

# 40th Annual InterCourt Conference



## Session 3B: Then, Now, and the Next Right Thing: Trauma and Restoration Stories

Presenters: *Kimberly Brazwell*

March 14, 2024  
3:15 - 4:45 p.m.



THE SUPREME COURT *of* OHIO  
JUDICIAL COLLEGE



# **Then, Now and The Next Right Thing: Trauma and Restoration Stories**

2024 InterCourt Conference  
Thurs., March 14, 2024  
Facilitator: Kimberly Brazwell, KiMISTRY

## **Then, Now and The Next Right Thing: Trauma and Restoration Stories**

What happens if you get “stuck” feeling unsafe as soon as your story begins? A traumatized brain can get stuck in survival mode. But what happens if that mind is granted access and agency to dream again? Educators, youth-serving professionals and community leaders are charged with the arduous task of pursuing innovative ways to navigate and address inconceivable trauma among youth. In this workshop, attendees will go on a little journey to and through neuroscience and the art of storytelling to reflect on the reality of trauma and the hope of restoration. With facilitated dialogue, attendees will use grounding practices and prompts to: a) reflect on their own identities, b) practice imagination and empathy regarding the stories of the youth they serve and then c) use manifesting as a strategy to recreate the narratives of their future experiences with troubled youth.



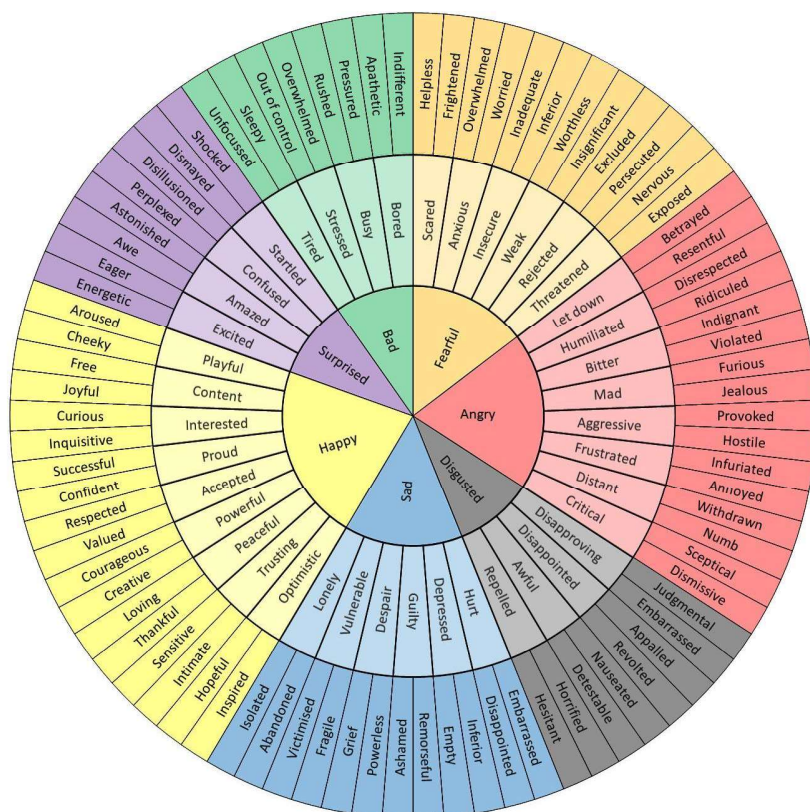
## **Starting with a Check-In**

### **CHECK-IN...**

**What's your  
mood ...Today?  
...This season?**







# FEELING WORDS

“Use the Feelings Wheel to find accurate labels for whatever you are experiencing. Label your emotions to feel less reactive and more in control of your feelings.”

Sources: <https://imgur.com/hCWChf6> Feelings Wheel - Geoffrey Roberts Torre, J. B., & Lieberman, M. D. (2018). Putting Feelings into Words: Affect Labeling as Implicit Emotion Regulation. *Emotion Review*, 10(2), 116-124. doi:10.1177/1754073917742706

## CHECK-IN THROUGH THEIR LENS...

SYMBOL	MOOD	ENERGETIC VIBE
	FAIRY	"I feel empty but I look beautiful."
	IMP	"I feel mischievous and energetic."
	SHAPESHIFTER	"I feel uncomfortable unless I change to match others."
	INDIGO	"I feel everyone and everything."
	WITCH	"I feel powerful in my connection to the elements."
	GHOST	"I feel invisible to most people."
	VAMPIRE	"I feel lifeless unless I feed off the energy of others."
	ZOMBIE	"I feel stuck between being alive and lifeless."

