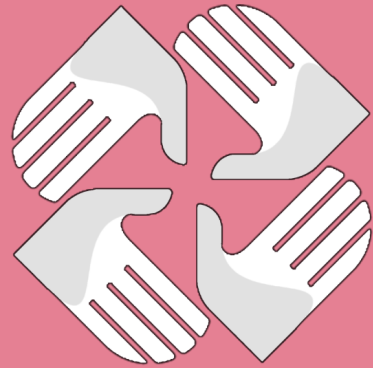


Trauma: Behind Closed Doors

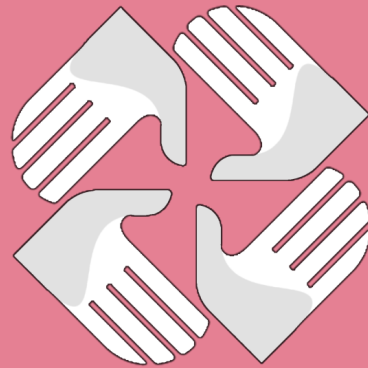


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Enlightening the World About Collaborative Divorce



Trauma: Behind Closed Doors



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Enlightening the World About Collaborative Divorce

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I was real happy and carefree and young
And nothing, not anything ever went wrong
Until...well one I was walking along
And that's how it started.

--Dr. Seuss

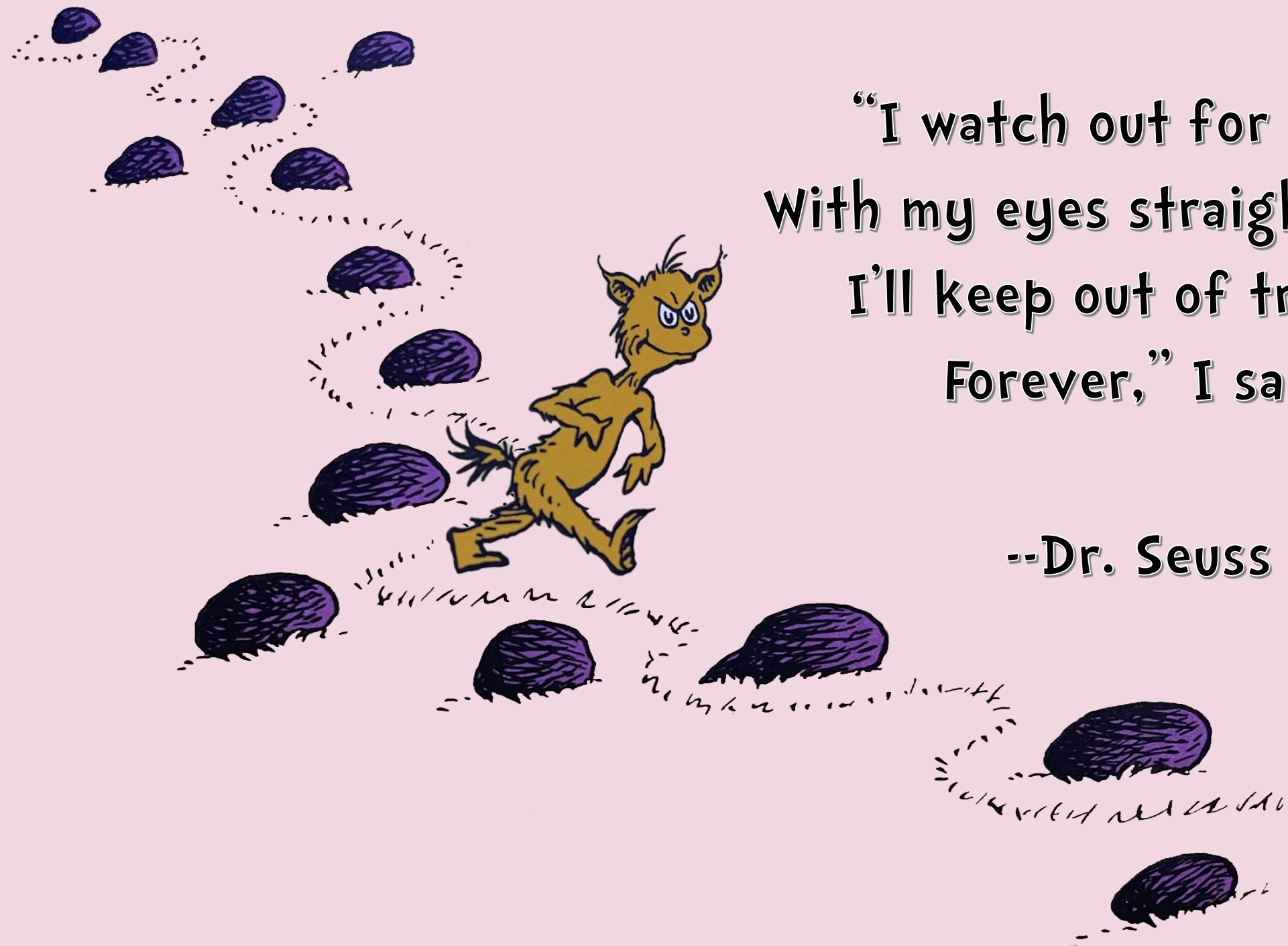


Now, I never had ever had
Troubles before.

So I said to myself,
“I don’t want anymore.”

--Dr. Seuss





“I watch out for rocks
With my eyes straight ahead,
I’ll keep out of trouble
Forever,” I said

--Dr. Seuss

Learning Objectives:

Significance of Trauma in Divorce

- What Happens behind closed doors and its relevance to us
- Impact of Trauma
- Promoting equity-meeting individual needs and interests
- Establishing trust
- Practicing compassionate listening
- Recognizing implicit bias
- Implementing empathy
- Raising awareness
- Addressing triggers
- Clients' needs/triggers

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Building Hope





But I learned there are troubles
Of more than one kind.
Some come from ahead
And some come from behind.

