



Creating Trauma-Informed Catechetical Learning Environments

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Opening Prayer



What's Your Why?



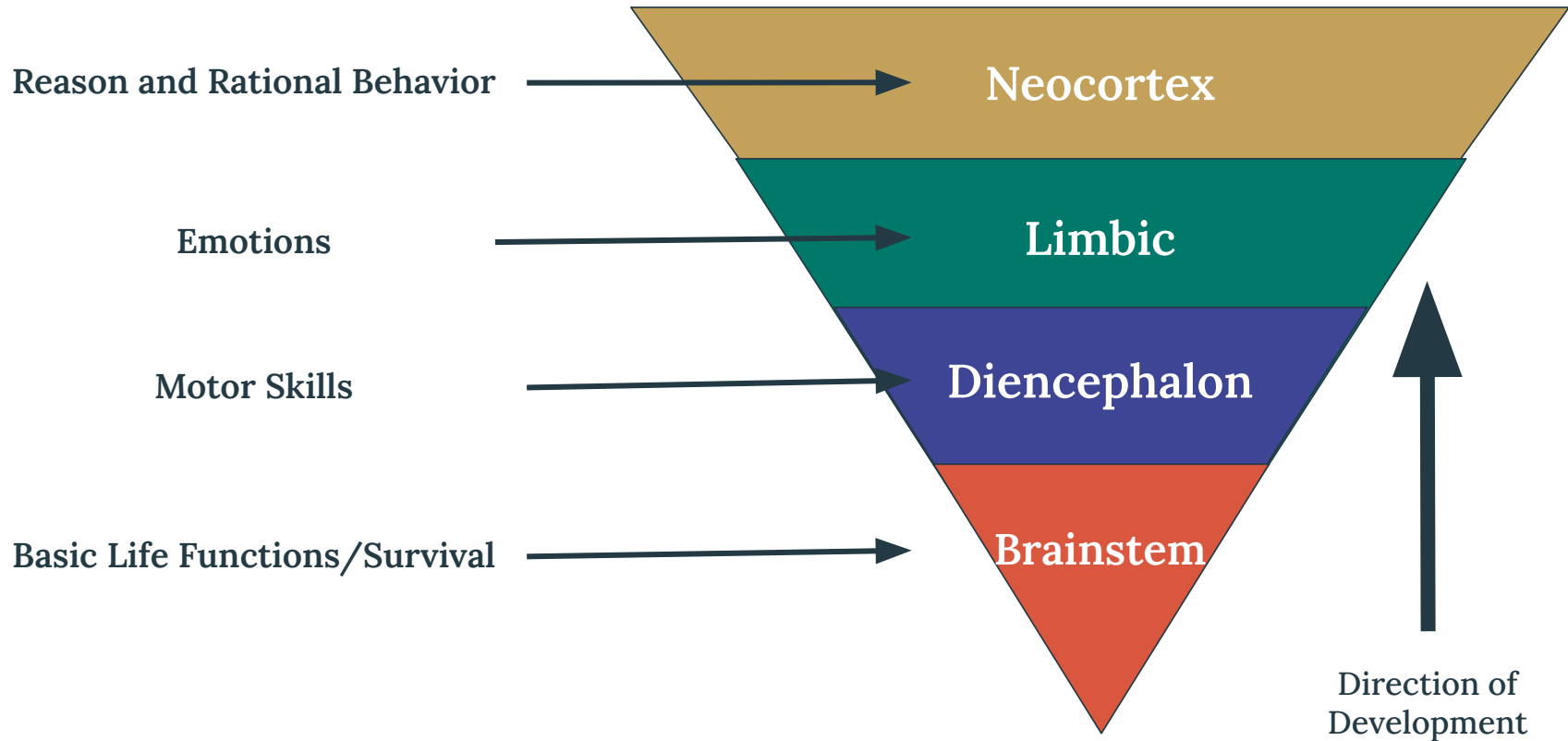
Understanding Trauma

“Any **experience**, or **pattern of experiences**, that **disrupts the normal functioning** of a person's stress response system, making it **more reactive or sensitive**.”-Dr. Bruce Perry

