



TRAUMA-INFORMED APPROACH TO COMPLEX ILLNESS

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OVERVIEW



01. Mental Health in EDS

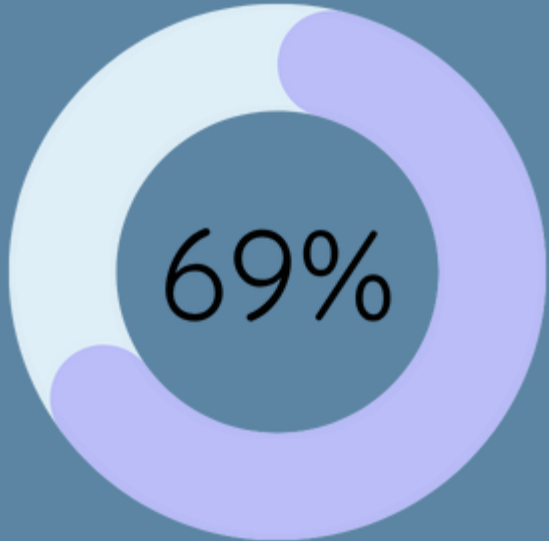
02. Framework of Trauma

03. Trauma Informed Care

04. Patient Empowerment

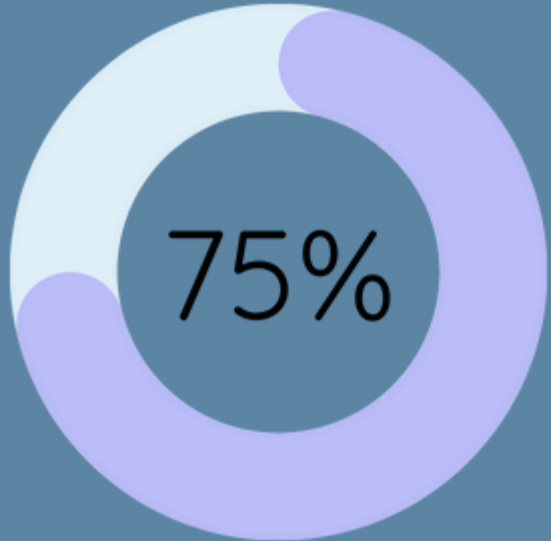


PSYCHIATRIC COMORBIDITIES IN EDS



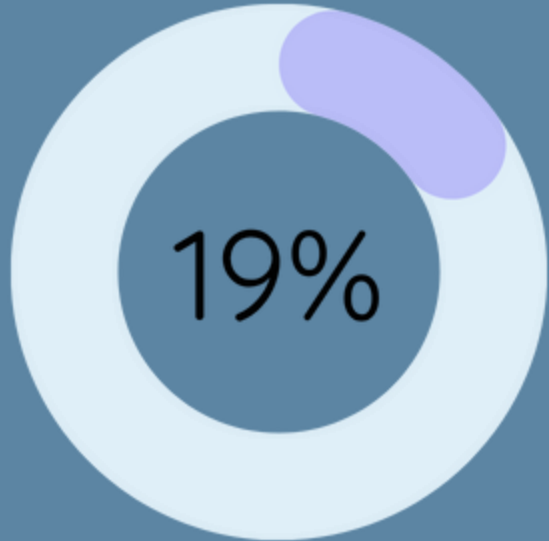
ANXIETY

Most people with EDS report past or current symptoms of anxiety and/or depression.



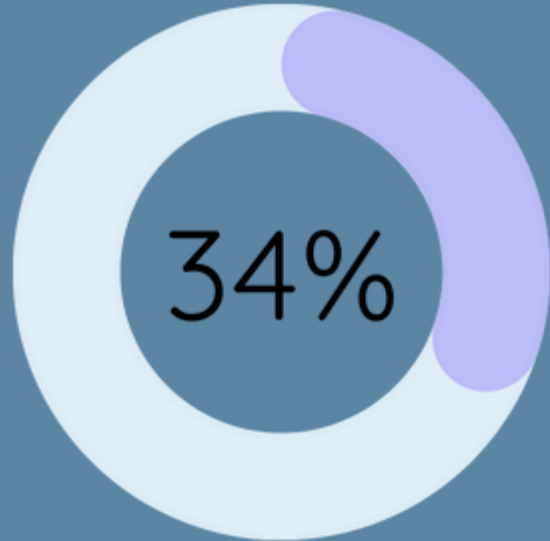
DEPRESSION

These symptoms are specifically tied to social isolation and decreased engagement in healthcare behaviors.



