



# BE CURIOUS, NOT JUDGMENTAL

Omar Reda, MD

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Who picked a piece of candy? Who ate their piece?

Impulse control, instant satisfaction, availability, familiarity, "good" feeling

Many times, we stick with the same brand or product line like a favorite candy, ice-cream flavor, airline, cartoon, destination, etc., but why?

If something is popular, it doesn't mean it is the right/only thing to follow or adopt

With such beauty around us, we need to celebrate, rather than alienate

We miss out on what we dismiss (cow tales)

Look at the table (who and who isn't there, and why?)

To be curious is to open your heart, which is the very definition of being trauma-informed

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### **We are in Norman, OK today**

But who here is “normal”? And who feels okay?

Some times, it is okay to not be okay, and other times it is not okay to be okay

Per Dr. Gabor Mate “when it comes to trauma, we are all on the spectrum”

Scan your body (the body keeps the score), how about your mind, heart, and soul?

What can you do with all of this moral injury and survivor guilt (holding the unholdable)

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The trauma of bearing witness

The power of deep kindness heals the trauma of human disconnection

There is a pandemic of loneliness and generations of invisibles

We all need to be seen, heard, and trust someone with our needs

“For years, mental health professionals taught people that they could be psychologically healthy without social support, and that “unless you love yourself, no one else will love you”. “The truth is, you cannot love yourself unless you have been loved. The capacity to love cannot be built in isolation”.

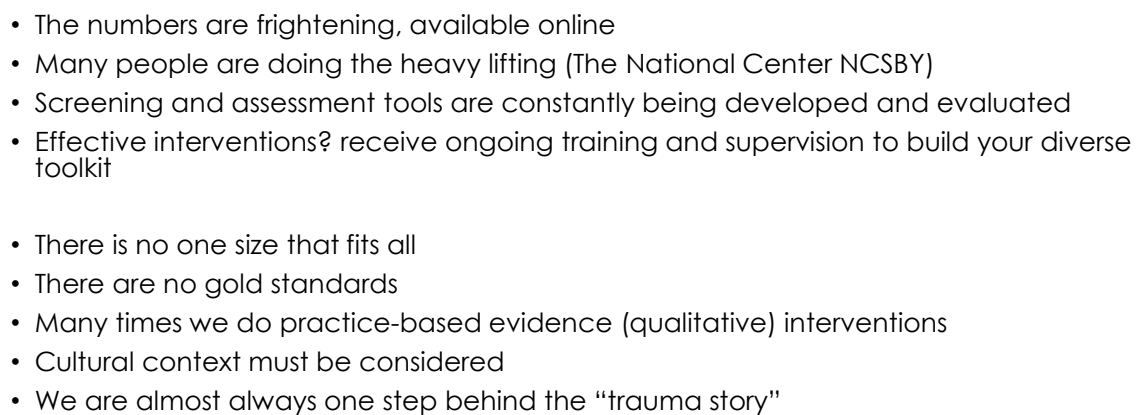
Dr. Bruce Perry (The Boy Who Was Raised as a Dog)

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## **BE CURIOUS, NOT JUDGMENTAL WHEN WORKING WITH YOUTH**

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- The numbers are frightening, available online
  - Many people are doing the heavy lifting (The National Center NCSBY)
  - Screening and assessment tools are constantly being developed and evaluated
  - Effective interventions? receive ongoing training and supervision to build your diverse toolkit
  - There is no one size that fits all
  - There are no gold standards
  - Many times we do practice-based evidence (qualitative) interventions
  - Cultural context must be considered
  - We are almost always one step behind the “trauma story”

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### The 3Es of trauma

The Event (what happened to you and yours)

The Experience (the subjective meaning/your perception of what happened to you and yours)

The Effects (the impacts of what happened to you and yours on you and everyone around you, usually manifesting in relational ruptures)

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- Trauma is not only what happened to you that should have not happened
- But is also what did not happen to you that should have happened
- Trauma is to go through the experience alone, to not be able to voice it, or to have it dismissed
- So it is not the wound, it is the bleeding and the subsequent scarring

