

# **Finding your voice and Bearing witness to Healing: Butterfly Medicine**

**Ricardo Carrillo, PhD**

- ▶ Healing the individual and community from trauma: A psychological and social justice perspective

# Prevalence of PTSD

- ▶ Prevalence of crime and non crime civilian traumatic events, lifetime posttraumatic stress disorder (PTSD), and PTSD in the past 6 months were assessed in a sample of 4,008 US adult women.
- ▶ Random digit-dial telephone methods were used to identify study participants.
- ▶ Structured telephone interviews for assessment of specific crime or other traumatic event history and PTSD were conducted by trained female interviewers.

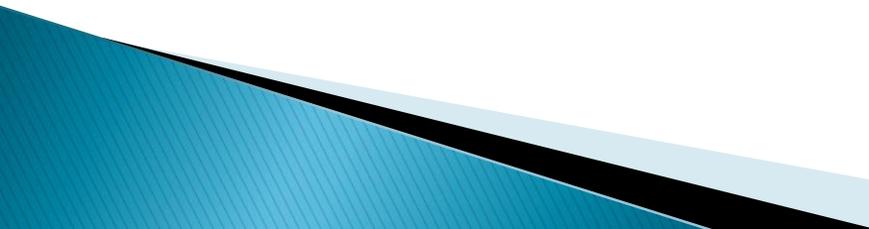
# Prevalence

- ▶ Lifetime exposure to any type of traumatic event was 69%
- ▶ Whereas exposure to crimes that included sexual or aggravated assault or homicide of a close relative or friend occurred among 36%.
- ▶ Overall sample prevalence of PTSD was 12.3% lifetime and 4.6% within the past 6 mo.
- ▶ The rate of PTSD was significantly higher among crime vs noncrime victims (25.8% vs 9.4%).  
History of incidents that included direct threat to life or receipt of injury was a risk factor for PTSD.

# Prevalence

- ▶ . Findings are compared with data from other epidemiological studies. Results are discussed as they relate to PTSD etiology. (PsycINFO Database Record (c) 2012 APA, all rights reserved).
- ▶ Prevalence of civilian trauma and posttraumatic stress disorder in a representative national sample of women. (Resnick, Heidi S.; Kilpatrick, Dean G.; Dansky, Bonnie S.; Saunders, Benjamin E.; Best, Connie L., Journal of Consulting and Clinical Psychology, Vol 61(6), Dec 1993, 984-991. doi: [10.1037/0022-006X.61.6.984](https://doi.org/10.1037/0022-006X.61.6.984))

