

DAY 2



**Obesity Trauma Series**

Chikeitha Owens LPC, CBC  
September 20-22  
12pm-1pm EST

*Obesity*  
**TRAUMA SERIES**

BY CHIKEITHA OWENS LPC CBC, CCTP

[www.dfwaitloss.com](http://www.dfwaitloss.com)



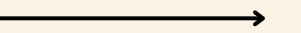
# PURPOSE

The role of a Dietitian is very important in the life of Bariatric patients. This makes you an ideal audience training which for this Obesity and Trauma Series and hopefully will ultimately improve patient care relationships and overall health outcomes with your patients.



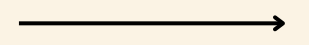
# BRIEF SUMMARY

- Understand Trauma
- Understand how Trauma plays a major role in obesity
- Raise the Level of Compassion and Emotional awareness
- Gain Tips to help with Initial Consultation
- How to create a Safe Space and build rapport
- How to be more non-judgmental and be a better support to their patients
- Understand the Emotional Power of Language
- Understand the Emotional Power of Food





# STORY TIME





# ACES ARE NOT ONLY ABOUT KIDS?







*Presenting to  
You for*

**HELP**

*Initial*  
**SESSION**



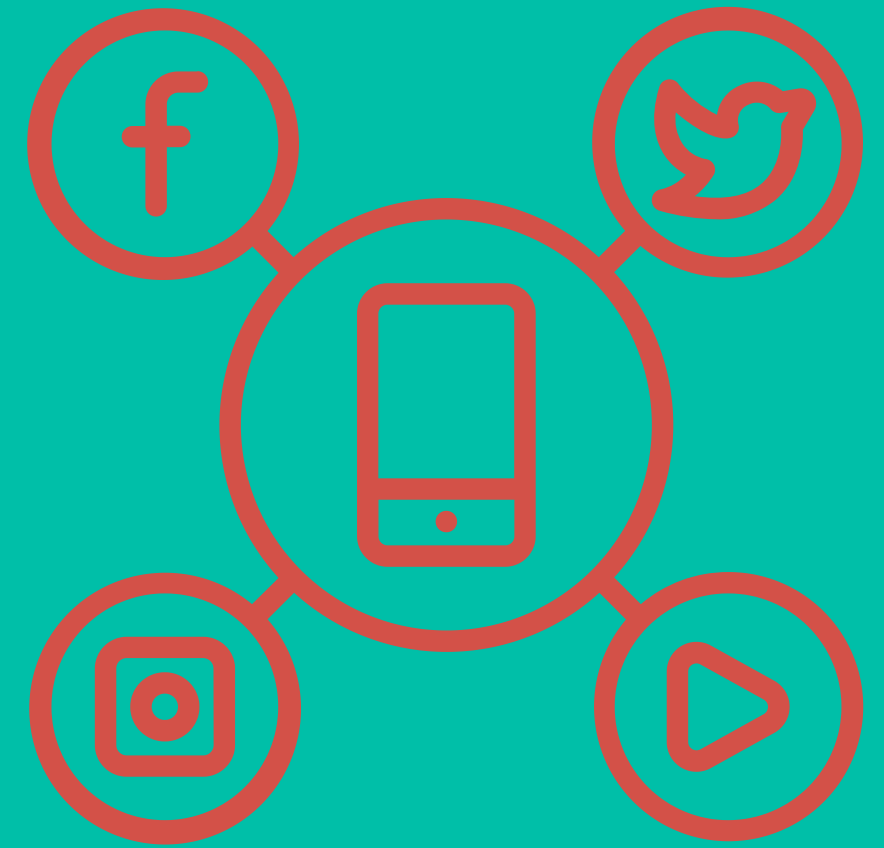


# Consent Forms



# Introduction

I am



# Include the ACE Assessment in Your Initial Assessment



**Adverse Childhood Experience (ACE) Questionnaire**  
Finding your ACE Score © 1998-2024 CDC

**While you were growing up, during your first 18 years of life:**

1. Did a parent or other adult in the household **often** ...  
Swear at you, insult you, put you down, or humiliate you?  
**or**  
Act in a way that made you afraid that you might be physically hurt?  
Yes No If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household **often** ...  
Push, grab, slap, or throw something at you?  
**or**  
Ever hit you so hard that you had marks or were injured?  
Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you **ever** ...  
Touch or fondle you or have you touch their body in a sexual way?  
**or**  
Try to or actually have oral, anal, or vaginal sex with you?  
Yes No If yes enter 1 \_\_\_\_\_
4. Did you **often** feel that ...  
No one in your family loved you or thought you were important or special?  
**or**  
Your family didn't look out for each other, feel close to each other, or support each other?  
Yes No If yes enter 1 \_\_\_\_\_
5. Did you **often** feel that ...  
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?  
**or**  
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?  
Yes No If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often** pushed, grabbed, slapped, or had something thrown at her?  
**or**  
**Sometimes or often** kicked, bitten, hit with a fist, or hit with something hard?  
**or**  
**Ever** repeatedly hit over at least a few minutes or threatened with a gun or knife?  
Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score**





# *Initial Session* **FLOW**

## **TRAUMA INFORMED PRACTICES** **THE CORE TRAUMA-INFORMED PRINCIPLES ARE:**

- Acknowledgement – recognizing that trauma is pervasive
- Safety
- Trust
- Choice and control
- Compassion
- Collaboration
- Strengths-based



# *Initial Session*

## **TRAUMA INFORMED PRACTICES** **THE CORE TRAUMA-INFORMED PRINCIPLES ARE:**

Build relationships based on respect, trust and safety

Build relationships based on respect, trust and safety

Use a strengths-based perspective.  
(Cognitive Behavior Therapy Techniques)

Frame questions and statements with empathy, being careful not to be judgmental.

