



Deaf Survivors

Mental Health Implications

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The Audience

- Disciplines
- DV or SA
- Experience with Deaf survivors
- What you hope to learn

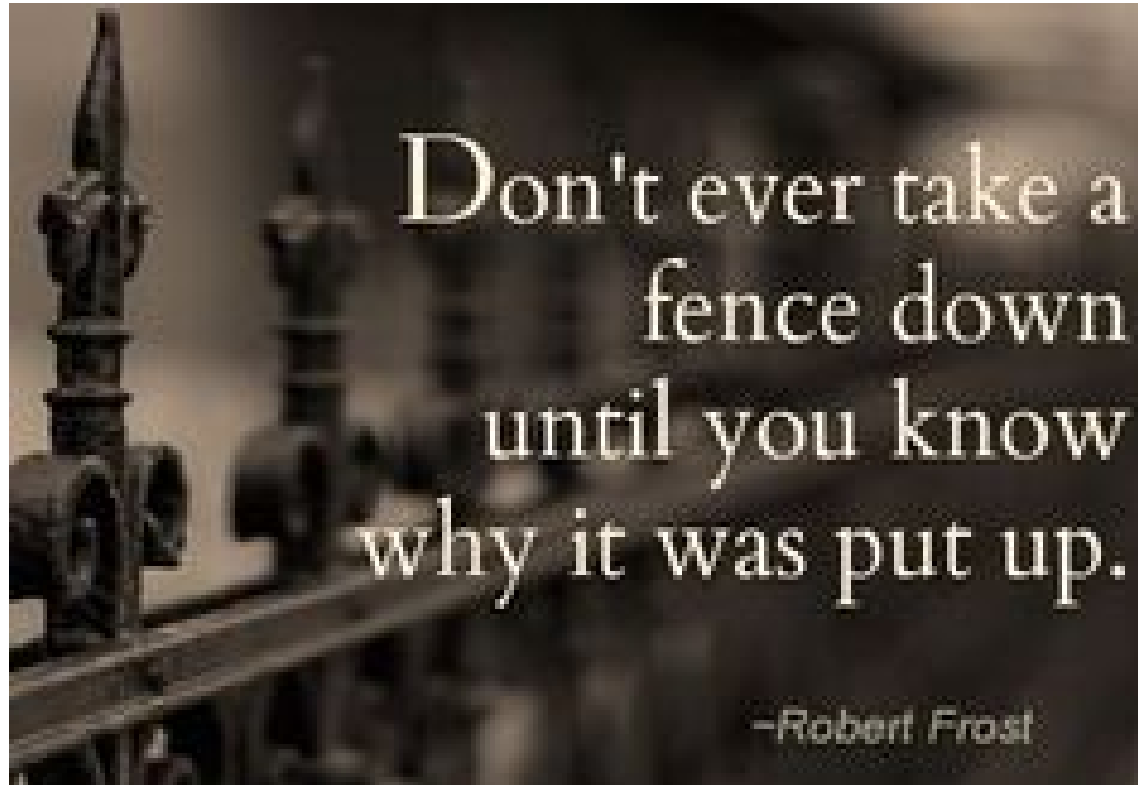


Trauma-Informed Care

- [Healing Neen](http://youtu.be/QQfWE9TD_bA) (available at http://youtu.be/QQfWE9TD_bA)
- Incorporating an understanding of the impact of trauma and the complex paths to healing and recovery. Avoids re-traumatizing of both survivors and staff, by implementing five core values of **safety, trustworthiness, choice, collaboration, and empowerment.**



Remember-





Behaviors as Adaptations

- Chemicals involved with
 - Flight, fight, or freeze reaction
 - Forgetfulness
 - Indecisiveness
 - Hypervigilance
 - Drug use/abuse
 - Self-harm



Posttraumatic Stress Disorder

- Exposure to actual or threatened death, serious injury or sexual violation
 - Directly experiencing the traumatic event(s)
 - Witnessing, in person, the event as it occurred to others
 - Learning that the trauma occurred to a close family member or close friend
 - Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)