# Prevalence

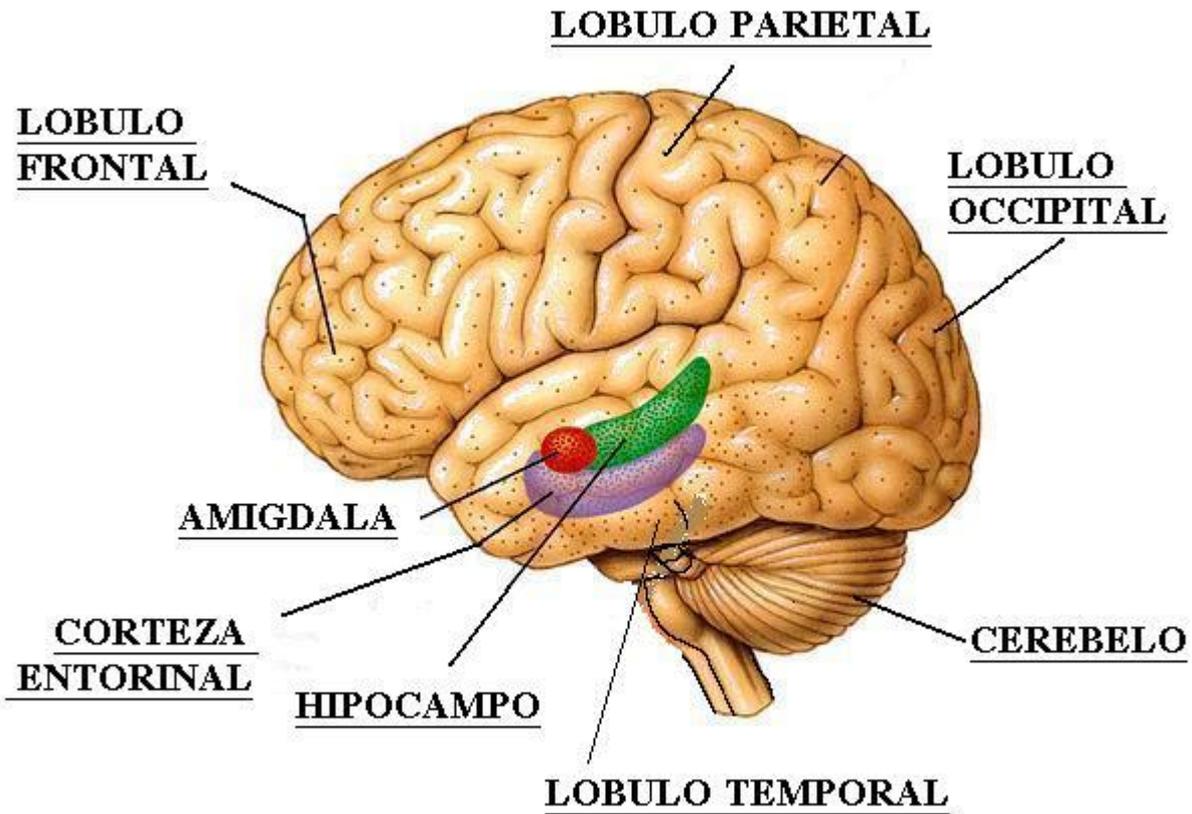
- ▶ Alameda County diagnosed 1100 children with Post traumatic stress disorder in fiscal year 2011-2012.
  - ▶ It is estimated that PTSD is at 5% of the population (Journal of the American Academy of Child and Adolescent Psychiatry.)
  - ▶ Ruiz (East Bay Express) reports that African American and Latinos comprise more than half of Oakland's, populations and 20% live in poverty.
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# Prevalence

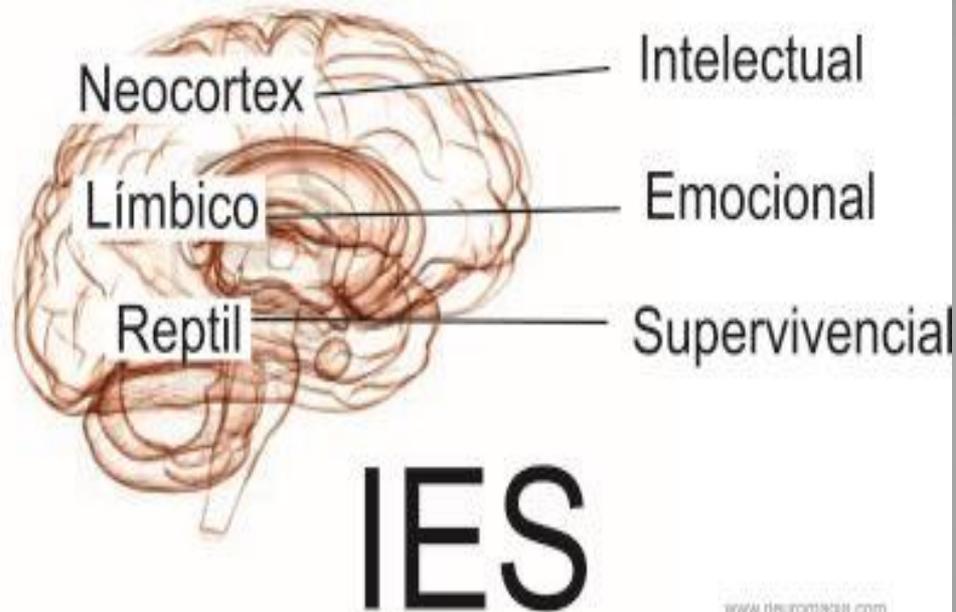
- ▶ “The city’s robbery rate is the highest in the nation, and in 2012, about 2000 violent crimes were committed per 100,000 people, according to data from the FBI. By contrast, nationwide there were 387 violent crimes per 100,000 (Ruiz, 2013).”