DISORDERED EATING

This study reported rates of other clinical constructs including self harm (29%) and suicidal behavior (18%).



PTSD

Many others like meeting subclinical criteria for post-traumatic stress.

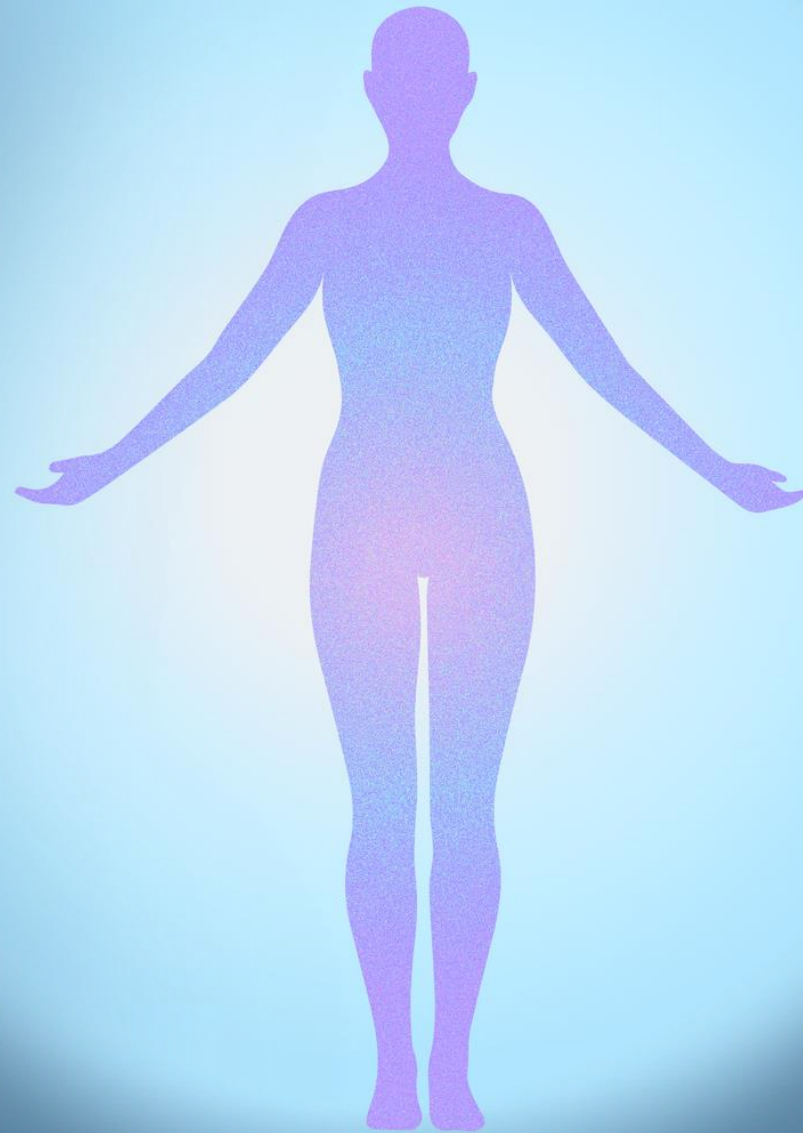


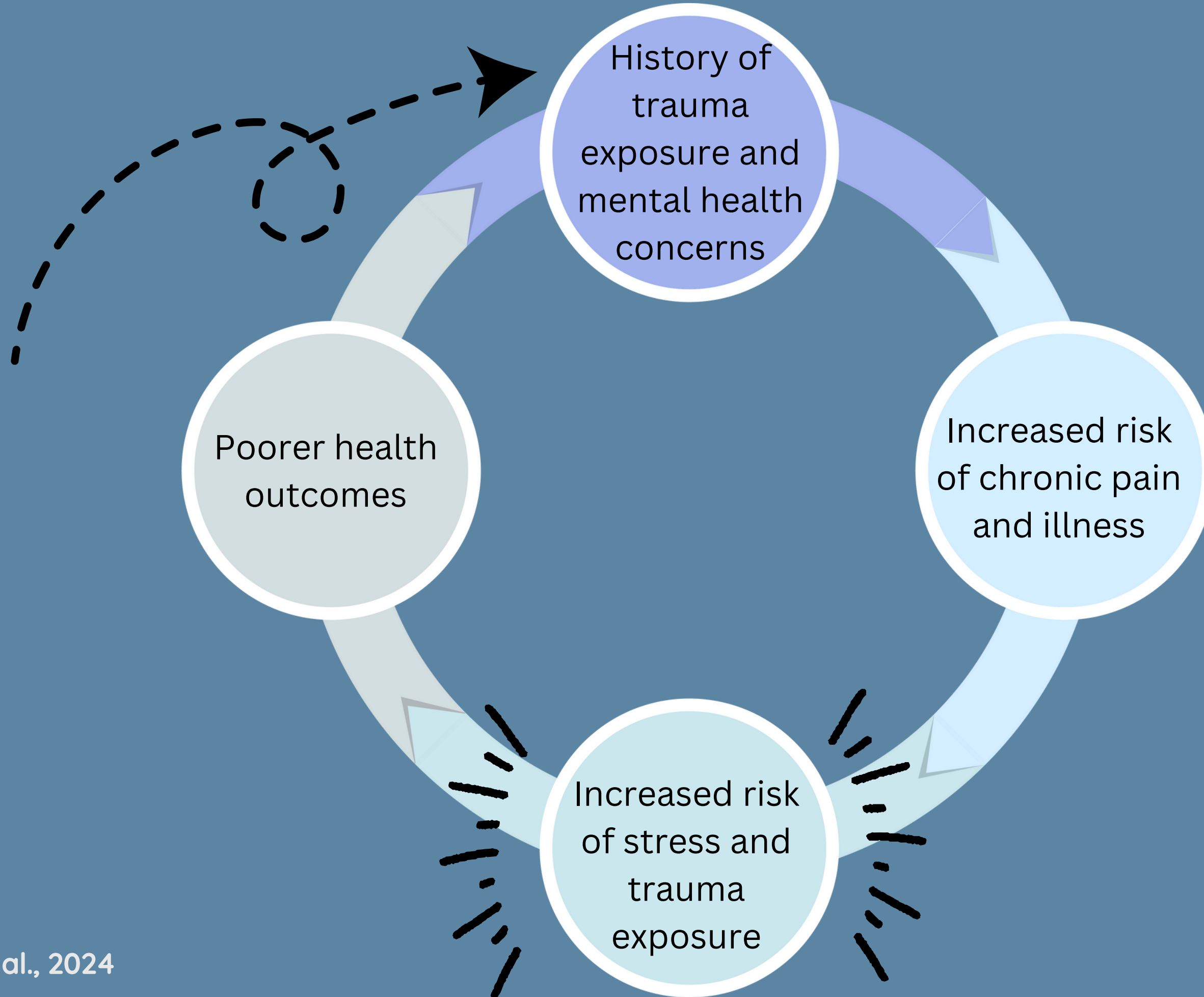
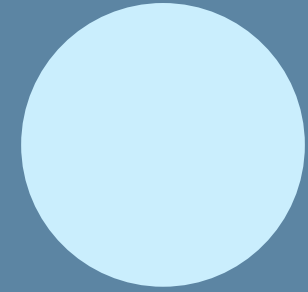


