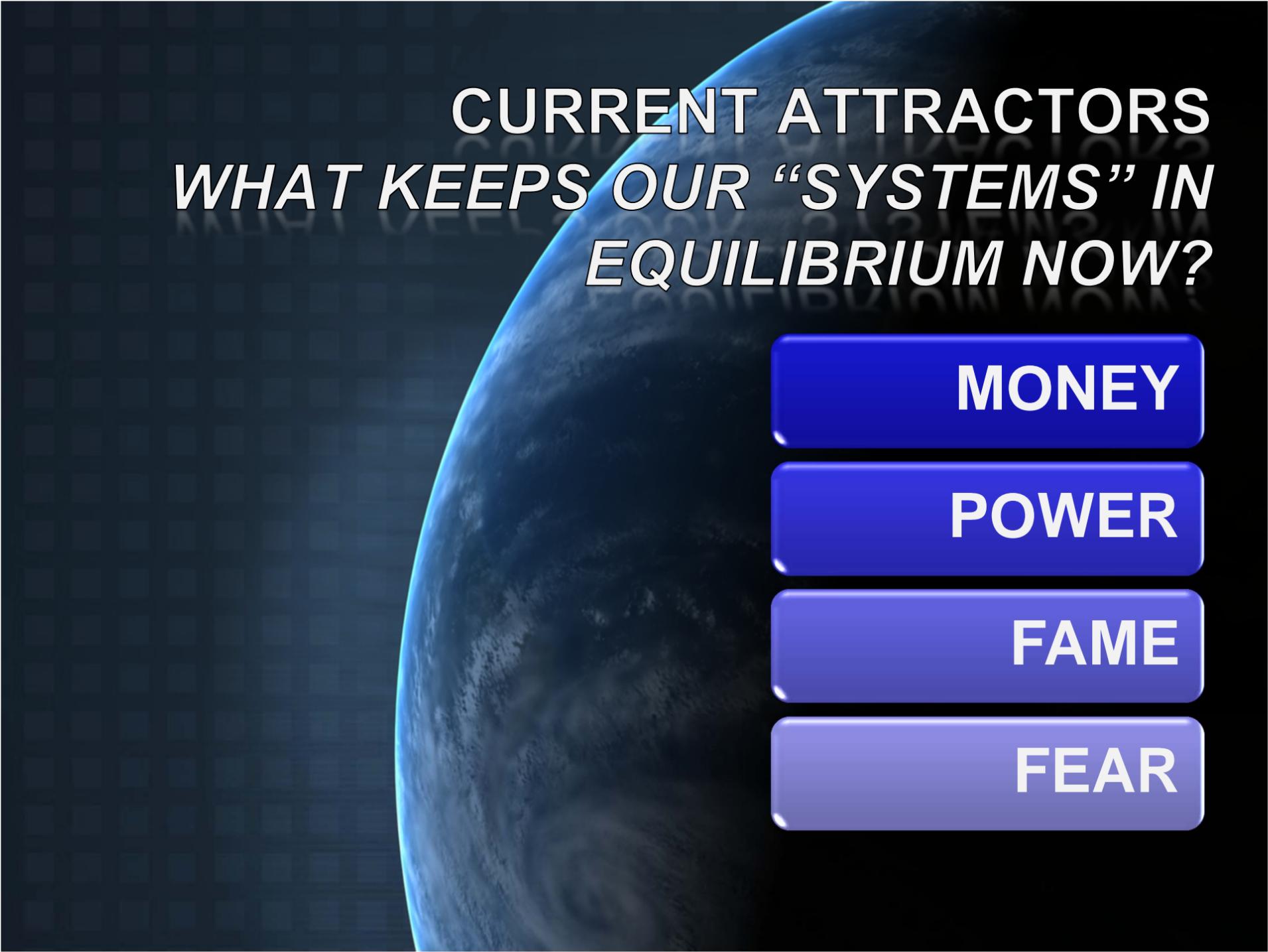
When *Change* shows up:

- Something old STOPS
- Something new BEGINS



**Resistance to change
is based in fear of
loss**

ALL CHANGE MEANS LOSS



CURRENT ATTRACTORS
WHAT KEEPS OUR “SYSTEMS” IN
EQUILIBRIUM NOW?

MONEY

POWER

FAME

FEAR

EMERGENCE

A close-up photograph of a person's hands, cupped together, holding a small, vibrant green seedling with three leaves. The seedling is growing out of a mound of dark brown soil. The background is dark and out of focus, emphasizing the hands and the plant.

***CREATING A CONTEXT FOR EMERGENT,
TRANSFORMATIVE CHANGE***

CHANGING PARADIGMS

An interconnected world

- COMPLEXITY

That is alive

- ALIVE AT EVERY LEVEL NEW LIFE EMERGES FROM SIMPLER ELEMENTS
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Sensitive dependence on initial conditions

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WHAT SCIENCE TELLS US ABOUT...

