TRAUMA INFORMED PSYCHOLOGICAL EMPOWERMENT PROGRAMS (TIPEP) FOR MILITARY FAMILIES

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**Trauma Informed Psychological Empowerment Programs (TIPEP) for Military Families**

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Overview

- Military families are the experts on their own lives, needs, options, and solutions.
  - But they face unprecedented challenges that require new knowledge and skills

- TIPEP (Trauma Informed Psychological Empowerment Programs) Affirm Families’ Expertise & Provide Skills and Knowledge

- Outcomes = Enhanced communication, safety, growth, involvement, connectedness
A two-word Definition of Trauma Informed Psychological Empowerment (TIPEP)

ASK US
Psychological Empowerment = ASK US

- **A**: Affirmation of Strengths & Connections
- **S**: Skills for Communication & Achievement
- **K**: Knowledge about Trauma & Resilience
- **U**: Understanding the Challenge of Recovery
- **S**: Solutions that Highlight a Path to Success
Military Families Cope with ...

- Traumatic Uncertainty
- Traumatic Loss
- Vicarious Trauma
TIPEP is a Collaboration among …

• Families / Personnel
  lived experience

• Scientists
  evidence-informed practices

• Clinician Educators
  skillful applications
3 Evidence-Based TIPEP Models

• Seeking Safety
  www.seekingsafety.org

• TREM ~ Trauma Recovery & Empowerment Model
  www.communityconnectionsdc.org

• TARGET ~ Trauma Affect Regulation: Guide for Education & Therapy
  www.advancedtrauma.com
How Does TIPEP Increase Military Families’ Knowledge?

Explaining Trauma, Resilience & Recovery in New Ways that are Empowering
The Brain

Alarm System

(amygdala)
The Brain

FILING CENTER

(hippocampus)
The Brain
The Brain Under Normal Stress

The Brain & Body Working Together
The Brain Under Normal Stress

- Alarm System (amygdala)
- Filing Center (hippocampus)
- Thinking Center (prefrontal cortex)
The Brain Under Extreme Stress

The Alarm Takes Control
The Brain Under Extreme Stress

- Alarm System (amygdala)
- Filing Center (hippocampus)
- Thinking Center (prefrontal cortex)
How Does TIPEP Enhance Military Families’ Skills?

Enabling all family members to handle (alarm) reactions consistent with their values, goals, and mutual respect
SOS: 3 Steps to Focusing

- **Step I: Slow Down**
  - Sweep your mind completely clear

- **Step II: Orient Yourself**
  - Focus on ONE THOUGHT that YOU CHOOSE

- **Step III: Self Check**
  - Stress Level (1 to 10)
  - Personal Control Level (1 to 10)
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How Does TIPEP Affirm Military Families’ Strengths?

Validating families’ and military personnel’s courageous & resilient pursuit of FREEDOM
FREEDOM steps

Focus
Slow down, Orient, Self-Check

Recognize
Stress Triggers

Emotion
One MAIN Emotion

Evaluate
One MAIN Thought

Define
One MAIN Personal Goal

Options
Build On Your Positive Choices

Make a Contribution
Make the World a Better Place
Implications

• **For Clinicians**: at least 1 TIPEP model should be in every clinician’s tool kit.

• **For Researchers**: Studies of TIPEP’s efficacy w/military families are needed. (TARGET vs. PE Study begins Jan 2010)

• **For Policymakers**: All military families should get TIPEP educational materials and have access to TIPEP services.
“You cannot teach a man anything; you can only help him find it within himself.”

-Galileo

1564 –1642, Italian astronomer & mathematician
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