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An Overlooked Piece of First-Gen College Success: Overcoming Past Traumatic Experiences

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An Overlooked Piece of First-Gen College Success –
Overcoming Past Traumatic Experiences

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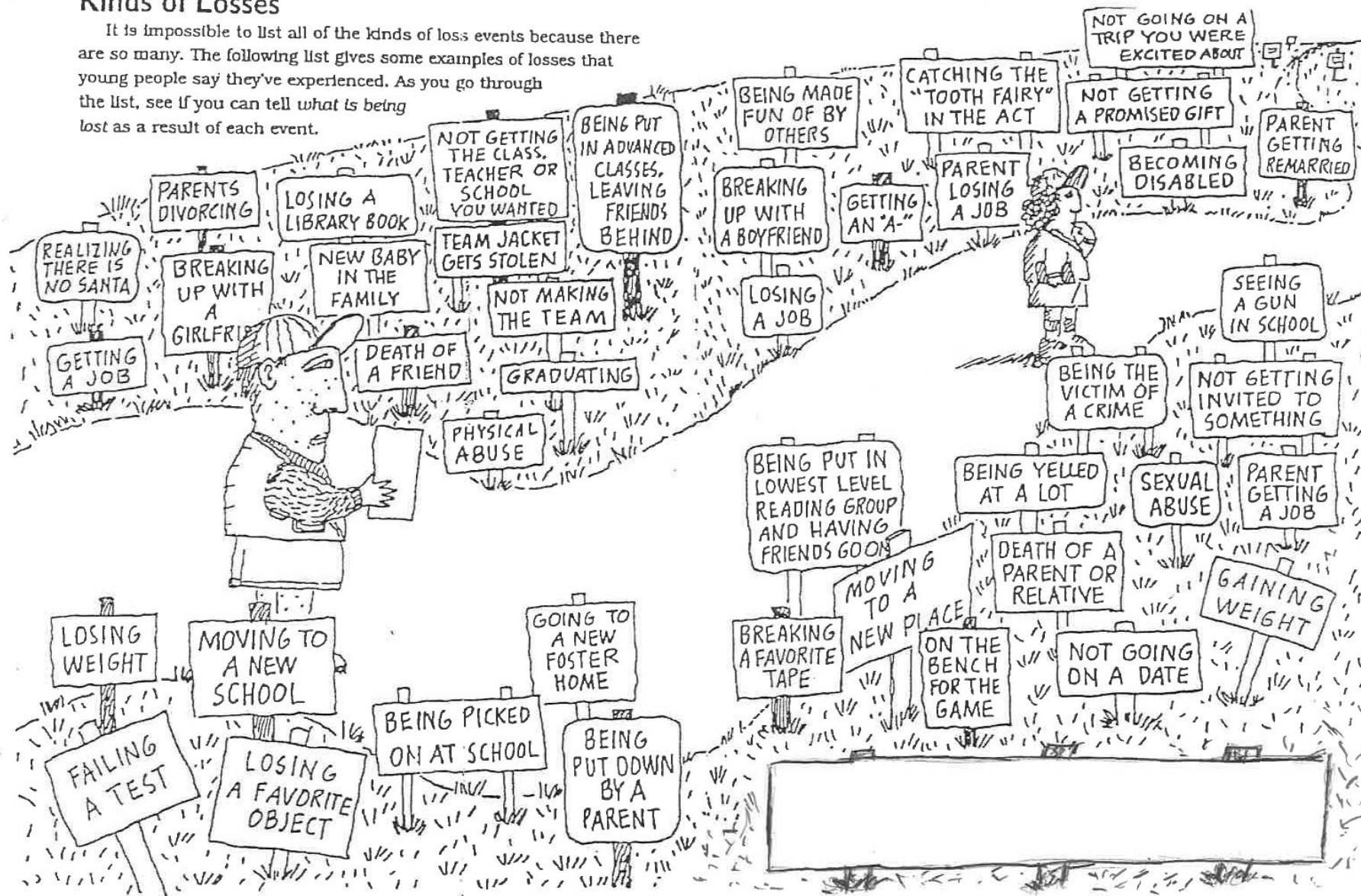


The Need for this Conversation . . .

- Between 66-85 percent of young people report experiencing lifetime traumatic event exposure before reaching college (Read, Ouimette, White, Colder, & Farrow, 2011; Smyth, Hockemeyer, Heron, Wonderlich, & Pennebaker, 2008)
- 60 percent of adults have reported experiencing abuse or other difficult family circumstances during their children (National Center for Mental Health Promotion and Youth Violence Prevention, 2012)
- Risk factors for trauma exposure: ethnic minority status and low SES (Read et al., 2011).

Kinds of Losses

It is impossible to list all of the kinds of loss events because there are so many. The following list gives some examples of losses that young people say they've experienced. As you go through the list, see if you can tell what is being lost as a result of each event.



You can probably think of a many more examples because there are so many ways to experience a loss. It's important to remember that all changes, even the good ones, begin with an ending. When good things happen, the way life used to be is gone... and that is about loss.

What Is Trauma?

Trauma is



anything that
overwhelms the brain's
ability to cope.

S.E.L.F.

