



TIE - EMBODIED LEARNING

TRAUMA-INFORMED CARE
INTEGRATIVE MEDICINE
HEALTH **E**QUITY

Introductions



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Thank You: Matt Young, MD

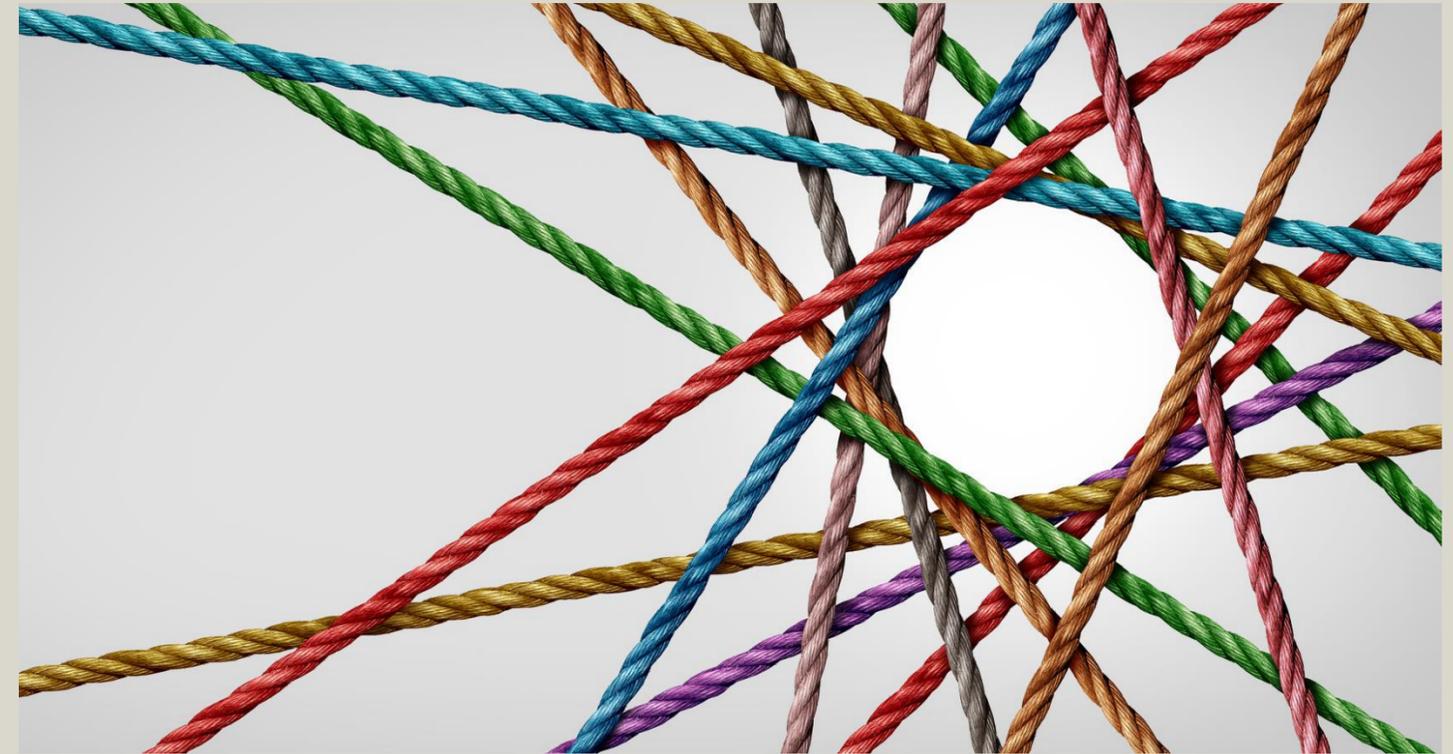


Catherine Justice, DPT, C-IAYT, FAIHM

OBJECTIVES

- 1. Recognize** signs of a stress/trauma response in one's body
- 2. Understand** how identity shapes experiences within healthcare system
- 3. Examine** critically how nutrition, sleep, and movement fit into a public liberation/community health paradigm

- **T**RAUMA INFORMED CARE
- **I**NTEGRATIVE MEDCINE
- HEALTH **E**QUITY



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- How do you see these concepts inter-relating?
- All Teach, All Learn

EMBODIMENT

- Feeling of being present in the body
 - Feeling the body vs. thinking about the body
 - How we related to our internal sensations and how that translates with our interactions with the outside world