### **The 3 Heartbreaks of trauma**

- It happened
- It left a legacy of "symptoms" (invisible wounds, shadows, skeletons)
- It can get passed to future generations

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**Being curious, not judgmental can look like:**

Making space for the story before jumping into a “fix”

Somali child with anxiety, Syrian children with fidgeting, PTSD vs. schizophrenia

SETA (skillfully engaging traumatic adaptations), time-in rather than time-out

LATTE (listen, agree/find common grounds, talk, thank, empower)

LOVE (listening, options, validation, empowerment)

SCJB (safety, connection, justice, beauty)

I-curriculum (introduction, identity, immigration, impacts, insights, invitation)

DFB (safe, happy, love, myself, understand, control, change, talk, trust, role-model)

Cox Bazaar and Untangled (education, training, safe spaces, resources, services)

Gaza (challenging concepts like resilience and survival)

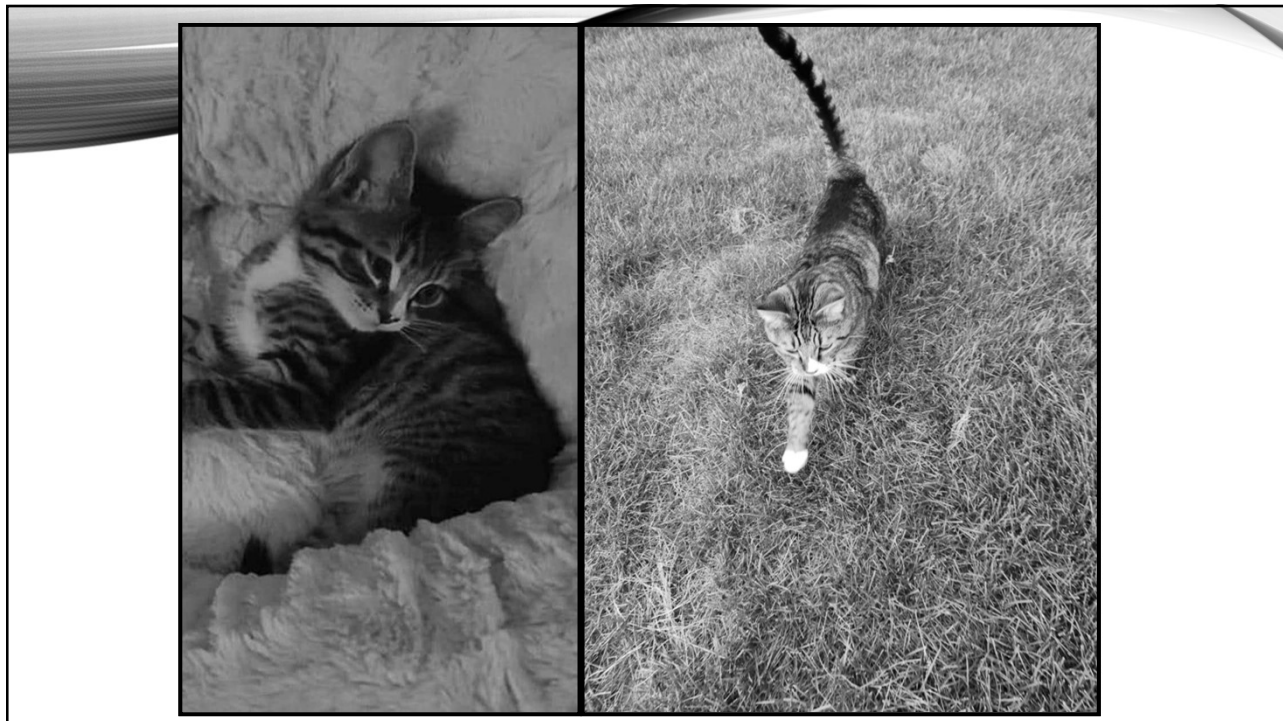
Basically an invitation to connect, what happened to the child and their loved ones?

