

Beyond Theory: A Practical Approach to Trauma-Informed Teaching and Learning



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Wear gratitude like a cloak and it will feed every corner of your life.
 – Jalāl al-Dīn Muḥammad Rūmī

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Intersecting Crises

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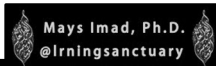
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Tempting to Despair



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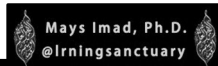
There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal. I know the world is bruised and bleeding, and though it is important not to ignore its pain, it is also critical to refuse to succumb to its malevolence. Like failure, chaos contains information that can lead to knowledge—even wisdom. Like art.



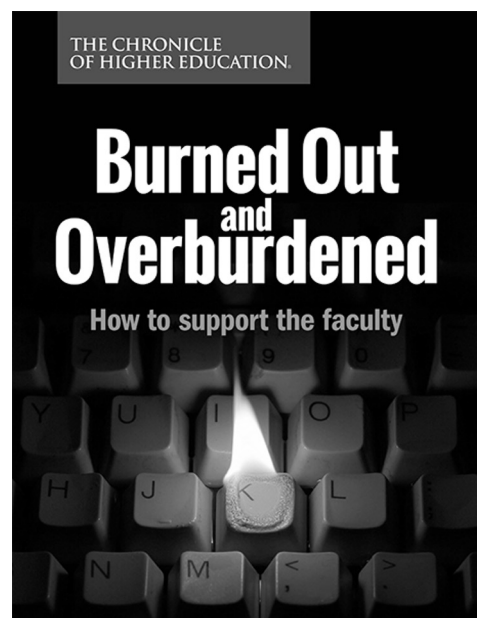
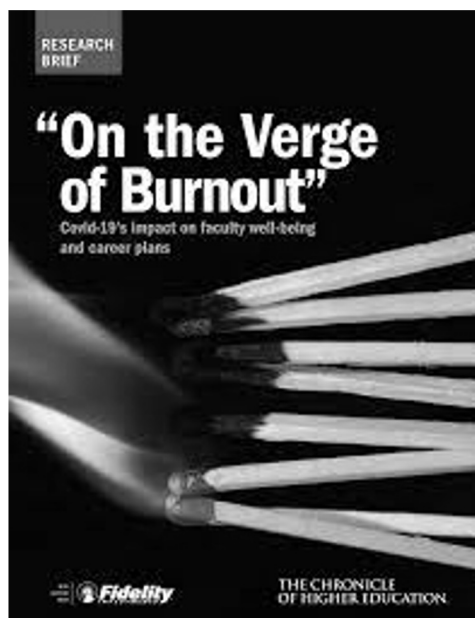
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Today, we will:

1. Reflect back on the last two years.
2. Consider how we will move forward.
3. Interrogate what centering collective well-being entails.



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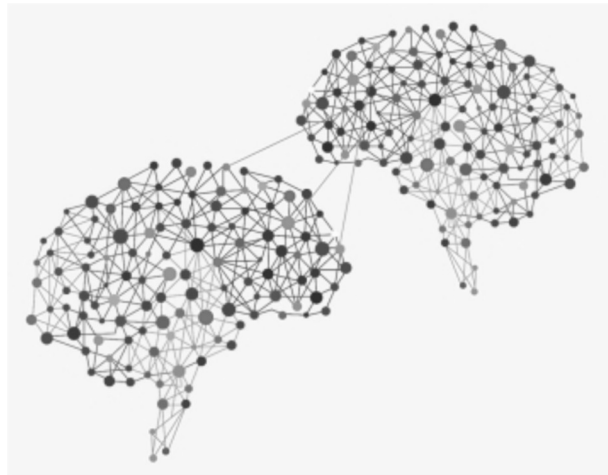
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We are Relational

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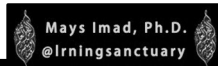
Our Brains Evolved to Connect



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Learning is Relational



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Learning is Relational

We connect new information to what we know, who we are, what we value, and to the larger community and the world.



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FROM OUR EXPERTS

The Unequal Cost of Social Distancing

Stefanie DeLuca, *James Coleman Professor of Sociology & Social Policy*
Nick Papageorge, *Broadus Mitchell Associate Professor of Economics*
Emma Kalish, *PhD student in Economics*

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PSYCHIATRISTS

RESIDENTS & MEDICAL STUDENTS

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APA Statement on COVID-19 and Health Disparities

WASHINGTON, D.C. April 11, 2020 – Reports are emerging that the novel coronavirus (COVID-19) is disproportionately impacting the African-American community in areas across the United States. In Chicago, for instance, half of those diagnosed with COVID-19 have been black, while African Americans only make up one third of the total population. Seventy percent of the fatalities linked to COVID-19 in Louisiana have been among black people, while this community makes up about a third of the overall population.