**Conceptual
Framework of the
Sanctuary Model**

Safety

Emotions

Loss

Future



SAFETY

Types of Safety



Physical

Psychological

Social

Moral

Ways to Create Safety

Provide Choices

Remain Calm

Establish a Safe Environment

Identify a Support System

Maintain a Routine

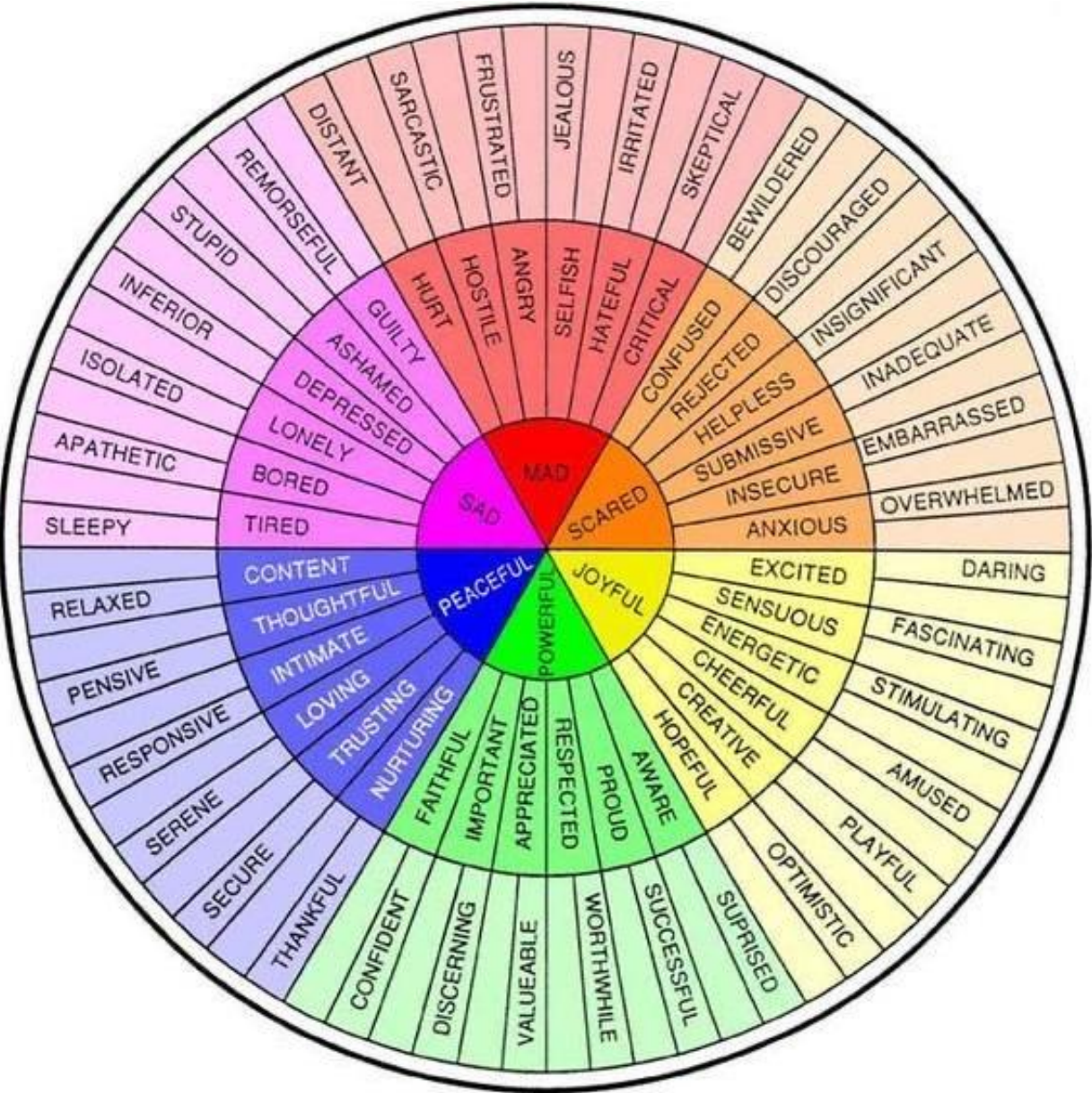
The image features a dark gray background with a central white horizontal band. Above and below this band are three overlapping circles in shades of blue, creating a symmetrical, wave-like pattern. The word "EMOTIONS" is centered within the white band in a dark blue, serif font.

EMOTIONS

FEELINGS ARE NOT THE ENEMY!

Some People May
Only Know:

MAD
SAD
HAPPY
SCARED



We Can Help By...

- Understanding when people don't have the words for their feelings
- Helping people to name their feelings
- Finding other ways to help people express their feelings other than words



The image features a dark gray background with a central white horizontal band. Behind the band, three overlapping circles in shades of blue are visible, creating a layered, geometric effect. The word "LOSS" is centered within the white band in a dark blue, serif font.

LOSS

What is Loss?



Loss is covers more than death.

Loss is also a transition.

Types of Losses

Primary Loss

Secondary Loss

Ambiguous Loss

Intangible Loss

**We can help
by...**

Preparing for transitions

Creating healthy rituals for loss

Recognizing positive goodbyes



FUTURE

One Step at a Time

People with a history of loss and/or trauma have difficulty envisioning the future because the past has such a hold on them.

Imagining the Future

As people can envision positive experiences for their future, their body language and facial expressions change.



We can help by...

- Allowing time for healthy play
- Engaging in play ourselves
- Help people to explore their future
- Encourage people to dream
- Allow people to change their minds
- Encourage people to engage in new experiences to expand their worldview



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**THANK
YOU!**

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