


Healing Feeding Trauma, it Takes a Village

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 (Special Guest: Maya Roberto, CHD Warrior)



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Summary of Presentation

- This presentation will provide a brief overview of the neurobiological impact of medical trauma on children and their families, will provide practical strategies to use to help children and families heal from trauma, and will empower families to know how to help their children and family members navigate the impact of feeding trauma for them and their children.

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Learning Objectives

4

Summarize the landscape of medical trauma on the mind and body of children and families.

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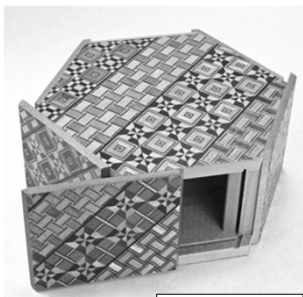
Describe strategies to overcome implications of trauma related to feeding challenges.

6

Use resources attainable for families impacted by feeding trauma.


3

Container Exercise



4

Our Journey



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Maya Lucia Roberto 3/27/2007

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    graph TD
      A[34 week premature IUGR] --> B[Undiagnosed CHD prenatally]
      B --> C[1 OHS at 7 days old]
      C --> D[2nd OHS at 10 months old]
      D --> E[3rd OHS at 4 years old]
      E --> F[4th OHS, 7 days post op from 3rd OHS]
      F --> G[Yearly Cardiac Follow ups: MRI's, Echo's, etc...]
      F --> H[Growing into a beautiful young lady]
    
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Newborn (1st OHS)



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Growing and Feeding (10months)



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Oral Motor Defenses



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Heart Saving Miracle Surgery



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Sisters



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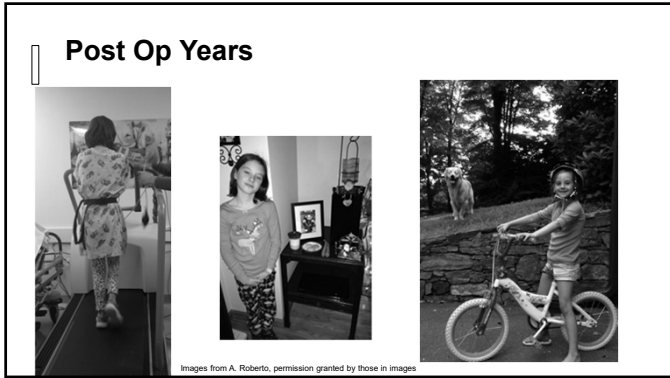
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3rd and 4th OHS (4 years old)



