

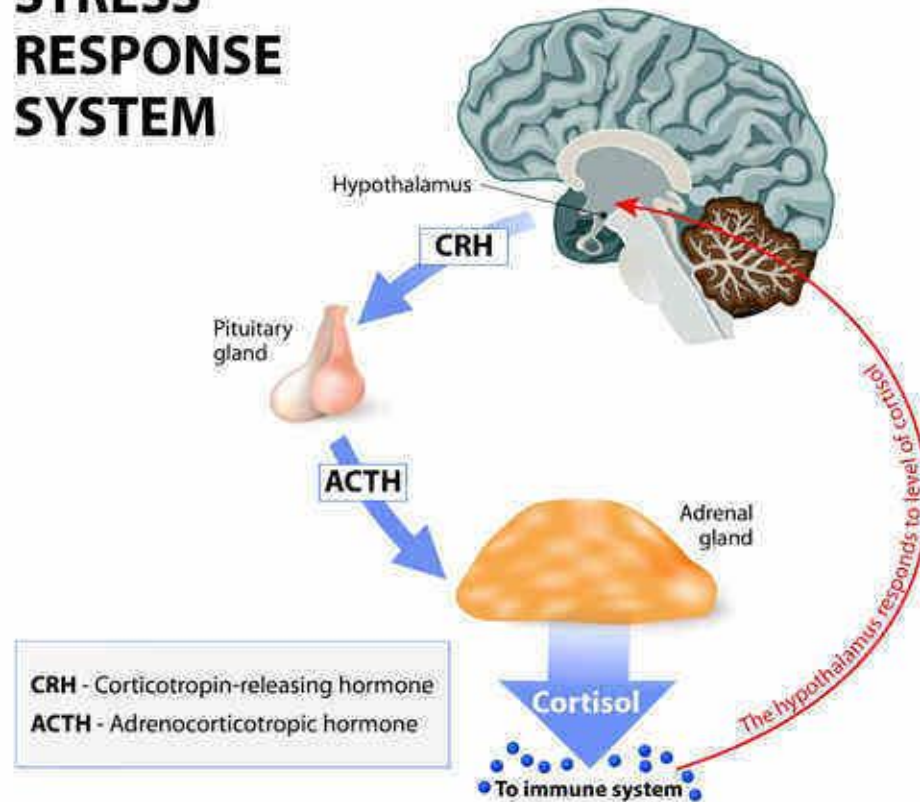
Supporting Students in the Context of World Events

Where Are We?

- Arab and Jewish students, staff, and faculty here at WSU
- Intergenerational Trauma
- Historical Trauma
- Annihilation Anxiety
- Current Traumatogenic Events
- Triggers to Traumatic Stress Symptoms

HPA AXIS IN PTSD

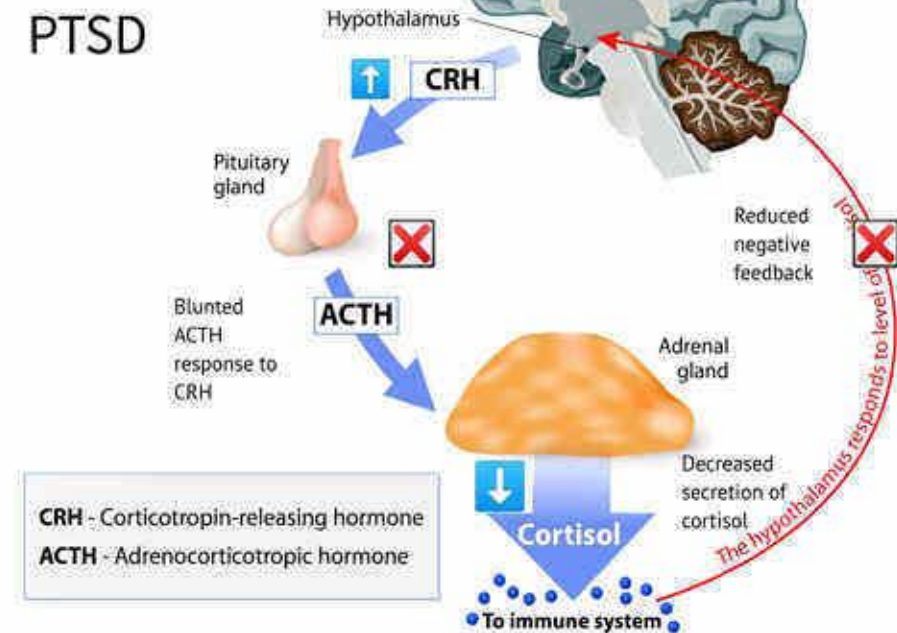
STRESS RESPONSE SYSTEM



Stress releases CRH from the hypothalamus which in turn releases ACTH from the anterior pituitary. ACTH stimulates release of cortisol from the adrenal cortex. Cortisol exerts a negative feedback control of the HPA axis.