--Dr. Seuss



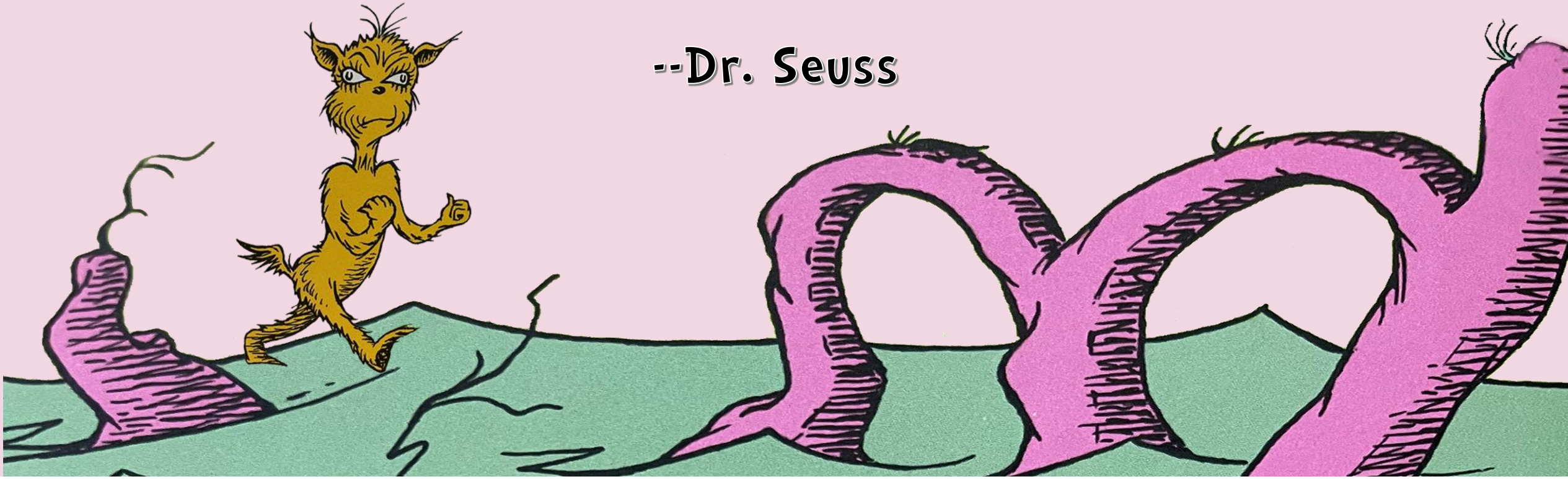




Went to the
National Treasure
Museum
7/17

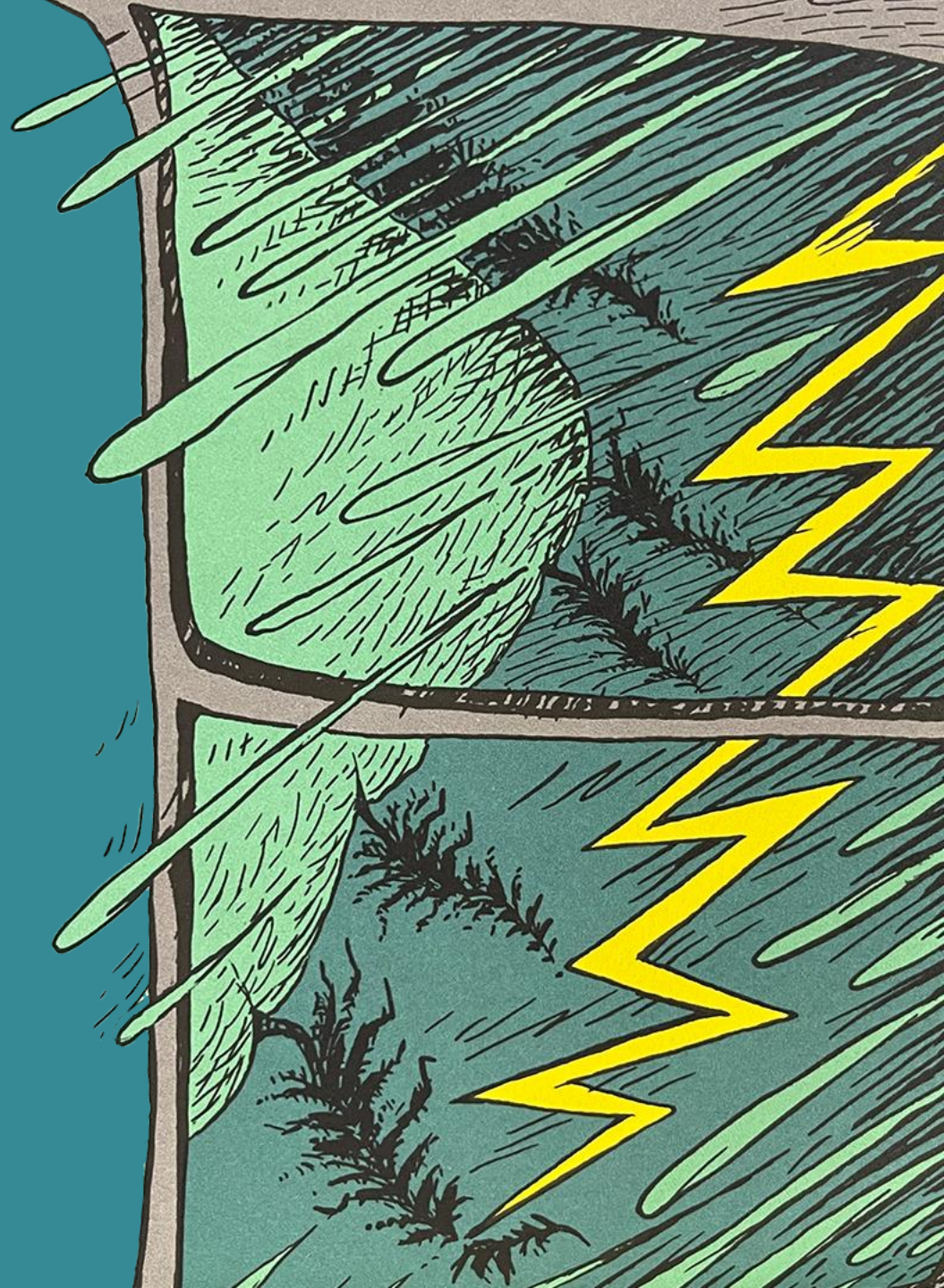
So I said to myself, "Now, I'll just have to start
To be twice as careful and be twice as smart.
I'll watch out for trouble in front and back sections
By aiming my eyeballs in different directions."

--Dr. Seuss



Trauma in Divorce

- Narcissism/abuse
- Risk of suicide
- Medical diagnosis during process
- Infidelity
- Bullying



Impact of Trauma

- Sense of Loss
- Feelings of Failure
- Lack of Trust in Self and Others
- Decision Paralysis



Well... that vent where I went was a sort of a funnel
That led me down into
A frightful black tunnel.
I fell in a horn.
Troubles! I wished
I had never been born!

--Dr. Seuss



Trauma & Children

- Child development- important factors
 - Impact of interpersonal relationships on development
- Impact of Trauma:
 - Emotional
 - Affective
 - Behavioral
 - Cognitive
 - Psychiatric
 - Academic
 - Neurodevelopmental
 - Somatic/physiological