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# The Energy Behind the Engagement

## ***Safety and Stories*** **THE 9 ASKS**

1. Be as honest and vulnerable as possible.
2. Respect boundaries and thresholds.
3. No judgment.
4. Confidentiality.
5. Come back to me.
6. Respect the process of learning  
the “right” language.
7. Take the time to listen first.
8. Permission to ask and/or decline.
9. Stay in your seat.

Source: KIMISTRY LLC © All Right Reserved





*Village Healing*  
**UBUNTU**

I am because you are,  
you are because I am...

When I fail, you fail.  
When you fail, I fail.  
When I thrive, you thrive.  
When you thrive, I thrive...

I am the ancestors' wildest dreams...

I am because you are.  
You are because I am.  
I love you because I am you...

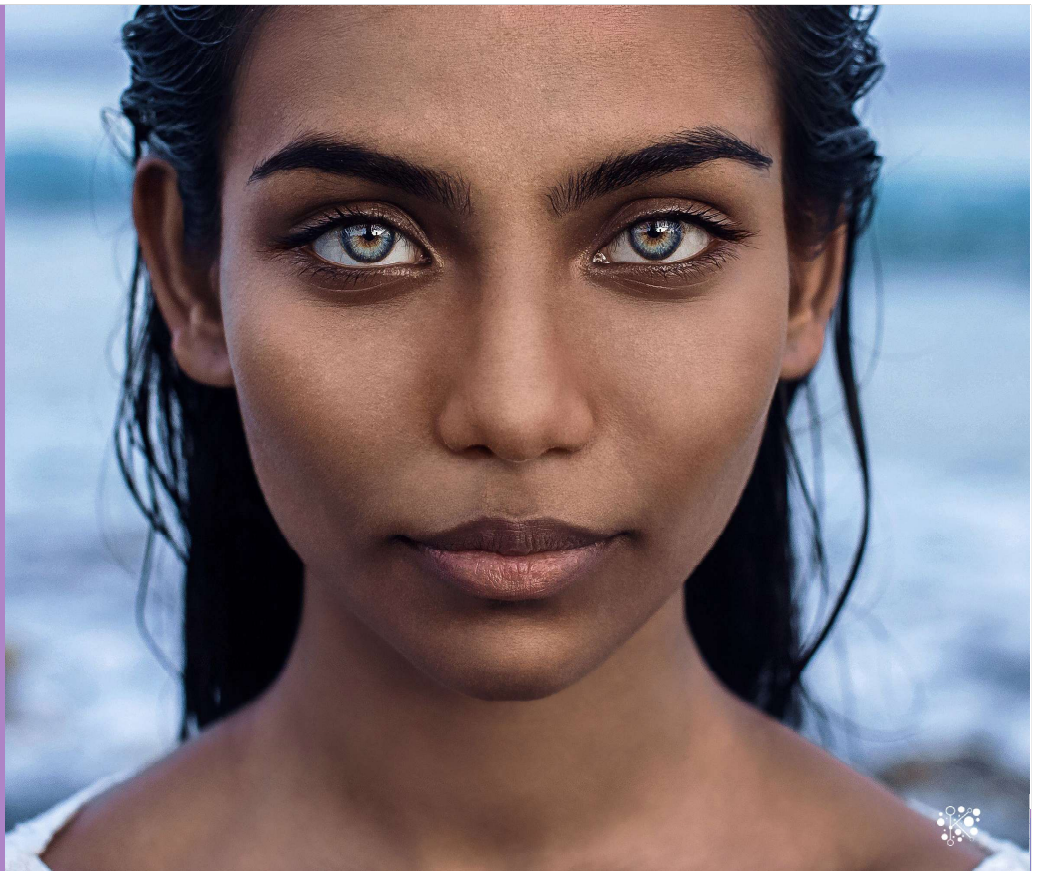


*Voice and Visibility*  
**SAWUBONA  
AND  
SHIKOBA**

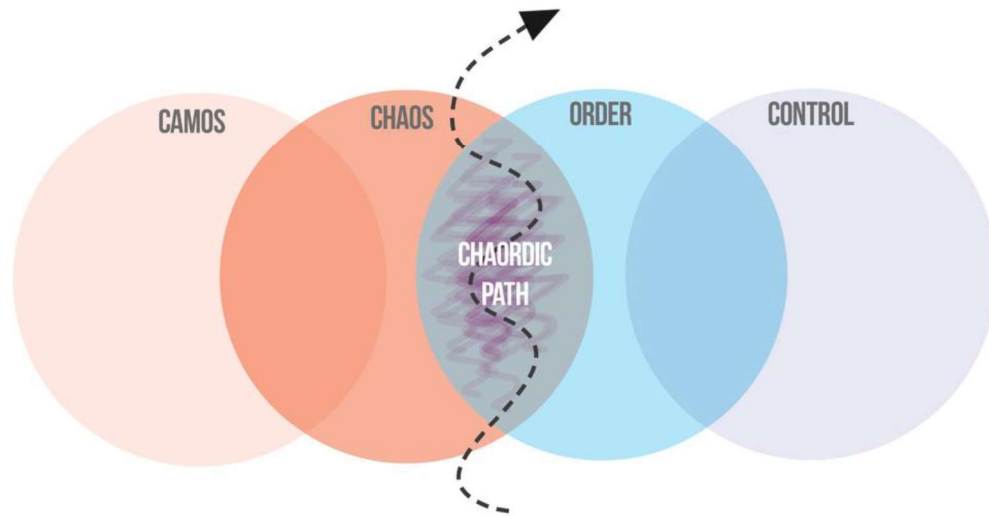
Sawubona  
"I see you."

Shikoba  
"I am here."

"Before you saw me,  
I did not exist."



