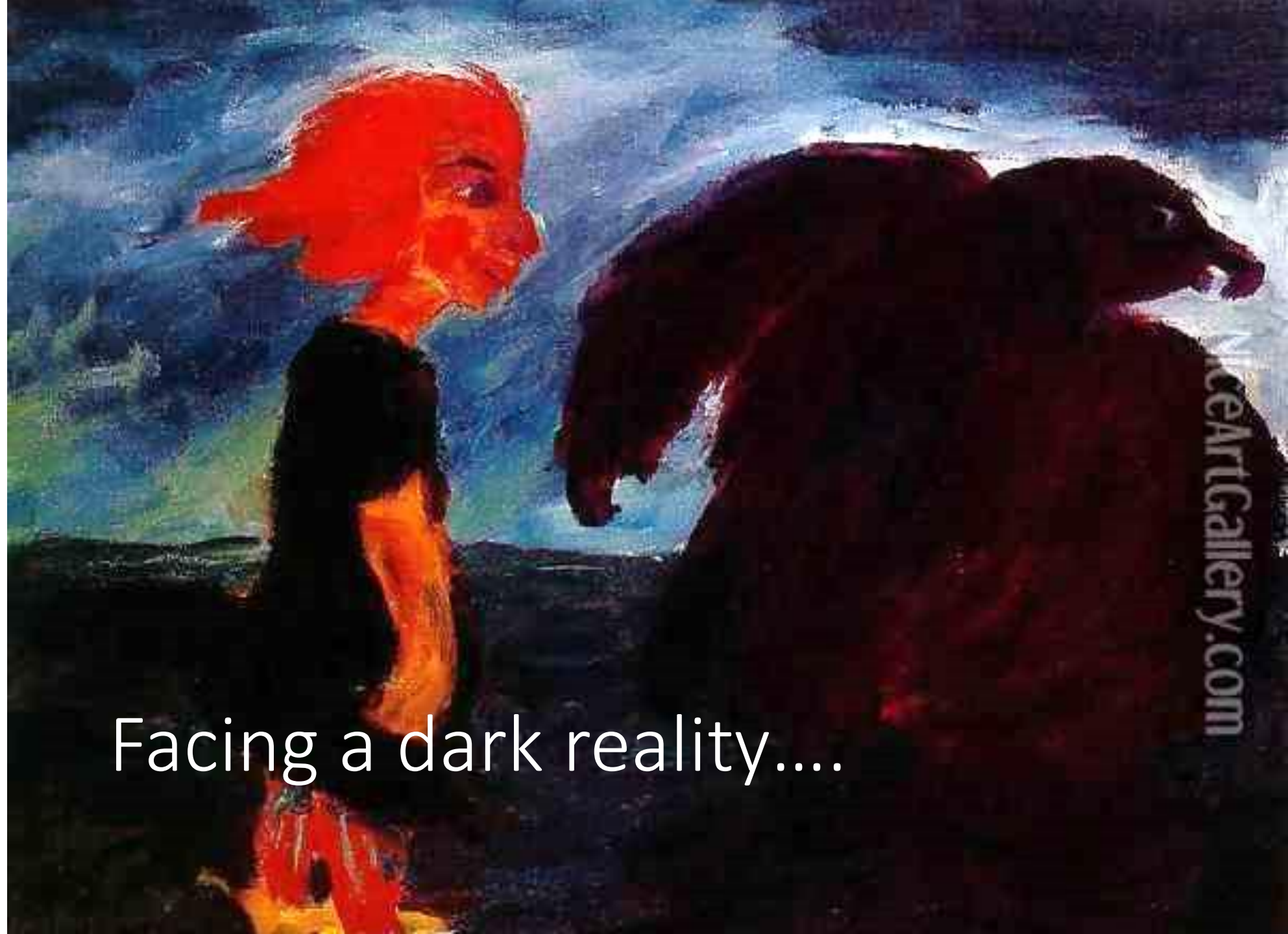


Trauma informed placemaking:

Working with the manifestations of trauma and
dissociation

Angela Kennedy



Facing a dark reality....