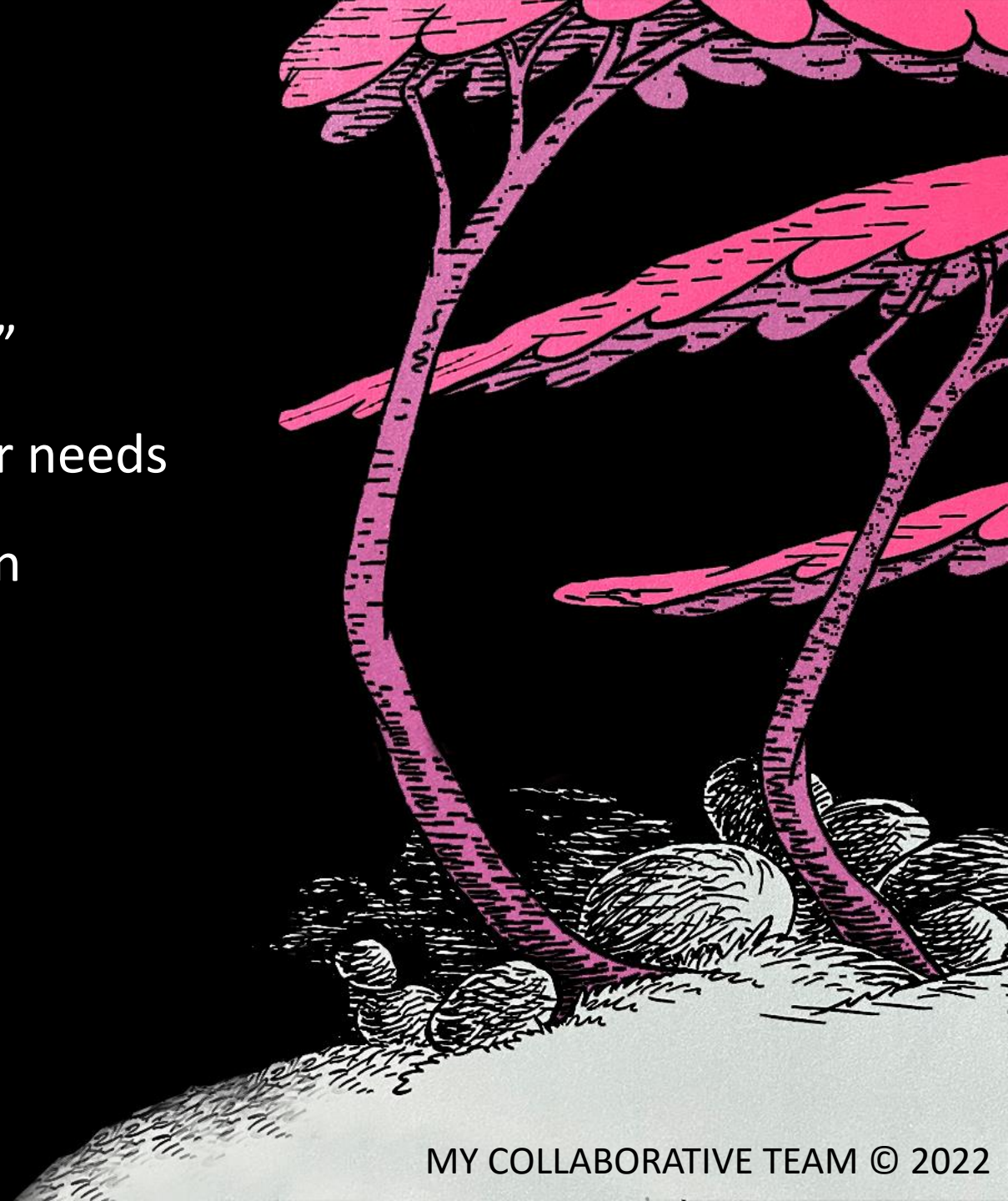


Trauma & Children

- Divorce as ACE
 - Risk factors
 - Short term vs Long term effects
 - Affect of divorce on the child
 - Child as a witness
- Crucial impact of acknowledging the effects on the child
 - Correct diagnosis/treatment
 - “Languaging” and interpretation of event(s)
 - personal impact

Special Needs

- All the same concerns as "neurotypical" children
 - Added layer of addressing particular needs related to diagnosis
 - Added layer of impact of changes on
 - Routine/need for consistency
 - Coping skills
 - Developmental maturity and understanding of events
 - Parental ability/bandwidth
 - Time
 - Patience
 - Emotional
 - Focus



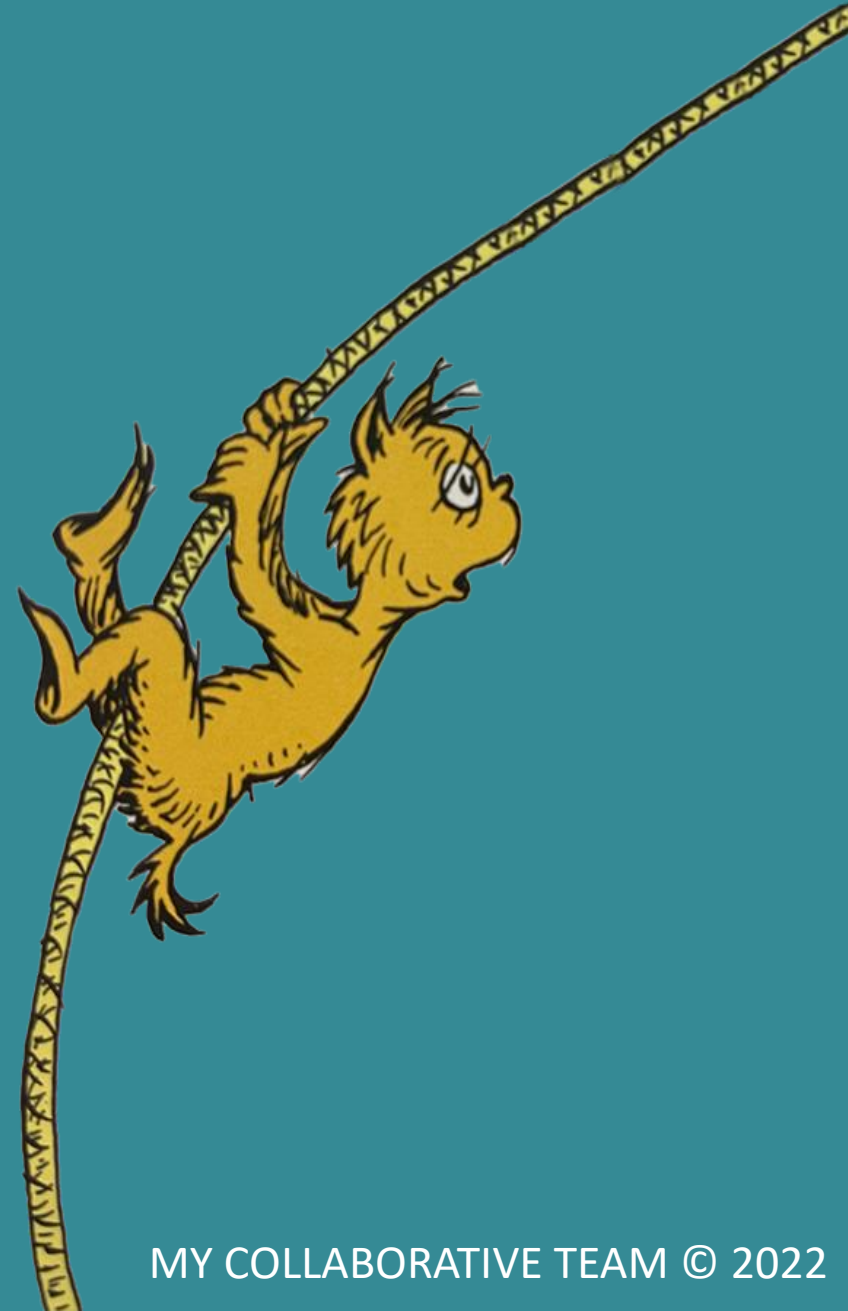


I ran in the house and I fell in a heap
I needed my rest, but I just couldn't
sleep.