Media Contacts

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press@psych.org

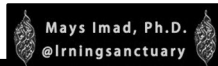
Erin Connors, 202-609-7113
econnors@psych.org

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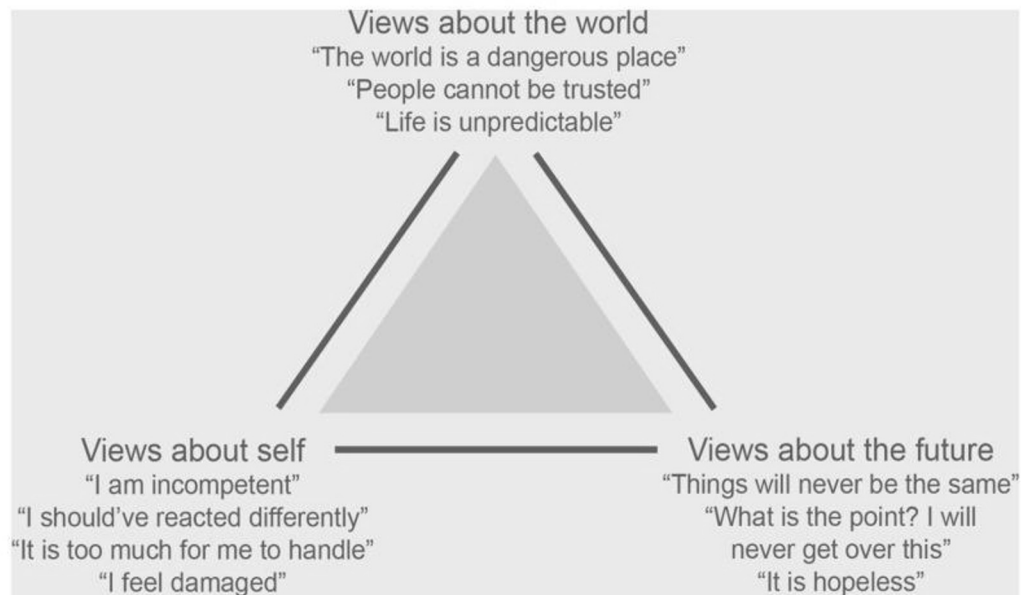
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Persistent uncertainty can be overwhelming on the brain.



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Center for Substance Abuse Treatment (US). Trauma-Informed Care in Behavioral Health Services. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2014. (Treatment Improvement Protocol (TIP) Series, No. 57.) Chapter 3, Understanding the Impact of Trauma. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK207191/>

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www.nature.com/scientificreports

scientific reports

OPEN

Zoomed out: digital media use and depersonalization experiences during the COVID-19 lockdown

Anna Ciaunica^{1,2,3,11}, Luke McEllin^{4,5,11}, Julian Kiverstein^{6,7}, Vittorio Gallese⁸, Jakob Hohwy^{9,10} & Mateusz Woźniak^{5,9}

Depersonalisation is a common dissociative experience characterised by distressing feelings of being detached or 'estranged' from one's self and body and/or the world. The COVID-19 pandemic forcing millions of people to socially distance themselves from others and to change their lifestyle habits. We have conducted an online study of 622 participants worldwide to investigate the relationship between digital media-based activities, distal social interactions and peoples' sense of self during the lockdown as contrasted with before the pandemic. We found that increased use of digital media-based activities and online social e-meetings correlated with higher feelings of depersonalisation. We also found that the participants reporting higher experiences of depersonalisation, also reported enhanced vividness of negative emotions (as opposed to positive emotions). Finally, participants who reported that lockdown influenced their life to a greater extent had higher occurrences of depersonalisation experiences. Our findings may help to address key questions regarding well-being during a lockdown, in the general population. Our study points to potential risks related to overly sedentary, and hyper-digitalised lifestyle habits that may induce feelings of living in one's 'head' (mind), disconnected from one's body, self and the world.

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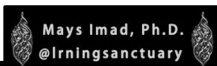
How Do We Heal?

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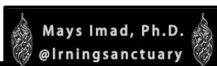
We don't just "get over it" and go on as business as usual. We don't simply turn on a "resilience" switch.



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We can choose to:

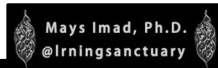
1. Do Nothing.