# Neurobiology of Trauma

- ▶ Hyper aroused excited limbic systems: flashbacks-nightmares
  - ▶ Left brain: seat of reasoning and language
  - ▶ Frontal lobe executive decision making
  - ▶ Primitive functioning, no cortex involvement
  - ▶ Practice requires being in the present, using right brain methodologies to calm the hyper aroused central nervous system.
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## El Cerebro Triuno



# Attachment Theory

- ë **Structure** and function of the brain are directly shaped by interpersonal experience.
- ë **Human** connections create neuronal connections (Siegal, 1999)

*It is these connections and the developing brain that allow for the **regulation of affect**, thus establishing the context for relationships*

# Attachment Theory

Adverse social experience during early critical periods such as neglect, abuse, abandonment, violence and chaotic chemically dependent behavior seriously impair the functioning of the **LIMBIC SYSTEM.**

# IMPAIRED LIMBIC SYSTEM

- ^ Hypothalamic Pituitary-Adrenal Axis.
- ^ Stress results in the release of CRH.
- ^ Excessive HPA is maladaptive.
- ^ Extended exposure to Cortisol is toxic and the Adrenal switch cannot be turned off.

# Attachment Theory

- ù Secure.
  - ù Anxious-avoidant: Dismissing.
  - ù Anxious-ambivalent: Preoccupied.
  - ù Disorganized: Fearful.
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# Allopathic Mental Health System

- ▶ Left Brain dominated
  - ▶ Logical approaches
  - ▶ Cognitive behavioral
  - ▶ Medication driven
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# Clinical Practice

- ▶ Co occurring disorders and conditions
  - ▶ Comprehensive diagnostic evaluation: (Wilson; 2004)
  - ▶ SEPECT studies or other brain imaging procedures.
  - ▶ Trauma informed psycho education: seeking safety, beyond trauma (commercial curriculum)
  - ▶ Chemical dependency recovery: harm reduction
  - ▶ Individual, family, group, and specialized menu driven services.
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# Post Traumatic Stress Disorder

- ▶ Cognitive behavioral approaches
  - ▶ Prolonged Exposure therapy
  - ▶ Virtual Reality research (Navy)
  - ▶ EMDR- eye movement desensitization and reprocessing
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# Traumatic event & core psychological process

- ▶ Biological:
- ▶ CNS, sympathetic system/parasympathetic
- ▶ Neuroendocrine system
- ▶ Serotonergic system
- ▶ Attention
- ▶ Concentration
- ▶ Retention
- ▶ Psychology
- ▶ Learning
- ▶ Memory
- ▶ Cognitive
- ▶ Perceptions
- ▶ Self-ego processes
- ▶ Personality
- ▶ Emotions
- ▶ Unc mental processes

John Wilson

Assessing Psychological Trauma and PTSD: A Practitioner's Handbook with Dr. Terence Keane

# PTSD Symptom clusters not present prior to trauma

- ▶ Re experiencing traumatic memory
  - ▶ Avoidance –numbing (coping)
  - ▶ Hyper arousal (physiological)
  - ▶ Self identity (ego processes)
  - ▶ Interpersonal (affiliation) and attachment
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# Traditional Medicine and Trauma

- ▶ Right brain and integration of neuroplasticity
- ▶ Holistic approach
- ▶ Data indicates whole brain functioning correlates with increased intelligence, improved learning, enhanced moral reasoning, psychological stability, and emotional maturity (Hagelin, 2007)
- ▶ Mohr-Almeida (2010); Integration of American Nontraditional and Mesoamerican Traditional approached for Traumatic Stress and PTSD

