

WELCOME



Welcome to Triumph Over Trauma, where you can find trauma-informed community care resources provided by the National Association of State Mental Health Program Directors in partnership with Harper Hill Global.

All resources are available through [TriumphOverTrauma.INFO](https://www.triumphovertrauma.info)



TRAUMA COMES
IN MANY
DIFFERENT
FORMS.

<https://youtu.be/oNuIN-ZKgQY>

Trauma & Reminders

Individual trauma results from an **Event**, series of events, or set of circumstances that is **Experienced** by an individual as physically or emotionally harmful or life-threatening and has lasting negative **Effects** on the person's functioning and mental, physical, social, emotional, or spiritual well-being.

Substance Abuse and Mental Health Service Administration

When we are **reminded** of the trauma we experienced, our bodies may react as if it is happening all over again.

Trauma vs. Stress

Trauma

Trauma makes you feel like your life is in danger or you are not safe.

Stress

Stress is uncomfortable, but no life-threatening danger is felt.



Shame

Shame is often a core feature of trauma. With no awareness of how trauma impacts the mind and body, survivors may not understand why they react the way they do in the face of stressful or triggering events. They may feel great shame afterward for their reactions, or they may feel “out of control” or “crazy.”



Figure 1:
Open Hand



Figure 2:
Thumb Over
Palm



Figure 3:
Fingers Over
Thumb

The palm of the hand to the wrist is the part of the brain called the “primitive brain” which controls the body’s automatic functions.

This is the mid-brain, also known as the limbic system, the part of the brain that controls our “fight or flight” response. This part of the brain also stores our old memories, including ones that are traumatic.

The front, where the fingers are, is the only place where thinking and problem-solving happen!

How Our Bodies Deal with Stress and Trauma

Fight: You may yell at someone or get into a physical fight.

Flight: You may feel trapped and suddenly leave a situation or run.

Freeze: You may hope the danger doesn't notice you.

Fawn: You may say yes to things that you don't want to, just to appease someone you feel threatened by.

TRIUMPH OVER TRAUMA PROGRAM



Triumph Over Trauma is a psychoeducational program intended to reconnect the body, mind, and spirit.



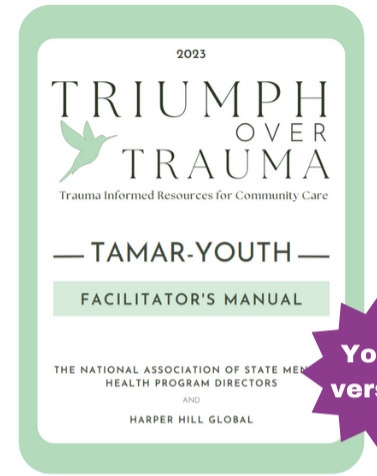
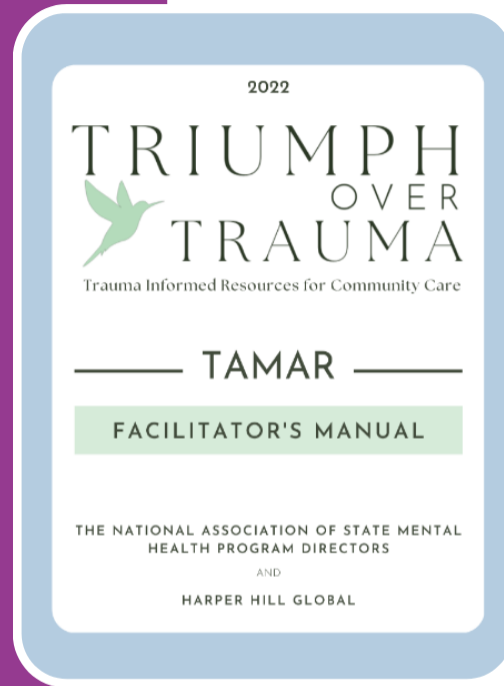
It provides a 7-session facilitated group that teaches participants about the physical effects of traumatizing experiences, how to recognize unhealthy triggers and choose healthy coping skills to improve the quality of inner and outer life.



The program trains faith-based communities to be facilitators of TAMAR within their communities.

Program Contents

- 7 program sessions: how the brain works, the fight-flight-freeze-fawn response, self-care, community resources, team building, de-escalation, communication techniques, and identification of healthier coping strategies.
- Session Elements providing regular check-ins and check-outs
- Creative Expression in TAMAR
- Mind-body skills to activate the body's parasympathetic relaxation response



PROGRAM SUPPLEMENTS

Special supplemental materials were developed for Christian, Jewish, Muslim, and Native American contexts.

— TAMAR Supplement —
for
Christian Communities



WRITTEN BY

CHARRYSE N. WRIGHT, M.DIV., BSW



— TAMAR Supplement —
for
Islamic Communities



WRITTEN BY

IMAM OSSAMA BAHLOUL, PH.D.
RESIDENT SCHOLAR OF
THE ISLAMIC CENTER OF NASHVILLE



— TAMAR Supplement —
for
Jewish Communities



WRITTEN BY

LYNN HEADY
EDUCATOR AND FOUNDED MEMBER OF
BRAVER ANGELS NASHVILLE ALLIANCE



TAMAR Supplement
for
Native American
Communities

WRITTEN BY

'MORNING SKYHAWK'
CAROL LAKOTA EASTIN, M.DIV., M.A.
AND

'MORNING STAR SPIRIT'
DR. MICHELLE OBERWISE LACOCK, D. MIN., M.DIV.



WITH THEME SONG "WE'RE FREE"
BY JONATHAN MARACLE



OUR GUIDES

TAMAR Supplement: — Guide to Inclusion —



WRITTEN BY

KEITH CALDWELL, M.DIV.



TAMAR Supplement: — Facilitator Debrief — Guide



WRITTEN BY

MARISSA FOX, LCSW-C



The **Facilitator Resources Guide** provides guidelines for self-reflection, responding to participant trauma experiences, and debriefing.

The **Guide to Inclusion** addresses the traumatic effects of racism.

ADDITIONAL RESOURCES

- **Social media guide.**
- **Animated videos** adapted from the NASMHPD video, “Healing from Inside Out” which includes interviews with TAMAR participants.
- **“Women Arise” Podcast Series** interviews authors and contributors in various contexts of trauma.
- **“I Am Whole” commissioned song**, by Tameka Ferebee to be sung in congregations.
- **Free daily text messages** for inspiration. Text HOPE to 1-615-933-5387.



ACKNOWLEDGEMENTS

AUTHORS & CONTRIBUTORS



Joan Gillece, Ph.D.
NASMHPD



Charyse N. Wright,
M.Div., BSW



Imam Ossama
Bahloul, Ph.D.



Lynn Heady



Carol "Morning
Skyhawk" Lakota
Eastin, M.Div., M.A.



Dr. Michelle
Oberwise "Morning
Star Spirit" Lacock,
D. Min., M.Div.



David A.
Washington, MSW



Keith Caldwell,
M.Div.



Marissa Fox,
LCSW-C



Lizette Ubides,
LCSW-C



Wayne Harris



Marilynn
Holguín Clover

And our volunteer facilitators who make triumph over trauma possible with their communities!

<https://youtu.be/4anw3wiXzDY>



**PEOPLE OF FAITH
CAN RESTORE HOPE TO SURVIVORS**

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