Events which provoke fear or pain
Events which provoke loss
Events that exclude us from others
Relationships which inflict harm on others
Things that challenge our sense of reality
Absence of care or neglect
Witnessing the above

attachments unless you recognise the source and know the content is safe.

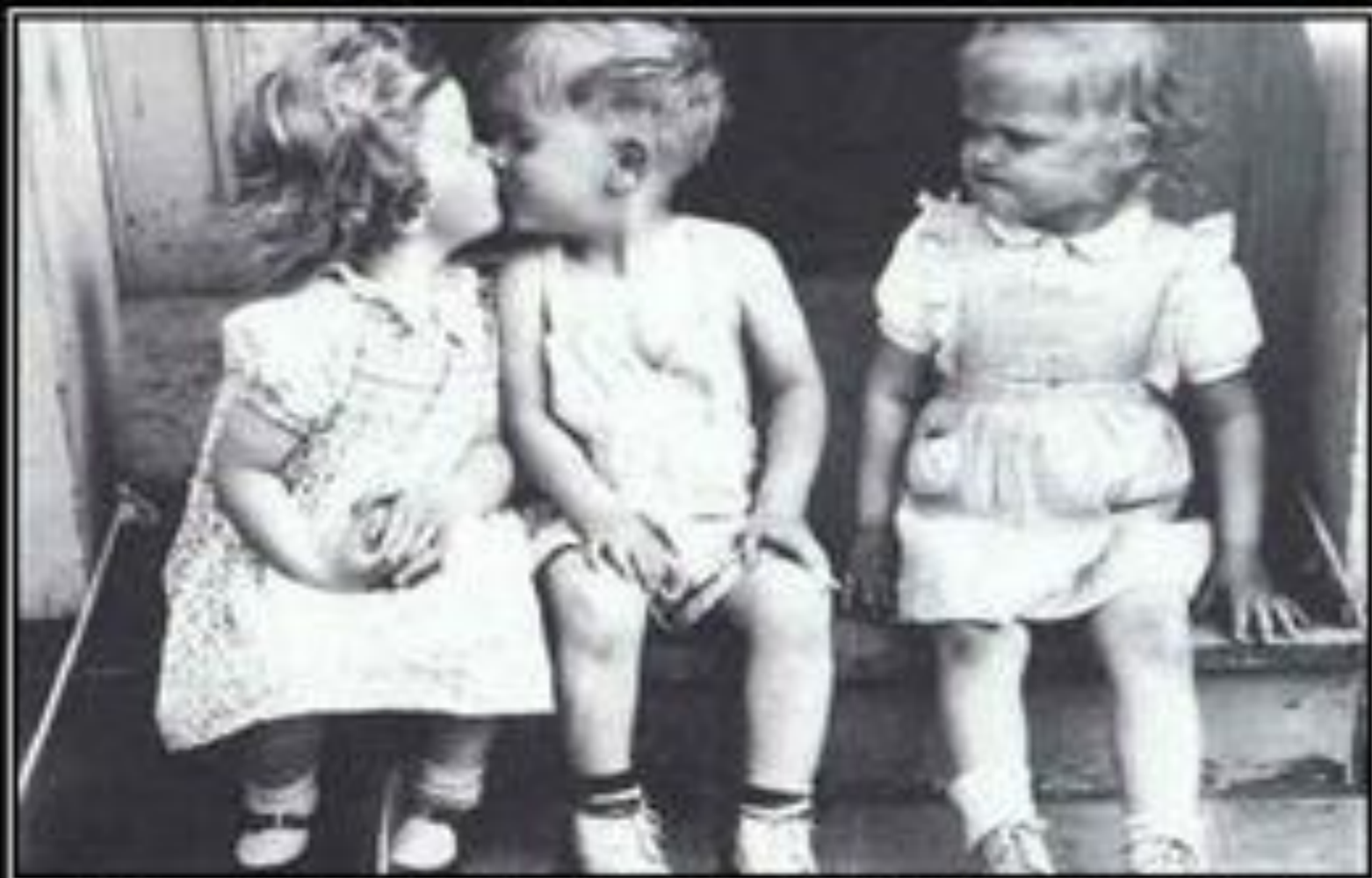
Ukrainian leaders agree to continue Bakhmut defence as casualties mount