# THE CHAORDIC PATH



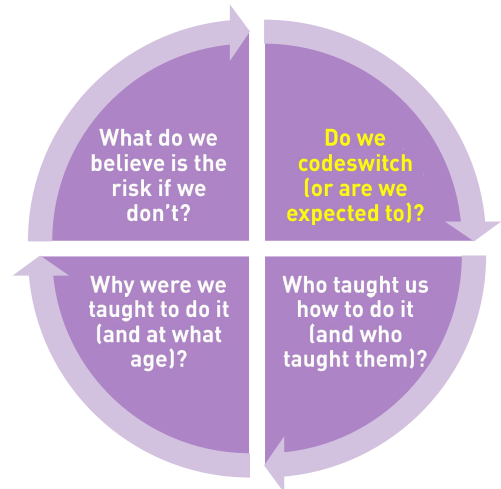
Source: Zand Craig  
<http://www.zandcraig.com/chaordic-path>



## Stories of Safety and Threat



# CULTURAL CODESWITCHING



Source: Integrative Inquiry Consulting  
<https://www.integrativeinquiryllc.com/post/the-problem-with-code-switching-addressing-the-dominant-culture>



## THE YOUNGER ME

CHILDHOOD NICKNAME(S)	
DID/PLAYED...	
FELT...	
FEARED...	
WAS PROTECTED BY...	
NEEDED...	
WAS POWERFUL WHEN...	
DESERVED...	

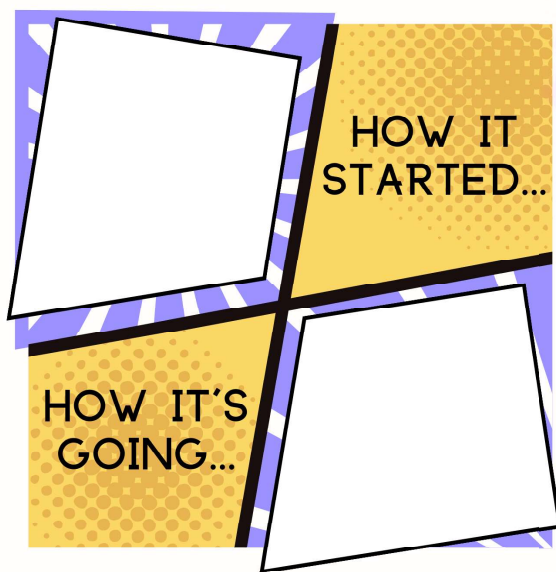


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20

## MEANWHILE...

You may very well be in a shifting season. There will be many more to come in your life. This transition (or shifting) in your life and story is usually an indicator that something - namely YOU - are changing. You are likely not who you were, but not yet who you're going to be.



## THE FOUR COMPONENTS OF CULTURAL COMPETENCE

Based on identity lens(es), do we know what we value, believe, want and need from ourselves and others for our gifts to emerge?