TYPES OF TRAUMA

- **Ancestral Trauma**
- **Historical Trauma**
- **Intergenerational Trauma**
 - **Genocide**
 - **Slavery**
 - **Forced relocation**
 - **Destruction of Cultural practices**
- **Cumulative psychological and emotional wounds in the community are carried across generations**
- **“The lived presence of the past,” a phrase the Holocaust scholar Carol Kidron uses to describe the ongoing consequences of past traumas**
- **“The factors that contribute to health operate both contemporaneously and over time.”**
- **Results: Health disparities in the communities of color which have been oppressed over generations**

- Toward an ethnography of silence: the lived presence of the past in the everyday life of Holocaust trauma survivors and their descendants in Israel [Carol A Kidron](#)
- <https://journalofethics.ama-assn.org/article/how-ancestral-trauma-informs-patients-health-decision-making/2021-02>
- <https://extension.umn.edu/trauma-and-healing/historical-trauma-and-cultural-healing>

TRAUMA EFFECTS AND OUTCOMES

Trauma	Manifestation (negative health outcomes)	Patients' Health Decision Making	Trust in Healthcare Professional/System
<ul style="list-style-type: none"> • Ancestral Trauma • Historical Trauma • Intergenerational Trauma 	<ul style="list-style-type: none"> • Mental Health • Physical Health • Emotional Health • Erosion in families and community structures 	<ul style="list-style-type: none"> • Dependent on daily experiences of types of microaggressions such as discrimination, racism, daily hassles 	<ul style="list-style-type: none"> • Importance of putting the past back into our analysis of contemporary health and social problems. • Reconnecting people to the vibrant strengths of their ancestry and culture, helping people process the grief of past traumas, and creating new historical narratives can have healing effects for those experiencing historical trauma.

Cultural Healing & Historical Trauma

U of MN - Historical trauma and cultural healing: Video series

[What is Cultural Healing \(Video\)](#)

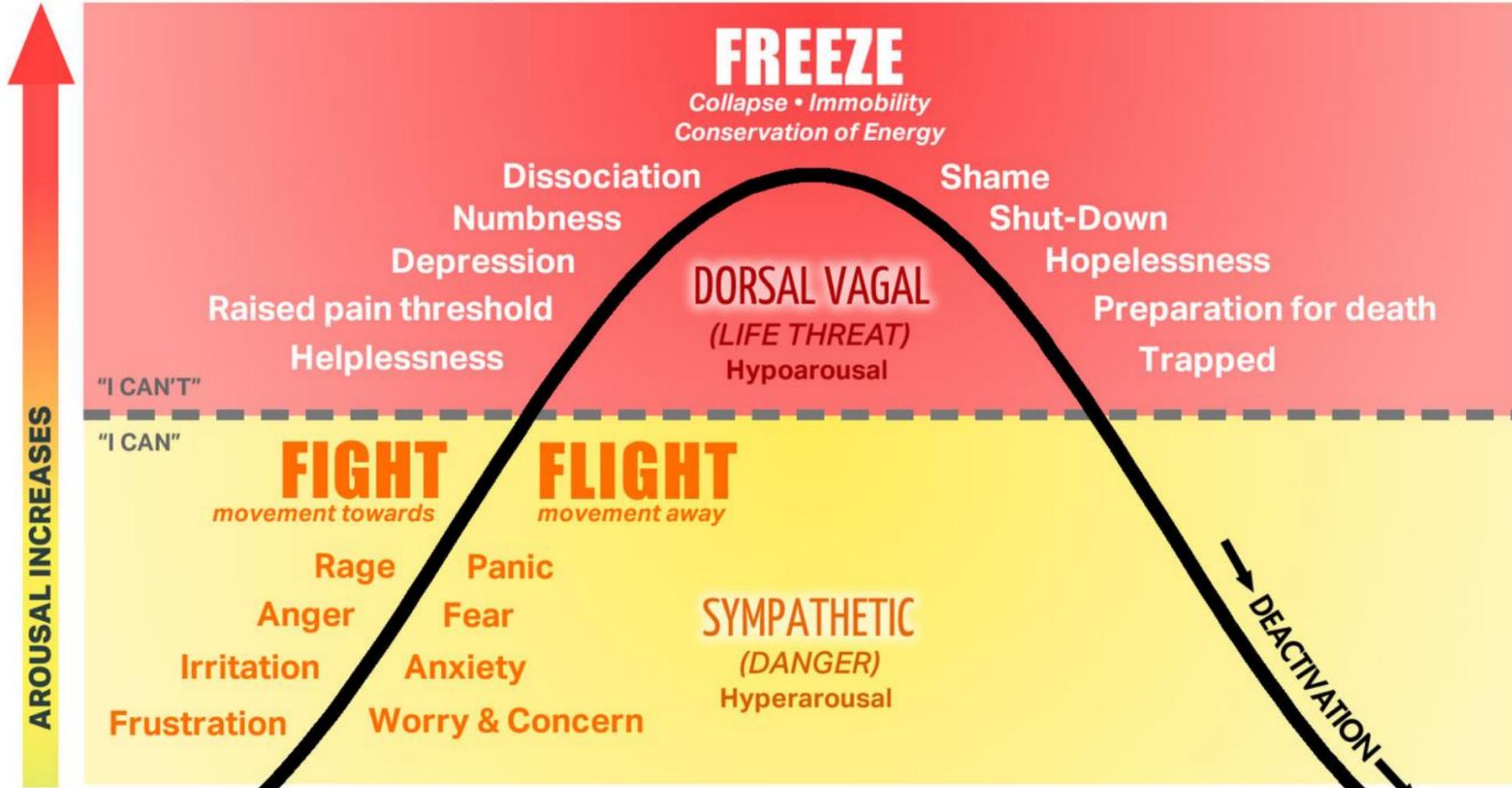
Learning from Place: Bdote - Field Trip with the MN Humanities Center