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We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.



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We can choose to:

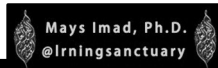
1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something.



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We can choose to:

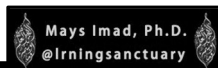
1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something: (a) repeat what we've been doing



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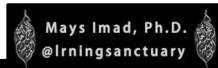
We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something: (a) repeat what we've been doing, or (b) **forge a new way.**



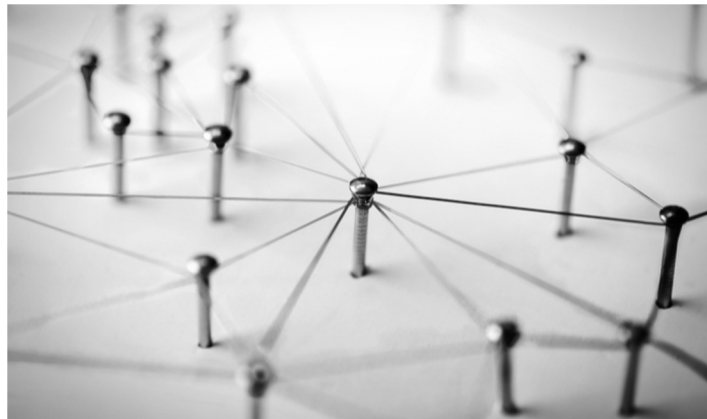
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We need a paradigm shift.



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Healing Through Relationships



**Interdependent Relationships with the Earth &
its Inhabitants**



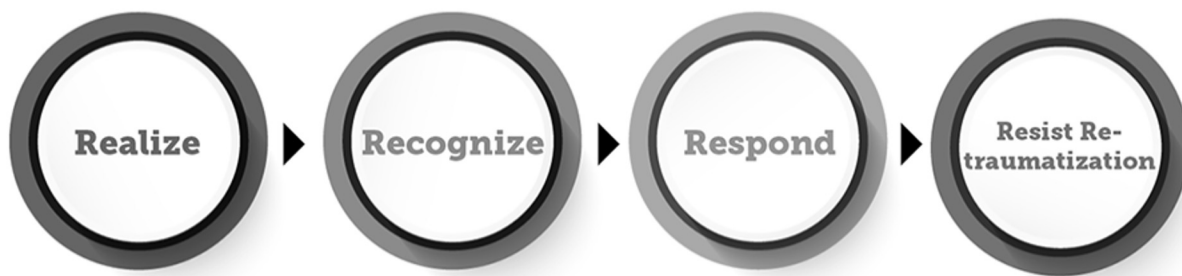
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Trauma-Informed Care