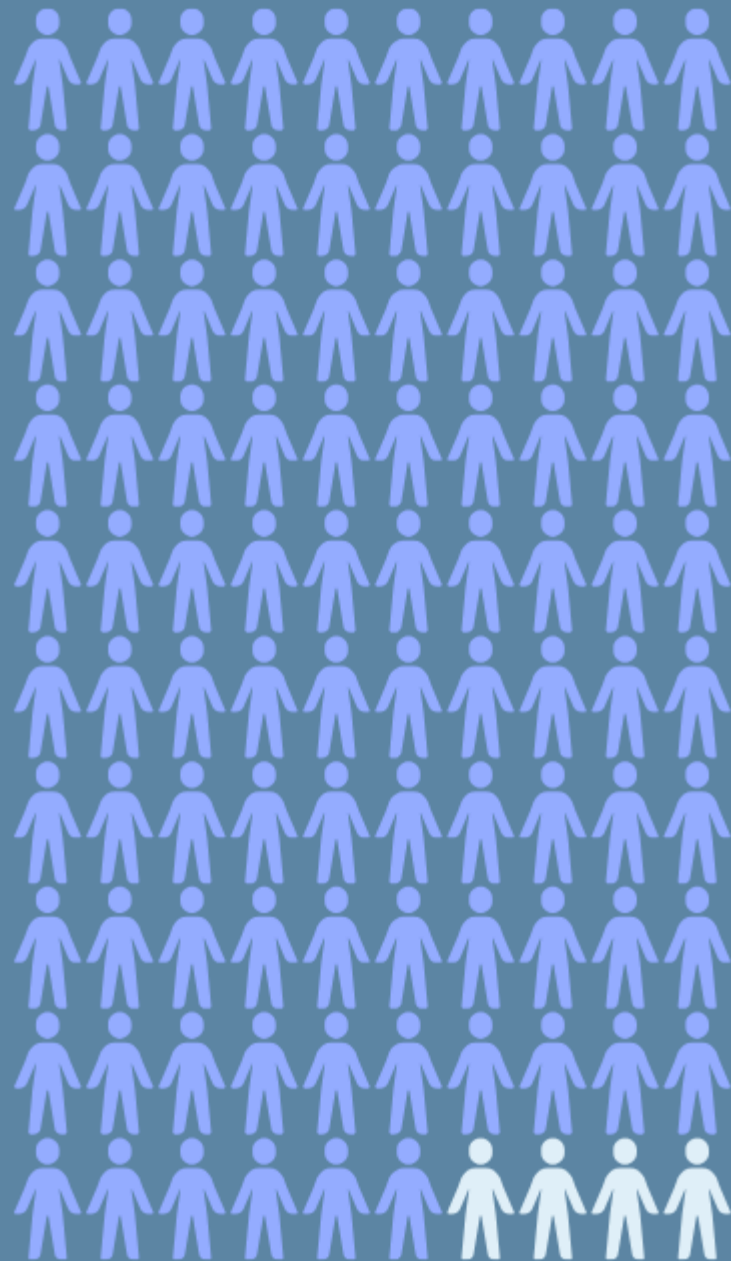
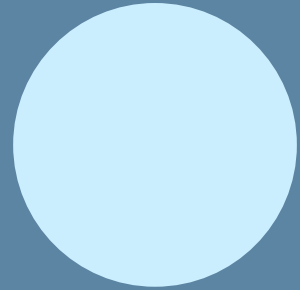
CONSIDERATIONS



MIND-BODY CONNECTION







Consider the healthcare system
itself an “antagonistic force”

Halverson et al., 2023



Have experienced a distinct and
formative “difficult clinical encounter”





PATIENT-PROVIDER RELATIONSHIP

“CLINICIAN-ASSOCIATED TRAUMATIZATION”



