

Trauma and the Chaplain...How to Listen to What's Not Being Said? Essential Skills for Care

Developing Sacred Relationships for Healing and Wholeness:
(even for a moment)

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This workshop is an invitation to look inward...to discover the deeper roots and motivations for our emotional reactions and expressions of the incarcerated...

We will explore the macro and micro elements of trauma and addiction, as well as the intrapsychic and interpersonal dimensions. The hope is to facilitate a deeper consciousness for healing and intimacy.

The ultimate purpose is for us to become spiritual containers and a stable presence in the lives of those we serve who live trauma in the penal system...

Our challenge: How to listen to the pain?

Being a 'sympathetic witness'! (The Drama of the Gifted Child, Alice Miller)

Examining not simply the behavior but the pain behind it. As with addiction fighting not the substance but the circumstances that lead someone to seek out that self-soothing.

The Faces of Trauma and Addiction... What We See Inside and Out



Insights for becoming instruments and catalysts
for healing

Socratic Method

A methodology of Discovery!

*The world you live in all those years but never
saw!



Seeing through the
eyes of another!



The Human Face:

Infants cannot escape the emotion on the caregiver's face, they are trapped by what that face conveys. If the caregiver's face conveys frightening or hostile emotion, the human face itself can become imprinted as a traumatic trigger

What are the sources of triggers for the incarcerated and for us?

- Lack of early attachment to primary caregivers
 - Machismo?
 - Addictions?
 - Intergenerational abuse/incest
 - Emotional/Mental Disorders?
- Disconnection from community/family?
 - Poverty?

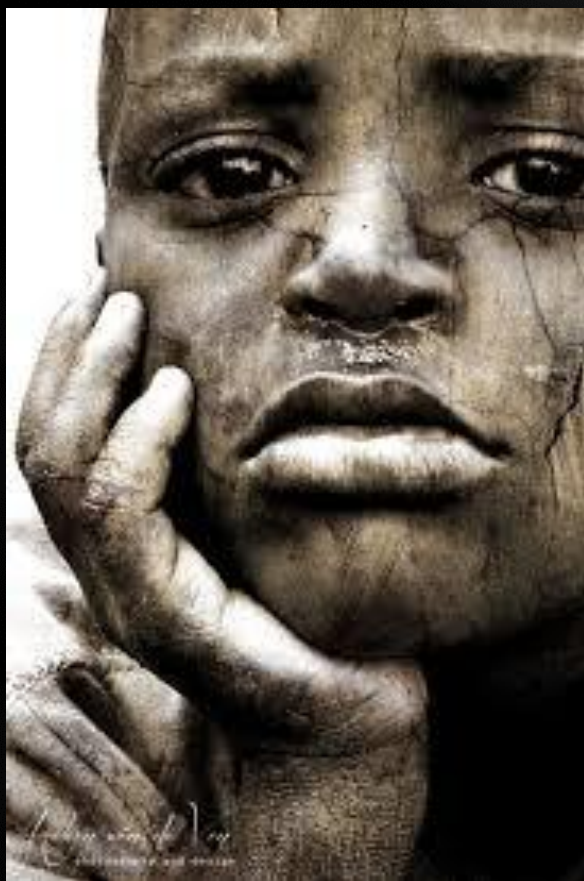
Environment vs. Genetics

Professor Peter Cohen argues that human beings have a deep need to bond and form connections. It's how we get our satisfaction. If we can't connect with each other, we will connect with anything we can find -- the whirr of a roulette wheel or the prick of a syringe. He says we should stop talking about 'addiction' altogether, and instead call it 'bonding.' A heroin addict has bonded with heroin because she couldn't bond as fully with anything else.

What do you see?









What is this?



What you might see 'Behaviours'

Hurting others
Defiance
Unkind Violence
Refusal Aggression

Anger Misunderstanding Abuse
Physical illness
Depression Loss Grief
Frustration Shyness Embarrassment
Sadness Trauma Loneliness
Developmental delay Learning difficulty
Low emotional literacy Boredom
Confusion Anxiety
Speech/Language difficulty

What may be
happening
'Feelings' and
'Experiences'

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Adverse Childhood Experiences
(ACE)

- Imprisoned in the tower is the SYMPTOM
 - Conditions/realities that keep her imprisoned
- We look deeper---the internal dynamics (Intra-psychic)

- = A systems approach!

The 'indicated patient' is acting out the symptoms of the whole (family, community, culture)!

- At times, helping professionals and even chaplains can be guilty of contributing to the same: telling, lecturing/scolding/shaming...it triggers regression with our clients
- A DIFFERENT APPROACH:
- Tracking the inner-psychoic movements...
- Following the **AFFECT** over the **CONTENT** (Emotion Regulation Intervention)

It's a process of DISCOVERY!