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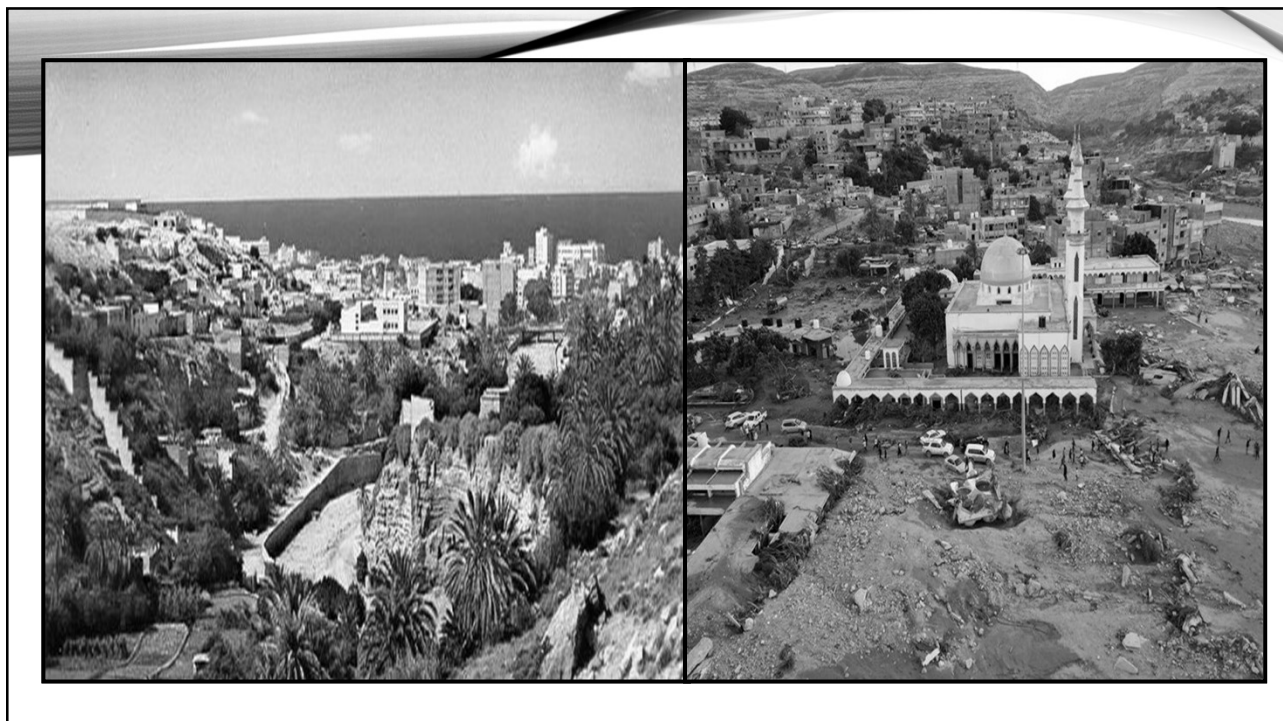
Rather than punishing the behavior, help your clients connect with what matters:

- Joy: find and protect it
- Family: deserves more than the leftovers
- Meeting one's full potential
- Aiming high: putting values into action
- Making self-care a habit, not a burden and without guilt
- Judgment-free introspection
- Jumping into conclusions
- Asking when in doubt
- Seeking and accepting support
- Owning one's own story
- Never giving up on hope
- Do enjoy the current moment