Head of Russia's Wagner mercenary force says his troops' position could be in peril due to a lack of ammunition

- [Russia-Ukraine war - latest news updates](#)

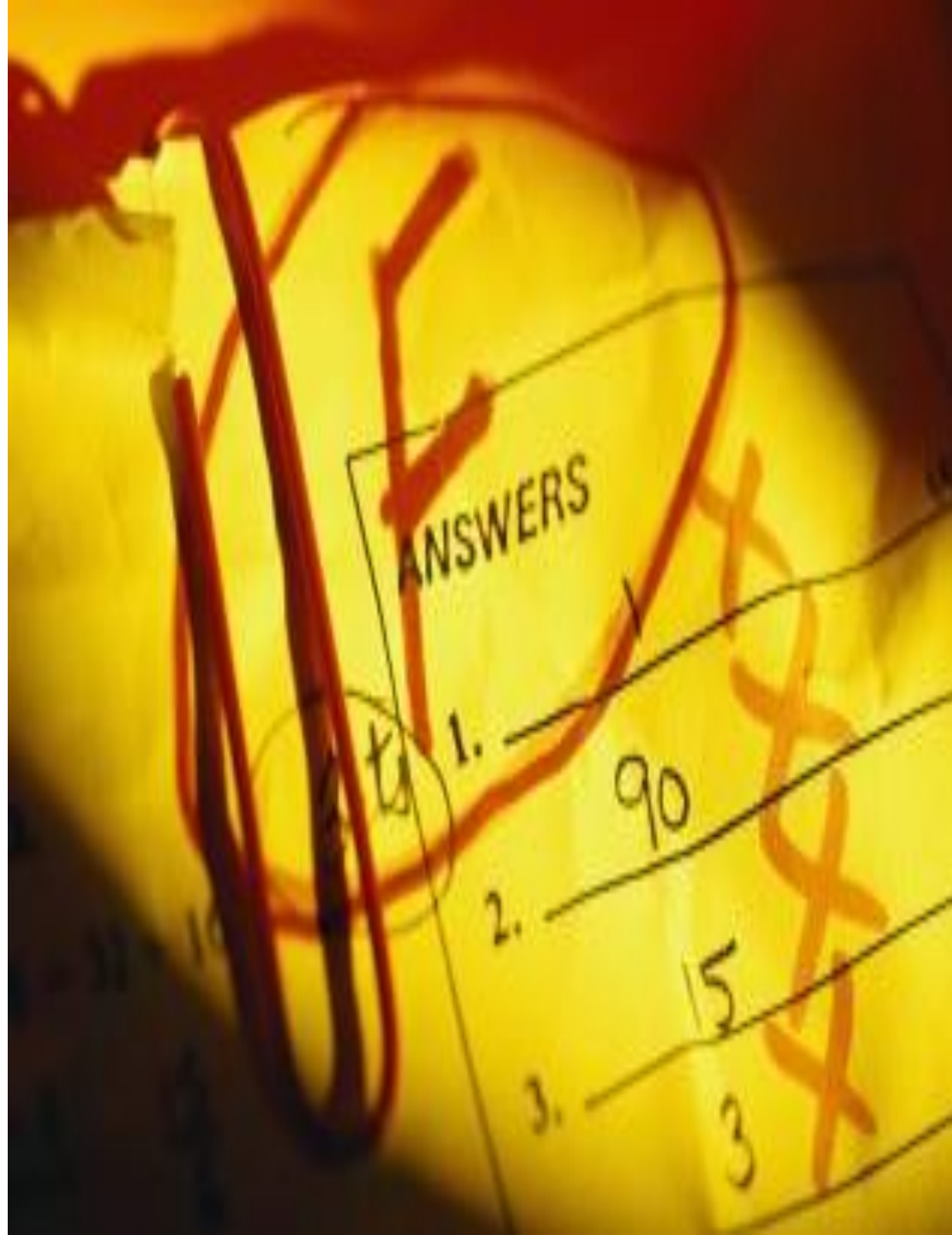






REJECTION

It starts from an early age. Get used to it!



Thinking about physical self



Gosh have I put on weight – I am going to have heart disease.



Adverse Childhood Experiences

- physical abuse
- sexual abuse
- emotional abuse
- emotional neglect
- Physical neglect
- Domestic violence
- Parental divorce or separation
- Parent with mental illness
- Parent in prison
- Parent with substance misuse problems

