

9th World Summit on Mental Health, Psychiatry and Wellbeing August 10-11, 2022 | Webinar

Volume: 24

The link between trauma and physical/emotional dysregulation

Abigail Barragry

Abigail Barragry Psychologies, UK

The main component of trauma informed work is that we need to use a bottom-up approach. This means rather than using language and cognitive reasoning to help individuals manage their feelings, we start with the body. We need to ask not 'what's wrong with you', but 'what's happened to you'. Physical dysregulation is a major difficulty for children with trauma but also many other issues such as anxiety, ADHD, ASD and many more. Bessel Van Der Kolk recently said he advocates that all children in all years should receive teaching on how to self-regulate. This includes understanding of how the brain works, breathing, interactive techniques, noticing and moving. This can then facilitate an understanding of 'who they are'.

Although ADHD can't be 'cured', research shows that through self-understanding and recognising how our brains and body work, that neural fine-tuning can be tweaked and symptoms better managed. Gabor Mate questions whether most physical dysregulation doesn't have a basis of trauma somewhere upstream, whilst acknowledging for many there may be a biological predisposition.

In this presentation I draw upon the work of the most current trauma informed practitioners, including the above mentioned along with Stephen Porges (Polyvagal theory). I also draw on my work with a 3,000 strong group of adults across the world who have/feel they have ADHD. Finally, I draw upon my own experience of trauma, ADHD and self-understanding. All life is work, and all work should, I feel, be life.

Biography

Dr Abigail Barragry, She has held a doctorate in Educational Psychology, she has undergone training in a wide variety of therapeutic modalities to work with children and adults. These include ACT, CBT, Creative Arts Therapy and Trauma Informed practice. She also holds a Masters degree in performing arts. My approach is solution focused, supporting individuals through body-mind integration and to re-connect to their inner child. After all, all life is improvisation

abigail_barragry@yahoo.co.uk