The physical self

The developing self

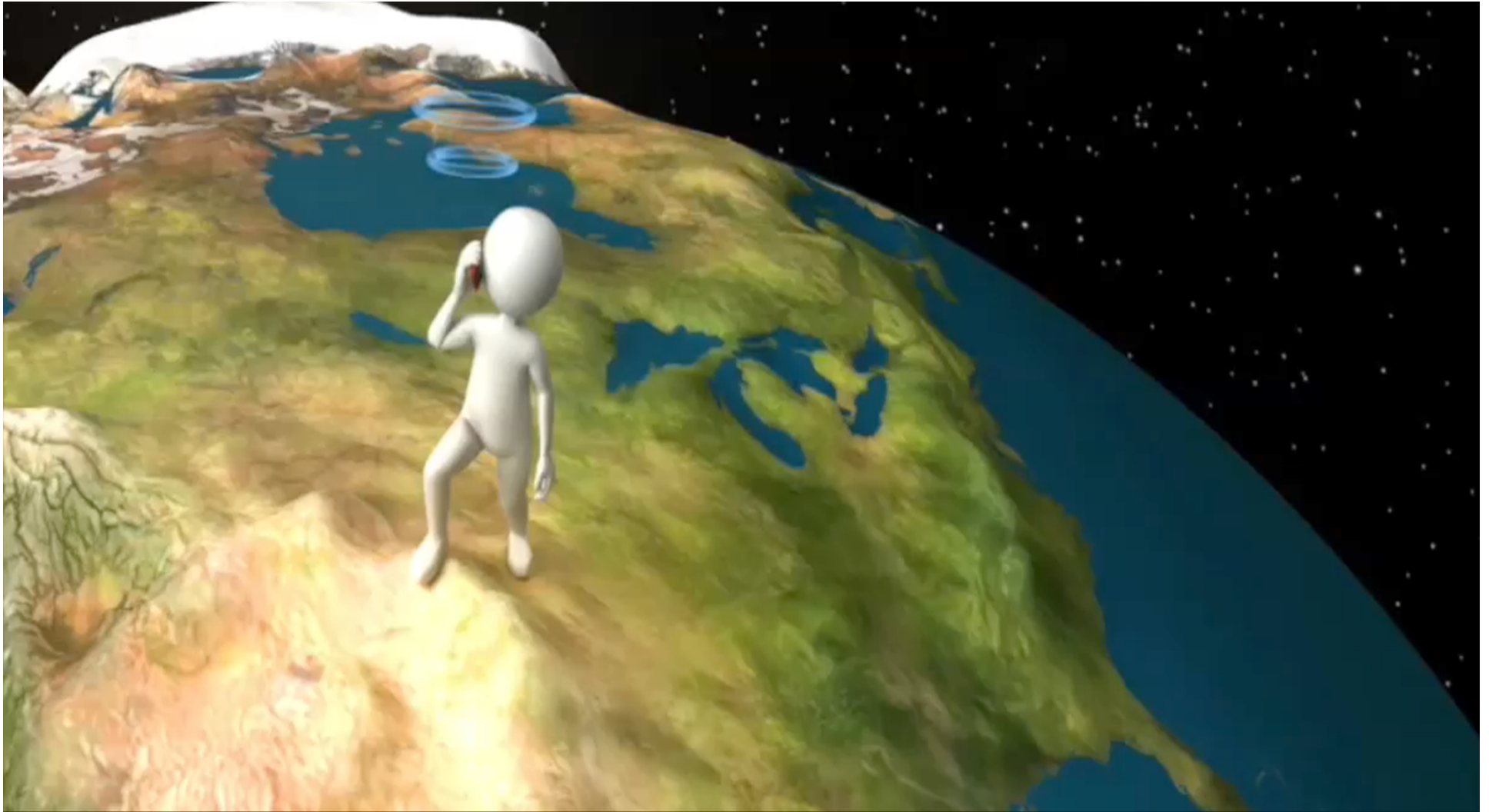
The emotional self

The social self

The moral self

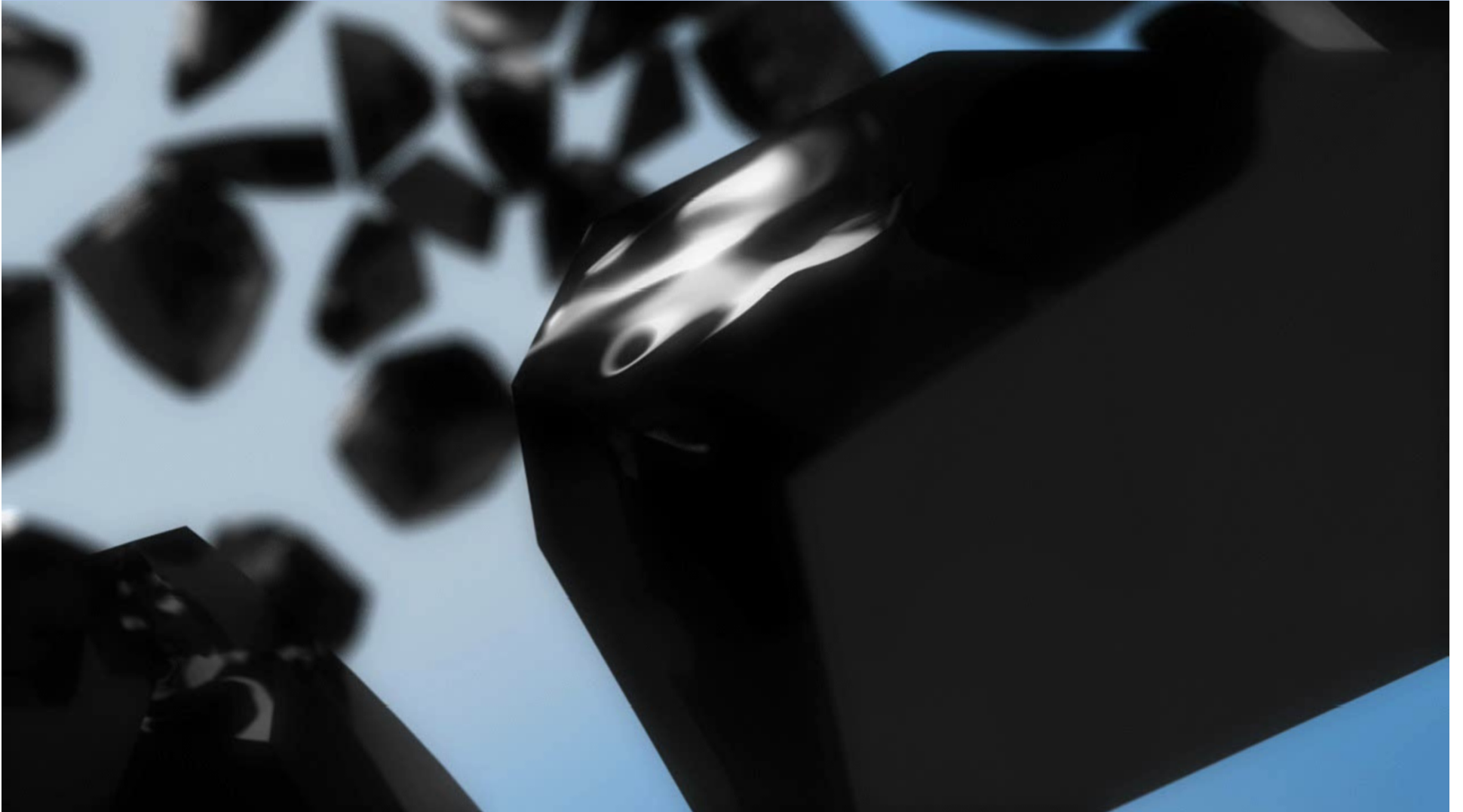
And how traumatic experience changes things

**HEALING REQUIRES OTHER PEOPLE – WE ARE PART OF A SOCIAL
GROUP FROM CRADLE TO GRAVE**



**FROM BIRTH TO DEATH WE ARE SENDING OUT
SIGNALS AND ASKING FOR HELP**

CHANGING DEFINITIONS OF “THERAPEUTIC”?



**FOR INDIVIDUAL OR SYSTEM
TRANSFORMATION WE NEED :**



- LOVE
- SAFETY
- TRUST
- HEALING
- HEALTH
- FREEDOM
- PARTICIPATION
- CONNECTION
- FULFILLMENT
- MEANING

NEW & "STRANGE ATTRACTORS



SHARED KNOWLEDGE:

- Adversity, Toxic Stress, Trauma & Attachment

SHARED VALUES:

- Sanctuary Commitments to Nonviolence, Emotional Intelligence, Social Learning, Open Communication, Social Responsibility, Democracy, Growth & Change

SHARED LANGUAGE:

- S.E.L.F. = Safety, Emotions, Loss and Future

SHARED PRACTICE:

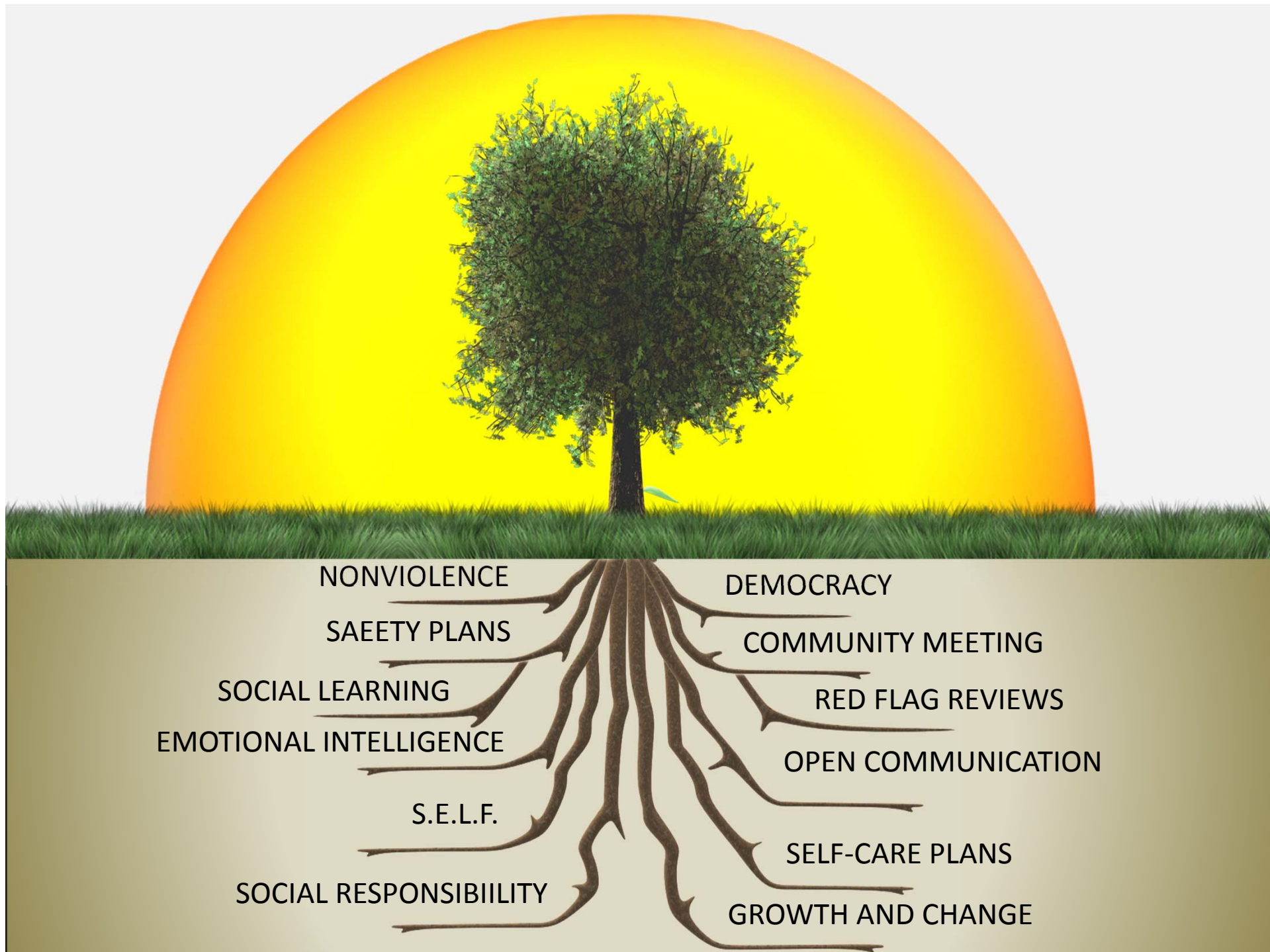
- Sanctuary Toolkit

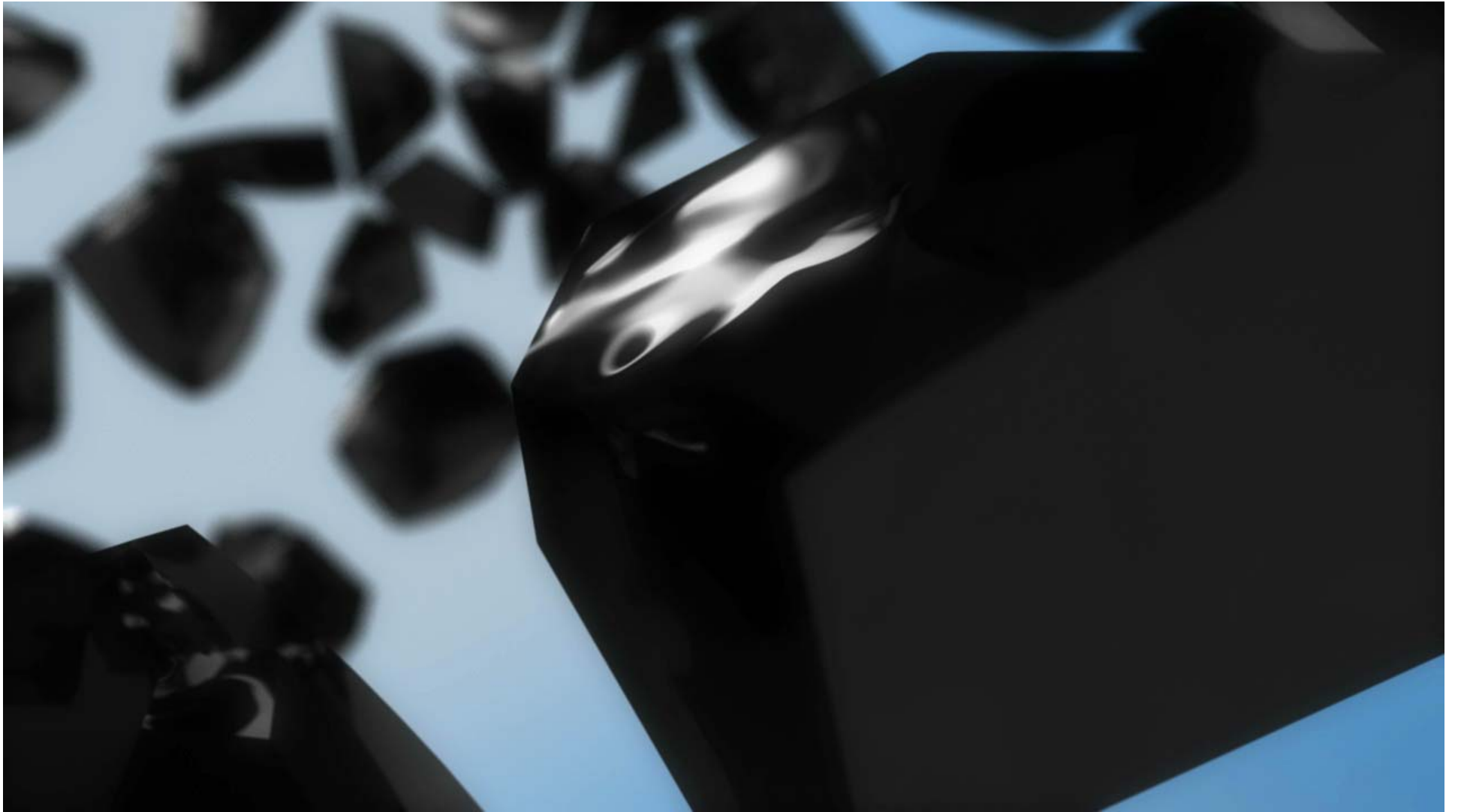
SHARED MISSION:

- Parallel Process of Recovery

SANCTUARY AS A LIVING SYSTEM

FAR-FROM-EQUILIBRIUM CONDITIONS

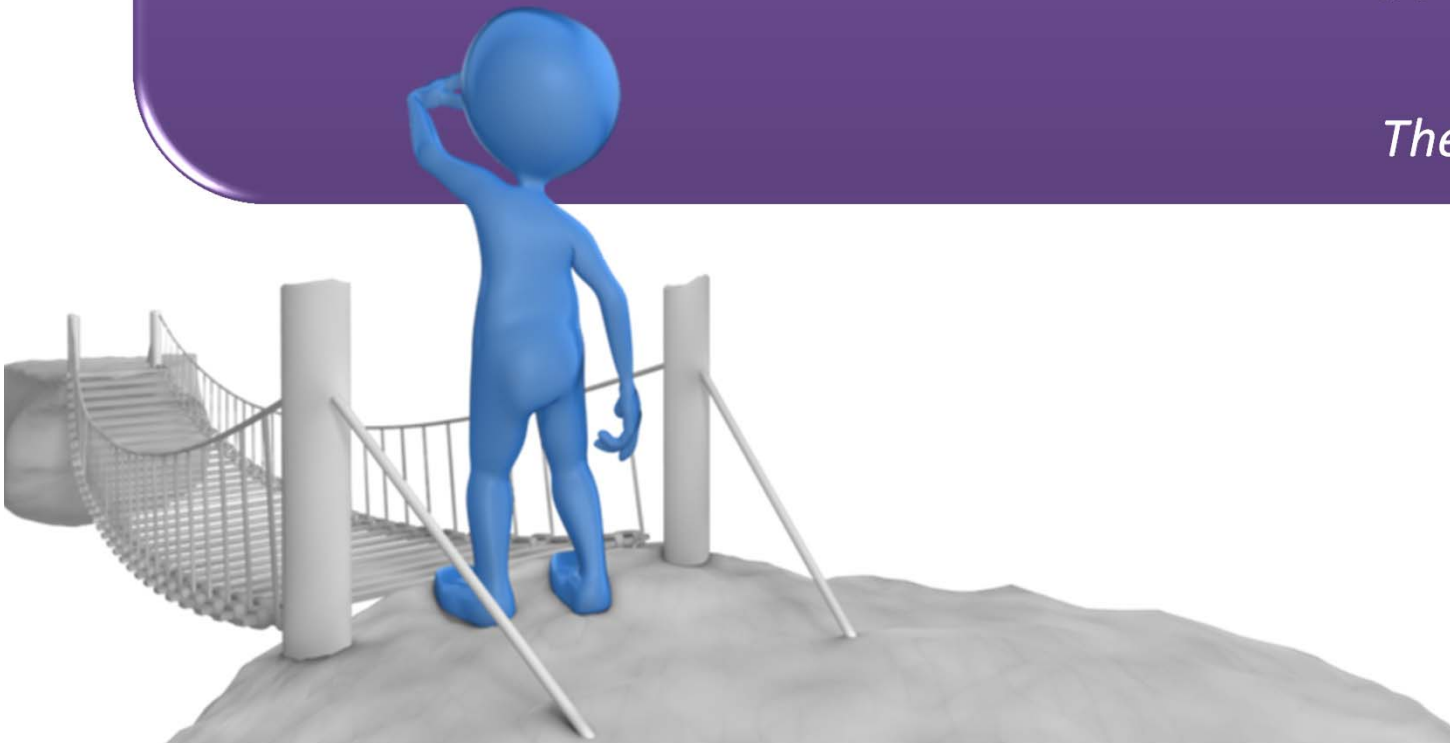




SYSTEM COHERENCE

The truth is that we are in a time of transition, an in-between period when the old is dying and the new has yet to be born. The values, assumptions, and structures that have governed us for so long have come to their logical end, and we now find ourselves at a dead end.

Jim Wallis
The Soul of Politics



Every transformation ... has rested on a new metaphysical and ideological base; or rather, upon deeper stirrings and intuitions whose rationalized expression takes the form of a new picture of the cosmos and the nature of man.

Louis Mumford

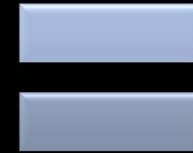
American historian, sociologist, and philosopher