*And do they?*

COMPONENTS		e.g., _____	SCENARIO
<b>AWARENESS</b> Consciousness and the ability to observe information in a scenario.			
<b>ATTITUDE</b> Values, beliefs, wants and needs	VALUE		
	BELIEVE		
	WANT		
	NEED		
<b>KNOWLEDGE</b> Ability to read, observe and learn from scenario			
<b>SKILLS</b> Application and use of awareness, attitude and knowledge toward another culture			





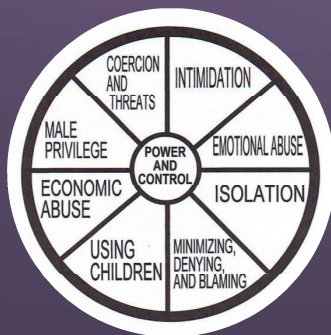
## MY SUPERPOWER

<b>ITS FORMS</b> E.G. X-RAY VISION, FLYING AND INDESTRUCTIBILITY	
<b>ITS WEAKNESS</b> E.G. KRYPTONITE FOR SUPERMAN	
<b>MY SIDEKICK</b> E.G. ROBIN FOR BATMAN	
<b>MY NEMESIS</b> E.G. JOKER FOR BATMAN	
<b>ITS ORIGIN</b> E.G. SPIDERMAN WAS BITTEN BY A SPIDER	
<b>MY ALTER EGO</b> E.G. BRUCE WAYNE FOR BATMAN	
<b>MY POWER FLAW</b> E.G. AANG THE LAST AIRBENDER RETREATS WHEN AFRAID	
<b>POWER PERSONALITY</b> E.G. WOLVERINE IS MESSY AND A JERK	
<b>THEME SONG</b> E.G. SAILOR MOON THEME SONG	

## THE 5 Fs

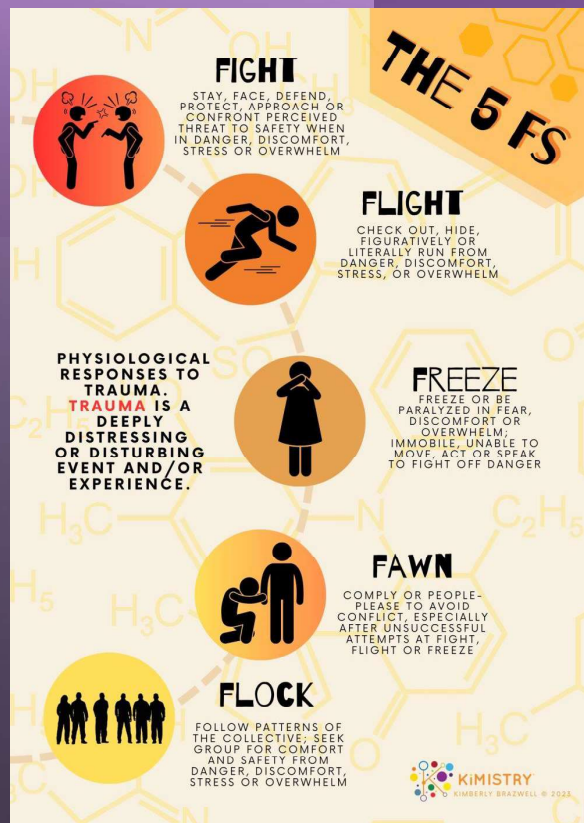
Do we know how  
fear and discomfort look  
on and in us and them?