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Trauma-Informed Care

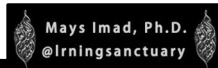


This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health

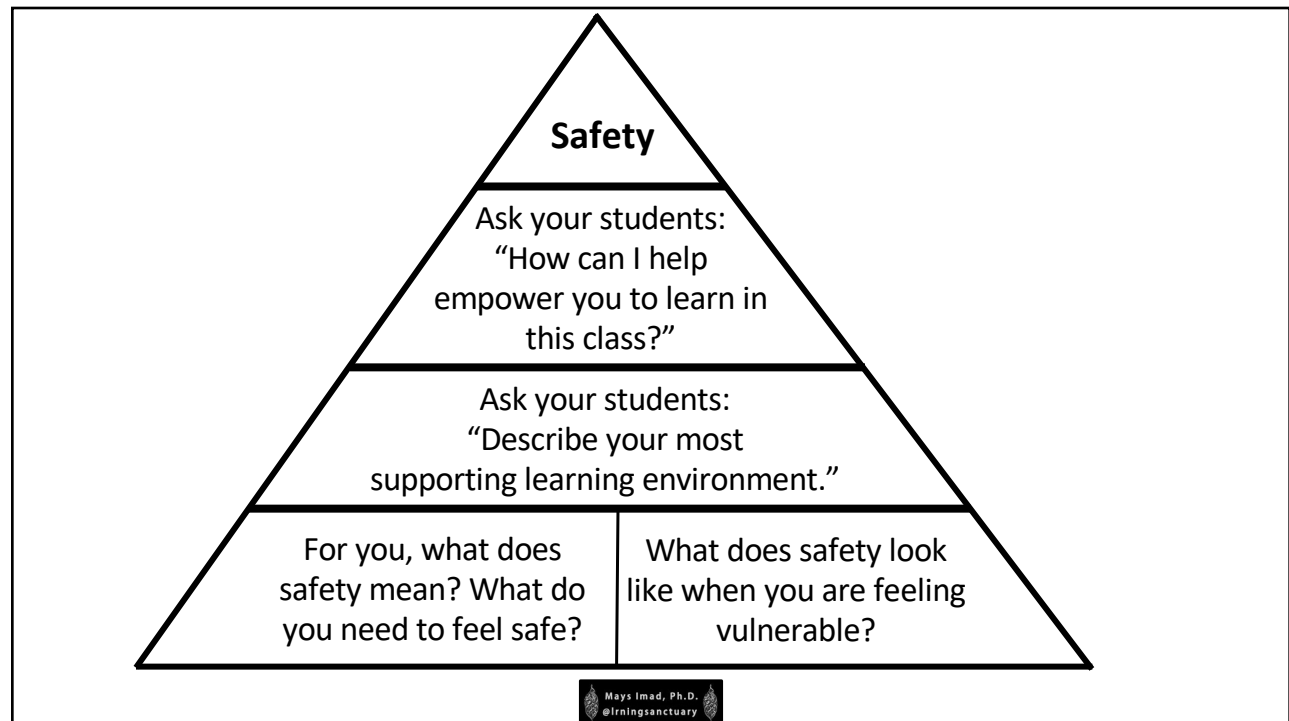
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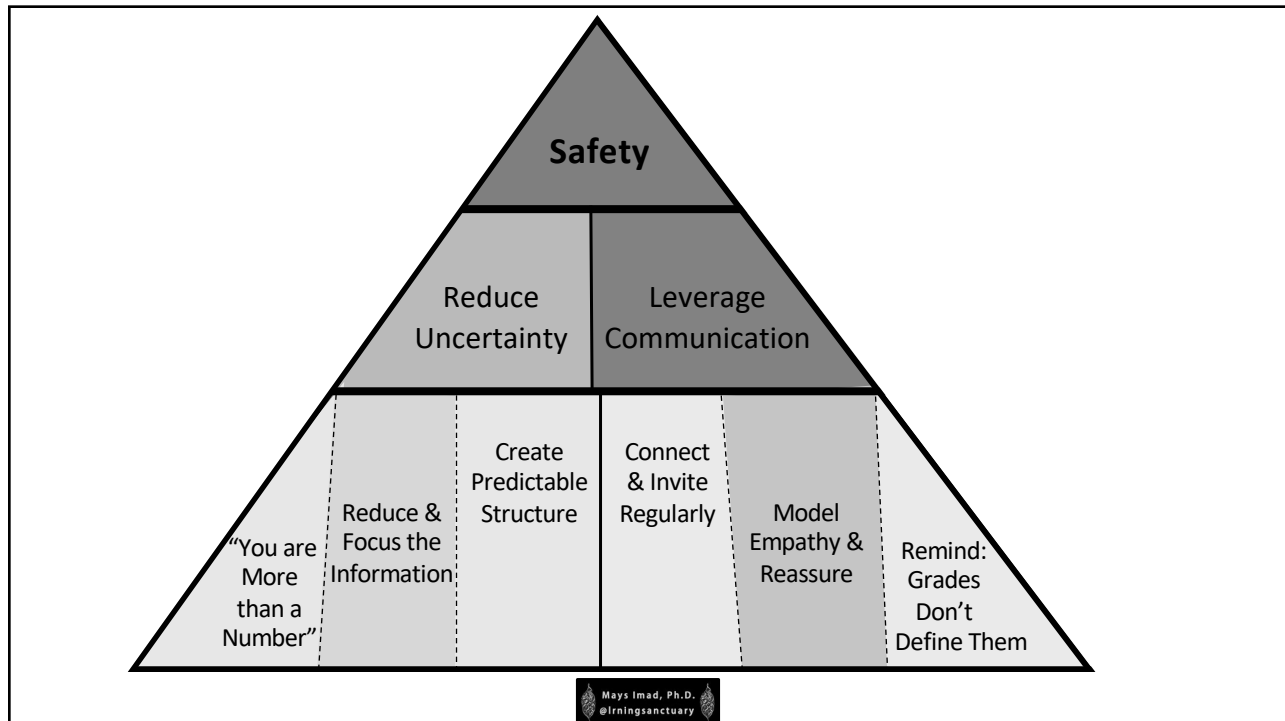
Three preconditions for every human being to thrive in life:
feeling safe, experiencing meaningful connections, and having support & resources.