HUMAN
INTELLIGENCE



TECHNOLOGY

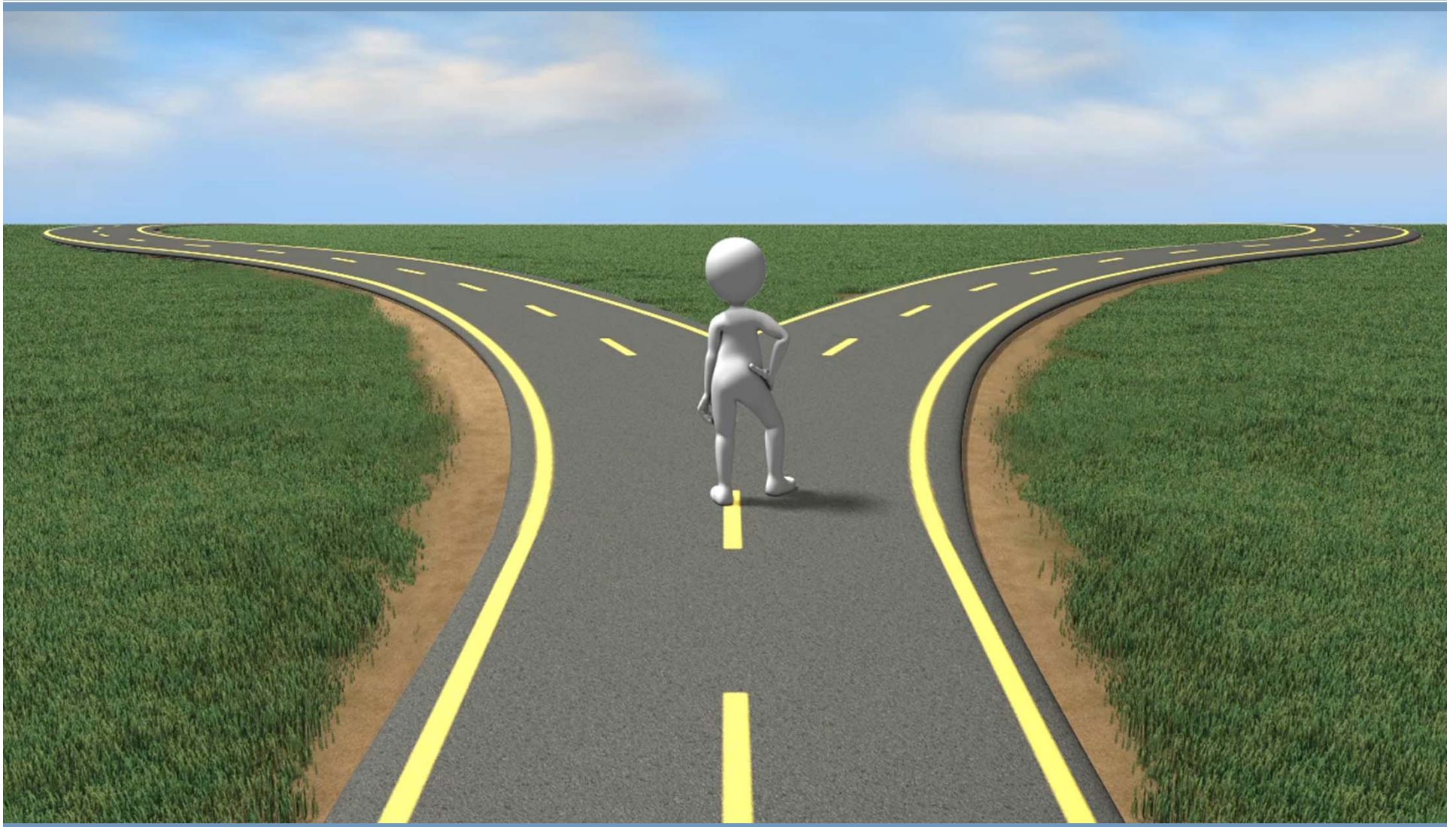


HEAVEN OR
HELL?



