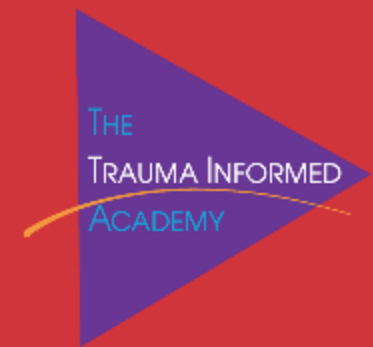


# The Trauma of Poverty

--reducing the time, trauma, and costs of healing

Elizabeth Power, M.Ed.

10/12/2023

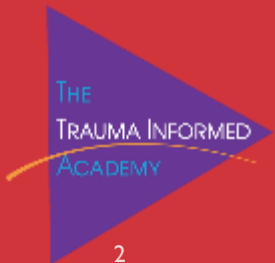




# Objectives



1. Connect skills to needs from keynote.
2. Discuss five core skills and their role in reducing the impact of poverty.
3. Demonstrate the five core skills presented.





**Children are meant  
to grow up feeling  
safe and secure.**

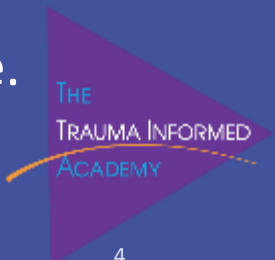
**When they live in financial,  
emotional, intellectual  
poverty—safe is dangerous,  
and secure is different.**



# Bad things happen

- Natural disasters
- Medical crises
- Financial instability
- Homelessness
- Abuse
- Accidents
- Neglect
- Crime victimization

...and more.







## Then what happens?

When people feel like they might die, lose their minds, or be badly injured, they can't learn.



**“If you can learn, you can heal.**

**Learning requires no diagnosis and the skills you need?  
They’re common best practices in childrearing and skills  
common to SEL, EQ, and trauma recovery.”**

Elizabeth Power, M.Ed.

**Relationship &  
connections diminish the  
impact of poverty.**

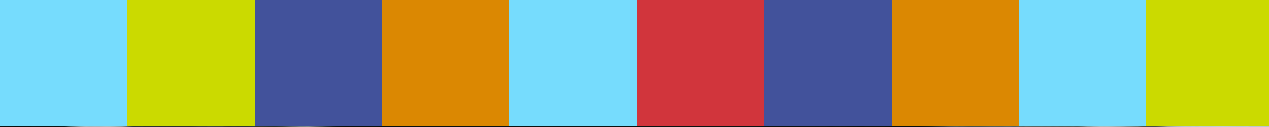
**Even when our skills need  
a boost, we heal in  
relationships.**



Hey y'all! Watch this (short, silent) video:

making new neural connections  
(a very short clip...)

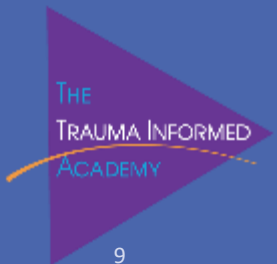




# 1. Install the good



- Do before going to sleep.
- Call up one good thing from the day.
- Use your mind to intensify the feeling of good.
- Focus on it for 20 seconds.



# 1: Try it!

Pick one. Turn the feelings up. Hold 20 seconds.



**Food.**

**What tasted good?**

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**Place.**

**What pretty thing did you see?**

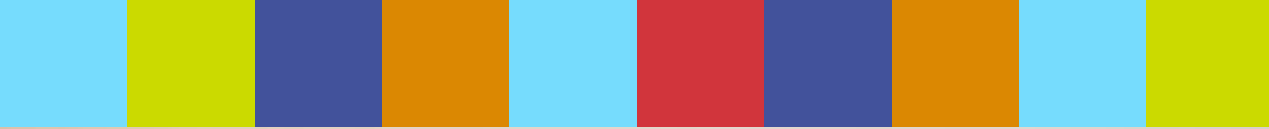
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**Relationship.**

**What kindness happened?**

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TRAUMA INFORMED  
ACADEMY



**How might you use this  
at home? At work?**



## 2. Use inner connections

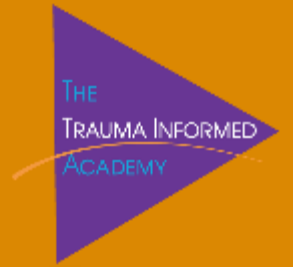
- Build an inner library.
- Additive, not a replacement.
- Memories: recipes, jewelry, playlists, places, gifts received.



# 2: Try it!

Pick one. Pair up. Say hey.

Tell each other the story—positives only.