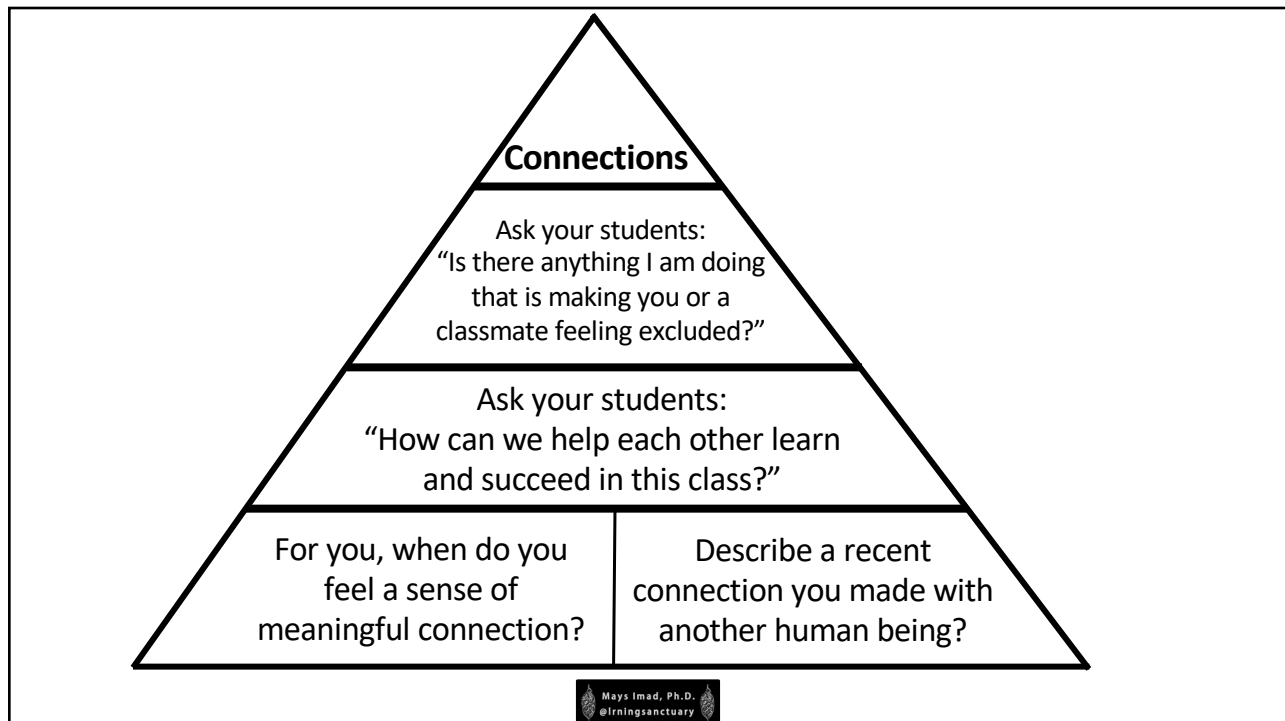
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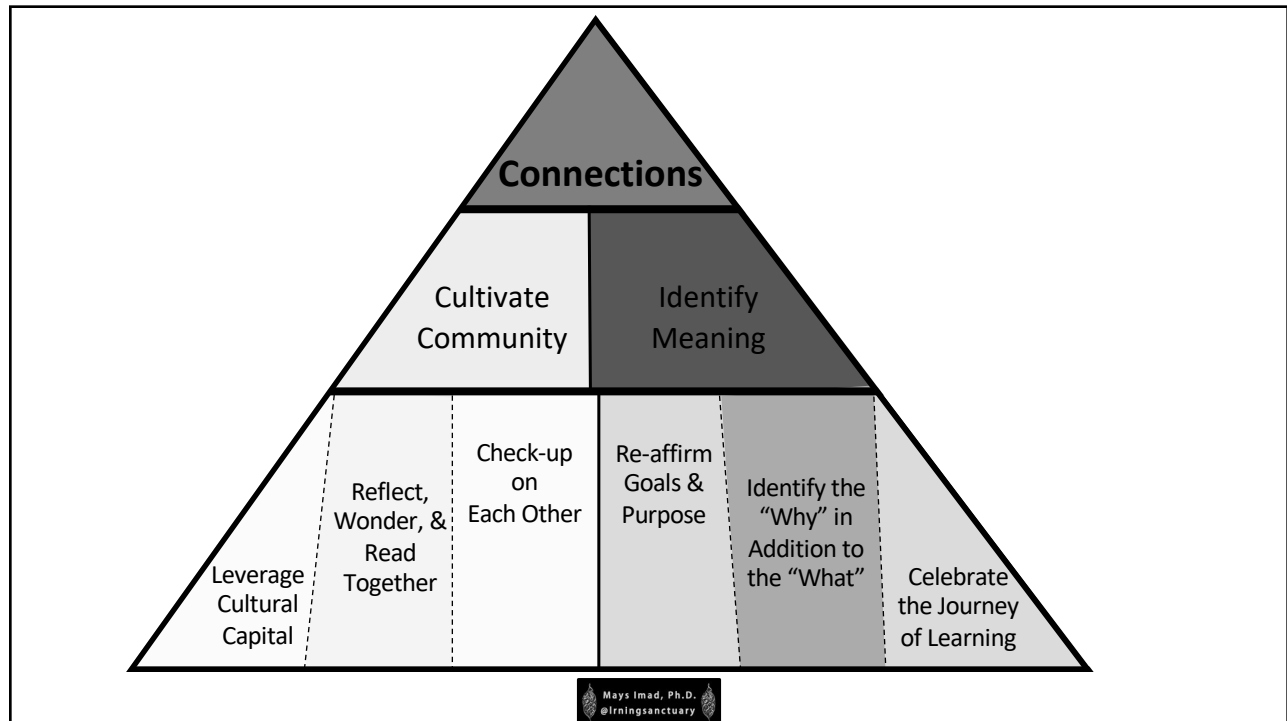