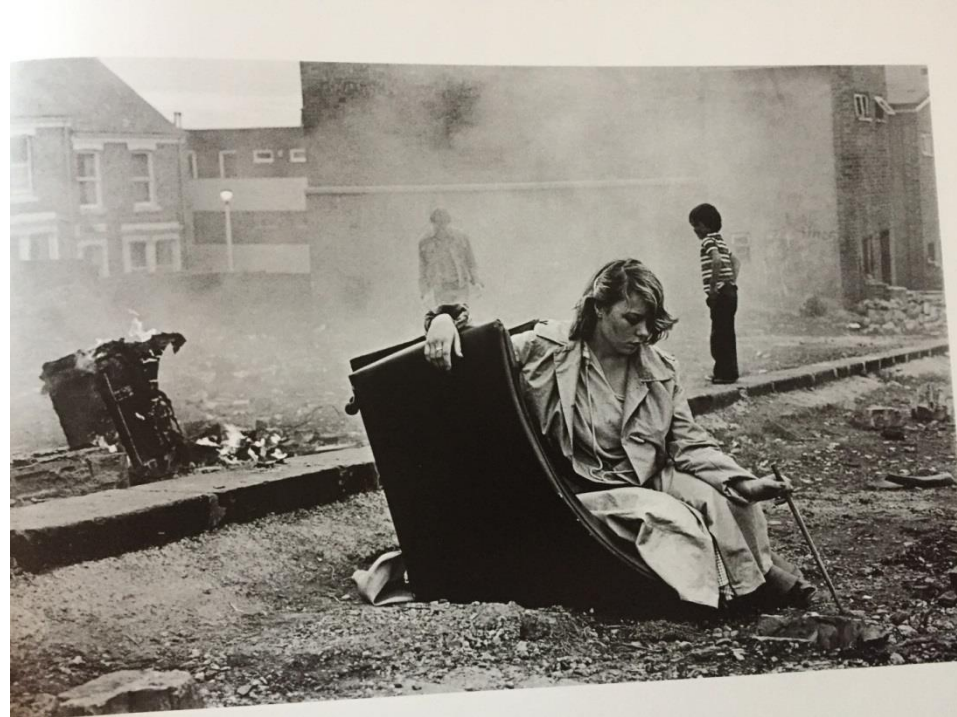