--Dr. Seuss

Triggers

- A trigger is a stimulus that sets off a memory of a trauma or a specific portion of a traumatic experience
- Clients and Professionals



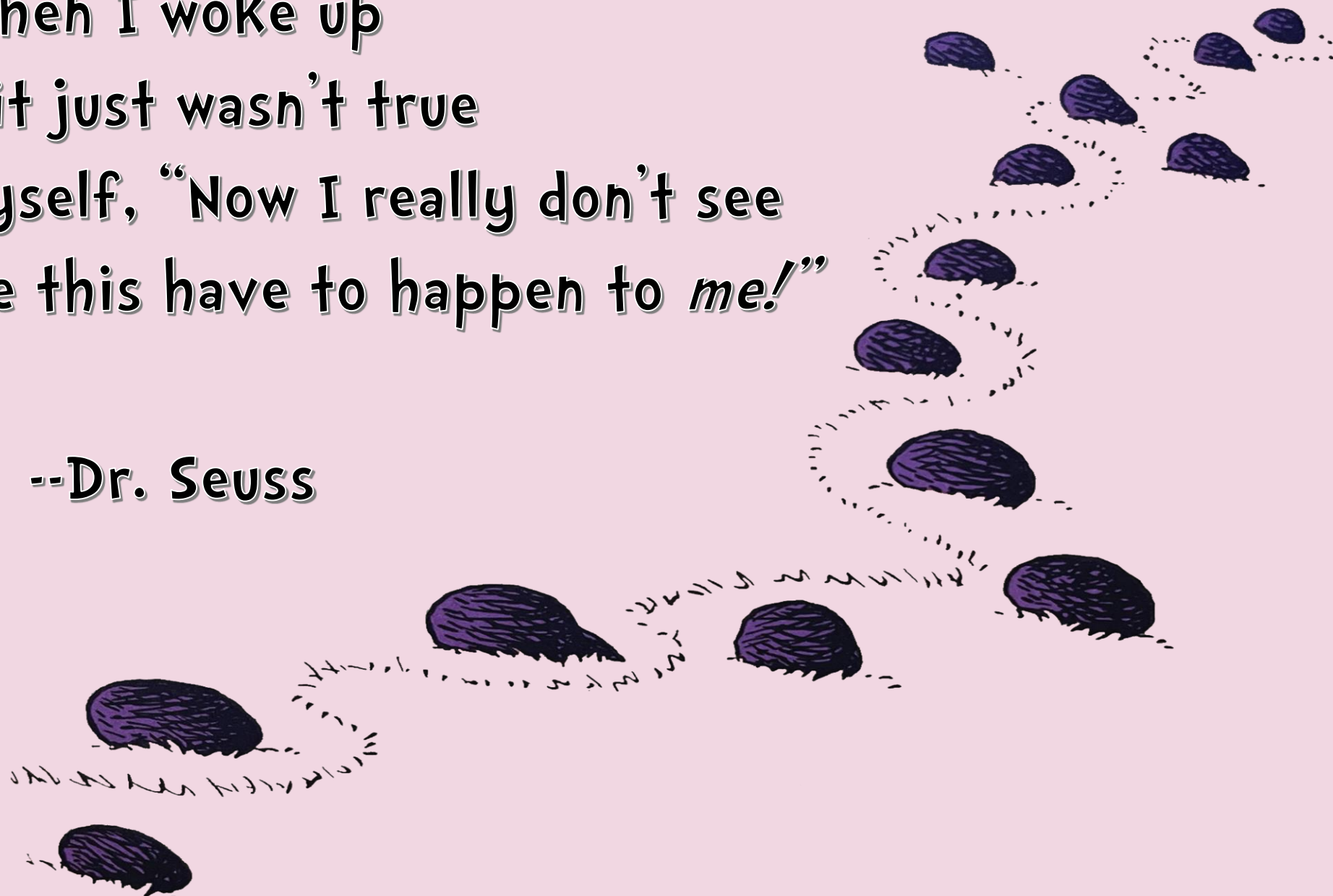
Mental Health Issues Related to Trauma

- Possible mental health issues
- Existing mental disorder prior to divorce process
- Substance abuse
- Personality traits magnified



Then I woke up
And it just wasn't true
And I said to myself, "Now I really don't see
Why troubles like this have to happen to *me!*"

--Dr. Seuss



Financial Trauma

- Fear of the Unknown
- Financial Power Imbalances
- Financial Insecurity



Financial Trauma

- Realization of financial circumstances
- Spreading income across two homes
- Sale of family home
- Lifestyle changes
- Impact on children (minor and adult)
- Special needs of family members
- Value of real estate and business(es)
- Lack of trust on financial issues





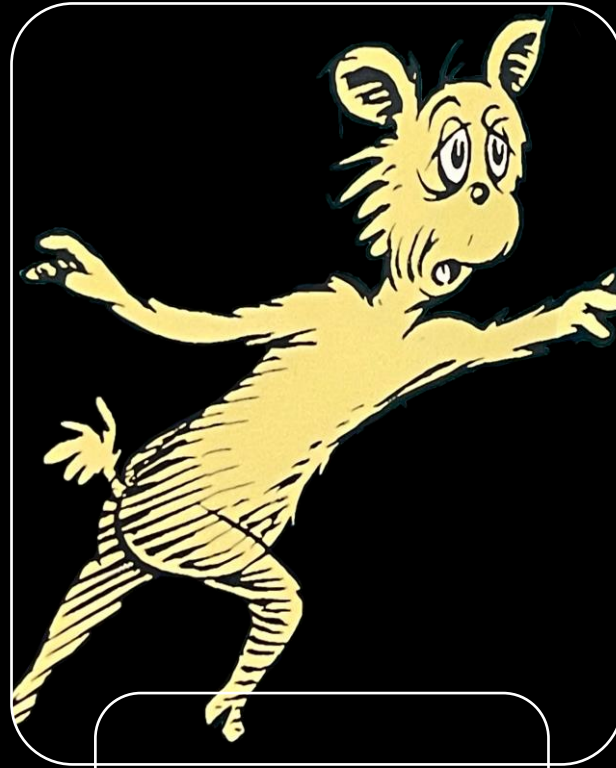
Then I dreamed I was sleeping on
billowy billows
Of soft silk and satin
marshmallow-stuffed pillows
On the banks of the beautiful
river Wah-hoo
Where they never have troubles.
At least, very few.

