

# Mastering The Specialized Facilitation Skills When Working With Traumatized And Emotionally Wounded Participants

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## Presenter

Paul Elmore holds two Master's degrees in counseling and has been a professional counselor since 2004. For six years, he was the Program Director of a challenge course on Mt. Hood and has helped teach experiential learning to hundreds of students. In addition to his private practice, he is the Executive Director of Praxis Experiential, a nonprofit in Portland, OR. He and his wife, Shannon, have been married for 22 years and have a grown daughter and three teenage boys.

## What We're Going To Cover Today

1. Understanding Trauma
2. Why EL Is So Good At Processing Trauma
3. 10 Specialized Facilitation Skills When Working With Traumatize Individuals
4. How to "Touch" people physically and emotionally
5. Dealing with Specific Traumatic Triggers
6. Gender Issues
7. Q&A

## Statistics—*National Sexual Violence Resource Center*

- \_\_\_\_\_ women have experienced some form of unwanted sexual touch in their lifetime.
- \_\_\_\_\_ men.
- Before age 10—\_\_\_\_\_ of girls and \_\_\_\_\_ boys.
- Between 11-17—\_\_\_\_\_ of girls assaulted.
- \_\_\_\_\_ of women reporting being raped as a child also experience rape as adults.
- Sexual assault the most under reported.
  - \_\_\_\_\_ of sexual assault will NOT be reported.
  - Only \_\_\_\_\_ of child sexual assault reported.

## Effects of Trauma

- 3 times more likely to suffer from \_\_\_\_\_.
- 4 times more likely to contemplate \_\_\_\_\_.

- 6 times more likely to suffer from \_\_\_\_\_.
- 13 times more likely to \_\_\_\_\_.
- 26 times more likely to \_\_\_\_\_.

## Understanding Trauma

- Not everyone who experiences something painful or scary is traumatized.
- \_\_\_\_\_ based upon personality, circumstances, and conditions.
- Working definition—Trauma is the \_\_\_\_\_ of unwanted coping mechanisms and reactions. Can be physical, emotional, and cognitive experiences.
  - Reactions during a scary, overwhelming event makes sense
  - Same reactions ten years later is unresolved trauma.
- The 3 'F's
  - F \_\_\_\_\_—active discharging of the energy
  - F \_\_\_\_\_—active discharging of the energy
  - F \_\_\_\_\_—somatically unresolved energy
  - Last one primarily leads to trauma
- Arousal Cycle
- \_\_\_\_\_ talking to the \_\_\_\_\_ and skipping the \_\_\_\_\_.

## Why Experiential Learning Is So Good At Processing Trauma

- Quigley Down Under Video
- “When you’re wounded \_\_\_\_\_, you have to heal \_\_\_\_\_.”
- Rehearsing a different \_\_\_\_\_.

# Specialized Facilitation Skills

## 10 Essentials When Working With Traumatized Individuals

### 1. Frontload is essential

- Spend \_\_\_\_\_ as much time.
- Full value contract that is \_\_\_\_\_.
- \_\_\_\_\_ info about the day is \_\_\_\_\_.
- Chance to \_\_\_\_\_ upfront.

### 2. Challenge by Choice

- Reinforcing the option to \_\_\_\_\_.
- Will you gain more by \_\_\_\_\_ an event?

### 3. Immediacy

- How the \_\_\_\_\_ feels about \_\_\_\_\_ as a facilitator.

**4. Process vs. Directive**

- a. Best to let the participant \_\_\_\_\_.
- b. Directive is beneficial when working on \_\_\_\_\_.

**5. De-escalation**

- a. The more \_\_\_\_\_ they are, the \_\_\_\_\_ you become.
- b. Cesar Millan—"The more you become like them, the less you can help them."
- c. "Triggered facilitators can't facilitate triggered participants."
- d. Making yourself \_\_\_\_\_.
- e. Exhibiting \_\_\_\_\_ when participants are \_\_\_\_\_.

**6. 93.7 fm**

- a. Communication is 93% \_\_\_\_\_.
- b. What a person is \_\_\_\_\_ is more important than what they are \_\_\_\_\_.
- c. *The Definitive Book of Body Language* by Allan & Barbara Pease.

**7. Listen for Understanding**

- a. "The \_\_\_\_\_ is not the \_\_\_\_\_."
- b. Traumatized people often \_\_\_\_\_ to \_\_\_\_\_ their experiences.
- c. Become \_\_\_\_\_ with \_\_\_\_\_.

**8. Sneak up on topics**

- a. NOT literally.

**9. Humor is helpful**

- a. Wounded people can \_\_\_\_\_.
- b. Makes YOU more \_\_\_\_\_ as a facilitator.

**10. Event Progression**

- a. Never start out with a \_\_\_\_\_ initiative.
- b. Start with \_\_\_\_\_ events.
- c. Low—Lineup log, square game, diamond
- d. High—trust fall, spiderweb, high ropes,

Physical "Touch" and Proximity

- Walking behind
- Position of hands
- Checking out harnesses and personal areas
- Eye contact + Verbal & Non-verbal permission

## Emotional “Touch” and Proximity

- Asking too personal of questions
  - “What happened to you?”
- Challenging behaviors and processes in ways that make the person feel unsafe
  - Unhealthy peer pressure—“You’re the only one who hasn’t tried...”
  - “Frankly, there isn’t anyone you couldn’t learn to love once you’ve heard their story.” Mr. Rogers
  - “Everyone’s behavior makes sense once you know their story.”

## Types of Triggers

- Hypervigilance
- Fear of being tricked
- Being touched by people
- State-dependent memories

## Dealing With Mental and Somatic Triggers

- L.I.S.T. of Grounding techniques
  - **L**istening—“If you close your eyes, what do you hear?”
  - **I** (Eye) Contact—“What things do you notice around you?”
  - **S**ound—“What do you hear?”
  - **T**ouch or **T**emperature—“What do you feel on your skin?” “What sensations do you feel in your body right now?”

## Gender Issues

- Transference and Countertransference issues
- Facilitators sometimes become substitutionary objects for participants to work out their traumatic story on.
- “I know what to do with scary men.”

## Q & A