



Counseling, Health and Wellness Services Counseling Center

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Tips for Coping When Triggered by Trauma

1. Overview

- Impact of Trauma on Brain / Body
- Frame / Name the Problem is Powerful
- Somatic Experience
- Recovery: Empowering Return to Self
- C.A.R.E.S.S.: Compassionate Self-Care

2. Trauma: Woundedness, Perceived Defeat

- Overwhelming, Dis-orienting
- Brain: Verbal vs Non-verbal Parts
- Hold / Process Different Kinds of Information

3. Frame / Name the Problem is Powerful

- Resmaa Menakem, LicSW
- Historical, Intergenerational, Persistent Institutionalized, Personal / Communal Self
- Multiple Dynamic Interactions

4. Somatic Experience

- The Deepest Pain Has No Words
- Mind Choked and Memory Went White
- The Path Out

5. Recovery: Empowering Return to Self

- Complex Problems → Complex Solutions

6. C.A.R.E.S.S.

- C.A. – Communicating Alternatively (non-verbal exercises)
- R.E. – Releasing Endorphins (building positive relationship with body through engaging movement / activity)
- S.S. – Self-Soothe (compassionate caring / calming of body)

7. Ask for Help

Campus Ministry(253) 534-7464
Center for Gender Equity(253) 535-8759
Diversity Center(253) 535-8750

Lute Telehealth – www.plu.edu/lute-telehealth
Counseling Center (253) 535-7206
Counseling Crisis Line ... (253) 535-7075