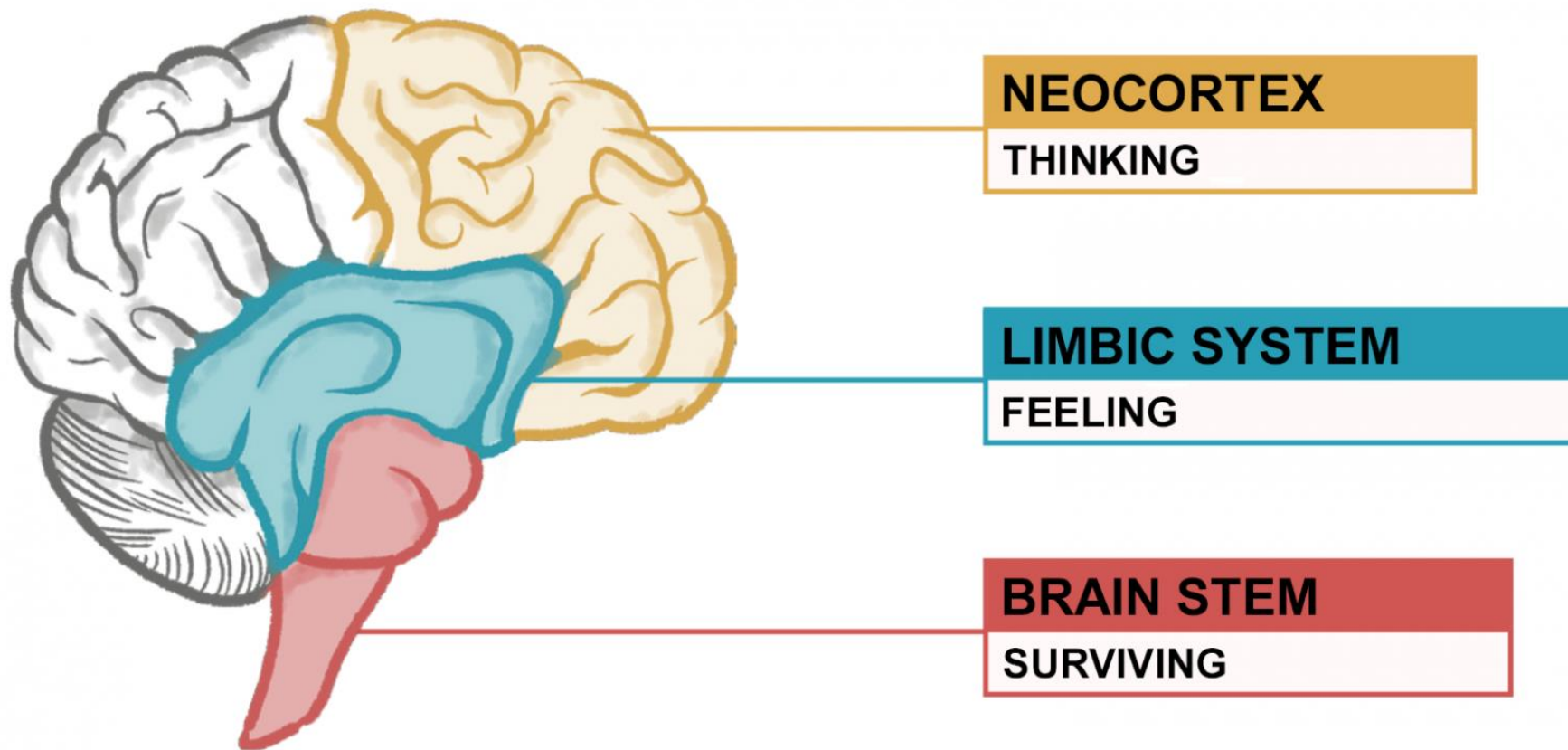
STRESS RESPONSE SYSTEM

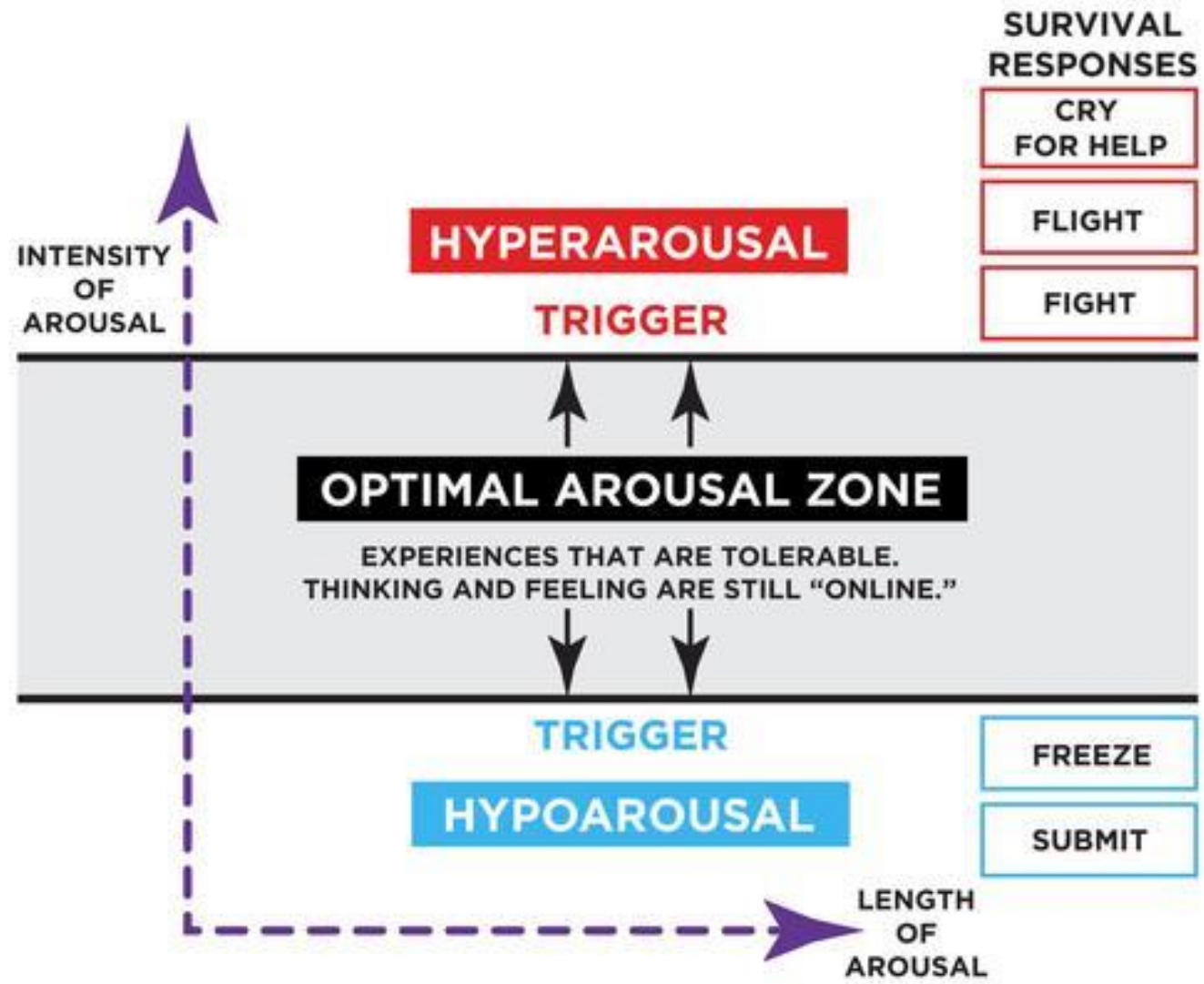
PTSD



In PTSD there is dysregulation of glucocorticoid signalling with sensitised negative feedback of the HPA axis resulting in increased CRH and blunted ACTH responses to CRH which results in reduced cortisol secretion.

The Triune Brain





Hyperaroused

Arousal levels too high, fight or flight kicks in and trauma processing is too overwhelming

Window of tolerance

Arousal levels are regulated so that emotions can be activated but are not so overwhelming that trauma processing stops

Hypoaroused

Arousal levels are inhibited. Processing cannot take place as no access to emotion

How Might Students be Affected?

Hypoarousal

- Paralysis
- Collapse
- Giving up
- Confusion
- Memory
- Cognitive processing

How Might Students be Affected?

Hyperarousal

- Fight/Flight
- Irritability
- Combativeness
- Argumentativeness
- Inability to Sit Still
- Emotional Lability or Dysregulation

What Do We Do and Why?

GOAL with Students

- Increase their Window of Tolerance
- In the interest of Self and Other Care
- Academic Success
- Professional Success

Increase the Window of Tolerance

- Meta Interpretation (Acknowledge what is happening)
- Normalizing-Psychoeducation
- Flexibility
- Partializing
- Resource Sharing
- Limit Media and other potentially activating experiences
- HALT and attention to ADLs
- Maintain Basic Structures
- Regulate-Relate-Reason (Connection before Correction)
- Regulate ourselves
- Controlled/contained ventilation
- Prioritize Social Connection

What do we not do?

- Free-for-all processing
- Solving current or historic conflicts
- Framing current or historic conflicts

WHY NOT?

- Because those who are triggered are in emotion mind and not fully able to utilize their frontal lobes
- Our nervous systems are dysregulated and we run the risk of making things worse