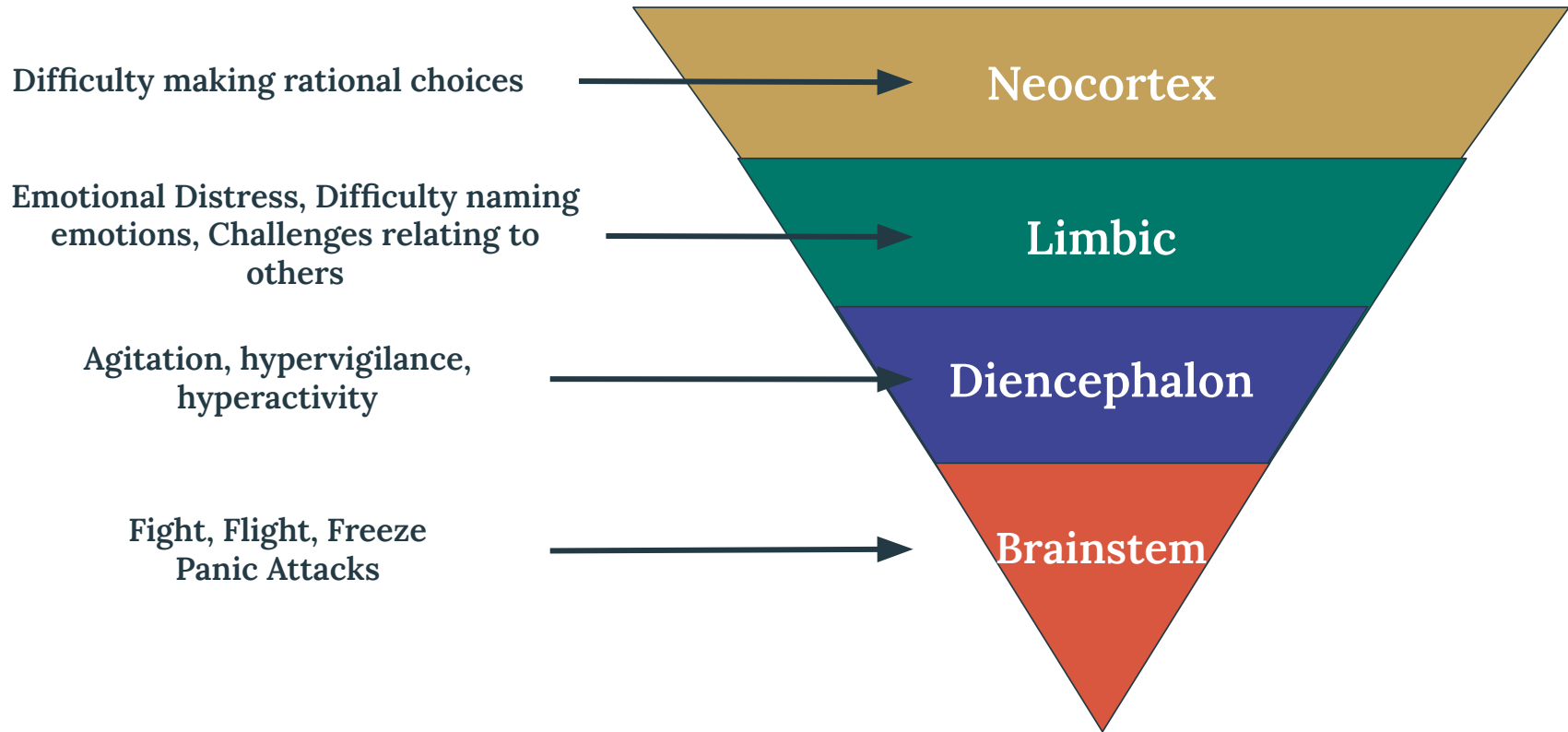
Understanding trauma responses as adaptations that may or may not still be needed.