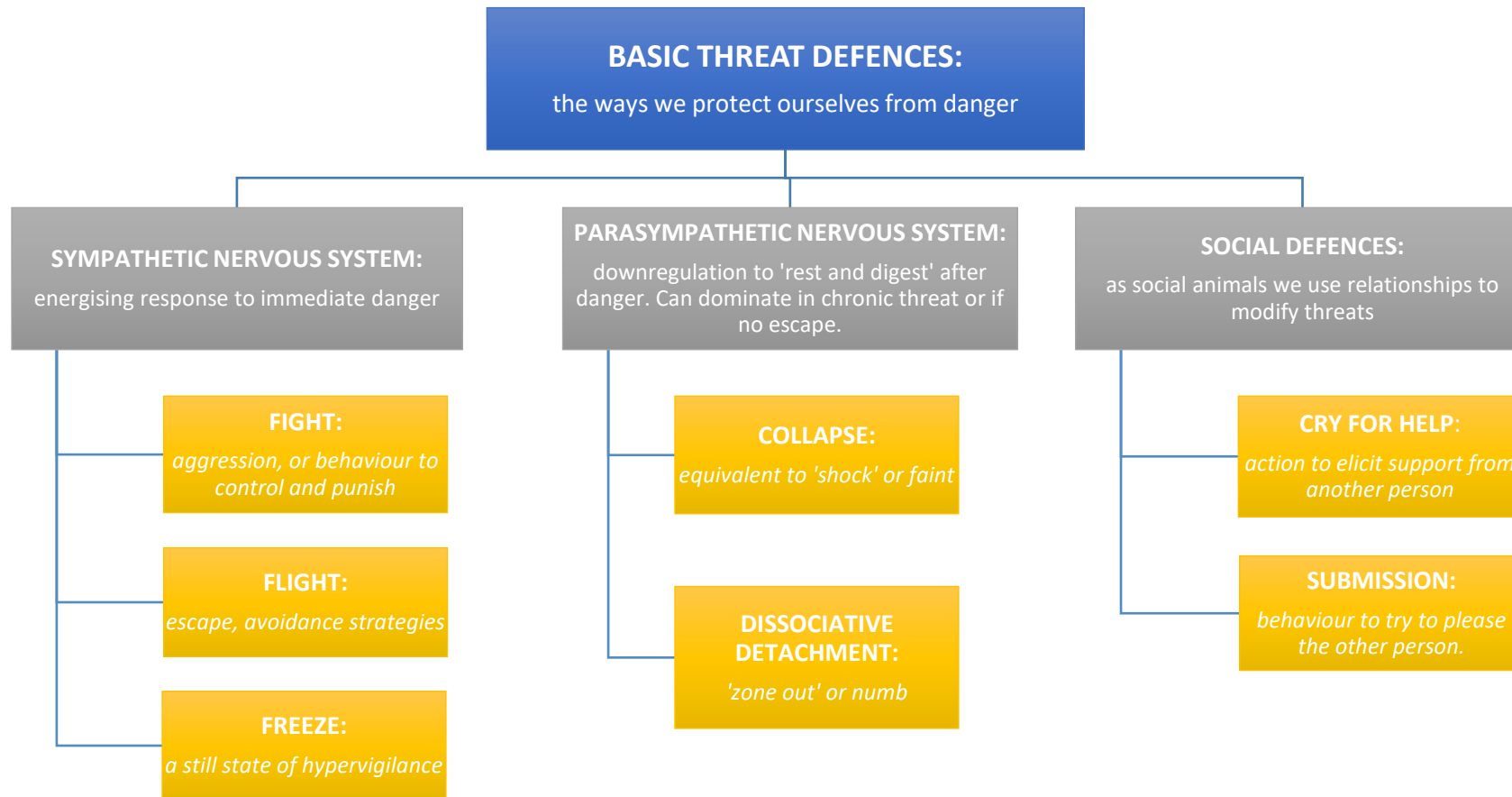