Diagnostic Clusters for PTSD

- Re-experiencing
- Avoidance
- Negative cognitions and mood
- Arousal



Complex Posttraumatic Stress

- Service providers gain an increase in:
 - Compassion
 - Empathy
 - Patience
 - Trauma-Informed care



Culturally Competent Therapy With Deaf Survivors

- Aware of their own beliefs, biases, values, and personal limitations as target and agent memberships
- Knowledgeable of Deaf culture, Deafhood, Audism and the cultural diversity within the Deaf community
- Interventions are appropriate and relevant to the Deaf population
 - Adapted from Sue and Sue, 1990



Cultural consultation





Aftermath of Abuse

Survivors in general

- Safety planning
- Reporting
- Legal process
- Shelter/housing
- Healthcare

Deaf Survivors

- Support Factors
- Communication Barriers
- Risk and Protective Factors
- Fear
- Culture
- Other factors



Support Factors

- Community
- Many barriers for shelter and service providers
- Level of strength – professional and natural
- Reaction of the Deaf community



Support Factors Cont'd

- Status of Survivor and/or the abuser in the community
- Lack of funding for quality support system
- Misdiagnosing
- Incorrect treatment



Communication Barriers

- Language mode
- Spectrum of language fluency
- Case presentation



Communication Barriers Cont'd

- Issues of interpreters related to health care
- Therapists' and Advocates' Signing levels
- Court/legal proceedings



Risk and Protective Factors

- Coping skills and self-concept
- Level of familiarity with the abuser
- Upbringing



Risk and Protective Factors Cont'd

- Use of threats or coercion
- Feeling responsible
- Other history of trauma &/or abuse



Fear

- Of not being believed
- Of police, CPS, social workers
- Threats or fear of retaliation
- Re: confidentiality



Culture

- Base trauma from miscommunications and vulnerabilities
- Lack of awareness of concept of trauma, symptomology, and/or resources
- Screening tools incompatibility



Cultural Factors Cont'd

- Belief in myths surrounding SA and DV
- Isolation
- Lack of trust in community
- Safety net
- Identity in Deaf culture



Other Factors

- Self blame, guilt, shame
- Fixed income, housing difficulties
- Learned dependence
- Lack of exposure to healthy relationships



Other Factors Cont'd

- Limited scope of life skills
- Therapist's boundaries
- Resources



Oppression

- Societal bias
- System discrimination
- Power and control tactics
- Example of Deaf immigrant Survivors



Oppression (2)

Code switching

Interpreting

Transference

Counter-transference



Oppression (3)

[Family Therapy: Deaf or Hearing Professional](#)

(available at <http://youtu.be/hZYn1iRRkfY>)

www.ascdeaf.com



Specific Needs of Deaf Survivors

Medical
appointments

Advocacy

Therapy
groups



NO “ONE SIZE FITS ALL”!



Sources

- DSM V
- [National Association of the Deaf](http://nad.org) (available at <http://nad.org>)
- National Association of State Mental Health Program Directors; “Trauma in the Deaf Population: Definition, Experience, and Services”, July 2012
- [Alternative Solutions Center](http://www.ascdeaf.com) (available at www.ascdeaf.com)



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- Harborview Medical Center Center for Sexual Assault and Traumatic Stress (available at <http://depts.washington.edu/hcsats/resources.html>)



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- “Trauma Exposure and Traumatic Symptoms in Deaf Adults”; Psychological Trauma: Theory, Research, Practice, and Policy 2012, Vol 4, No 1, 117 – 127; Schild, Sven and Constance J Dalenberg.



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- “Cognitive Processing Therapy with a Prelingually Deaf Patient Suffering From Posttraumatic Stress Disorder; Clinical Case Studies 2013 12: 73; November 29, 2012; Julia Koenig; Sage Publications
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