**Place.**

**Where you'd  
visit again—and  
the story.**

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**Gift.**

**Gladly  
received—and  
the story.**

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**Food.**

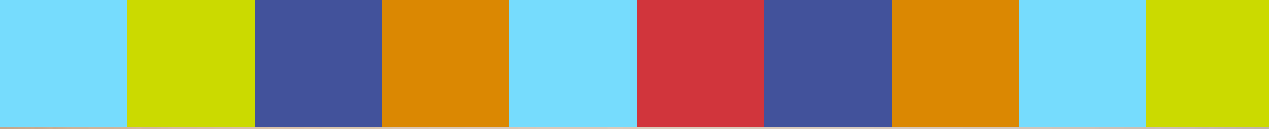
**Favorite  
recipe—and  
the story.**



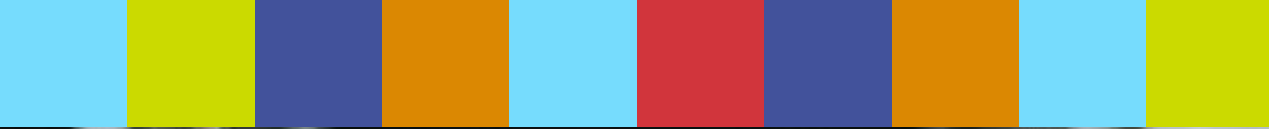
**Music.**

**Favorite music  
—and the  
story.**





  
**How might you use this  
at home? At work?**



# 3. Name the strengths

- Use labels of strengths you admire: persistence, know your boundaries, believe in yourself.
- Listen to what you say in your head.
- Flip to strength based.

# 3: Try it!

Pick one strength. Identify the strengths it represents. Find a partner, or be your own. Share.



**Limits.**

**She ran away to escape abuse.**



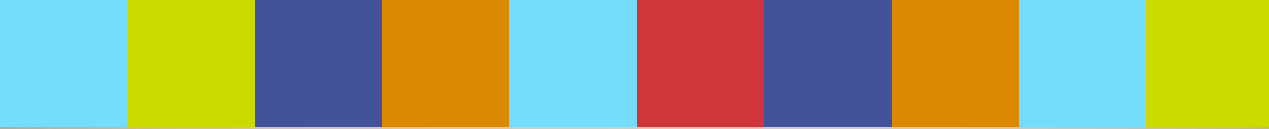
**Knowing needs.**

**He blew through families one after the other, quickly.**



**Persistence.**

**She was hospitalized over 40 times in 20 years.**



  
**How might you use this  
at home? At work?**



## 4. Make Elastic Emotions

- Learn more names.
- Identify where people feel them in their bodies, what evokes them, and how they respond.



# 4: Try it!

Pair up. Say hey. Pick one. Look up synonyms.

Talk about what makes you feel the synonym, where you feel it in your body, what you do to change how you feel.



**Happy.**

**Glad, pleased,  
joyful**



**Sad.**

**Grieved,  
sorrowful.**



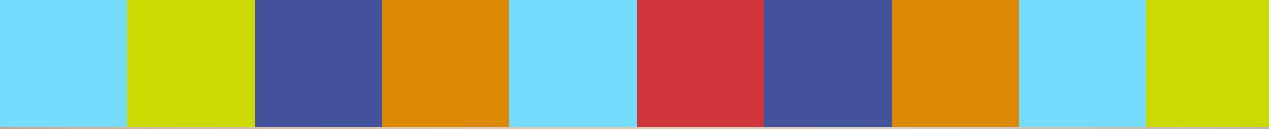
**Angry.**

**Annoyed,  
peeved.**



**Scared.**

**Anxious,  
terrified.**



  
**How might you use this  
at home? At work?**



## 5. Sustain hope

- Counter negativity bias.
- Feed the future.
- Find and tell success stories. Everyone knows the failure stories.

# 5: Try it!

Pick one..



**Learning.**

**What are you curious about?**



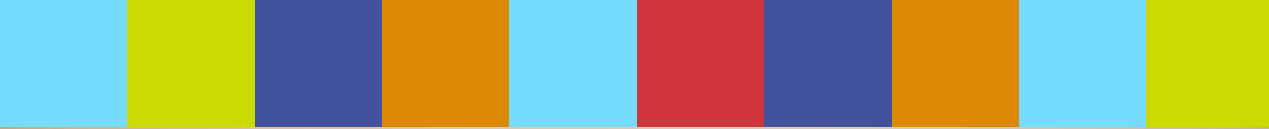
**Earning.**

**What does it feel like to have “Plenty”?**



**Health.**

**How can you help your body thrive?**



  
**How might you use this  
at home? At work?**



# Thank you

*If you like what I do, please  
don't keep me a secret!*

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