--Dr. Seuss

3 Aspects of Trauma



What
Happened



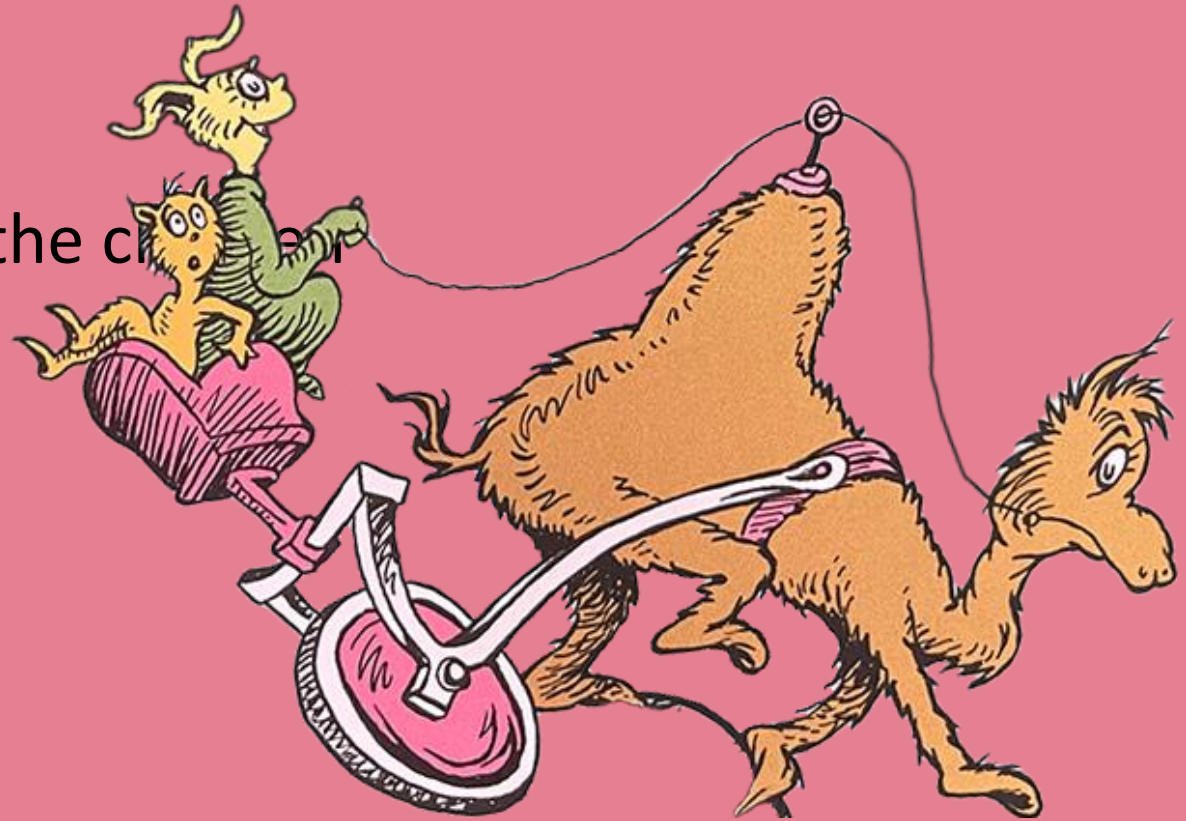
Survival



Life
Unlived

Benefits of Collaborative for Children

- Collaborative as a family- based movement
- Self-determination
- Children *“front and center”*
- Benefits for parents directly impact the children



I got to the top the top, but
it wasn't a friend!

And I saw my troubles were
not at an end.

--Dr. Seuss



Vicarious Trauma

- Secondary Traumatic Stress
- Psychological response resulting from empathic engagement with people experiencing trauma
- Signs and Symptoms