# Movement for Memory: Collective Memory

- ▶ Memory practices as a strategy for social justice (Escobar, 2013)
- ▶ Politics of Trauma: shifting the focus from Individual to social and political roots of trauma
- ▶ Complex PTSD; Herman (1997) persons' sense of self (impact on personality) and relationship with others (attachments)
- ▶ Symptom based diagnosis pathologizes survivors experience
- ▶ Martin-Baro (1994) mental health is relational not just individual symptomology: explore the roots of trauma; social and political conditions
- ▶ Bearing witness: dehumanizing relationships; cause/result of trauma. (Herman, 1997)

# Sense of Self

- ▶ Martin-Baro (1994) : A society that becomes accustomed to using violence to solve its problems, both large and small, is a society in which the roots of human relations are deceased(p112).
- ▶ Herman (1997) after a traumatic event, a person's fundamental assumptions about who they are...lose their sense of trust and safety, the person finds themselves isolated because of the sense of betrayal and lack of community to protect their safety.

# Bearing Witness

- ▶ Re establishment of social and community ties crucial to healing.
- ▶ There must be a community willing to listen to these testimonies of violence.
- ▶ “Conflict between the will to deny horrible events and the will to proclaim them aloud” (Herman, 1997, p1)
- ▶ Bearing witness is the process by which a community acknowledges, revindicates, and provides justice for the trauma endured (Escobar,2013)

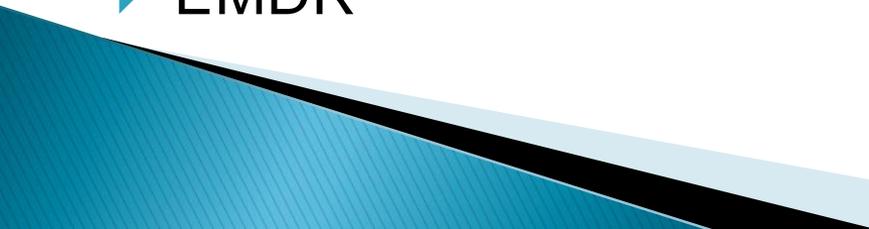
“Within the collective dignity, love, trust and respect of all people, exists the wisdom and resources for a beautiful, harmonious tomorrow.”

-Jerry Tello

# -FOUR SACRED TEACHINGS-

- ▶ You are **WANTED**... You are **SACRED**
- ▶ You have a **SACRED PURPOSE**
- ▶ You have **TEACHINGS** (*VALUES*) and **TEACHERS** to guide
- ▶ You are **PROTECTED** – **SAFETY** and **SECURITY**

# Traditional Medicinal Approaches

- ▶ Butterfly Medicine
  - ▶ Limpia/herbal remedies
  - ▶ Soul retrieval
  - ▶ Therapeutic Temescal/sweat lodge
  - ▶ Auricular acupuncture
  - ▶ Meditation
  - ▶ Ohms: deep breathing
  - ▶ Yoga
  - ▶ In conjunction with western methodologies:
  - ▶ Cognitive behavioral psychoed
  - ▶ EMDR
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# Theoretical Framework

- ▶ Physical
  - ▶ Social
  - ▶ Psychological
  - ▶ Spiritual
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# Research Potential

- ▶ Will traumatized individuals and communities recover more effectively with right brain oriented methods?
- ▶ Will developing social justice methods to have traumatized individuals and communities bear witness to trauma result in the healing of the trauma?
- ▶ Will community building assist with the healing of social isolation and shame associated with the trauma?
- ▶ How do we hold society accountable for trauma that occurs in their respective areas?

# The Altar



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- ▶ National Compadres Network  
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- ▶ National Latino Alliance for the Elimination of Domestic Violence [www.DVAlianza.org](http://www.DVAlianza.org)