A compassionate start: Developing a trauma informed EIS

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Agenda

• NICE says...

• The links between Psychosis and PTSD/Trauma

• A compassionate mind approach

• Trauma informed services
Why ‘trauma informed’?
1.3.3 Assessment and care planning

1.3.3.2 Assess for post-traumatic stress disorder and other reactions to trauma because people with psychosis or schizophrenia are likely to have experienced previous adverse events or trauma associated with the development of the psychosis or as a result of the psychosis itself. For people who show signs of post-traumatic stress, follow the recommendations in Post-traumatic stress disorder (NICE clinical guideline 26). [new 2014]

2. Research recommendations to review

2.5 Interventions for PTSD symptoms in people with psychosis and schizophrenia
Relationships between trauma and psychosis?

Trauma ➔ Psychosis

Psychosis ➔ Trauma

✓ 50 to 98% of the patients with a psychotic disorder have been traumatized (Read, Os, Morrison, & Ross, 2005)

✓ Hamner at al. (2000) compared PTSD and schizophrenia and concluded ‘these two patient populations were remarkably similar with respect to not only positive but also negative symptoms’.

✓ Prevalence of PTSD in people with psychosis ranges from 12-29% (general population 0.4-3.5%) (Achim et al 2011)

✓ 52% of inpatients (n=45) qualified for PTSD (Shaw et al, 1997)
Why compassion?
The interpersonal outcomes of trauma

Shame

Self attack

Criticism

Avoidance

Ideal self  

Gap  

Perceived self

SELF-ATTACK

Shame, relapse and psychosis
Gumley 2007
Birchwood et al 2000
Human brains have evolved

The ‘simpler’ brains are still in there, but have been added-to over time
Social exclusion is toxic life-threatening!
Our tricky human brain

New brain

Ruminating

Imagining worst outcome

Self-criticising etc...

Imagining / Actual helpful outcome

Self-supporting thought

Emotion level

Time

Old brain

Dr Deborah Lee, Dr Carmen Chan 2016
Regulating affect

Emotional Regulation Systems

Drive System
- Purpose: To motivate us towards resources
- Feelings: Wanting, pursuing, achieving, progressing, focused
- Brain regions: Nucleus accumbens, Dopamine

Soothing System
- Purpose: To manage distress & promote bonding
- Feelings: Contented, safe, protected, cared-for, trust
- Brain regions: Prefrontal cortex, Opiates, oxytocin

Threat System
- Purpose: Threat detection & protection “Better safe than sorry”
- Feelings: Anxiety, anger, disgust
- Brain regions: Amygdala, Adrenaline, cortisol
Think of a client

Dr Deborah Lee 2016
Trauma informed services...
Consider your clients

What do we know about their past?

Consider the time it takes to disclose abuse

Do they feel safe/trusting of services/healthcare?

✓ Routinely screen?
✓ Compassionate Resilience skills - group & 1:1
✓ Staff skilled in mindfulness/grounding techniques
✓ Safe spaces
✓ Compassionate crisis plans/feeling safe plans
✓ Minimising trauma of admission: Planned admission with pre-planning of how to feel safe? Links with ward? Post admission screening and review?
And us?

- Supervision
- Team reflective practice
- Safe space
- Organisational support - soothing vs drive/threat
Phased based approach (Lee, 2012)

Phase I | Phase II | Phase III | Phase IV
---|---|---|---
Psychoeducation | Compassionate resilience | TFCBT/NET/EMDR/PE | Reclaiming life

Window of tolerance

Dr Deborah Lee, Dr Carmen Chan 2016

Trauma informed Early intervention service

Psychoeducation | Compassionate Resilience skills | CBT/EMDR/Arts Therapies/ Medication/ employment support | Reclaiming life
Please do get in touch to open up discussion/share resources and ideas.

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Resources

• The Compassionate Mind Foundation: [www.compassionatemind.co.uk](http://www.compassionatemind.co.uk)
• [Compassion for Voices](https://www.psychologytools.com/category/compassion-focused-therapy-cft): a tale of courage and hope.
• [https://www.psychologytools.com/category/compassion-focused-therapy-cft/](https://www.psychologytools.com/category/compassion-focused-therapy-cft/)
• Lee D Recovering from Trauma Using Compassion Focused therapy (2012) Robinson, London