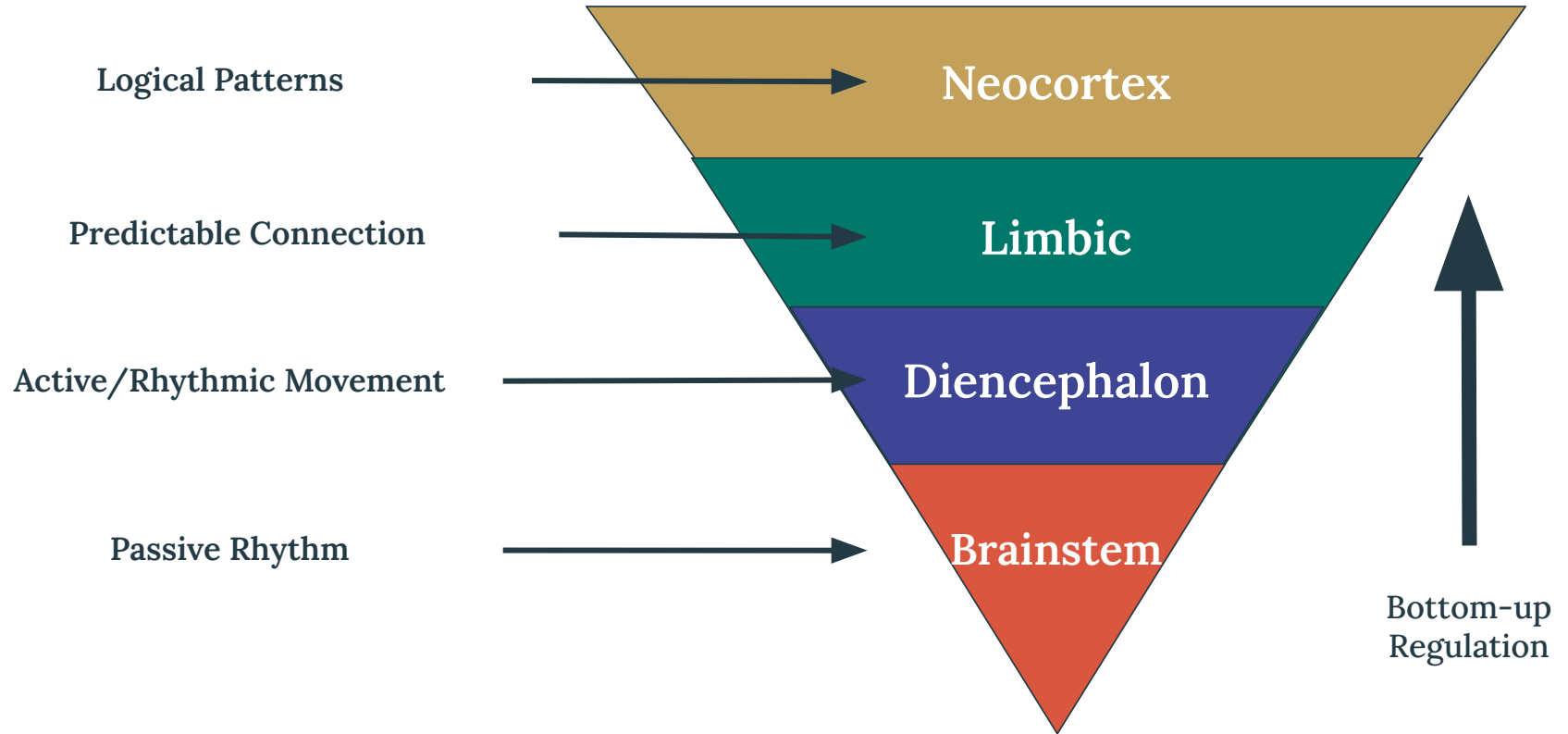
Brain Hierarchy



Trauma's Effect on the Brain



Regulating the Brain



Looking at the Church

Potential Sources of Regulation

- The Rosary
- Movement at Mass
- Small Groups
- Lectio Divina

Potential Sources of Dysregulation

- History of Abuse
- Lack of Community
- Unfamiliarity with rituals
- Lack of Access due to disabilities
- Being triggered by a homily

Some Case Studies

1. 11 y/o adolescent in faith formation class regularly disrupts his peers, interrupts the teacher, and struggles to remain still. This has been a recurrent challenge within this class.
2. 63 year old male approaches you after mass appearing very agitated. He is speaking very aggressively and shares his distaste for the “political” comments made by the priest during his homily.
3. You are performing a home visit for SVDP to a 29 year old single mother of two. You are reviewing finances with the women and notice that she regularly spends beyond her means.

Questions

1. What are some important factors to consider
2. What level of dysregulation is indicated
3. What is the best next step
4. What is a potential long term plan

What does a trauma-informed Church look like?

- Identify a program, ministry, or group.
- Discuss what introducing ideas from this session looks like in that program.



Regulation Tools

Brainstem

- Glitter Jar
- Bubble Timer
- Visual Rhythm Photos
- Gourd Rattle
- Zenergy Chime
- Essential Oils
- Weighted Wrap

Neocortex

- Hoberman sphere
- lung model
- magic eye card
- shape and color cards
- word, shape, and color cards
- buzz ring
- body beat cards
- words for thoughts and beliefs

Diencephalon

- Sensory marbles
- stress balls
- tangle toy
- flow wring
- water beads
- Essential Oil play dough
- Scalp massager
- bubble gum

Limbic System

- Invisible string book
- postSecret cards
- cowboy poems
- bandana
- raccoon circle
- story cards
- rhythmic riding playlist
- Bladder meridian video