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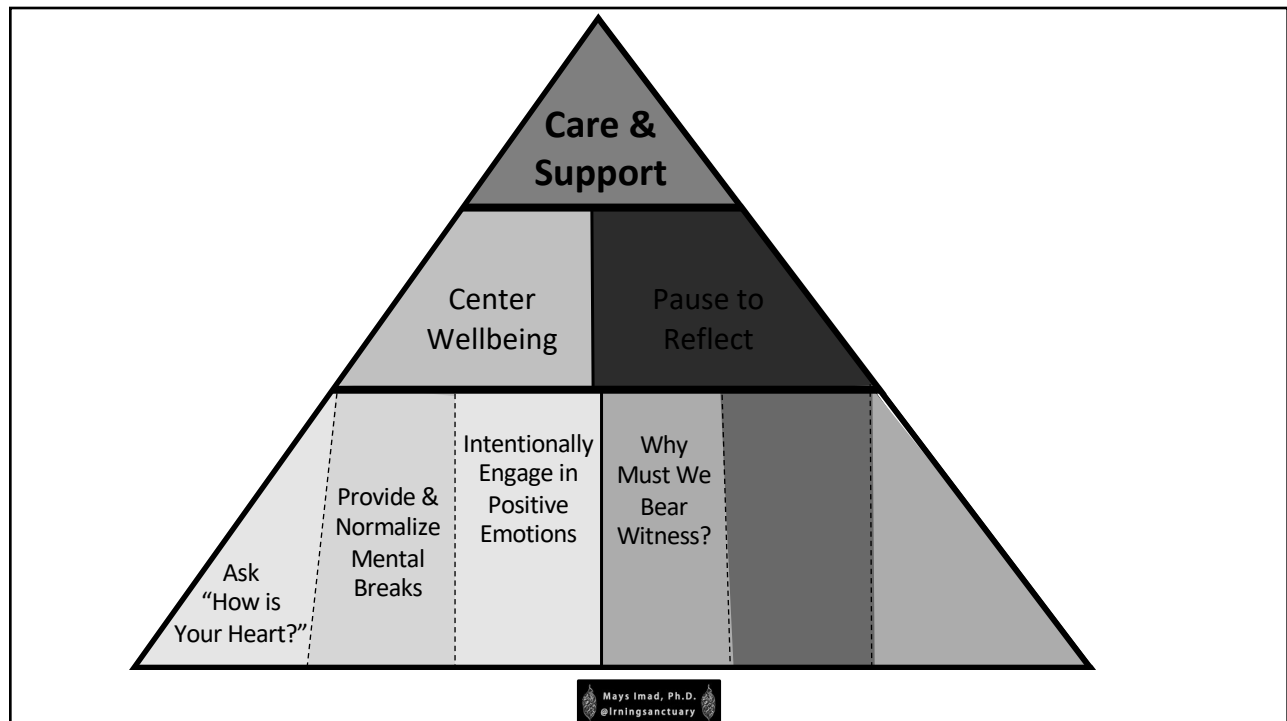
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