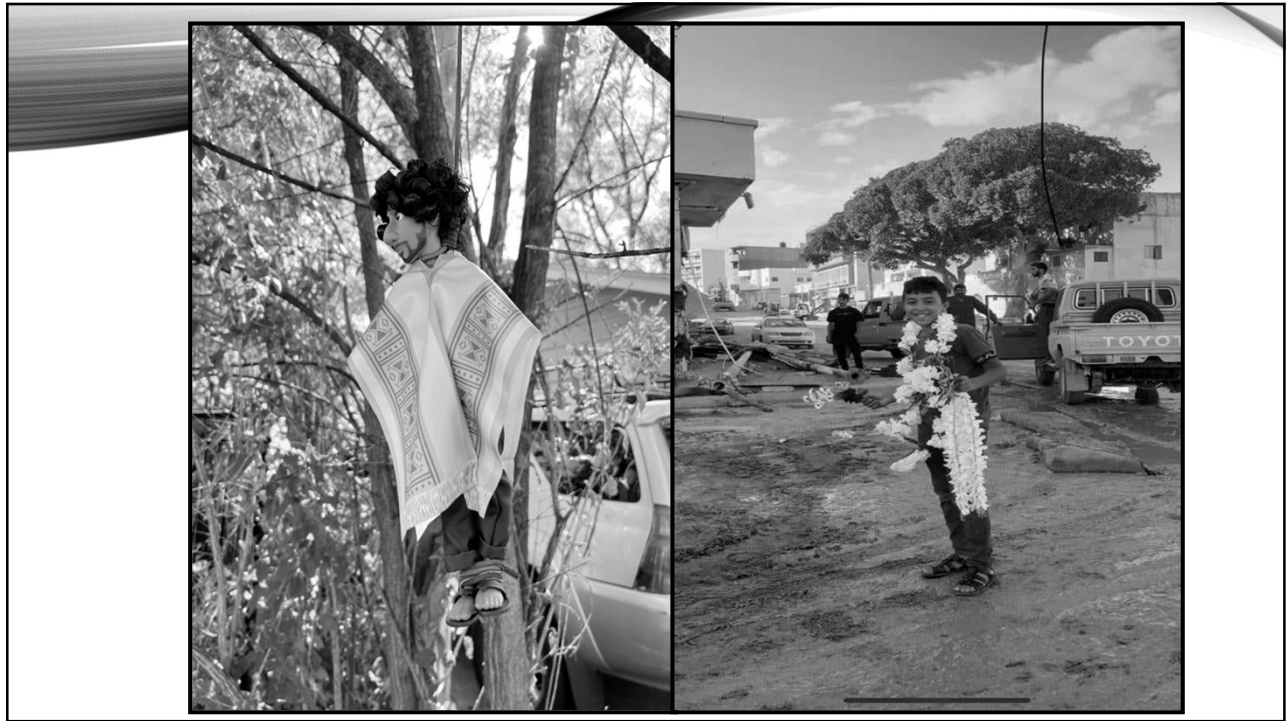
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## BEARING WITNESS

- Perpetrator: STOP (Stop literally, Take a deep breath, think of Options, and Pick the one with best value), appeal to your forebrain (logical/rational mind) to weigh your choices and examine your humanity and morality
- Bystander: ACT (Assess safety, Connect/cause a distraction, and Take a stand), trust your midbrain (emotional mind) to detect the smoke and sound the alarm
- "Victim": RISE (Raise your voice/speak up, Involve, examine Safe options, and Exit with dignity), you might have to resort to your hindbrain (primitive/reptilian mind) to survive

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## THE WOUNDED HEALER

### CARING FOR THE CAREGIVER

### BREAKING OUR OWN CYCLES



*"The wound is the place where the light enters you". Rumi*

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## WHAT ABOUT YOU?

How do you rate your ability to:

- Take care of your “clients”? likely an A
- Working within your “system/context”? possibly a B
- Looking after your family? maybe a C
- Tending to your needs? most likely an F

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## HEALING TRAUMA INSTITUTE

- Client (hate), family (disconnect), system (toxicity), self (neglecting the inner child)
- Body, Mind, Heart, Soul
- 4A (Attention, Appreciation, Affection, Availability)
- 4D (do it, delay it, delegate it, delete it)
- 4R (Recognize, Request, Rest, Realize)
- Value your worth, voice, needs, self-care
- 5 Senses for grounding: look around, look above, look below, look within
- Faith, Family, Gratitude, Service
- Community of care
- Eye contact, smile, safe touch, talking, “dating”, family time

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"And how are you?" said Winnie-the-Pooh.  
 Eeyore shook his head from side to side.  
 "Not very how," he said. "I've not felt at all how for a long time."