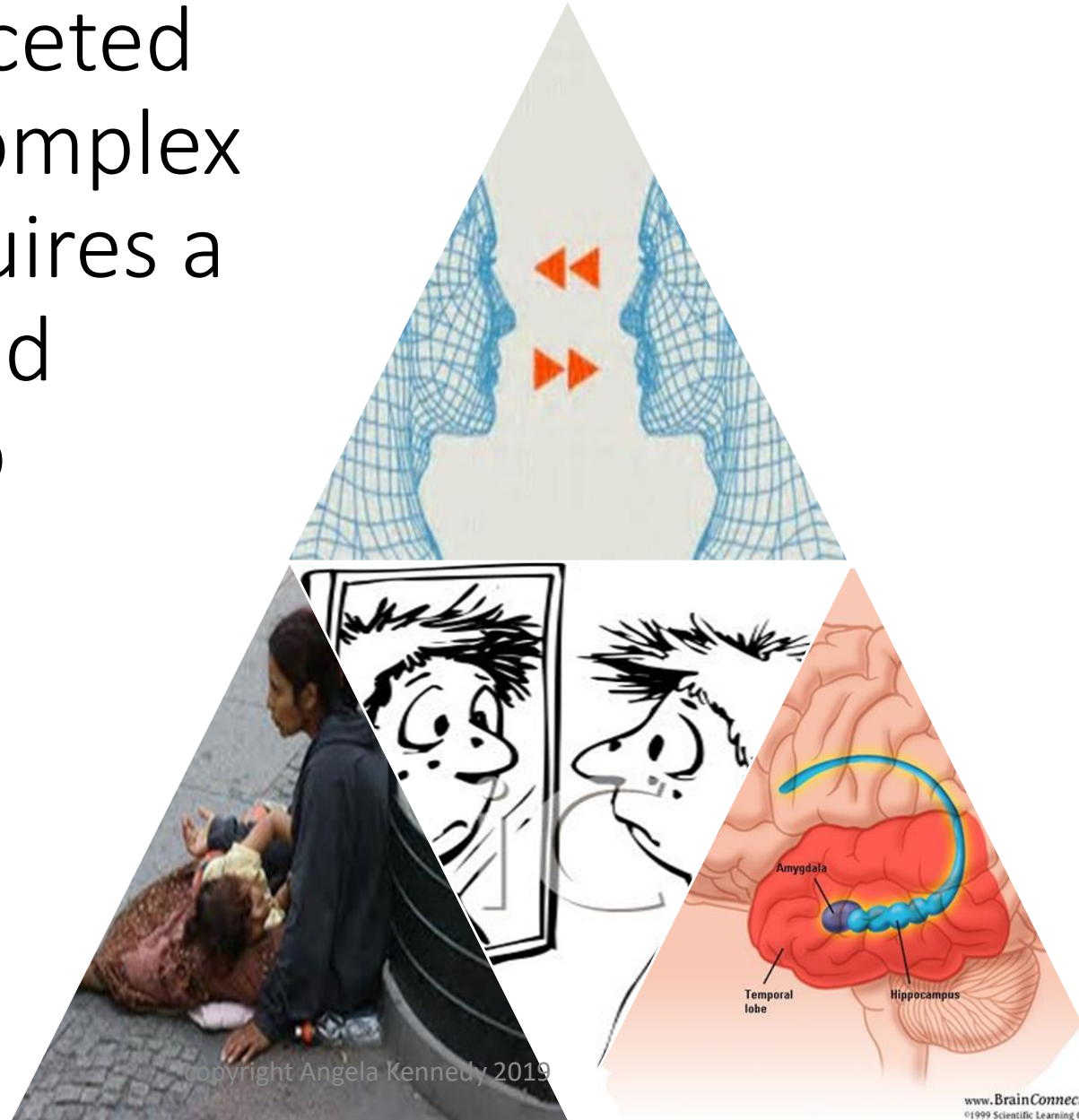
Photo by Tish Murtha

What is your ACE score?