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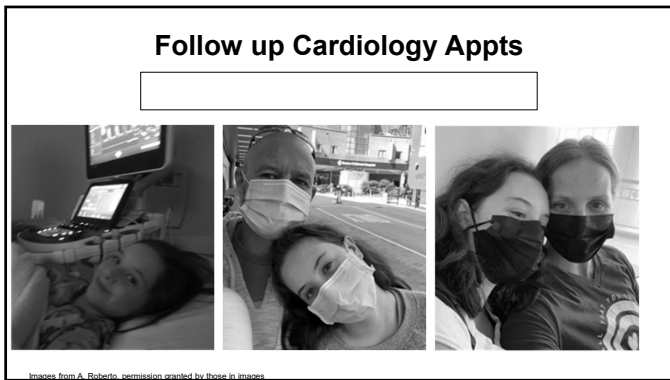
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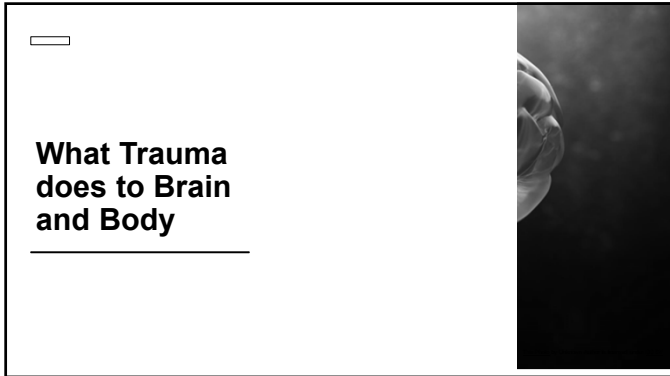
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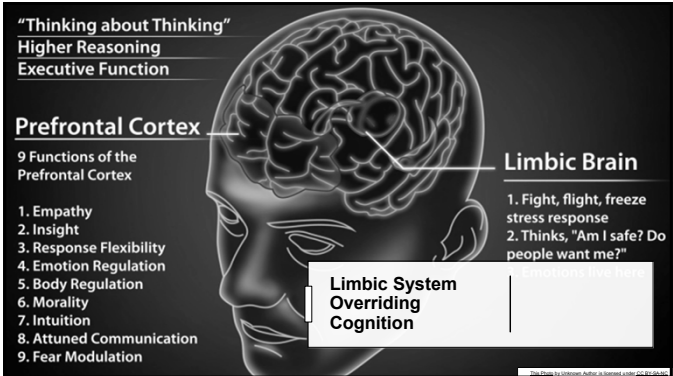
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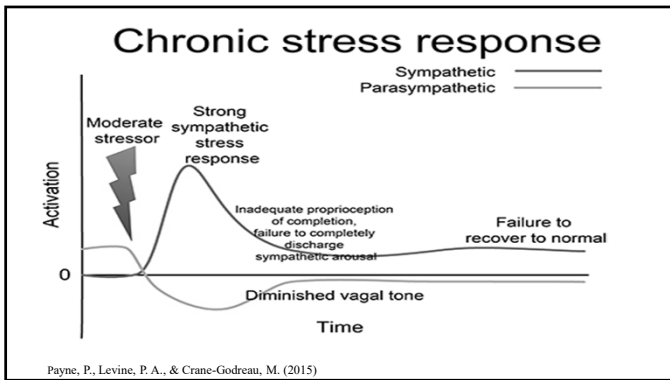
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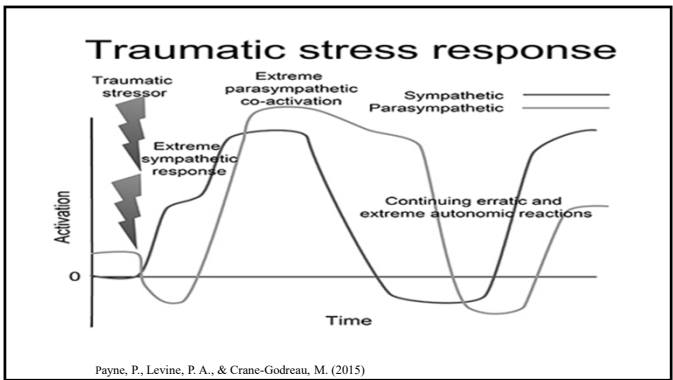
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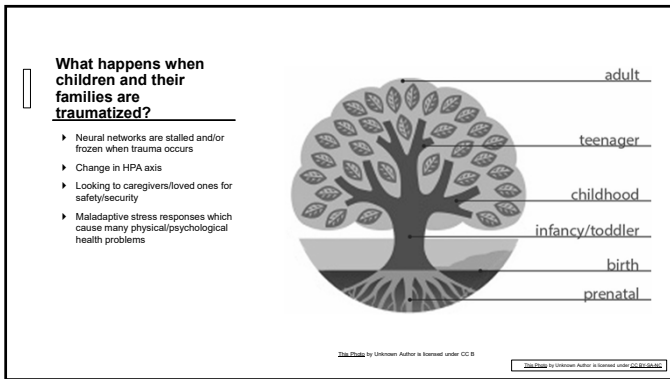
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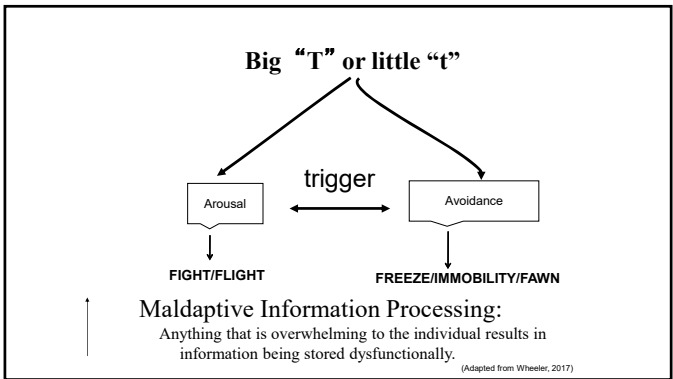
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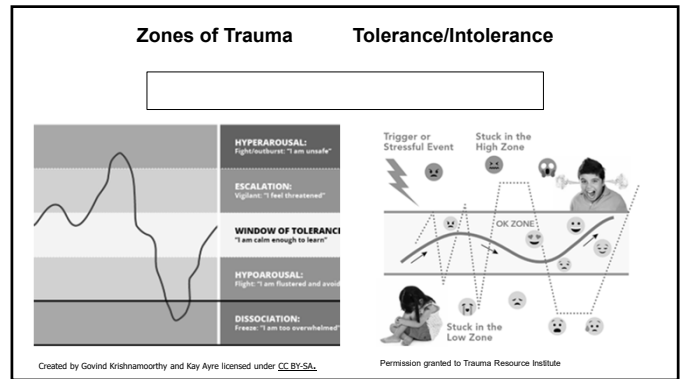


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Common Trauma Symptomatology

Sleep disturbance	Poor control of chronic disease	Restricted affect or numbing
Weight gain or loss	Developmental regression	High risk behavior in adolescents
Failure to thrive	School failure or absenteeism	Unexplained somatic complaints
Enuresis, encopresis	Aggression	Depression
Constipation	Poor impulse control	Anxiety
Hair loss	Frequent crying	Interpersonal conflict

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Steps to healing

Eye
Movement
Desensitization &
Reprocessing

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Labeling emotions/triggers

- Current "sore spots" or "my buttons"
- "Things that make me have mixed up feelings"
- Five Senses
- Body Scan
- Assessing systems capacity vs amount of trauma/ mixed up thoughts

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Butterfly Hug

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Bilateralization (Left/Right)

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5 S's Reintegration

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PLAY TIME

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Calm place

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What helped Maya on her journey?

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Container Exercise

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Thank you

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