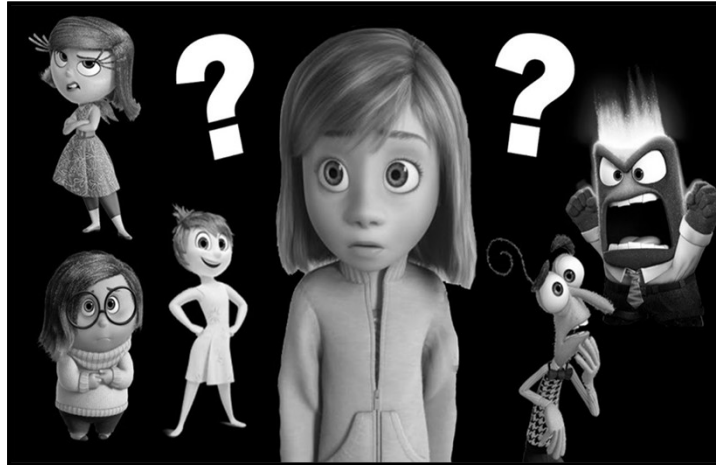
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**WHAT MAKES YOUR BODY SINK/SING?**



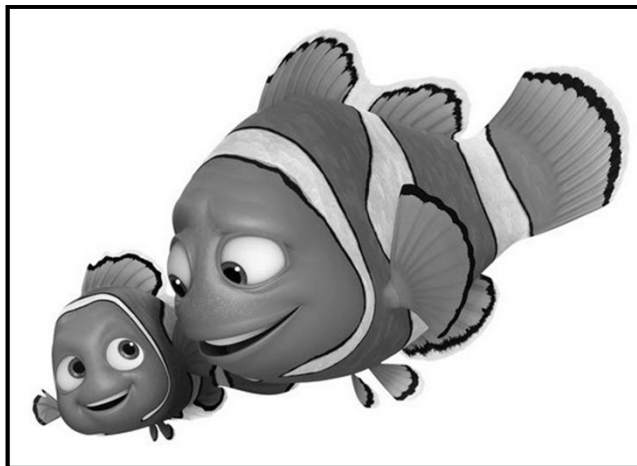
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**WHAT MAKES YOUR MIND SINK/SING?**



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**WHAT MAKES YOUR HEART SINK/SING?**



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## WHAT MAKES YOUR SOUL SINK/SING?