- <https://extension.umn.edu/trauma-and-healing/historical-trauma-and-cultural-healing#how-connection-to-culture-and-community-can-heal-the-wounds--378612>
- <https://www.mnhum.org/program/learning-from-place-bdote/>

POLYVAGAL CHART

The nervous system with a neuroception of threat:



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

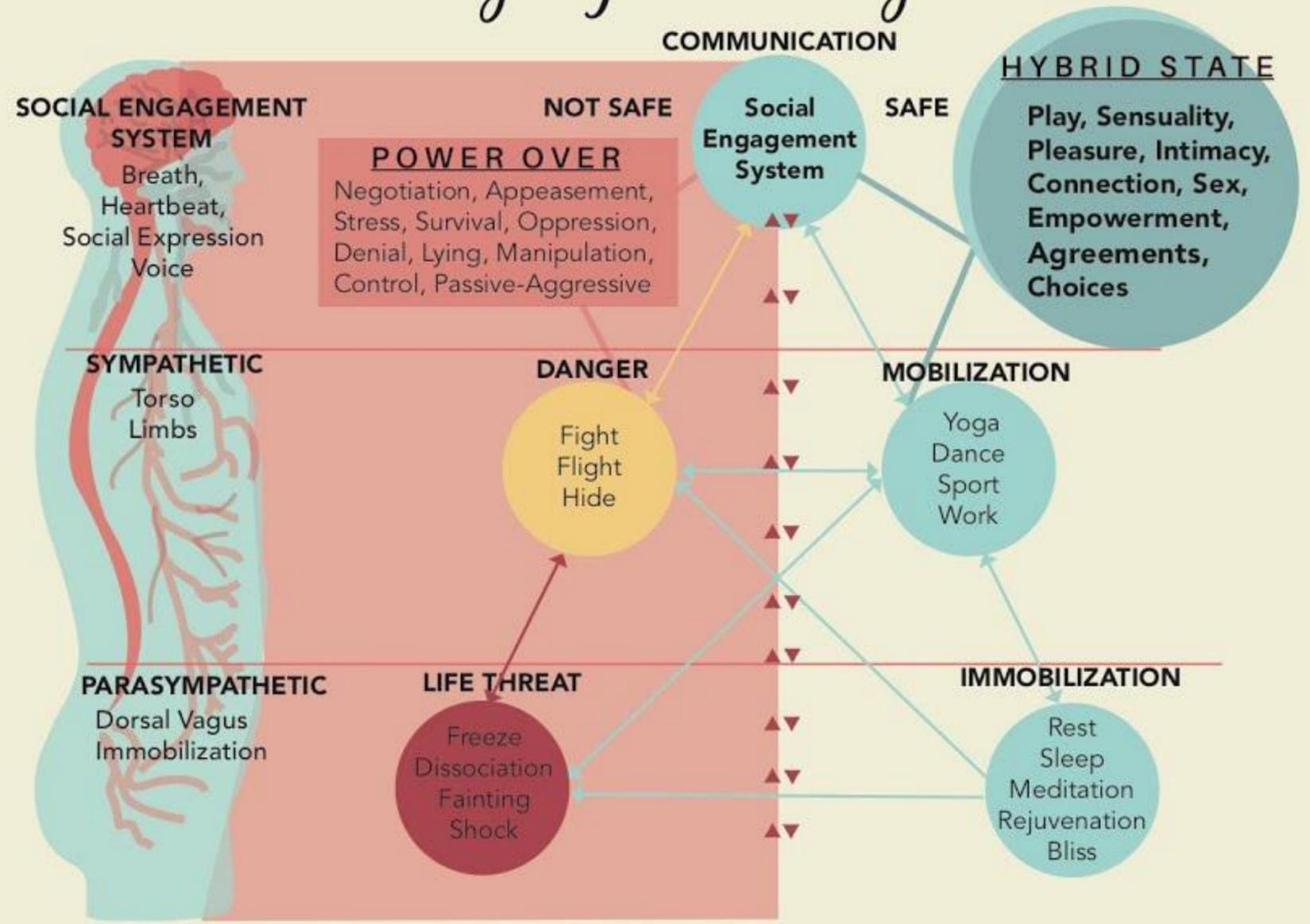
