

Childhood Trauma Case Study

Student's Name

Institutional Affiliation

Childhood Trauma Case Study

Part 1

J is emotionally, physically and sexually abused by persons he was close to and had trust in since he had a poor parental attachment especially with the mother who worked for long hours so that he can support the family, J who depended on his sister emotionally leaves their home after getting married. The case study also depicts J as a young boy with low self-esteem as a result of his academic performance and lack of support from the father who expects a lot from him with minimal parental assistance. It is also evident that he lacked friends at his young age and had so much time spent on reading. He, thus, finds solace in peers who are of wrong company. Judith's Concept of Complex Traumatic Syndrome identifies places J as a person suffering from a combination of emotional problems.

His emotional problems are related to the unwanted traumatic experience and abuse by the friends and family members especially the parents that were done in the past (Payne, 2015). To begin with, J has difficulty in regulating personal impulses and emotions evident in the way he has vocal outbursts with the mother which in the end turns physical. He also suffers from anger, aggression, and addiction to substances. This is evident in his violent nature while arguing with his mother as well as when he tries to protect W from being who is being teased by the US-born teenagers. At earlier stages, J exhibits dissociation and emotional upsets as a result of ridicule and emotional abuse from the father who expected him to excel in his academics. J would benefit from the three stages of trauma recovery as proposed by Judith Herman.

Part 2

Practicing counselor using the Behavioral Theory and the Concept of Complex Trauma Syndrome will draw a clear roadmap for his healing process. During this stage, he needs to draw

clear treatment goals and identify an object approaches to reaching the goals. The identification and setting up of clear goals and approach is vital in ensuring that acquires stability and safety in his body, relationships and all other aspects of his life (Payne, 2015). This is vital in ensuring he heals and forgives his parents for the emotional torture. During the healing process, there is a need to identify J's strengths and use them as a healing therapy. J is useful in drawing Art, and this could be an advantage if utilized as a therapy. The proposed approach should also ensure that it assists him in regulating his emotions by identifying symptoms or issues that make him emotional and angry (Payne, 2015).

The identification of these issues will inform the adoption of methodologies that he will be able to use to manage his anger and acquisition and strengthening of positive skills that will assist in managing unwanted painful experiences. This is applied will enable J to attain personal safety, healthy capacities to regulate emotions and positive self-care. The approaches should ensure J's past unwanted experiences that were abusive is discussed as a means of dealing with his past. The focus of the therapy should be to achieve safety, self-care and personal stability. This stage should also ensure it addresses J's drug abuse problem and aggressive nature. The stage should be guided by four thematic structures which include distrust, addressing the abusive patterns, addressing the felt shame and sense of powerlessness.

J would benefit from this stage commonly known to as the recollection and mourning stage. J will need to discuss the past experiences that affected him thus being able to lessen the effects emotionally and to review their effects on his life collectively. This will facilitate a smooth process for J to morn through the unwanted experiences and abuse and addressing the adverse effects it had in his life. This is a practical experience that he did not have during his childhood stage which he much requires. The experiences will involve inviting memories of the

past in an environment that is safe and therapeutic. This will effectively wholly dealing with the influence the experiences has in his life.

After the experiences reinvention and mourning stage, J will be required to undergo a reconnection process that will attach him to activities and persons that will add value to his life. He will be required to go through the Eye Movement Desensitization and Reprocessing component. This requires him to focus on a traumatic experience through an image that is well associated with the experience. The image will be moved away from him, and he will be required to memorize it. The therapist will move light as he/she moves back and forth for between 10 and 40 seconds. He should, however, be told that this will not erase the memory, but it is expected of him to have trust in the therapist and have his mind shifts. The therapy will involve a series of questions aimed at identifying the healing process and stage.

The behavioral theory which provides a conceptual framework aimed at understanding trauma and especially in the treatment of children who have been abused will be applied in this case. In the therapy, the issues that will have been attached to J as a result of traumatic experiences will be examined through analysis of his behavior patterns. Based on his experiences, the trauma-based psychotherapy will be appropriate. The analysis of the erratic emotions that J has will provide an elaborate framework on how to deal with faulty learning that is as a result of a history that was reinforced. This will provide an account for and deduce between J's attachment that is secure and those that are not. In the analysis J as the patient will be able to understand why his faulty learning that was as a result of a reinforced history led to his insecurity, lack of trust and insecure attachment. The analysis will also provide a basis of J's discriminative stimuli that are visible while upset (Connolly & Harms, 2015).

The Behavioral Theory approach will allow to identify the wrong modeling experiences as a causal factor for the trauma. These are related to the unwanted traumatic experience and abuse by the friends and family members especially the parents that were done in the past (Connolly & Harms, 2015). The theory identifies the lack of adequate care by J during his early dependency years as a factor contributing to his vulnerability.

The theory will be useful in the management of the traumatic experience as J will be able to be influenced through motivational operations as well as environmental operations that affect his behavior. Observation of past behavior that did not have a positive reward will be less valued compared to a behavior that was positively rewarded. The theory can be applied in parallel with Judith Herman's Concept of Complex Traumatic Syndrome and recovery as it will enable him to engage with the past experiences that had adverse effects on him and juxtapose them with experiences that would have otherwise have made him be rewarded positively (Connolly & Harms, 2015). Using this theory will enable J to realize that the expressions of his views through the art of drawing that he likes and is talented in will have more positive rewards both financially, emotionally and socially than engaging in drug and substance abuse. The therapeutic sessions will through the application of the behavioral theory ensure he interacts with harmful and positive behavior through media and also observes their consequences and identify the practices that had positive rewards and thus will have a positive influence in his life.

The replication of positive behavior that has been observed over time has a lasting influence on a person and is witnessed in the growing life of a child (Connolly & Harms, 2015). J will be able to adopt and emulate good behavior as observed in environmental settings that are different. The Behavioral Theory if applied in Parallel with the Judith Herman Trauma recovery stages is effective in healing persons with a combination of problems.

References

Connolly, M., & Harms, L. (2015). *Social work: From theory to practice*. Cambridge university press.

Payne, M. (2015). *Modern social work theory*. Oxford University Press.