- Fight
- Flight
- Freeze
- Fawn
- Flock

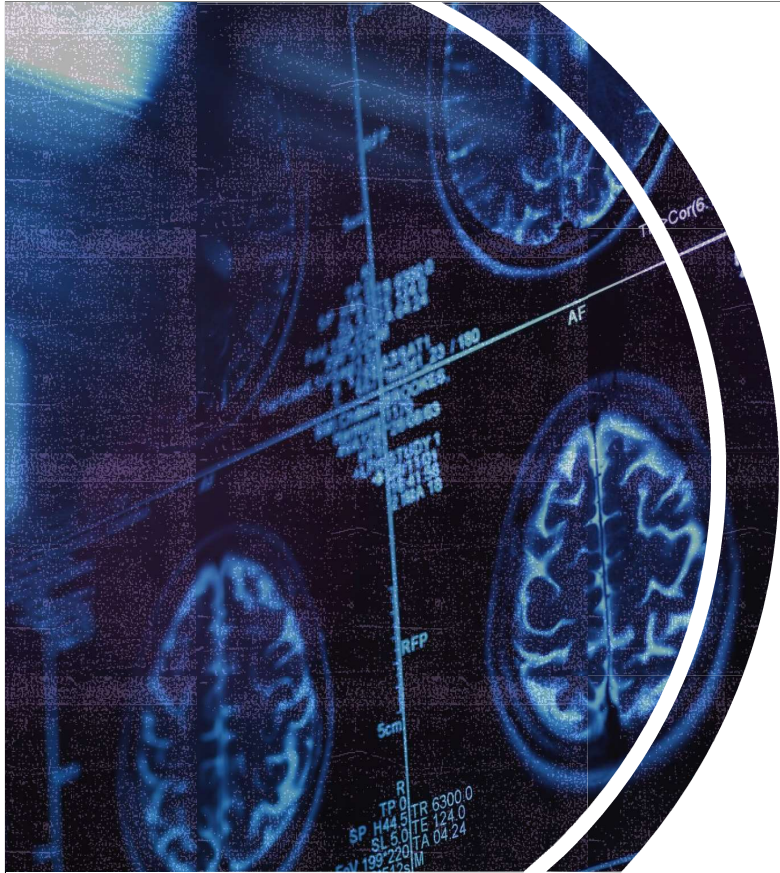


Source: National Center of Domestic and Sexual Violence

<http://www.ncdv.org/images/PowerControlwheelINOSHADING.pdf>

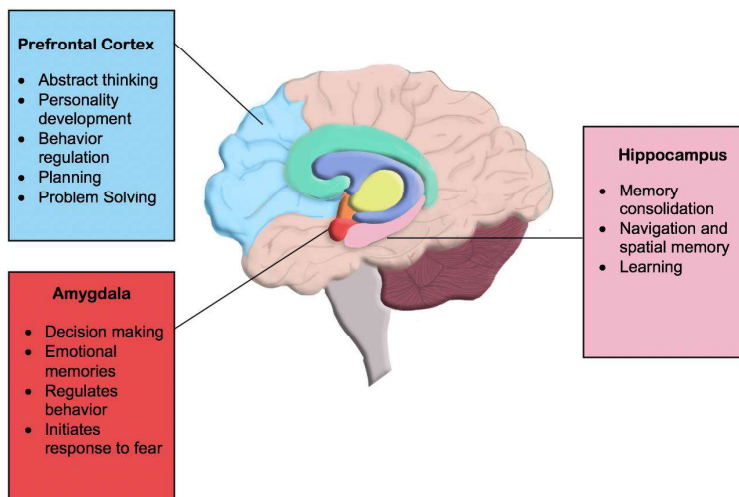






# The Neuroscience of Trauma

## Three Primary Brain Regions Affected by PTSD and Their Functions



# The Brain and the Science of Trauma

Source: STAR Advocates:  
<https://brstarcenter.files.wordpress.com/2020/01/loanna-c-brain.png>



# A TRAUMA RESEARCH CHEAT SHEET

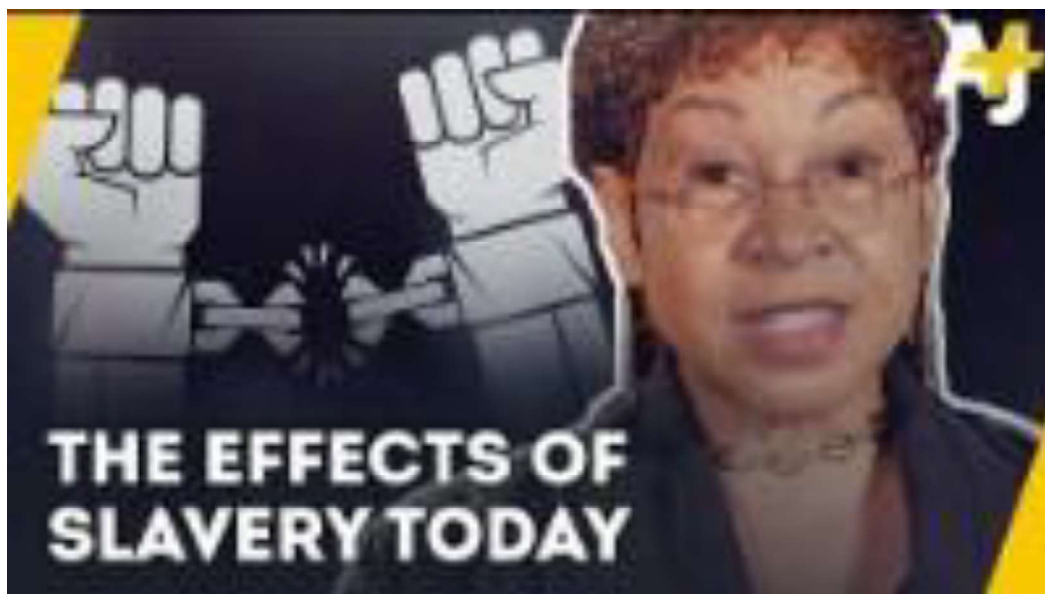
What kind of trauma is it and what is the best practice in response?