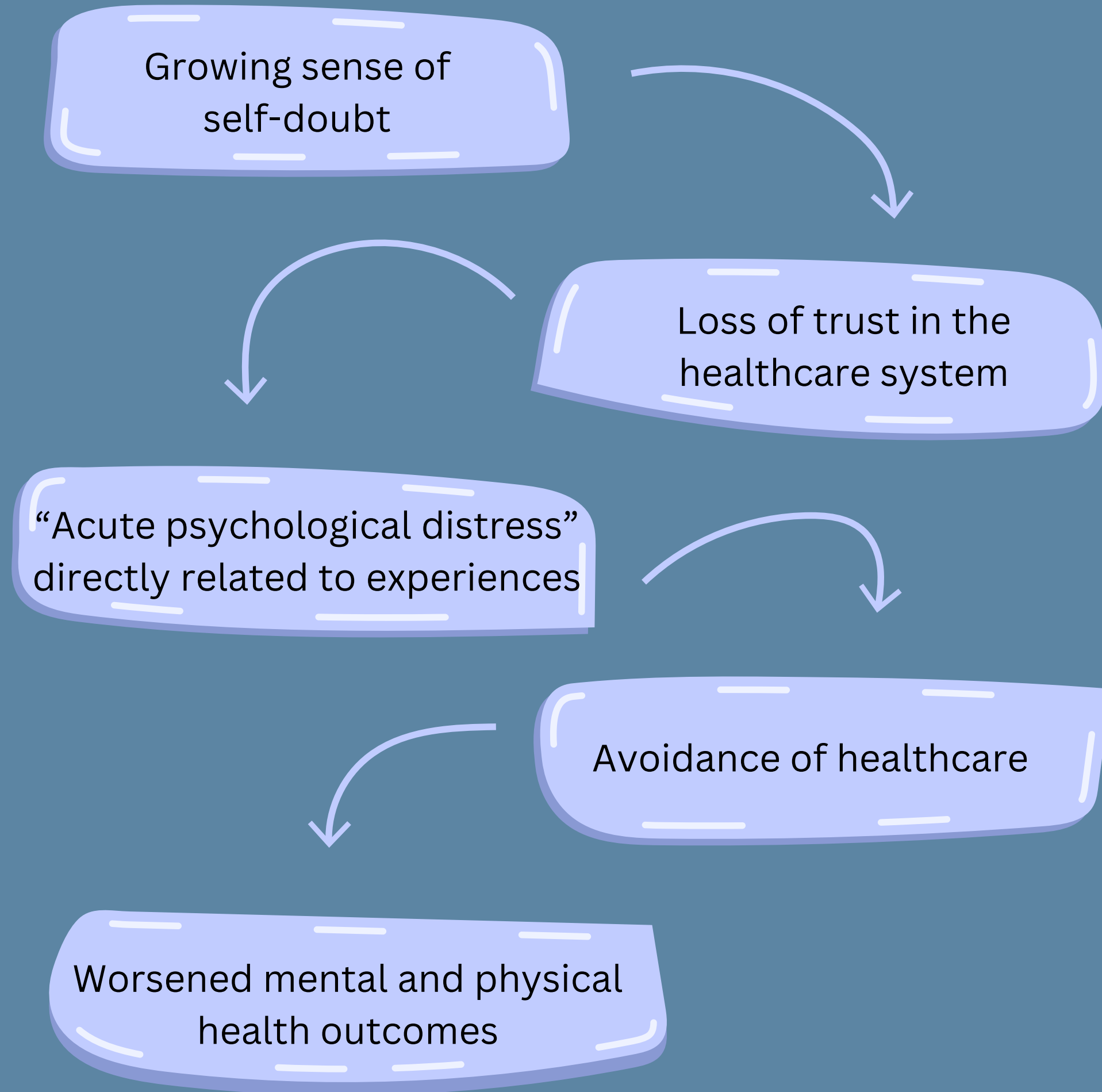
Felt invalidated and/or as if a provider was disrespectful and unprofessional towards them



Felt a clinician has acted punitively towards them



Have perceived a referral as a form of abandonment



“INVALIDATING ENVIRONMENTS”



Induce negative emotional states and beliefs about self (e.g., shame, hopelessness)