(Psychodynamic with Cognitive Behavioral
Interventions)

Discovering what has been covered over...by
defenses...unconscious walls of protection

Story: The Missionary's Gift!



What are the walls and roofs
protecting the
Hearts of the sundials we serve?

"Trauma is not the story of something that happened back then—it's the current imprint of that pain, horror, and fear living inside people."
Bessel van der Kolk



Complex or Developmental Trauma: Risk Factors



Multiple or chronic experience of or exposure to traumatic events such as abandonment, abuse, neglect, or violence by the primary caregiver in the early years.

Bessel Van der Kolk, M.D. (1999)

Defined Trauma as 'the inability to be present with what is in the here and now.' Trauma pulls us out of the here and now into there and then. It returns us to repetitive re-experiencing or re-enactment of the past trauma

Healing trauma requires being present with *what is in the moment!*

Peter Levine (1997) states "Trauma is about thwarted instincts. Instincts by definition are always in the present. When we allow them their rightful domain, we surrender to the 'eternal now.'"



Culturally shared Symptoms:

**Dissociation and Violence



Depersonalization

Depersonalization - a sense of detachment
of disconnection from one's self.



**A Lost Narrative



It is toooooo painful to remember!

Where is the space to 're-member'
The dismembered fragments of one's past!

Our Mission:
CREATING SPACES!
ALLOWING ANOTHER TO TALK!
(Narration of Trauma Memories)
Setting the Frame!

The most valuable gift you will offer anyone! will reveal the memory of the beginning of gang involved or any addictive symptoms and client's emotional association with it.

Explore everything!
Be inquisitive!

Interested in client's experience, point of view, history

The Sacred Alliance! Sacred Space!

Reality of ALEXITHYMIA: Inability to find symbol system (words) for Affective States (feelings)

- Mission: CREATING SACRED SPACES
- We Act out what we don't Talk Out!
 - No Story...No Narrative = Chaos
- When emotions are named and expresses--- emotional reactivity decreases!

addiction



Substance Use and Abuse and Our Population

Gabor Maté :

"both addiction and ADD are rooted in childhood loss and trauma."

It's a novel and surprisingly controversial approach - examining not the addiction but the pain behind it. Fighting not the substance but the circumstances that lead someone to seek out that self-soothing.

Addiction, says Maté, is nothing more than an attempt to self-medicate emotional pain.

Creating Sacred and Trusting Spaces in and within Healing Relationships!

Its going to take a great deal of teaching...contagion because of
YOU!

Between cognitive processes and affective states
(thinking and feeling = Intrapsychic)

(Cognitive Restructuring with Emotional Regulation Interventions)

In the relationship! (Interpersonal)

A Witnessing presence to the pain of another!

I was recently told of an African tribe that does the most beautiful thing.

When someone does something hurtful and wrong, they

take the person to the center of town, and the entire tribe comes and surrounds him.

For two days they'll tell
the man every good thing he has ever done.

The tribe believes that every human being comes into the world as *GOOD*, each of us
desiring safety, love, peace, happiness.

But sometimes in the pursuit of those things people make mistakes. The community
sees misdeeds as a cry for help.

They band together for the sake of their fellow sister and brother to hold them up,
to reconnect them with their true Nature, to remind them who he/she really is, until
(s)he fully remembers the truth from which (s)he'd temporarily been disconnected:
"I AM GOOD".



I helped her to cry!



alamy - K26YDH

Creating Sacred Spaces

Our Emotional Reactivity?

Every emotional reaction points to an area in our life...our past that is crying for attention...for healing!

Allow another to
FEEL
UNDERSTOOD!



And know that you will never “understand” another’s pain!

Example: Twins & Trauma

Explore Everything!



Asking:

What is different?

What has changed?

How do you feel?

Remembering the 'dismembered' parts of the Self!



Mindfulness and Contemplative Prayer!

An ancient concept recently receiving considerable attention in the behavioral medicine and psychotherapy literature.

It is non-elaborative awareness of present-moment experience which involves intentional, nonjudgmental present-focused attention!

Interventions and Mystical Practice:



No medical doctor, no scientist can explain where
breath comes from!

The practice of returning to the present!
Anxiety about rushing to the future...what
if? The mind spinning!

Depression about living in the
past...bitterness, hatred, lament!

Come back to the present: 'Get back here!'
The precious present!



Becoming the mind's witness/ego observer!

Observe everything...a deliberate
dissociation

Mirror: Mirror Neurons...a neurological relationship!



***Prince---
Long Loving
Looks...



To become Whole!
As an Individual
And as a Community



In every adult there lurks a child— an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the personality which wants to develop and become whole.

— *Carl Jung* —

AZ QUOTES

You are