Links between Trauma, Neurobiology, Social-Emotional Wellness, Student Success and DEI/Social Justice				
Incident / Action	Research	Negative Affect		Suggested Best Practice for Care and Response
Trauma	<b>SAMHSA:</b> Trauma categories including identity-based trauma	<ul style="list-style-type: none"> <li>Emotional abuse</li> <li>Grief or separation</li> <li>Community violence</li> <li>Bullying</li> <li>Natural/manmade disasters</li> <li>Interpersonal violence</li> <li>School violence</li> <li>Accident or illness</li> <li>Physical abuse</li> </ul>	<ul style="list-style-type: none"> <li>Military trauma</li> <li>Sexual abuse</li> <li>Domestic violence</li> <li>Forced displacement</li> <li>Historical trauma (people of color, native, intergenerational poverty, immigrants)</li> <li>System-induced trauma</li> <li>War, terrorism</li> </ul>	<ul style="list-style-type: none"> <li>Safety</li> <li>Trustworthiness and transparency</li> <li>Peer support</li> <li>Empowerment, voice and choice</li> <li>Cultural, historical and gender issues</li> <li>Collaboration and mutuality</li> </ul>
Neurobiology	<b>Dr. Bruce Perry:</b> Childhood trauma and impacts on the body, brain, thinking and learning	<ul style="list-style-type: none"> <li>Freeze: fear</li> <li>Flight: panic</li> <li>Hypervigilance</li> <li>Reactive</li> <li>Flight: terror</li> <li>Increased heart rate</li> <li>Detached</li> </ul>	<ul style="list-style-type: none"> <li>Mini-psychoses</li> <li>Decreased heart rate</li> <li>Compliant</li> <li>Numb</li> <li>Suspension of time</li> <li>De-realization</li> <li>Anxious</li> <li>Fainting</li> </ul>	<ul style="list-style-type: none"> <li>Attachment to people</li> <li>Self-regulation</li> <li>Affiliation with a group</li> <li>Attunement</li> <li>Respect</li> <li>Tolerance</li> </ul> <ul style="list-style-type: none"> <li>Relational</li> <li>Rhythmic</li> <li>Relevant</li> <li>Respectful</li> <li>Repetitive</li> <li>Rewarding</li> </ul>
Social-Emotional Wellness	<b>ACE's report:</b> Childhood trauma and behavioral health impacts in adults	<ul style="list-style-type: none"> <li>Partner violence</li> <li>Multiple sex partners</li> <li>Financial stress</li> <li>Decreased health related quality of life</li> <li>STDs</li> <li>Psychological meds</li> <li>Smoking</li> <li>Liver disease</li> <li>Poor academic achievement</li> <li>Work absence</li> </ul>	<ul style="list-style-type: none"> <li>Depression</li> <li>Serious job problems</li> <li>Heart disease</li> <li>Fetal death</li> <li>Sexual violence</li> <li>Chronic obstructive pulmonary disease</li> <li>Unintentional pregnancies</li> <li>Suicide</li> <li>Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>Parent support programs and pregnancy prevention programs</li> <li>Social support for parents</li> <li>Home visit programs</li> <li>Sufficient income for low income families</li> <li>Mental illness and substance abuse treatment</li> <li>Partner violence prevention</li> <li>Parenting training programs</li> <li>High quality child care</li> </ul>
Student Success	<b>Brogden dissertation</b> on resiliency of community college students with high ACEs scores	<ul style="list-style-type: none"> <li>Persistence</li> <li>Mental health and learning disorders</li> <li>Ongoing issues with ACE-related events</li> <li>Self-worth concerns</li> <li>Overwhelming stress</li> </ul>		<ul style="list-style-type: none"> <li>Belonging to a cultural or spiritual community</li> <li>Trauma-related resources</li> <li>Mental health services for anxiety and depression</li> <li>Attachment or belonging to people on campus</li> <li>Recovery support programs</li> <li>Increase in self-worth and confidence</li> <li>Identification of personal strengths and capacities</li> <li>Stress decompression opportunities and skills</li> </ul>
Racial Trauma	Psychological social justice			<ul style="list-style-type: none"> <li>Affirmation of trauma</li> <li>Create space for race</li> <li>Racial storytelling</li> <li>Naming "it" racial trauma</li> <li>Validation</li> <li>Externalize devaluation</li> <li>Rechanneling rage</li> <li>Counteract devaluation</li> </ul>