Basic threat responses



The multifaceted nature of complex trauma requires a multi-layered approach to healing



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The societal

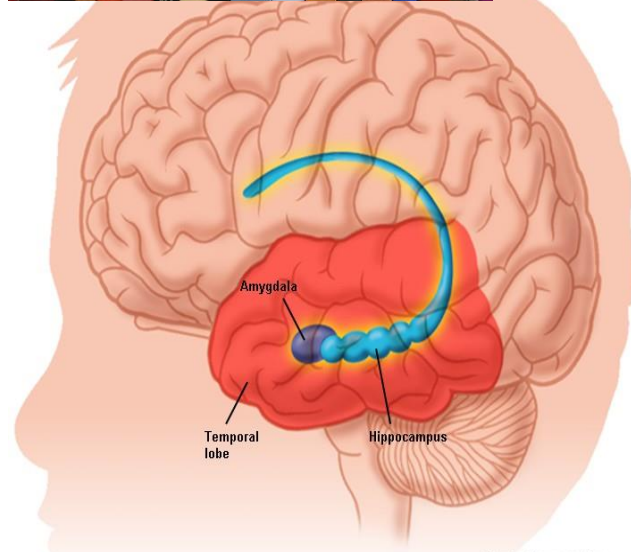
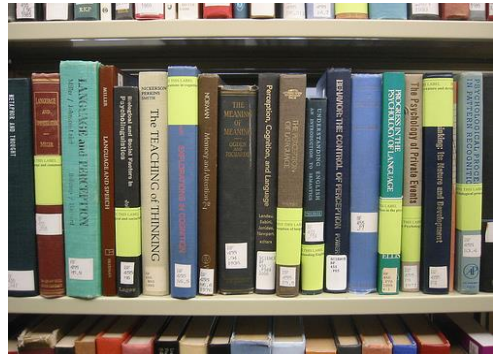


Social Safeness



A positive feeling state that can help to regulate other emotions but can be there independently. It experienced as a feeling of warmth and connectedness. It differs from attachment security in that it extends to the wider social environment, where others are perceived and experienced as soothing. It is likely related to individual capacity and related to the environment itself. Gilbert (2009)

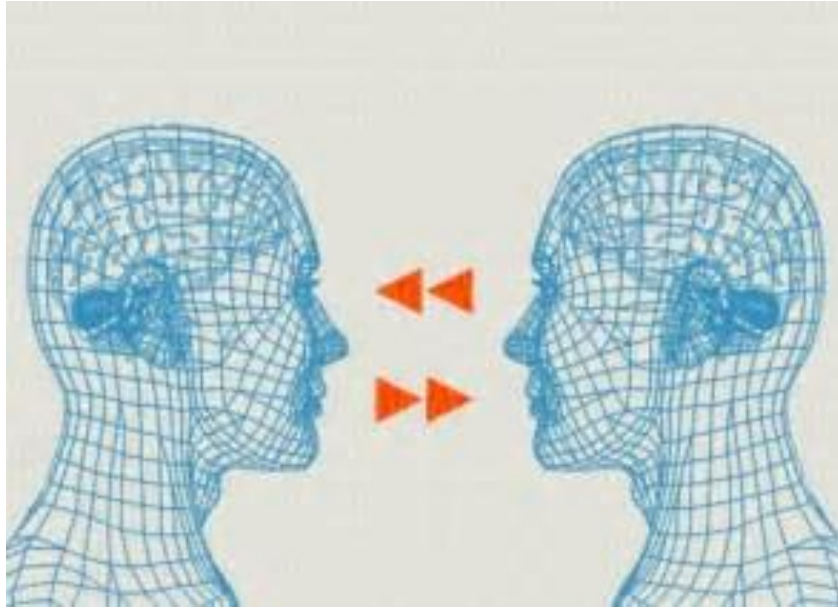
The neurobiological



- Teicher, 2000

"Our brains are sculpted by our early experiences. Maltreatment is a chisel that shapes a brain to contend with strife, but at the cost of deep, enduring wounds."





The interpersonal



The intrapersonal

Key therapy intervention therefore is to change that internal relationship from being self-critical to linking with self-compassion and soothing information



emotion and the body





Outcome: A balanced relationship between elements of self in the internal world and their interplay with the external world

Over to you..

If you look around your space right now with a trauma informed lens, pick out a couple of items, spaces or people that might have *significance to you*, that connect you to *feeling safe, present, cared for, motivated or being truly yourself*.

Share anything you wish, using your phone and the QR code here ⇒