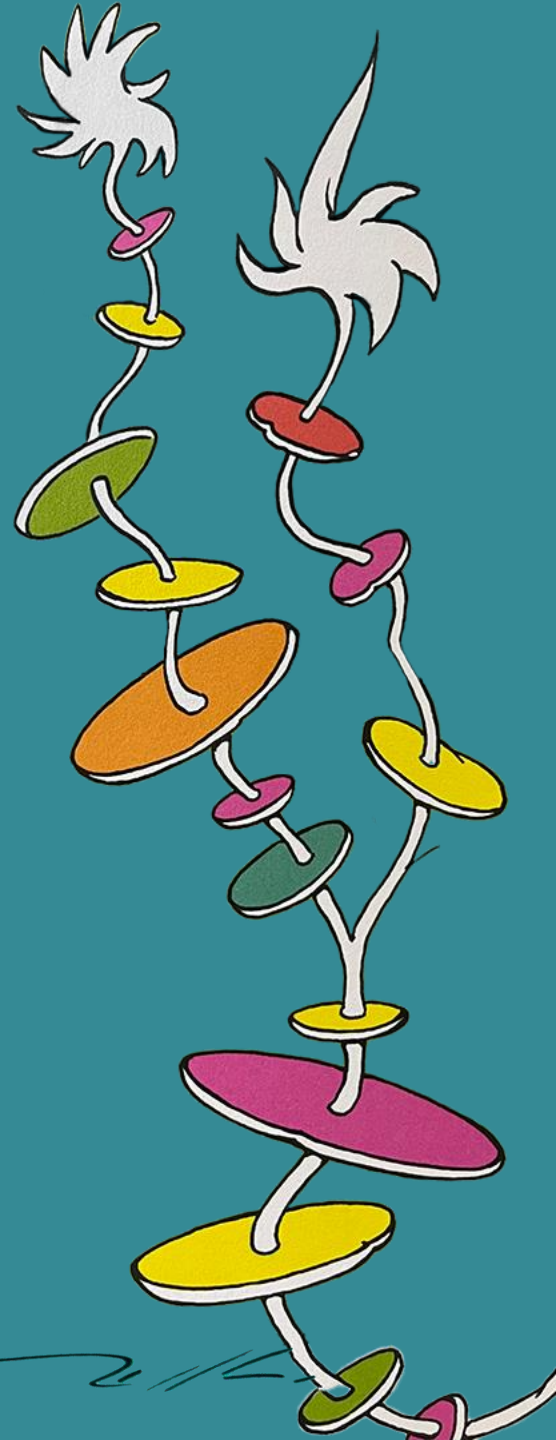
Addressing Trauma with Team Members

- Manage during Collaborative Meetings
- Self- care



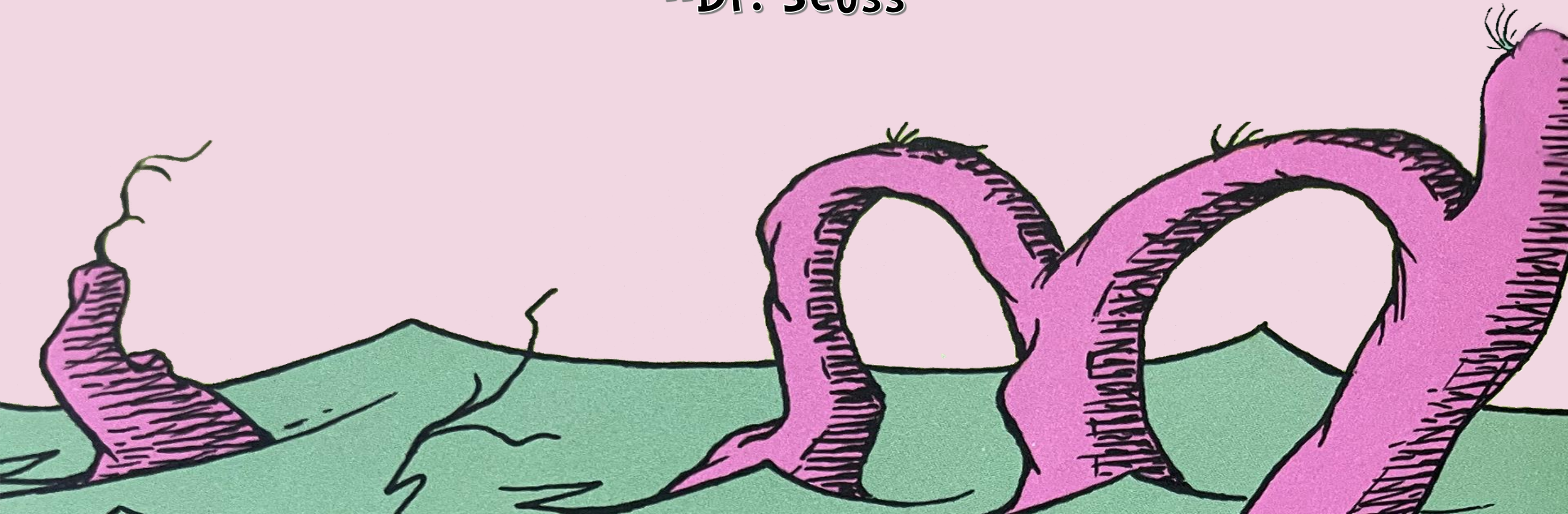
Implicit Bias

- Definitions
- Impact on perceptions and responses
- Effect on Collaborative Process



Your troubles are practically all at an end.
Just run down that hill and around the next bend

--Dr. Seuss



Guided by IACP Standards & Ethics

- Self-determination (3.2 A) Advocacy in the Collaborative Process
- Self-reflection (3.2 D & 3.4 A & C) Professional Teamwork



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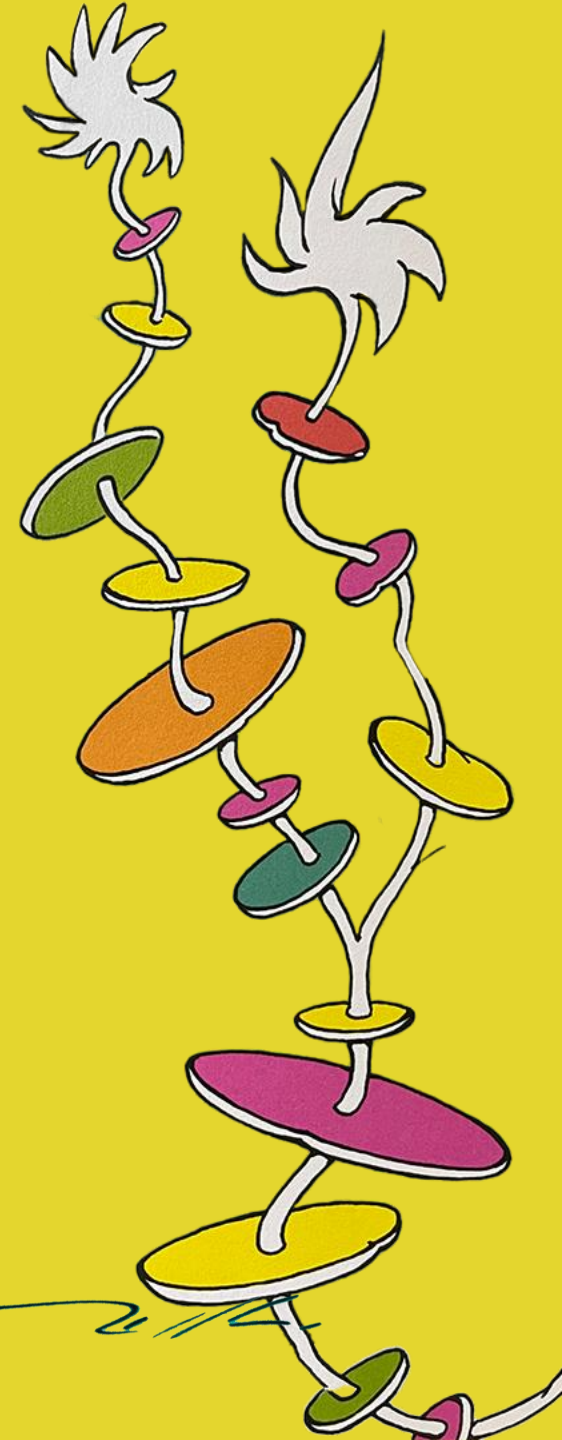
“Come on along with
me,” he said as he ran,
“And you’ll never have
any more troubles
again!”

--Dr. Seuss



Awareness of Implicit Bias in the Collaborative Process

- Address Bias
- Empathy
- Manage Bias
- Client's Bias



Trust in the Collaborative Team

- Feedback
- Trust Neutrals
- Confidentiality



Cultivating Compassionate Listening

- Finding out what matters and how much it matters
- Building capacity to stay centered in the “fire” of intense interactions or strong emotion
- Notice, unpack and contain our triggers
- Suspend judgement of ourselves and others
- Distinguish the impact of words and actions from intentions
- Maintaining self- exploration to enhance our awareness and discern the voice of deep wisdom from the field of inner chatter



So I started to go.
But I didn't.
Instead....
I did some quick thinking
Inside of my head.