Decreases

Defensive Responses

VVC is the beginning and end of stress response.

When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

Polyvagal Theory



Change of state: Disregulation, Coregulation, Selfregulation

The Polyvagal Stress Response Hill

What it can feel like:

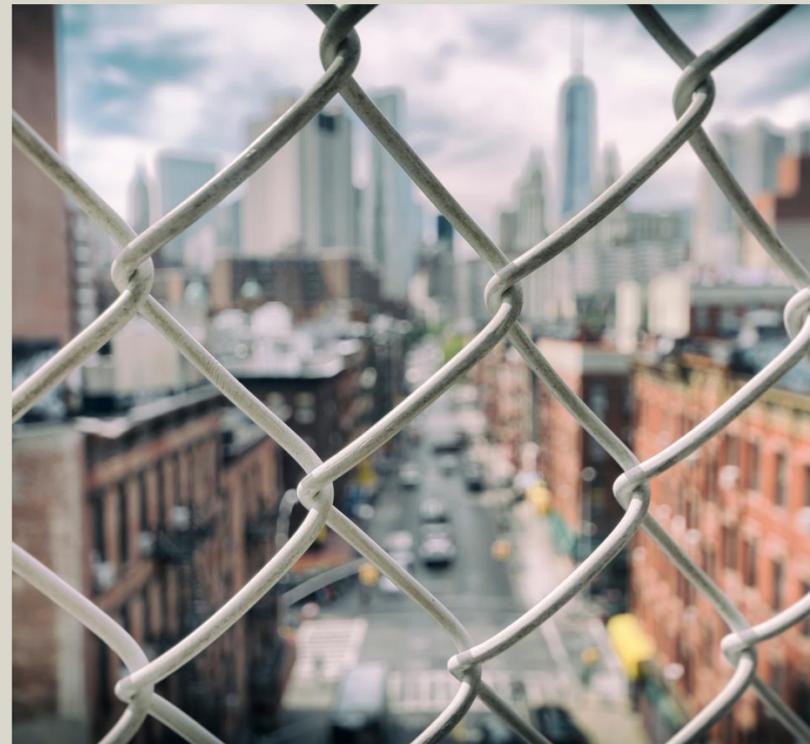
How to get down the hill:



Nutrition, Movement, & Rest in a TI and SDOH Context



Food Stories
Food Apartheid



Movement as Trauma Therapy
Culturally Relevant Movement Practices



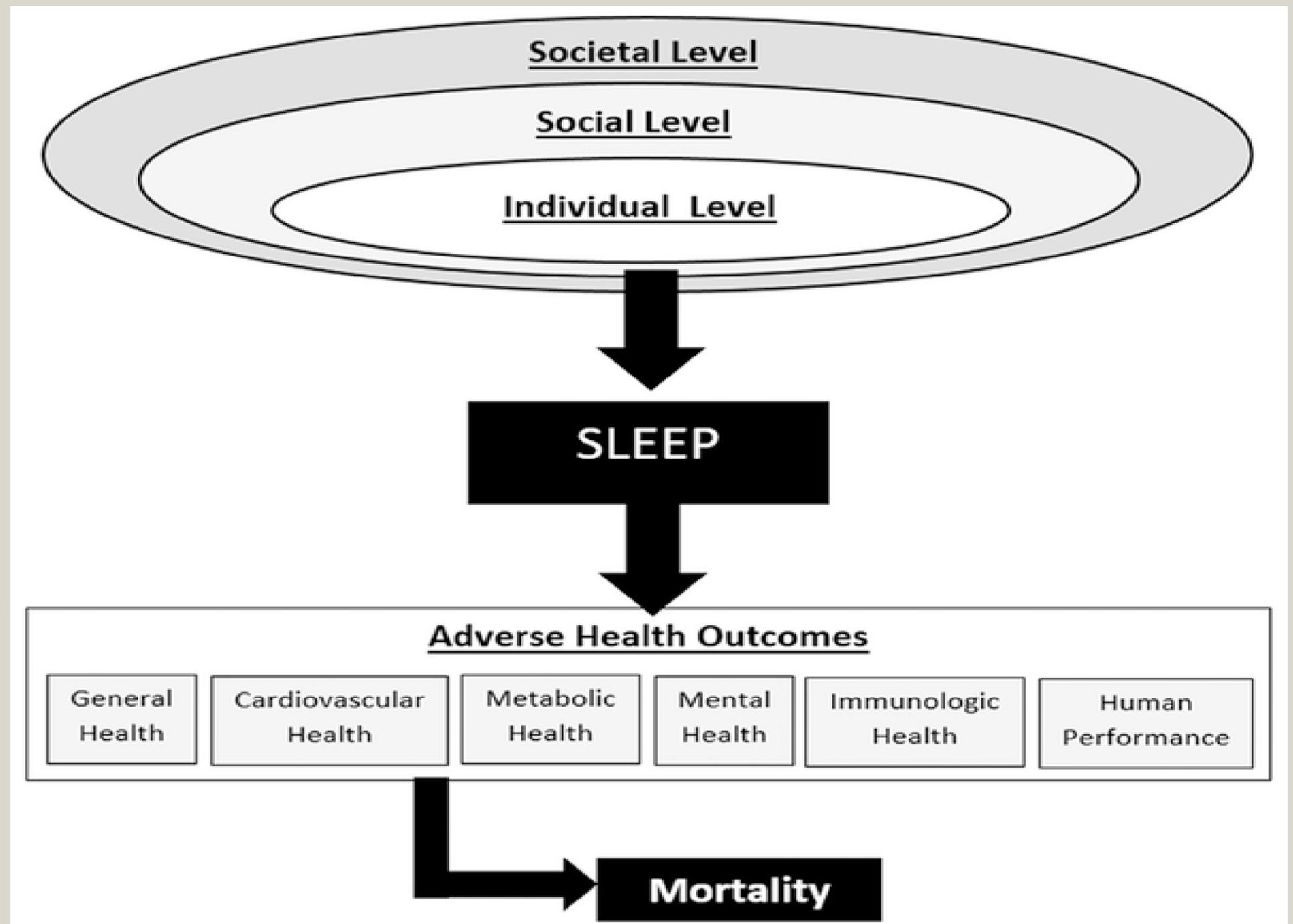
Rest is
Resistance

- <http://www.daracooper.com/food-justice-blog--more/what-is-food-justice>
- Community solutions to food apartheid: A spatial analysis of community food-growing spaces and neighborhood demographics in Philadelphia | Elsevier Enhanced Reader. (n.d.). <https://doi.org/10.1016/j.socscimed.2022.115221>
- <https://thenapministry.wordpress.com/>

SOCIAL/STRUCTURAL DETERMINANTS OF HEALTH AND SLEEP

"To not illuminate the systems making us unwell is to bypass the heart and soul of justice work."

Tricia Hersey, Rest is Resistance



WHAT DOES "GRIND CULTURE" FEEL LIKE?



WHAT DOES ADEQUATE REST FEEL LIKE?



YOGA NIDRA



UNEEXPECTED OUTCOME

From Patient Care to Personal Care to Public Liberation

THANK YOU



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<https://www.hennepinhealthcare.org/specialty/integrative-health/>