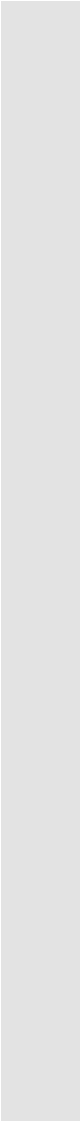



Building resilience and soothing responses to trauma for those we support

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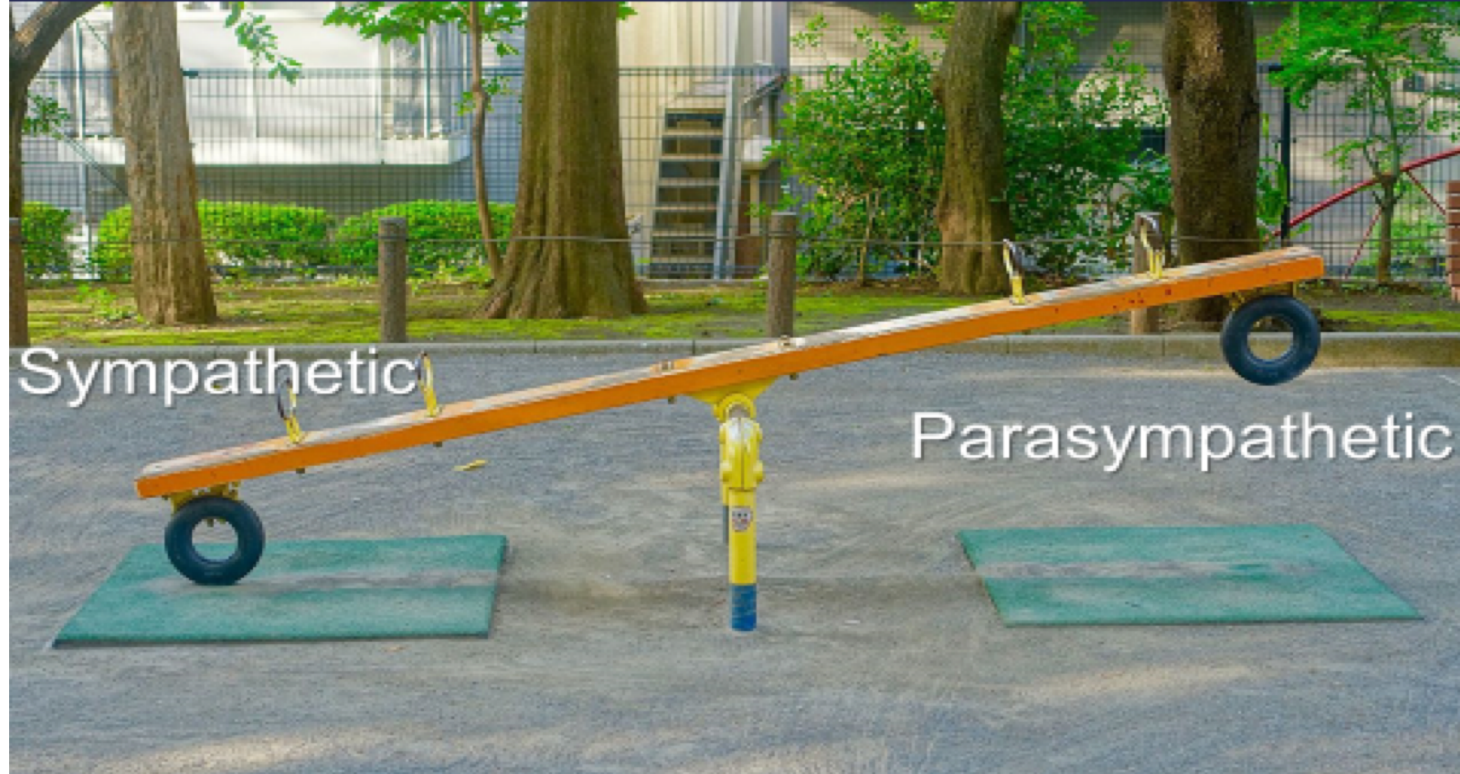
The Parasympathetic Nervous System – Everyday Approaches

**Why should we care about the
parasympathetic nervous system?
(3:37 min)**

- <https://www.youtube.com/watch?v=mtRrxNTnyh8>



Autonomic Nervous System - ANS



Neurobiology and Trauma

- Peter Levine's video (3:50 min)
- <http://peterlevine.kajabi.com/fe/85661-peter-levine-explains-trauma>

Social Therapists: Building the Capacity of Direct Supporters

- Providing Safety
- Creating meaningful daily life
- Working with a “game plan”
- Valuing daily routines
- Maximizing Self Esteem
- Building real capacities

What is the Best Way to Support a Person? Everyday Approaches

- Strengths Based
- Positive Approaches
- Empathy & Compassion
- Trust
- Relationships
- Power & Control
 - Choices & Decisions
- Personal Resources
 - Self Confidence & Esteem
- Body Memory
 - Massage
 - breathing
 - yoga,
 - meditation
 - Exercise
 - Music
 - Art
 - Pets
 - Drumming

Nutrition, Eating as Therapy

<https://www.youtube.com/watch?v=Yda8RtOcVFU>



Tapping


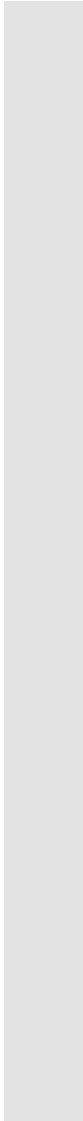
<https://www.youtube.com/watch?v=VFKVVP8KXd4>



A Range of Approaches

- BREATHING
- Yoga
- Meditation
- Biofeedback
- Neurofeedback
- Art
- Conversations
- Baths/Showers
- Exercise
- Gardening
- Massage
- Music
- Drumming
- Pets

**Practice for the Social
Therapist and the People
they support: Constructing a
meaningful life for everyone**

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- 
- How many things can you think of that you could do with someone here, that is fun, rewarding, and helps the person grow, develop, and heal emotionally?

Social Therapist

- “At the hands of a social therapist, every moment of a person’s life becomes rich with meaning. Trust is built, and root causes to challenging behaviors get figured out. Sometimes it takes years to help a person to fully recover; yet few people do fully recover without the support of committed people in their lives.”

(Barol & Focht-New, in press)

We walk the path together

- I have come to the conclusion that human beings are born with an innate capacity to triumph over trauma. I believe not only that trauma is curable, but that the healing process can be a catalyst for profound awakening—a portal opening to emotional and genuine spiritual transformation. I have little doubt that as individuals, families, communities, and even nations, we have the capacity to learn how to heal and prevent much of the damage done by trauma. In so doing, we will significantly increase our ability to achieve both our individual and collective dreams. (Peter Levine)

