

# Families Matter Research Group Interactive Series: **Communicating about Trauma**

**May 12, 2022 9:00 am (11:00 am EST)**

Dr. Tim Black, R. Psych., Associate Professor of Counselling Psychology – University of Victoria, National Clinical Co-Advisor – Wounded Warriors Canada, will discuss trauma – what it is and why we need to deal with it.

Dr. Rachel Dekel, Full Professor in the School of Social Work, Bar-Ilan University, Israel, will discuss how trauma can present itself in couples.



MEDAVIE

# Zoom

## Zoom housekeeping/**Notes d'ordre administratives pour la rencontre via Zoom**

- When you enter the main room you are automatically muted. This is to limit noise and feedback
- We also want to remind you that the session will be recorded to share with PSP and PSP families. We have selected a recording option that will hide the audience unless they chose to ask a question live. If you want to be anonymous you can change your name on Zoom.
- Lorsque vous vous joignez à la salle de réunion principale, le son est automatiquement désactivé. Ceci permet de réduire le bruit et l'écho acoustique.
- Nous vous rappelons aussi que la séance sera enregistrée et partagée avec les membres et les familles du PSP. Le mode d'enregistrement ne montre pas les membres du public, à moins qu'ils ne posent une question en direct. Si vous souhaitez garder l'anonymat, il suffit de changer votre nom sur Zoom.

# Zoom

## Zoom housekeeping/Notes d'ordre administratives pour la rencontre via Zoom

- Changing your name on Zoom
- In order to change your name:
  - Place mouse cursor over your picture/icon
  - Click on the three dots in the top right corner
  - Select rename from the drop down menu
- Changer votre nom sur Zoom
- Pour changer votre nom :
  - Placez le curseur sur l'icône qui vous identifie;
  - Cliquez sur les trois points dans le coin en haut à droite;
  - Choisissez «rename» (renommer) à partir du menu déroulant.

# Zoom


## Zoom housekeeping/**Notes d'ordre administratives pour la rencontre via Zoom**

- Throughout the session the chat window will be monitored. If you have questions or issues you can let us know there. You can also use the raise hand function.
- **Tout au long de la discussion, nous surveillerons la fenêtre de clavardage. Si vous avez des questions ou des préoccupations, vous pouvez nous les faire parvenir par clavardage. Vous pouvez aussi utiliser la fonctionnalité «raise hand» (lever la main).**

# Post Event Survey

Thank you / **Merci**

- A follow up survey will be sent tomorrow. We hope you will take a moment to give us feedback on the event.
- **Un sondage de suivi sera envoyé demain. Nous espérons que vous prendrez un moment pour nous faire part de vos commentaires sur l'événement.**



## Acknowledgement of Territory

Queen's University is situated on traditional Anishinaabe and Haudenosaunee Territory. To acknowledge this traditional territory is to recognize its longer history, one predating the establishment of the earliest European colonies. It is also to acknowledge this territory's significance for the Indigenous peoples who lived, and continue to live, upon it – people whose practices and spiritualities were tied to the land and continue to develop in relationship to the territory and its other inhabitants today. The Kingston Indigenous community continues to reflect the area's Anishinaabek and Haudenosaunee roots. There is also a significant Métis community and there are First Peoples from other Nations across Turtle Island present here today.

# Trigger Warning & Support Information

The content may be difficult to listen to and may bring up a range of emotions. We encourage you to care for your safety and well-being.

*If you need to reach out for support, please contact:*

- **Crisis Services Canada** (Crisis services for all Canadians) - Call 1-833-456-4566 (available 24/7), Text 45645 (available 4pm to Midnight Eastern Time Zone). Residents of Quebec: Call 1-866-APPELLE (1-866-277-3553)
- La prévention du suicide et le soutien **Service d'aide en situation de crise pour tous les Canadiens** - Tél. : 1 833 456-4566 (24 h sur 24, 7 jours sur 7), Texto: 45645 (de 16 h à minuit, HE). Pour les résidents du Québec: 1 866 APPELLE (1.866.277.3553)

# Your Hosts



Heidi Cramm  
Associate Professor



Lisa Delaney  
Community Development  
Manager



# Speakers



## **Dr. Tim Black**

Associate Professor  
Counselling Psychology  
University of Victoria



## **Dr. Rachel Dekel**

Professor  
The Louis and Gabi Weisfeld  
School of Social Work  
Bar-Ilan University, Israel

# Plan for Today

- Speakers (25 minutes)
- Moderated Question & Answer (15 minutes)
- Post Event Survey – Friday, May 13th, 2022

# The Trauma Formula

**Exposure to a traumatic event(s) resulting in a significant limbic response**

(remember our definition)

+

**Not completing the limbic response or not fully “digesting” the experience**

(recall it can take 30 days)

+

**Exposure to negative social responses**

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(internal – we do it to ourselves - or - external – someone else does it)

**Traumatization**

(likelihood substantially increased)

# Tim's Take Away Messages

- PSP jobs are trauma exposed. Plan for how to deal with those exposures.
- Trauma exposures does NOT automatically mean someone will be traumatized. It is important to recognize and process a traumatic response so they don't get 'stuck.'
- Spouses and significant others are not trauma therapists. It is important to not expect them to take on that role.

# Rachel's Take Away Messages

- Emotional responses to traumatic exposures can result in behaviours like avoidance, withdrawal, criticism, volatility, the need to control, etc.
- Spouses can feel like they need to 'walk on eggshells' and constantly anticipate how to not set their partner off.
- Sharing both good and negative experiences is important. The amount of detail your spouse feels like sharing will vary. Talking about potential traumatic exposures when your partner is very reactive is to be avoided.
- Learning to recognize when trauma is impacting a spouse takes time and lots of reflection. If you feel things are overwhelming, ask for help.

# Questions & Answers

## Tim

- How can you tell when someone is feeling traumatized?
- My friend says I should be talking to my spouse about trauma, but I'm never sure when it is a good or bad time. Do you have any tips?

## Rachel

- How can couples develop a plan on how and when to talk about trauma?
- My spouse and I are having a lot of issues and it's affecting me. Where can I go for more help?



# What's Next?

Families & PSP Organizations  
**September 22, 2022, 11 am ET**

PSPNET Families Wellbeing Hub  
**December 1, 2022, 11 am ET**

# Thank you

- Tim & Rachel
- Emilie from CIPSRT
- Families Matter Research Group
- All of you!



# Acknowledgements



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# Find out more

[www.fmrg.ca](http://www.fmrg.ca)

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Email: [Families@queensu.ca](mailto:Families@queensu.ca)

[Heidi.Cramm@queensu.ca](mailto:Heidi.Cramm@queensu.ca)

[Lisa.Delaney@queensu.ca](mailto:Lisa.Delaney@queensu.ca)