



Trauma & Its  
Impact  
on Parental  
Mental Health

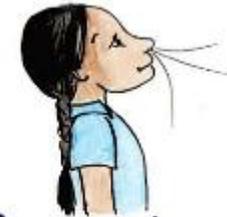
PRESENTED BY:  
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Clinical Psychologist & Founder

# We all have some trauma in our histories



If you feel uncomfortable during this session

Please... **take a moment to do what feels calming for YOU**



Breathe in...



Breathe out...



# Breaking the cycle of childhood trauma ©

A proven model

## Challenges

### Failed by the system

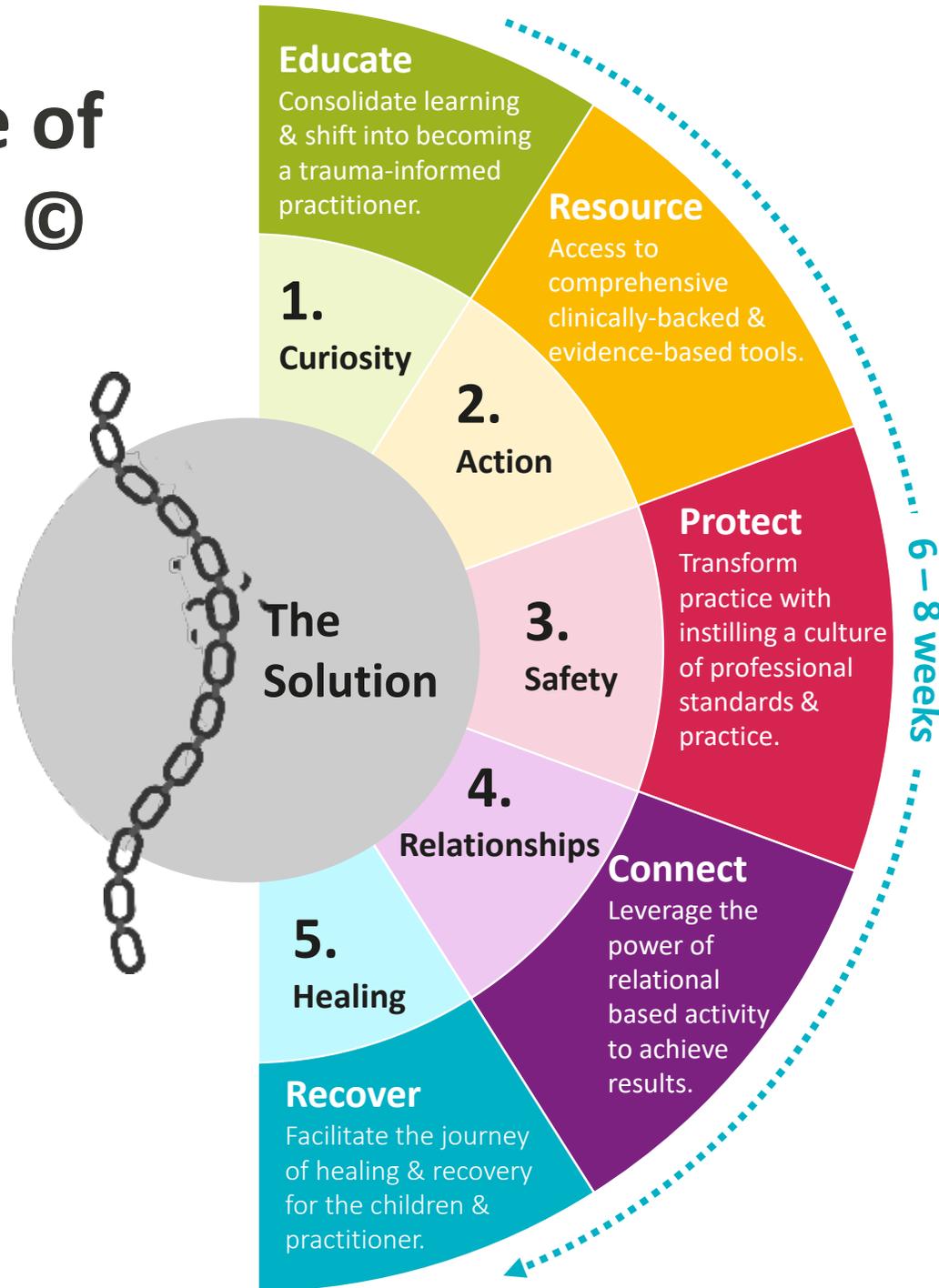
Existing commissioned services can't meet demand, waiting lists grow & postcode lottery gap widens. Children's mental health deteriorates.

