

Welcome to the PTSD Round Table and Support Class/Discussion.

Thanks so much for joining us and being a part of the SCA Journey. Your attendance is important and valued!

Did you know? It is estimated by WHO that almost 60% of the population will experience trauma that causes PTSD in a normal lifetime. Out of that 60%, 10-15% of individuals live with chronic issues from PTSD. Because of the Pandemic, it is estimated that the world itself as one entire community will be living with the implications and be “in recovery” for at least 50 years. That means, in a Nutshell, that the SCA can play an important role in communities in helping people heal; however, the term is often misunderstood and misused and a better understanding and an open discussion regarding PTSD is important.

Please read before the class!

The purpose of this discussion is to bring awareness to PTSD and the forms of PTSD that fall under the umbrella in a Safe Space. Everyone’s experience with PTSD is different. Everyone’s experience with Safety and Triggers are different. Please be respectful of the topic. This may be the first time someone is identifying as a PTSD survivor or seeking information for a better SCA experience, too help others, be an Ally or be a better Steward. All questions are welcome. All questions must maintain the dignity and respect of the asker and those who are answering.

“There is a difference between knowing the Path and walking the Path. But sometimes, others put us on the Path. We walk the Path, not of our own making. We do not choose it. We continue the Path for others, only because we want to be seen. Only when breaking from the unquestioned established Path and being our true selves, can others fully see us, and we, can see ourselves.

Referenced: “The Matrix, Morepheus, 1999” “Discovery, 404, Tilly, 2021”

“The desire to bring our whole selves to an organization, our gender, our parental status (4-legged kids, 2-legged kids, co-parents, or mentor), our creative styles, our education, our views on the world, our dreams, our professions, our culture, our race, our disabilities, our mental and emotional selves, the ability to bring all of this with us is the recipe that makes us belong. Belonging gives us comfort to be our true selves. To genuinely motivate and drive us to contribute and to push beyond our barriers and still contribute. Our diversity and inclusion is about belonging. Respected. Appreciated. Empowered. When we belong, we can empower others.”

Some feelings that can surface during a Trigger. These were identified and defined by survivors of PTSD.

- ❖ Anger – when you feel you’re being manipulated, disrespected or played and that no one cares
- ❖ Pity or sadness – when you feel the other person is weak or defeated (not like depression)
- ❖ Shame or guilt – when you feel other’s emotion(s) are somehow your fault and everyone “knows”
- ❖ Defensiveness or hostility – when you feel others are blaming you and you are the only one who can help yourself...and no one cares
- ❖ Frustration or overwhelm – when you feel pressured to deal with and be responsible for other people’s emotions or cannot verbally explain your emotions
- ❖ Fear – when you expect the situation to escalate into something worse, you can’t control it and you can’t breathe

- ❖ Anxiety-A mixture of fear, sorrow, and feeling that one is “unworthy” and that all hell is going to break loose.

Great way to explain a touchy subject, start with “I feel...”

Triggers: Please advise, some examples of Triggers and others may be brought up during the discussion. Please know that you will be responsible for removing yourself from the conversation if needed. This is a safe space.

- ❖ A movie, television show, or news article that reminds them of the experience
- ❖ A person connected to the experience
- ❖ Arguing with a friend, spouse, or partner
- ❖ A specific time of day
- ❖ Certain sounds that remind them of the experience (a military veteran might be triggered by loud noises that sound like gunfire)
- ❖ Changes to relationships or ending a relationship
- ❖ Significant dates (such as holidays or anniversaries)
- ❖ Going to a specific location that reminds them of the experience
- ❖ Smells associated with the experience, such as smoke

These Triggers will be identified, and the acronyms, see below, will be used by group participants. Individuals who discuss these Triggers may do so; however, please start with identifying a Trigger out of respect for others. If you are unsure, err on the side of caution. Please use the acronym associated with it. The Group Facilitator will identify the end of a topic or answer to a question, if anyone’s screen goes blank.

For example, “Triggers: E.V, Hardware, S.H. I would like to know how best serve my barony when those who experience S.H Triggers can participate in War Events?” Sir Ment Allhealth’s screen goes blank. The Group discusses the issue (like Star Wars, we stay on target). After the end of the answer or topic, the Facilitator states, “Does anyone else have anything they would like to add?” Everyone says no. Facilitator holds up card that says, “Safe.” Sir Ment Allhealth’s screen is back on display. No asks why.

- ❖ Rape and Sexual Assault (S.A)
- ❖ Abuse (physical, mental, emotional, verbal, sexual)
- ❖ Child abuse/pedophilia (C.A)
- ❖ Animal cruelty or animal death (A.C)
- ❖ Self-injurious behavior (self-harm, eating disorders, etc.) (S.H)
- ❖ Suicide
- ❖ Excessive or gratuitous violence (E.V)
- ❖ Needles, guns, knives, tasers, rope (hardware)
- ❖ Depiction of pornography (including child pornography) (C.P)
- ❖ Incest (including any and all elements of romantic or sexual relationships between family, tonal in theme, thought, or activity) (C.M)
- ❖ Kidnapping (forceful deprivation of/disregard for personal autonomy)
- ❖ Death or dying
- ❖ Pregnancy/Childbirth
- ❖ Miscarriages/Abortion (We are not here to discuss the ethics or rights of abortion. The topic is included for information ONLY. **Anyone** who indicates any view for or against will be immediately blocked and removed from the session).
- ❖ Blood
- ❖ Mental illness

- ❖ Drugs/Alcohol (D.A)
- ❖ Eating Disorders (E.D)
- ❖well, basically anything can be a Trigger. But these are the biggies.

Thank you so much for taking time to be here. I look forward to everyone's input.