Information gathered and adapted by Kimberly Brazwell, KIMISTRY LLC, 2016



## ...IN OUR BEHAVIORS



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



## STRESS TATTLE-TALES

When you're stressed out, you can't be your best for anyone including you. We don't want that. So take a time out and gauge where you are with the common stress symptoms. If you have too many "got it's", drop this Jotnal and go get some help ASAP!

STRESS SYMPTOM	GOT IT?
Headache	<input type="checkbox"/>
Back Pain	<input type="checkbox"/>
Chest Pain	<input type="checkbox"/>
Heart Palpitations	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>
Lowered Immunity (colds)	<input type="checkbox"/>
Upset Stomach	<input type="checkbox"/>
Sleep Problems	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>
Restlessness	<input type="checkbox"/>

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31

## STRESS TATTLE-TALES

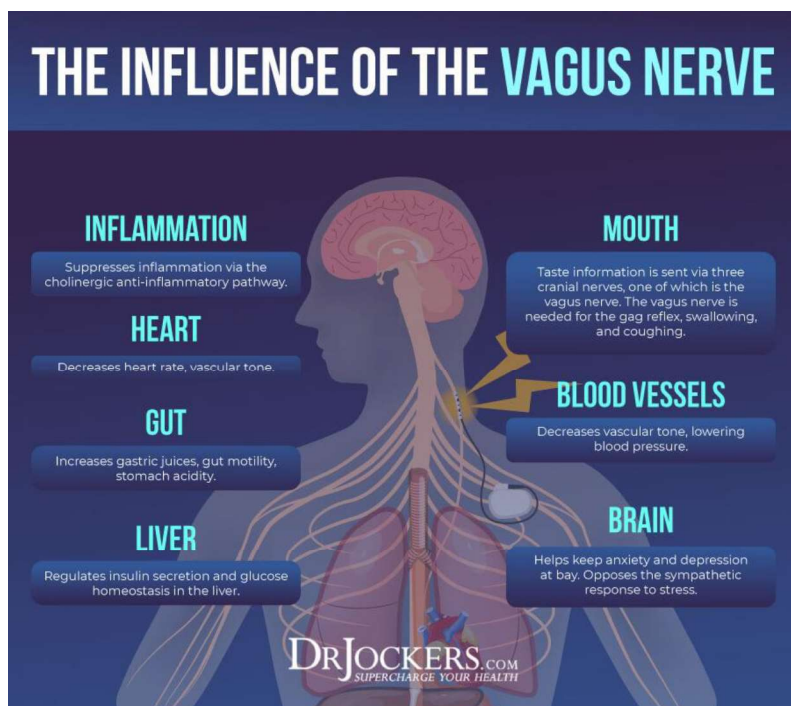
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31

## The Vagus Nerve And The Science Of Trauma



Source: STAR Advocates:  
<https://bristarcenr.hies.wordpress.com/2020/01/loanna-c-brain.org>





# The Pathways to Peace and Regulation

## PERRY'S 6 Rs FOR TRAUMA HEALING

**Trauma** is the experience of deep distress caused by a fearful situation or event and its effects and reactions can manifest mentally and/or somatically (in the body). Sufferers of trauma become **dysregulated** or unable to control their emotional responses when exposed to something that has caused them trauma. "The Six Rs" is a research-proven approach developed by Dr. Bruce Perry which helps **regulate** the brain or support one's ability to better control their response to emotional situations.



### RELATIONAL

- Several safe, predictable, positive human connections
- Example: listening, eye contact, voice tone and inflection



### RHYTHMIC

- Attention to sensory activity and pacing in the body
- Example: dancing, drumming, yoga, tapping



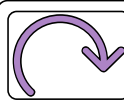
### RELEVANT

- Appropriate and able to be understood
- Example: customization for age, education and experience



### RESPECTFUL

- Affirming to one's identity, family and culture
- Example: call and response, name pronunciation, beauty standards



### REPETITIVE

- Patterned and consistent activity or behavior
- Example: walking, running, swaying, breathing



### REWARDING

- Pleasure through healthy, pro-social means
- Example: compliments, affirmation, appreciation, success



## WELLNESS: THEIRS VS. MINE

In the space below, reflect on the [8 Dimensions of Wellness](#).  
How are the folks you serve doing in each category?  
How are **you** doing in each category?  
Do you have capacity right now?