--Dr. Seuss



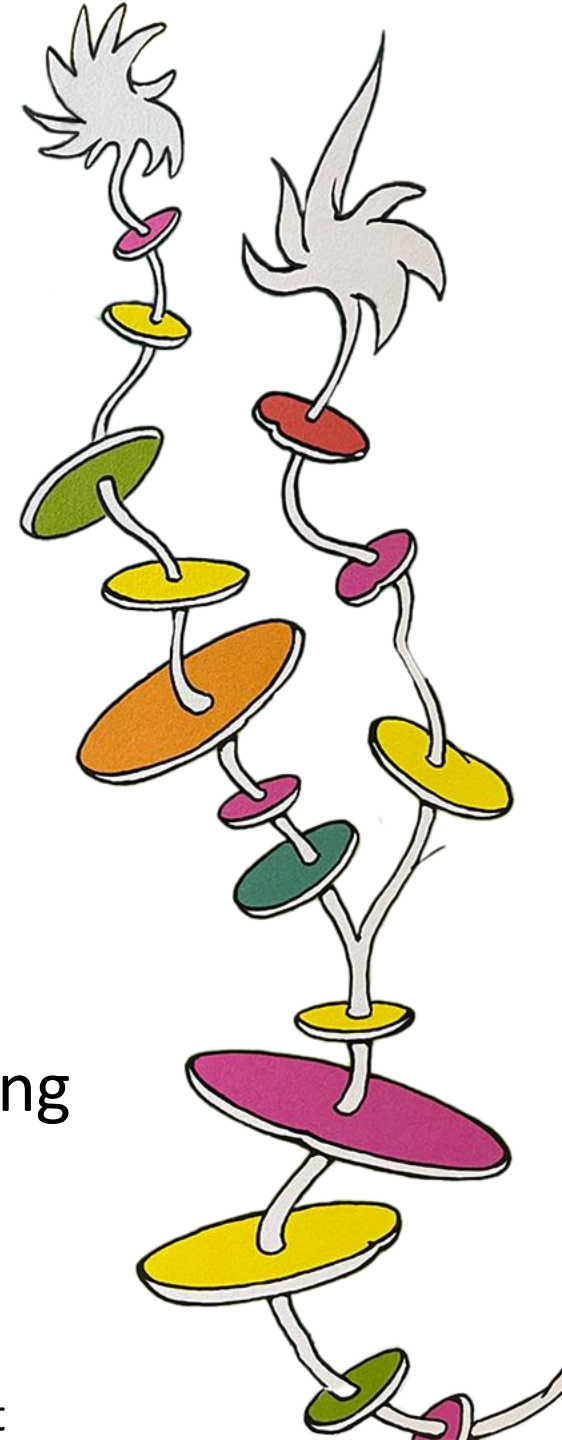
Opening the Pathway

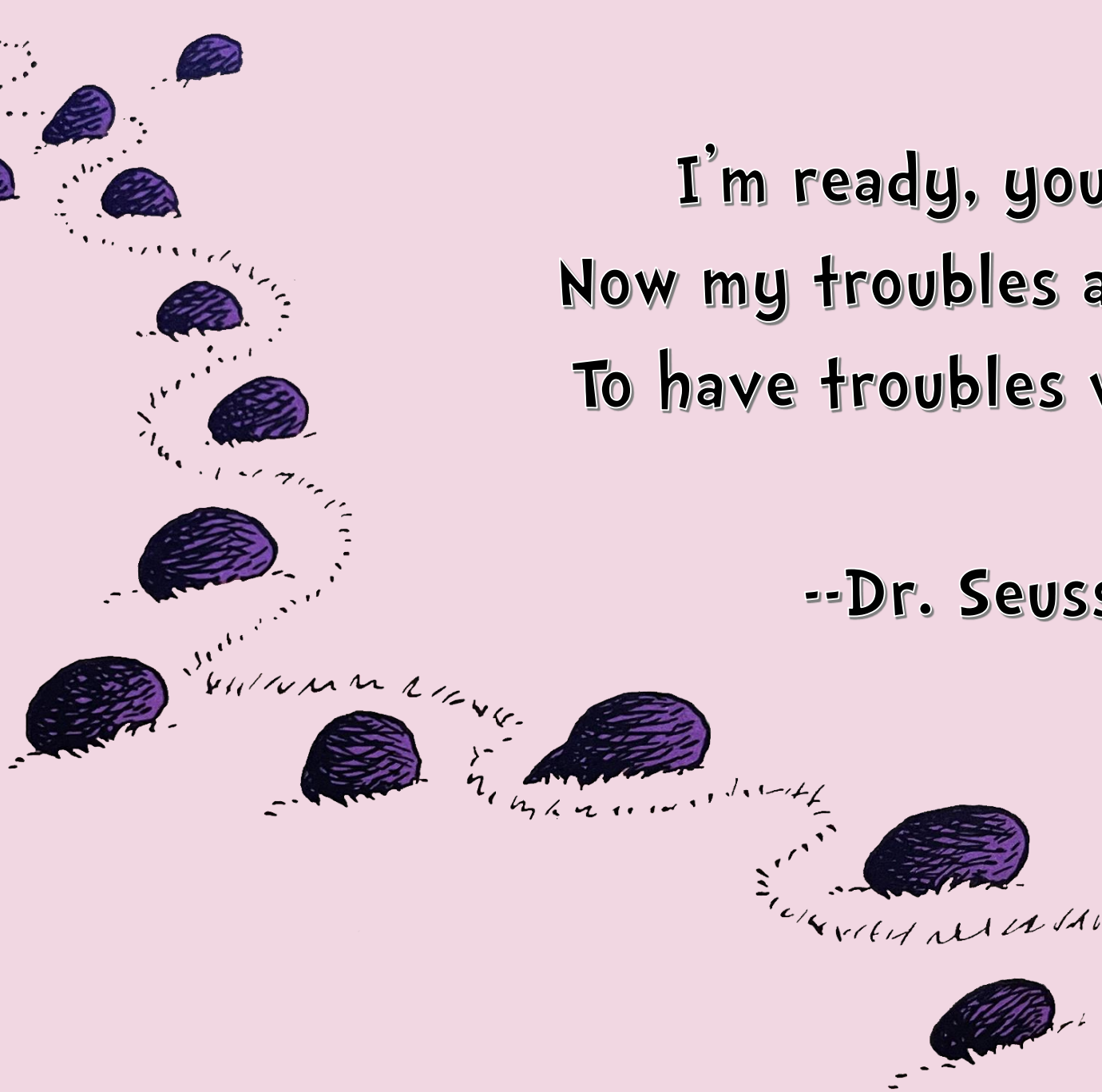
- Build **Trust** initially and sustained
- Sincere **Compassion** and **Empathy**
- Restoring and fortifying **Hope**
- Options and **Solutions**
- The door is always **Open**



Empathy

- The ability to put yourself in somebody else's shoes and to better understand the other person by getting to know their perspective
- Respecting Self and Others
 - Resist advising unless asked
 - Trust ability of client to solve problems (stay out of rescue/drama triangle)
 - Discern how our emotional state impacts the team
 - Respect differing tolerance levels and capacity for managing conflict
 - Hold the intention to do no harm