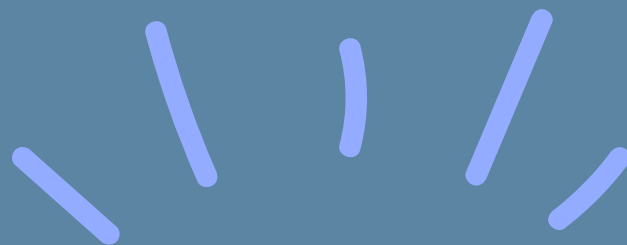
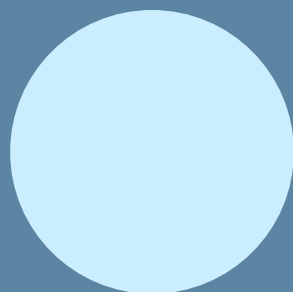
Induce negative emotional states and beliefs about healthcare (e.g., procedural anxiety)



Induce potentially unhelpful healthcare behaviors (e.g., avoidance, non-adherence)



More psychiatric comorbidities



TRAUMA-INFORMED CARE





Values/Principles of Trauma-Informed Practice

Safety



Ensuring physical and emotional safety for all. Generally involves protection of self or others.

Trustworthiness



Maximizing trust, ensuring clear expectations, and having consistent boundaries. Refers to transparency.

Choice



Making individual choice and control a priority. Refers to the right to self-determination and autonomy.

Collaboration



Sharing power and working together with individuals. The idea of working with, not doing to or for.

Empowerment



Involves the recognition of strengths and skills to build a realistic sense of hope and possibility.

Definitions

Values/Principles in Practice

Create a welcoming environment

Embrace diversity and inclusion

Give consequences using supportive, non-confrontational language

Provide clear information about expectations

Inform others of transitions ahead of time

Express patience and acceptance

Inform others about options available to them

Balance flexibility while defining parameters

Reflect options regarding race, gender and culture

Seek ideas and feedback

Explore others' circumstances from their perspective

Acknowledge power dynamics

Build on strengths and capacities

Ensure interactions are validating and affirming

Use person-first and inclusive language



SAFETY



**GROUNDING &
RELAXATION**



SUPPORT PERSON



CONTAINMENT





TRUSTWORTHINESS



TRANSPARENCY



BOUNDARIES



**EFFECTIVE
COMMUNICATION**



Describe: What are the *facts* of the situation? Do not include opinions or interpretations.

Express: Write an "I" statement to express your feelings: "I feel ____ when ____."

Assert: How will you tell someone what you need? Respond with the specific language you will use.

Reinforce: How will you reward the other person for responding well to you?

Mindfulness: What is the goal of your interaction? What other topics might distract from the goal?

Appear confident: Describe the posture, eye contact, and tone of voice you will use.

Negotiate: What are the limits of what you are willing to accept?

DEAR MAN Skill

D **Describe** the current situation (if necessary). Stick to the facts. Tell the person exactly what you are reacting to.

E **Express** your feelings and opinions about the situation. Don't assume that the other person knows how you feel.

A **Assert** yourself by asking for what you want or saying "No" clearly. Do not assume that others will figure out what you want.

R **Reinforce** the person ahead of time by explaining the positive effects of getting what you want or need.

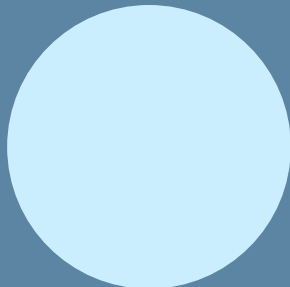
M **Mindful** keep your focus on your goals. Maintain your position. Don't be distracted. Don't get off the topic.

A **Appear** confident, effective, and competent. Use a confident voice tone and physical manner.


N **Negotiate** be willing to give to get. Offer and ask for other solutions to the problem. Reduce your request.



CHOICE



I'd like to complete
this visit on
telehealth.



Can I request a picc
line? I'd like to
minimize "pokes" this
time.





COLLABORATION





EMPOWERMENT



This is happening *WITH* me,
not *TO* me.