8 DIMENSIONS OF WELLNESS	WHO I SERVE AND SUPPORT	ME
<b>SOCIAL</b> (Support Circle)	☆☆☆☆☆	☆☆☆☆☆
<b>EMOTIONAL</b> (Coping Strategies)	☆☆☆☆☆	☆☆☆☆☆
<b>OCCUPATIONAL</b> (Work Fulfillment)	☆☆☆☆☆	☆☆☆☆☆
<b>FINANCIAL</b> (Income Satisfaction)	☆☆☆☆☆	☆☆☆☆☆
<b>INTELLECTUAL</b> (Creative Fulfillment)	☆☆☆☆☆	☆☆☆☆☆
<b>SPIRITUAL</b> (Feeling of Purpose)	☆☆☆☆☆	☆☆☆☆☆
<b>ENVIRONMENTAL</b> (Community Connection)	☆☆☆☆☆	☆☆☆☆☆
<b>PHYSICAL</b> (Body Health)	☆☆☆☆☆	☆☆☆☆☆





## HEALTHY DISTRACTIONS

Feeling STUCK can be stressful and feed anxiety. Sometimes relief comes in the form of changing the routine, pattern or scenery. Think about a time when doing something different (e.g., going over a friend's house, watching a movie, etc.) helped snap you out of your "stinkin' thinkin".

IDEAS	THE NEXT TIME I FEEL STUCK, I COULD GO / DO...
1	
2	
3	
4	
5	



## REMEMBER HOW TO HAVE FUN?

In the space below, circle 5–10 ways you used to play when you were a little younger. Have you tried any of these lately? I'll bet they'd still make you smile!

BOARD GAMES	PHYSICAL ACTIVITIES	DOLLS / ACTION FIGURES
MAKING OR ENJOYING MUSIC	DANCING	PLAYGROUND
GAMES WITH FRIENDS	WATCHING TV	TEAM SPORTS
VIDEO GAMES	SHOPPING	WRITING
DRAWING	COLORING AND CRAFTS	PUZZLES
READING	SINGING	DAYDREAMING
ACTING	NATURE ACTIVITIES	OTHER



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30





# NARRATIVE (RE)CREATION

Protagonist: • Main character we'll follow

Status: • Current state of situation

Antagonist: • Barrier to the goal

Staging: • Visualizing the story

Q to be Answered: • Defining problem in story

Climax and Resolution: • Big moment & end of story



## Reminders When RE- Building Relationships



## **Trauma and Restoration**

# **KINTSUGI**

Also known as kintsukuroi (“golden repair”), is the Japanese art of repairing broken pottery by mending the areas of breakage with powdered gold

Source: TK SST  
<https://thekidshouldseethis.com/post/kintsugi-pottery-mending-gold>



## **REFLECTION ON SELF- COMPASSION**

1. What am I afraid of?
2. What am I really afraid of?
3. Why am I struggling to face or embrace my fears?
4. What guilt and blame am I holding onto?
5. What disappointment am I refusing or denying?
6. What am I grieving that's renewable?
7. What truth about me do I need to accept?
8. What am I connected to that I feel separate from right now?
9. What do I need to notice, accept and let go of?

Source: Cr. Tara Brach, Radical Acceptance  
<https://www.tarabrach.com/>





# CALL TO ACTION

**because I said I would.**

A promise made. A promise kept.



## CLOSING REFLECTION

“...Our lives can be turned in a different direction, our minds adopt a different way of thinking, by some significant, though small event. That belief can be frightening, or exhilarating, depending on whether you just contemplate it or do something with it.”

- *Howard Zinn, US Historian and Activist*



# CHECK-OUT...

Don't just think about a teachable moment you had; THANK your fellow instructors!

Let someone here know you appreciated their voice, perspective and story

Keep affirming storytellers in their social, emotional and resilient growth!




I accept  
you, every  
part of you



## Sawubona Friends!

**Let's Stay in Touch**

Kimberly Brazwell  
KiMISTRY CEO/Founder  
O: 866.546.7879  
[kim@kimistry.net](mailto:kim@kimistry.net)  
[www.kimistry.net](http://www.kimistry.net)  
<https://linktr.ee/kimistryllc>

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