### Unequipped trauma-aware workforce

Conflict between becoming trauma aware and using outdated resources that are not evidence-based or trauma-informed. High turnover deflated workforce.

### Failing statutory duties

Unable to evidence fulfilment of statutory duties & needs analysis highlights the same re-occurring problems.



## Results

### System Healing

Access to timely support. Positive help-seeking experience & confidently breaking the cycles of trauma.

### Trauma-informed Workforce

Enthusied evidence-based trauma-informed practitioners that are creating internal sustainable value for the service & families.

### Trailblazing Statutory Duties

An inspiration for local authorities nationally whilst contributing to the evidence-base & preventing harm earlier.

# Trauma can be many things...

It's always their experience that defines their trauma



Trauma memories are stored as sensory 'memories' that impact the nervous system



Hearing



Taste



Sight

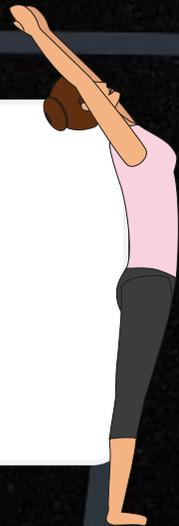


Touch

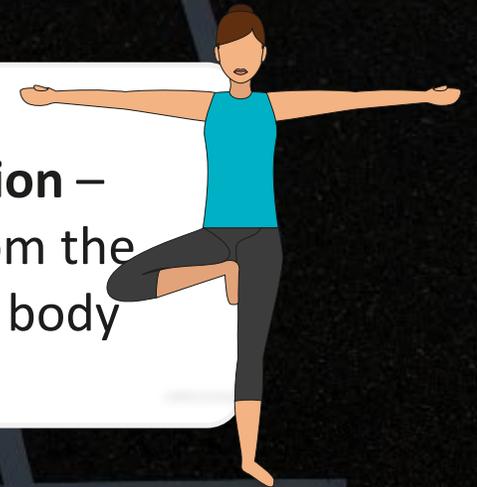


Smell

**Vestibular** –  
sense of balance



**Proprioception** –  
sensations from the  
movement of body

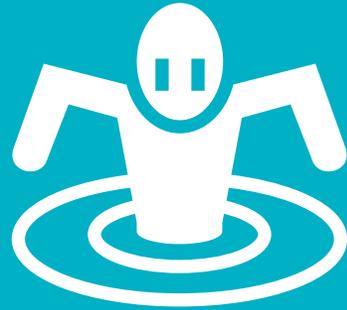


# The impact on mental health & physical health



## Re-living

- Flashbacks
- Nightmares
- Distressing feelings
- Emotional numbing
- Disassociate
- Trauma induced hallucinations & delusions
- Physical sensations pains, aches, sweating, nausea, shaking, restless legs, skin conditions (eczema), irritable bowl, neurological, musculoskeletal



## High Alert (feeling too much)

- Hyper-arousal – nervous system on high alert
- Hyper-vigilant – scanning for cues of threat
- Sleep pattern changes
- Difficulty concentrating
- Exhaustion



## Numbness (feeling too little- detached)

- Blunt affect
- Physical sensations in the body



# The impact on mental health & physical health



## Emotional Dysregulation

- Anxious
- Anger
- Fear
- Sadness
- Shame
- Humiliation



## Cognitive Impact

- Cognitive errors: Misinterpreting a current situation as dangerous – resembles previous trauma
- Excessive/inappropriate guilty – assuming responsibility
- Idealization of perpetrator
- Cognitive distortions





“When trauma gets triggered, you don’t act your age, **you act the age the wounds were created**”

Dr Gabor Mate



# The mental health continuum



**Maximum**  
mental wellbeing / fitness

A person with a diagnosis of a serious mental illness but who copes well and has positive mental health

A person with no mental illness or disorder and positive mental health

**Maximum**  
mental ill health

**Minimum**  
mental ill health

STIGMA

A person with a diagnosis of a serious mental illness and who has poor mental health

A person with no diagnosed mental illness or disorder but who has poor mental health

**Minimum**  
mental wellbeing / fitness

# Thank you for joining me today.

I appreciate your interest and engagement.



Any questions? We're here to help!



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Thank you



Questions?



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