WE
(THE COLLECTIVE “WE”)
WILL DETERMINE
WHAT DOOR WE PICK:
IT’S A CHOICE

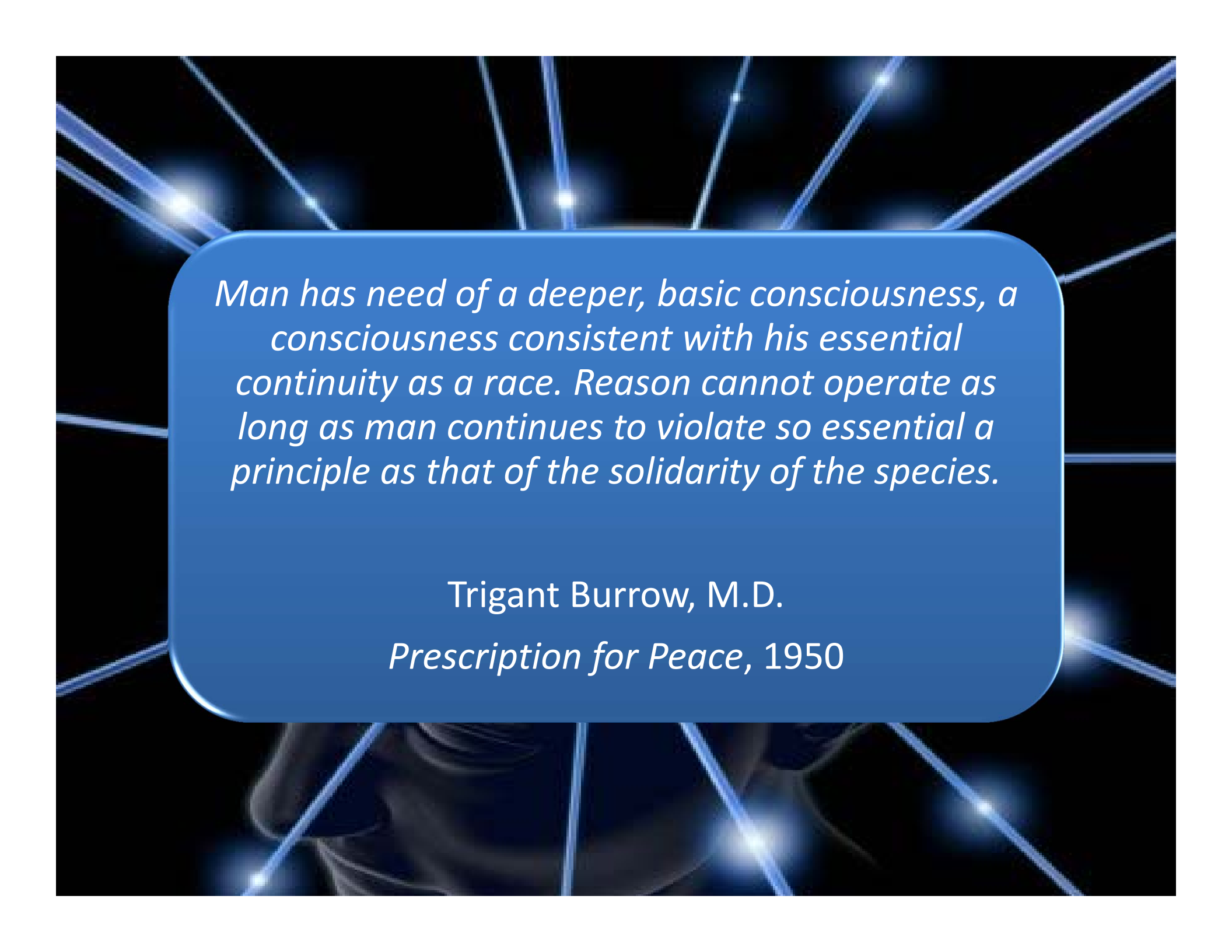




***Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.
Robert Frost***

WHY DON'T WE TRY THE ROAD THAT IS

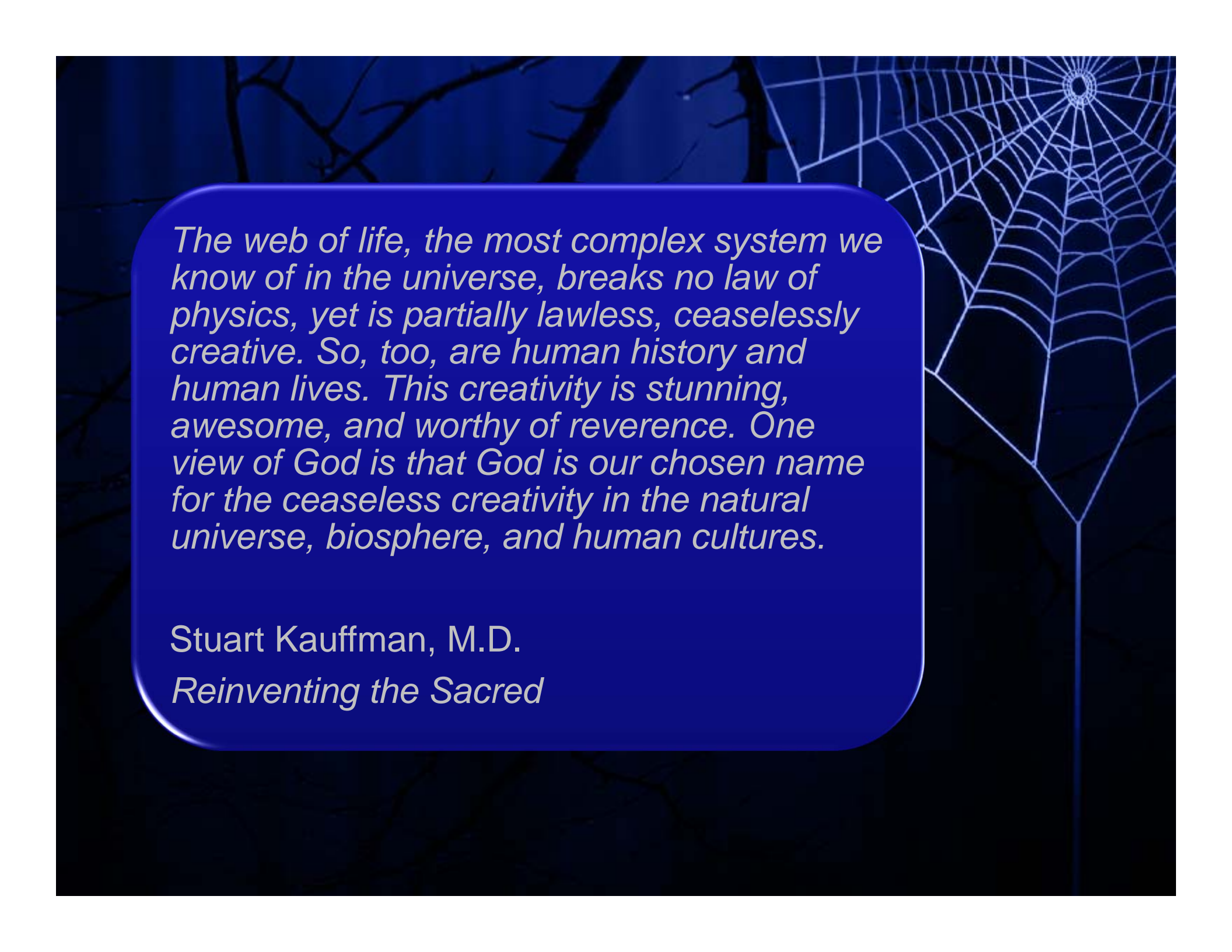




Man has need of a deeper, basic consciousness, a consciousness consistent with his essential continuity as a race. Reason cannot operate as long as man continues to violate so essential a principle as that of the solidarity of the species.

