Dispelling the Myths: PTSD & Trauma Event Report

Event Details:

Date: Thursday, October 25, 2018
Time: 6:00PM-8:00PM
Venue: UMOM, 3333 E Van Buren St, Phoenix, AZ 85008
Facilitator: Dr. Michelle Melton
Panelists: Dr. Raymonda Matheka, Dr. Ben Beard
Total Attendees: 31
Feedback responses: 23

What are three words that describe your experience from this event?

- Enlightening, awareness, fulfilling
- Connecting, validating, inspiring
- Powerful, informative, awareness
- Informative, engaging, provocative
- Awareness, connection, vulnerability
- New ideas, motion, learning
- Insightful, reflection, self-care/awareness
- Non-judgmental, motivational, inspiring
- Informative, honest, respectful
- Informative, caring, emotional
- Enlightening, self-evaluating, introspective
- Surprising, refreshing, community
- Relevant, conscientious, necessary
- Informative, repetitive, enjoyable
- Mindfulness, understanding, relatability
- Validating, communal, inspirational
- Informative, heart breaking, acknowledge
- Insightful, informative, thankful
- Informative, enlightening, enjoyable
- Calming, welcoming, informative
- Eye-opening, educational, therapeutic
- Informative, eye-opening, educational
- Informative, transformative, and empowering

What new awareness did you gain or what is your takeaway from this experience?

- Trauma is unavoidable. It's not about the event, rather the response.
- Need for community level conversations
- Helps explain what I experience following a specific traumatic event in my life.
- Trauma just is.
- Your trauma is part of who you are and your story.
- Rather than talking about trauma event, talk through it.
• Everyone experiences trauma, it can’t be avoided. But, there are effective ways to identify and talk through it in order to not let it take over who you truly are.
• Safe space to share ideas and thoughts
• We need to take care of ourselves before we try and help others.
• This experience reinforced much of what I knew. And -- added new information.
• I have found new ways to look inward to myself and be more aware of my trauma responses and learning to cope with it.
• My desire to be more involved in my community and motivation to do so.
• Trauma is a physical and emotional response that is natural.
• My takeaway is that trauma comes in all forms.
• Self-awareness
• Some new concepts, ways to train on trauma informed care
• I’m more informed about being a better caretaker of my trauma and possibly supporting others on their own journey.
• Trauma impacts individuals differently -- and it is dealt with differently.
• Various ways of dealing with trauma.
• I think I gained a high sense of wanting to focus on self-care and self-healing which will involve opening up.

How might this event impact your life and work?
• I was able to put some of my own personal experiences into perspective.
• I am really going to take time for myself.
• Trauma is a part of the human experience and should inspire empathy and compassion for others.
• I will definitely take the information and comments shared tonight and incorporate this into both my personal and professional life.
• Energized to connect and engage more
• Validates my own experience with having been diagnosed with PTSD.
• Finding deliberate self-care vs self-indulgence.
• Understanding everyone I meet has some trauma -- How do I connect with them?
• Awareness -- ways to talk about trauma
• It has made me more self-aware and enabled me to be able to help me better myself on a more personal level.
• Feed from the positive energy in the room
• It gives information about how to cope with problems.
• It has helped me realize I need to self-care more.
• I now have new ways to be aware and mindful.
• In all ways! Professionally as a FSS, personally as a survivor of DV
• Tools for self-care are important for my mental health in life and at work.
• Giving myself more time to reflect and be okay with being alone, silence, rejuvenating.
• Make me more effective training advocates.
• I’m in the shock phase of dealing with my trauma and this made me feel lighter than when I entered.
• Prepare others for what they may experience and how to effectively deal with it.
• Great discussion
• I think working on opening up will help me feel less stressed and healthier both physically and mentally.

Other comments about this event:
• Thank you for providing an open, safe environment to speak and share.
• Have more people share their stories.
• I would really like to participate in more community-wide discussions on this topic.
• We need more of them
• I loved the open forum
• Great information -- myths on trauma
• Liked the conversation with community the best.
• Great discussion, very glad to be able to hear multiple people speak on a particular topic and hear their advice/experiences/views
• Thank you for hosting these events
• Everyone is kind and people share personal stories.
• Presentation and panelists were very well organized.
• Love it! Very needed and well done.
• Thank you
• Thank you! This is so poignant. Trauma is growing and everywhere.
• I really enjoyed the conversations that were prompted but I would have preferred a more formal, program-oriented discussion. In terms of implementing the powerpoint more with the speaker and directing questions to them more.
• I love shana but also this event was real great and I loved that also.
• I really enjoyed the conversations.
• Great discussion

What other topics would you be interested in learning about?
• Mental health
• Other mental disorders
• Any and everything involving trauma - informed care, resiliency, and strength-based perspectives.
• Anything that aids and empowers the Human Connection. #ProjectHumanities
• Whatever you’re hosting!
• Leadership, community forces, wholeness, responsibility
• How parents impact their children and accepting it as an adult, Why we allows certain people in our lives; seeing a shift in lifelong friends and even yourself
• Spirituality, energy (positive, not allowing negative to take over
• If we know we cure people who want to help but feel like we are not strong enough to do so.
• Social justice and prejudices
• Flexible
• African American survival in this “new world”, homelessness, DV
• Personal accountability in the perpetration of trauma
• Healthy relationships, empathy
• Restorative justice
• Race, culture, diverse sexism, ageism, genderism
• Depression, LGBTQ Community

Participant Feedback Demographics:
ASU Student: 1
ASU Staff: 0
Community Member: 12
Student - Other: 9
Undeclared: 1