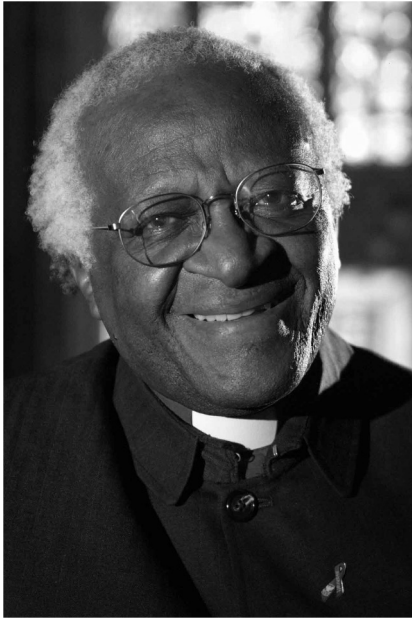
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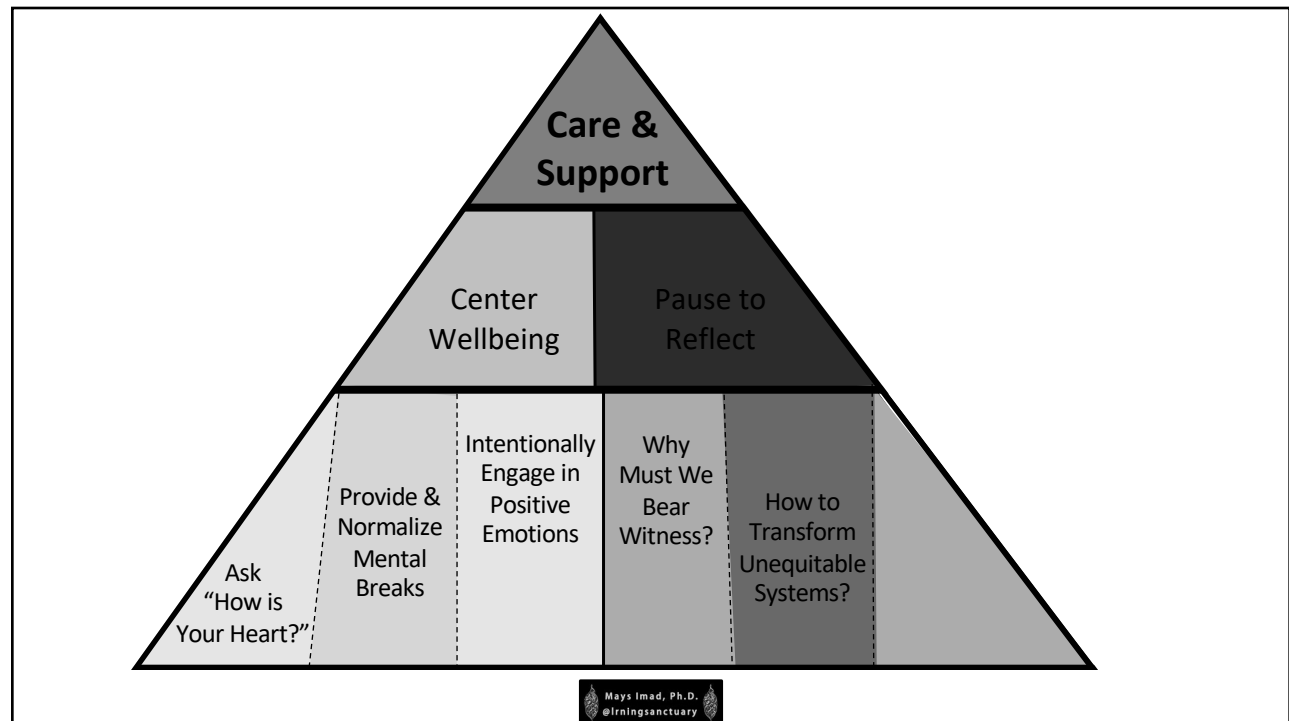
Desmond Tutu