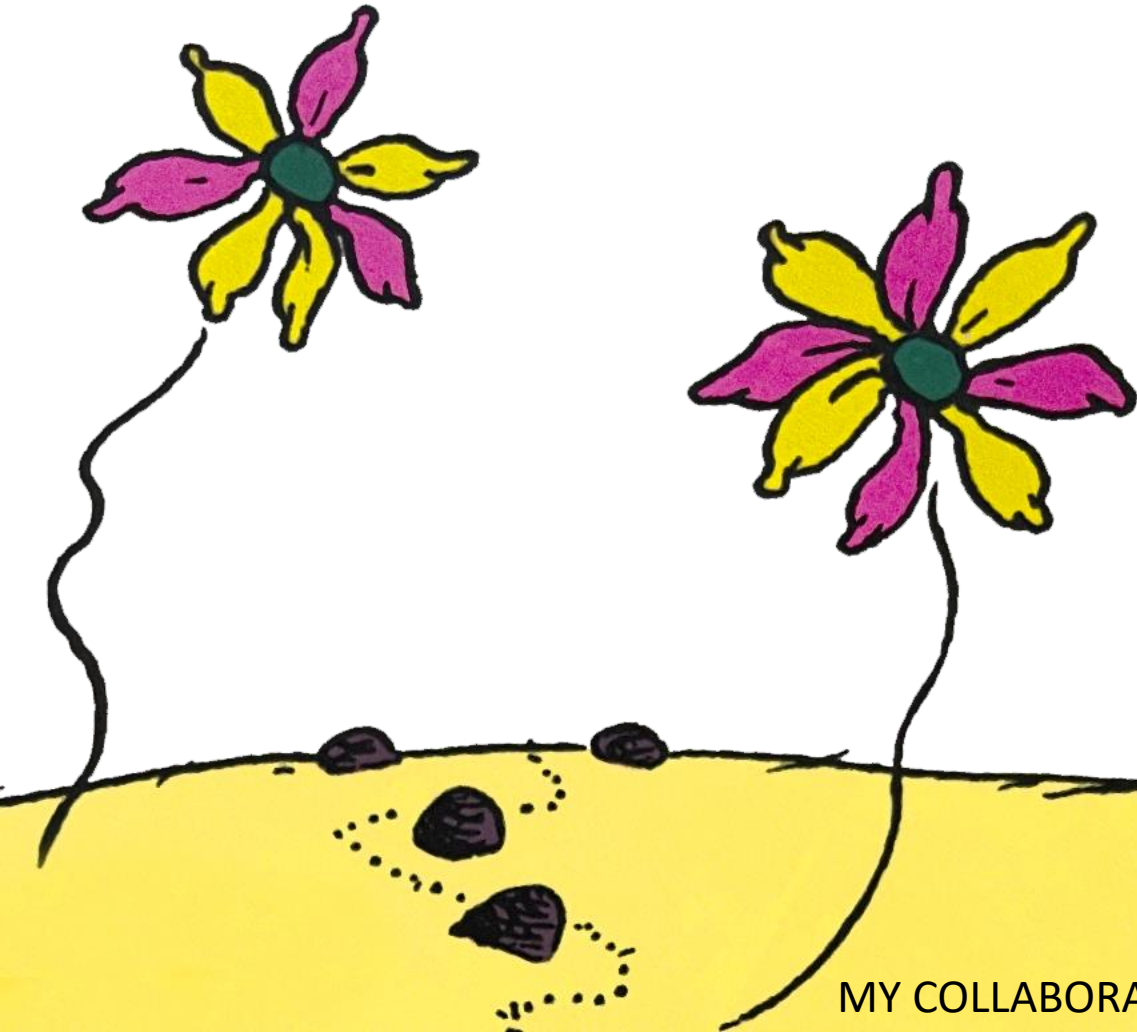




I'm ready, you see.
Now my troubles are going
To have troubles with *me!*

--Dr. Seuss

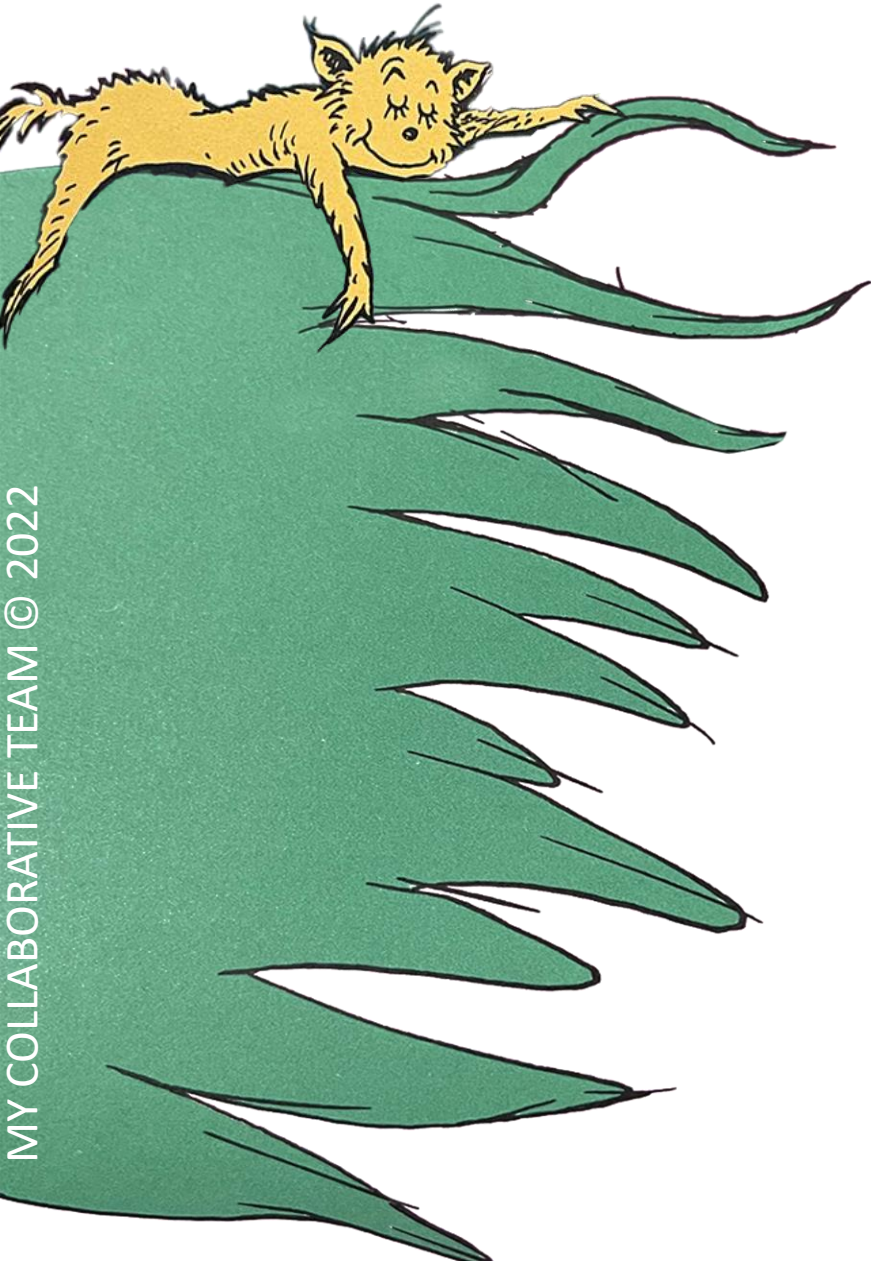
HOPE



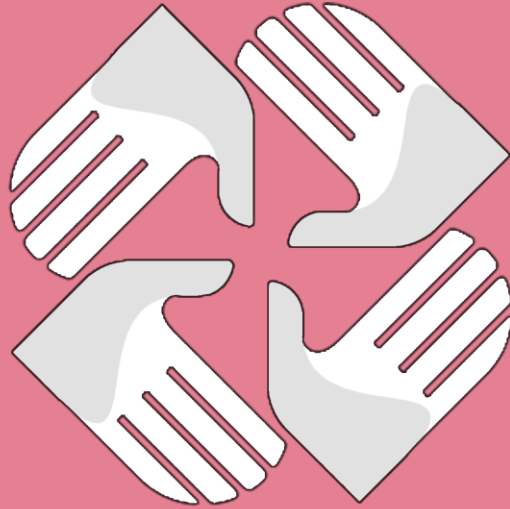
- “Listen to me with your heart”
- Anchor in the heart when listening for deeper qualities beneath the stories we hear
- Quiet our minds
- Stay grounded in our bodies
- Create spaciousness to manage tension created by multiplicity of views and feelings
- Offer listening as a gift, choosing to keep our opinions, stories and interpretations out of the way (“less is more”)

The Compassionate Listening Project

HOPE



- Speak from the heart
- Anchor energy in the heart when seeking words of understanding and connection
- Be courageous in giving voice to what has truth and meaning
- Language reflects an ability to connect to another's wholeness
- Language reflects a healing intention
- Identify in words underlying needs
- Reflective listening when responding
- Name the essence of the issue, feeling, or concerns expressed
- Reframe the issue, need, or situation to promote strength and healing



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