Transgenerational Trauma

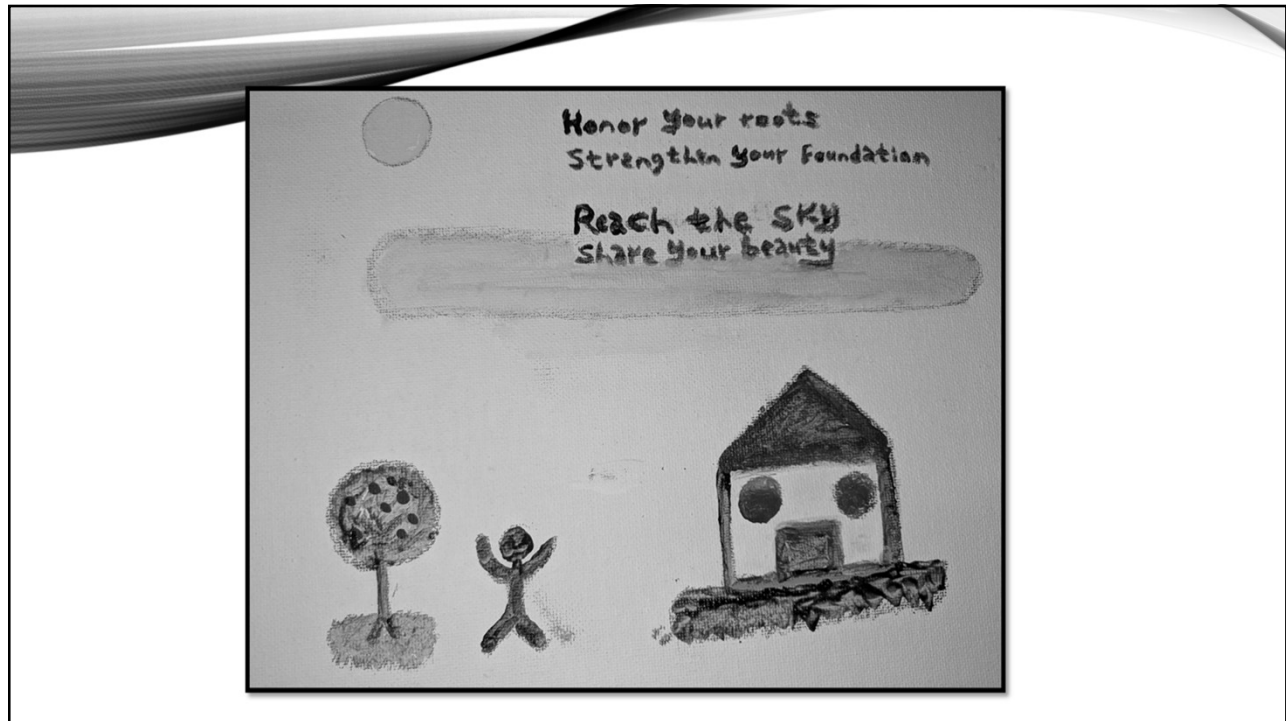


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## Console Your Soul



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## PARENTING WORKSHOPS



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## MARRIAGE SEMINARS

Oregon Muslim Medical Association (OMMA) and Daughters of Eve (DOE) present

### Will You Re-Marry Me?

Bonding Our Couples, Healing our Marriage

**Dr. Omar Reda**







*Islam pays special attention to the most intimate bond between couples, it depicts marriage as a sacred contract that is based on the foundation of love and mercy. Join us, as we learn from Dr. Omar Reda, how to break free from the dysfunctional dynamics of emotional divorce, marital discord and relational chaos, and turn our homes into places of safety, affection and tranquility, on the footsteps of our beloved Prophet ﷺ.*

*Dr. Omar Reda is a board-certified psychiatrist and an expert on issues of Muslim family bonding, youth empowerment and emotional health and wellbeing.*

**BILAL MASJID ASSOCIATION CENTER**  
6:30pm-9:00pm | September 9, 2016 | Free Admission  
4115 SW 160th Ave, Beaverton, OR 97007

This event is for adults only  
Questions? email: [Peace@omma16@gmail.com](mailto:Peace@omma16@gmail.com)



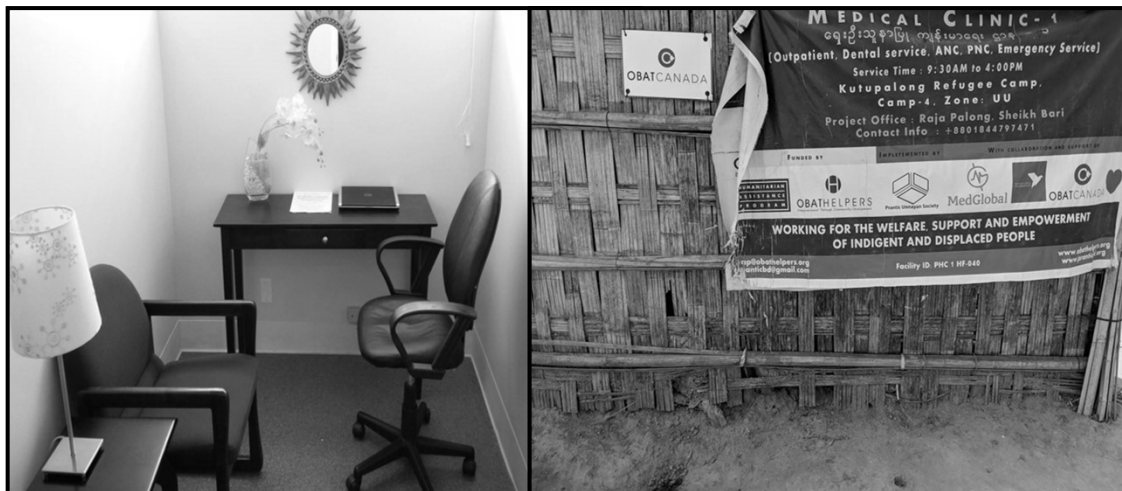
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## YOUTH EMPOWERMENT