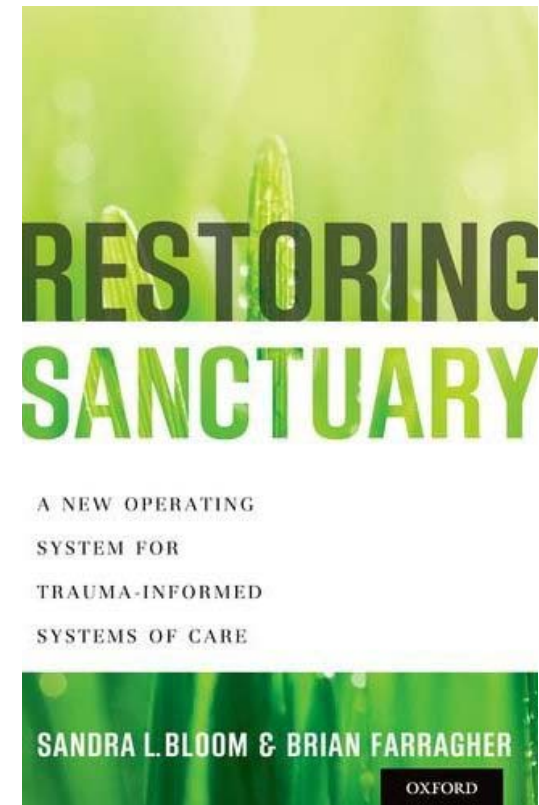
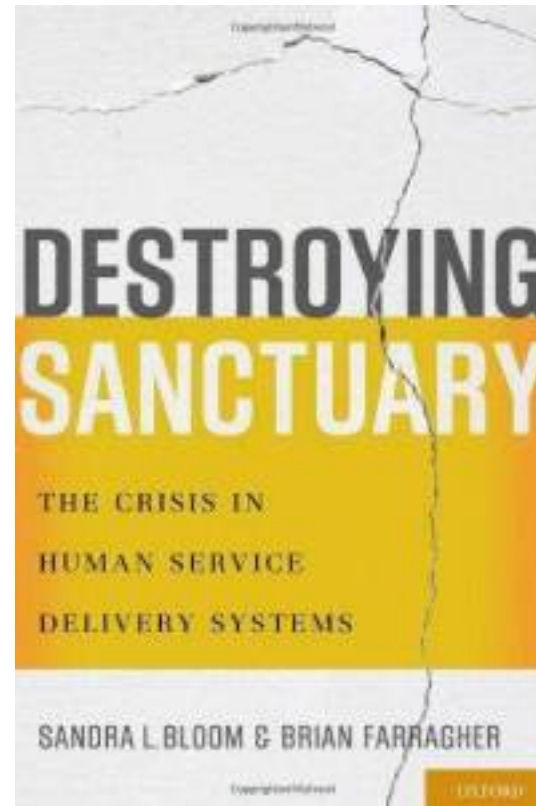
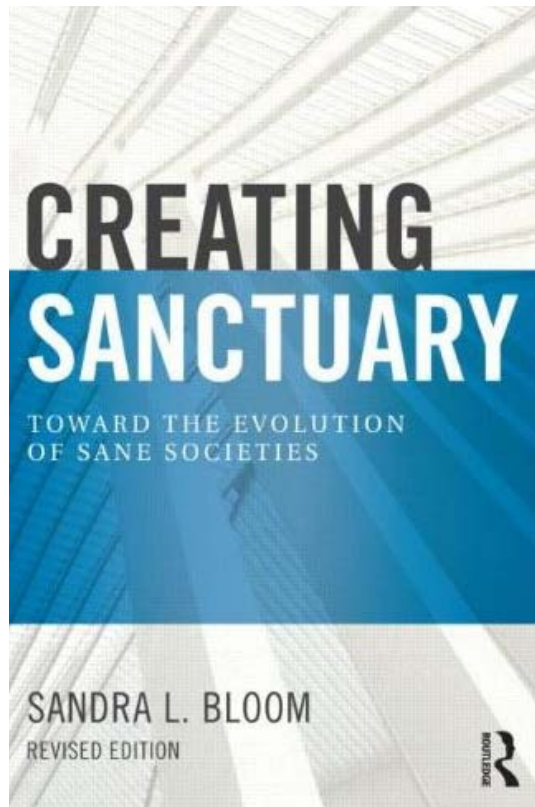
Trigant Burrow, M.D.


Prescription for Peace, 1950



The web of life, the most complex system we know of in the universe, breaks no law of physics, yet is partially lawless, ceaselessly creative. So, too, are human history and human lives. This creativity is stunning, awesome, and worthy of reverence. One view of God is that God is our chosen name for the ceaseless creativity in the natural universe, biosphere, and human cultures.

Stuart Kauffman, M.D.
Reinventing the Sacred





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