**“I learned to be a human
from other human
beings.”**

– The Book of Joy

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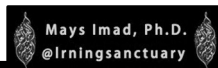
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“No Humans Involved”: An Open Letter to My Colleagues
 By Sylvia Wynter, 1994

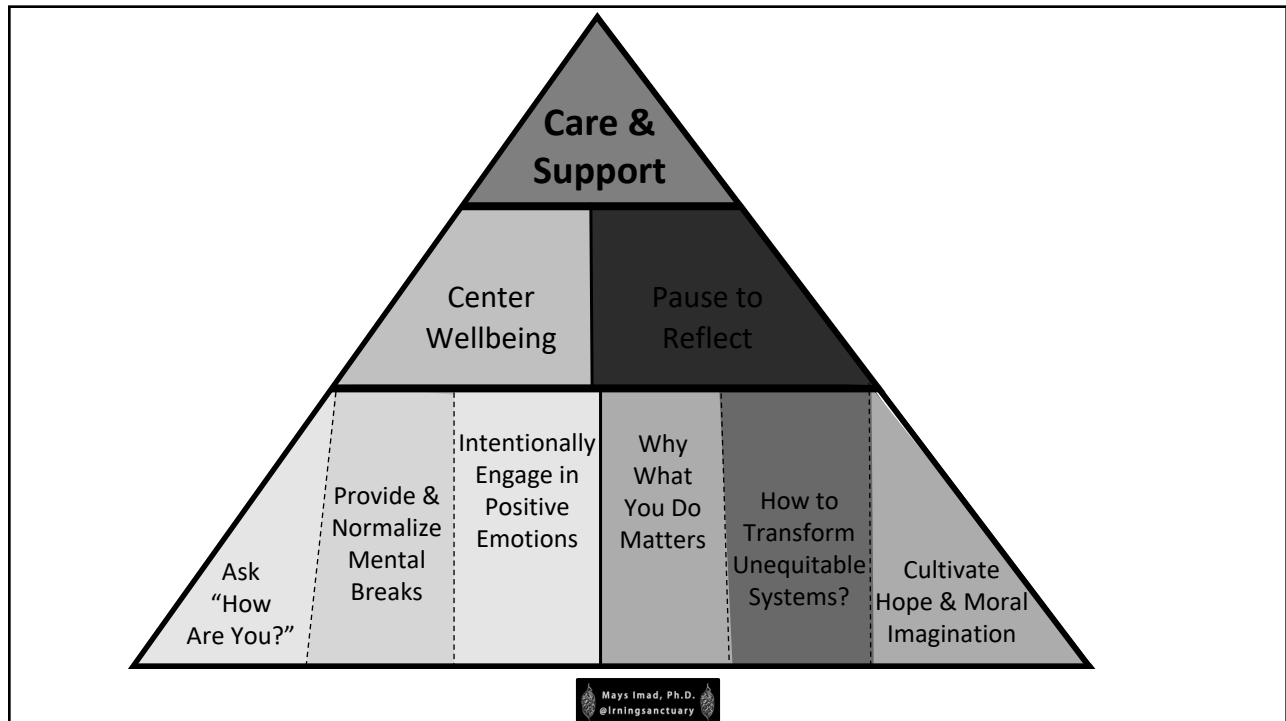


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“How can we marry our thoughts so that we can now pose the questions whose answers can resolve the plight of the jobless archipelagos, the NHI categories, and the environment?”



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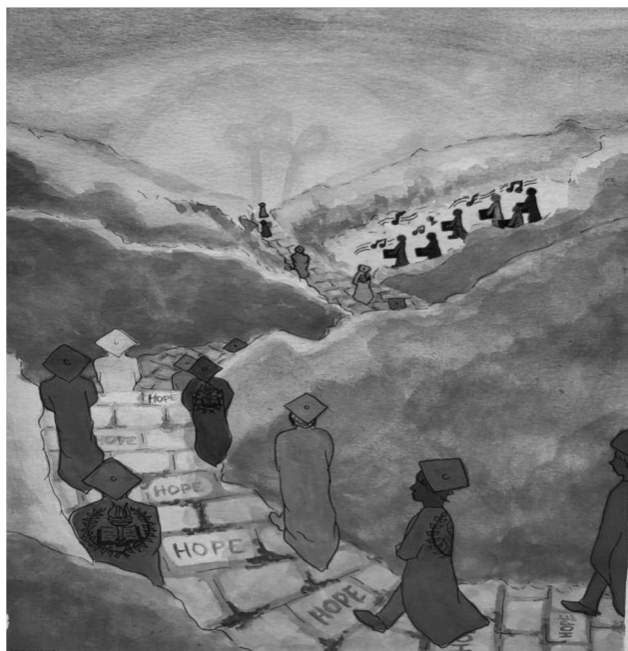
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"I live a hope despite my knowing better"



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Come, come, whoever you
are.

Wonderer, worshipper,
lover of leaving.

It doesn't matter.

Ours is not a caravan of
despair.

Come, even if you have
broken your vow

a thousand times

Come, yet again, come,
come.

- Rumi