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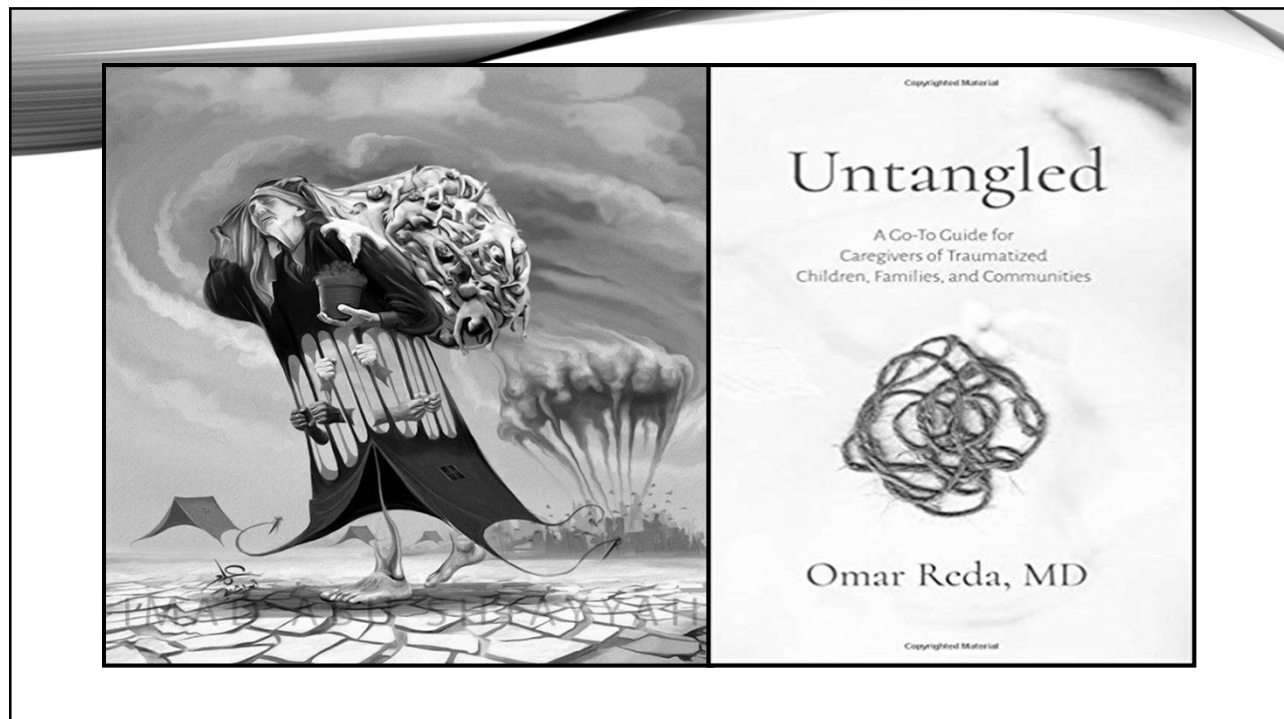
## CULTURALLY-HUMBLE RESOURCES AND CLINICAL SERVICES



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## THINK GLOBALLY, ACT LOCALLY



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## The Wounded Healer

THE PAIN AND JOY OF CAREGIVING



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