# *Initial Session*

## **TRAUMA INFORMED PRACTICES THE CORE TRAUMA-INFORMED PRINCIPLES ARE:**

Help the client regulate difficult emotions before focusing on recovery. (CBT)

Frame the client's coping behaviors as ways to survive, and explore alternative ways to cope as part of the recovery process.

Respond to disclosure with belief and validation that will inform practical issues related to care (Havig, 2008).



## OBESITY TRAUMA SERIES

Acknowledge that what happened to the client was bad, but that the client is not a bad person.

Recognize that the client had no control over what happened to them.

Provide an appropriate and knowledgeable response to the client that addresses any concerns they may have about the services offered to them

Watch for and try to reduce triggers and trauma reactions

# VIEWING TRAUMA AS AN INJURY SHIFTS THE CONVERSATION FROM ASKING

**“WHAT IS WRONG WITH YOU?”  
TO  
“WHAT HAS HAPPENED TO YOU?”**





return

Refer

ion



# *Initial Session*

# FLOW

## TRAUMA INFORMED PRACTICES

CREATE A SAFE SPACE

SHOW COMPASSION

VALIDATION

BUILD RAPPORT

SHOW UNDERSTANDING

NON-JUDGEMENTAL



# TIPS

SET THE EXPECTATION FOR THE PROGRAM

INCLUDE THEM IN TREATMENT PLANNING

ASK THEM WHAT THEIR NEEDS ARE EVEN IF YOU CAN'T HELP YOU CAN REFER

GIVE THEM CHOICES

HELPS WITH GOAL SETTING

REVIEW RESULTS FROM AGES AND SEE HOW IT MAY CORRELATE WITH THEIR RELATIONSHIP WITH FOOD

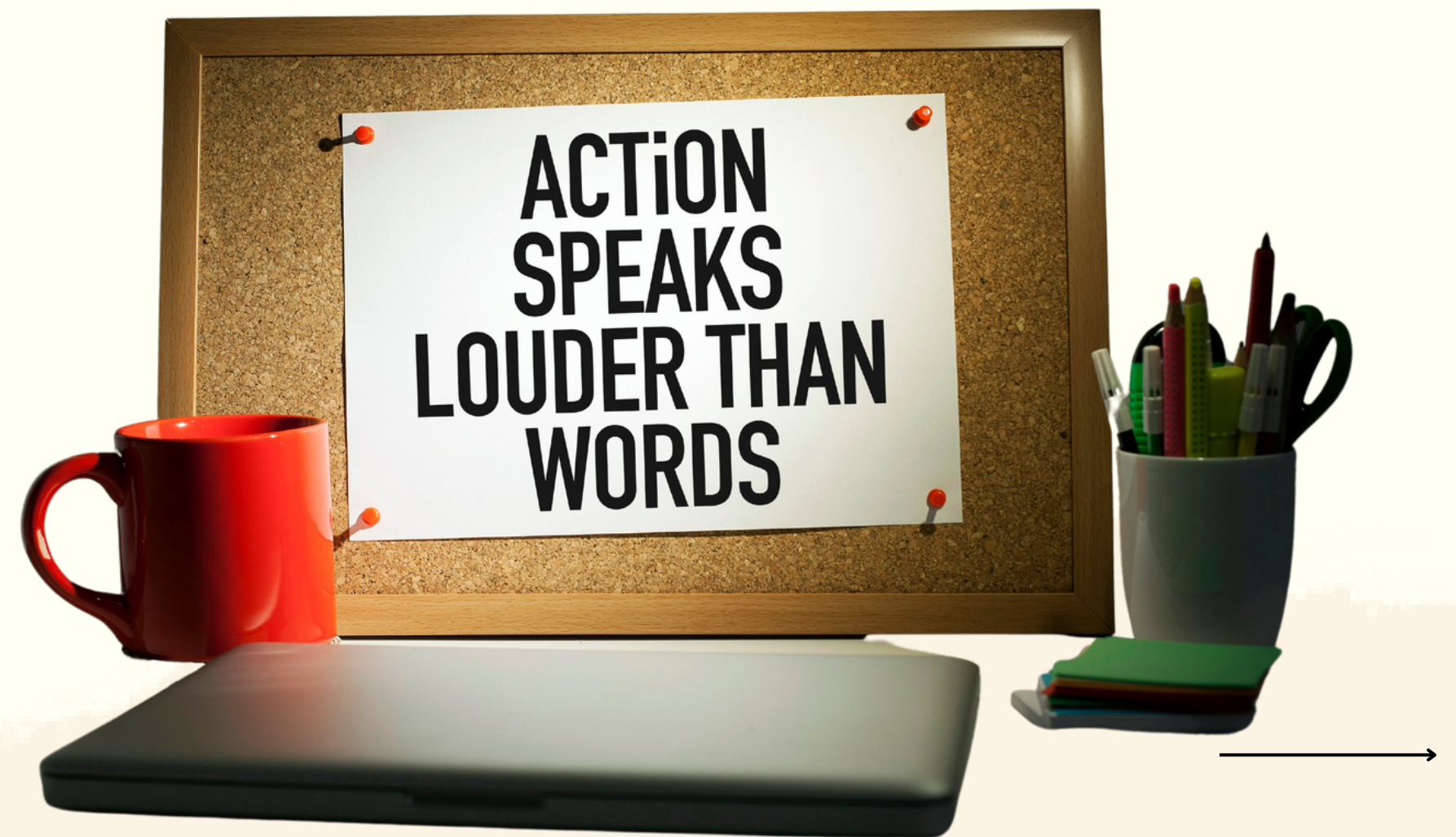
LET THEM GUIDE YOU



# TIPS

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# TIPS

SET THE EXPECTATION FOR THE PROGRAM

INCLUDE THEM IN TREATMENT PLANNING

ASK THEM WHAT THEIR  
NEEDS ARE EVEN IF YOU CAN'T  
HELP YOU CAN REFER

GIVE THEM CHOICES

GAUGE AND INCREASE SESSIONS  
IF NECESSARY

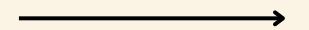
TALK ABOUT WHAT'S WORKING

REVIEW RESULTS FROM ACES  
AND SEE HOW IT MAY  
CORRELATE WITH THEIR  
RELATIONSHIP WITH FOOD





# A TOOL YOU CAN USE





**VALIDATION**





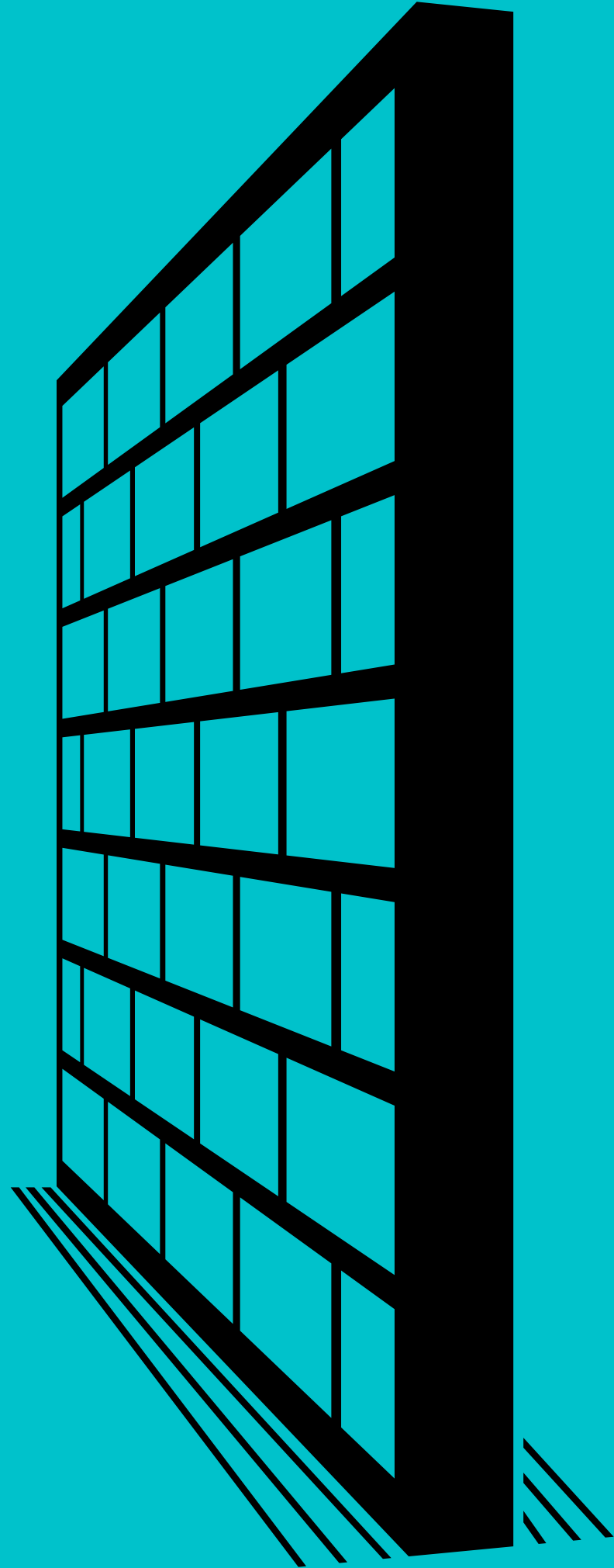


AGREE

DISAGREE



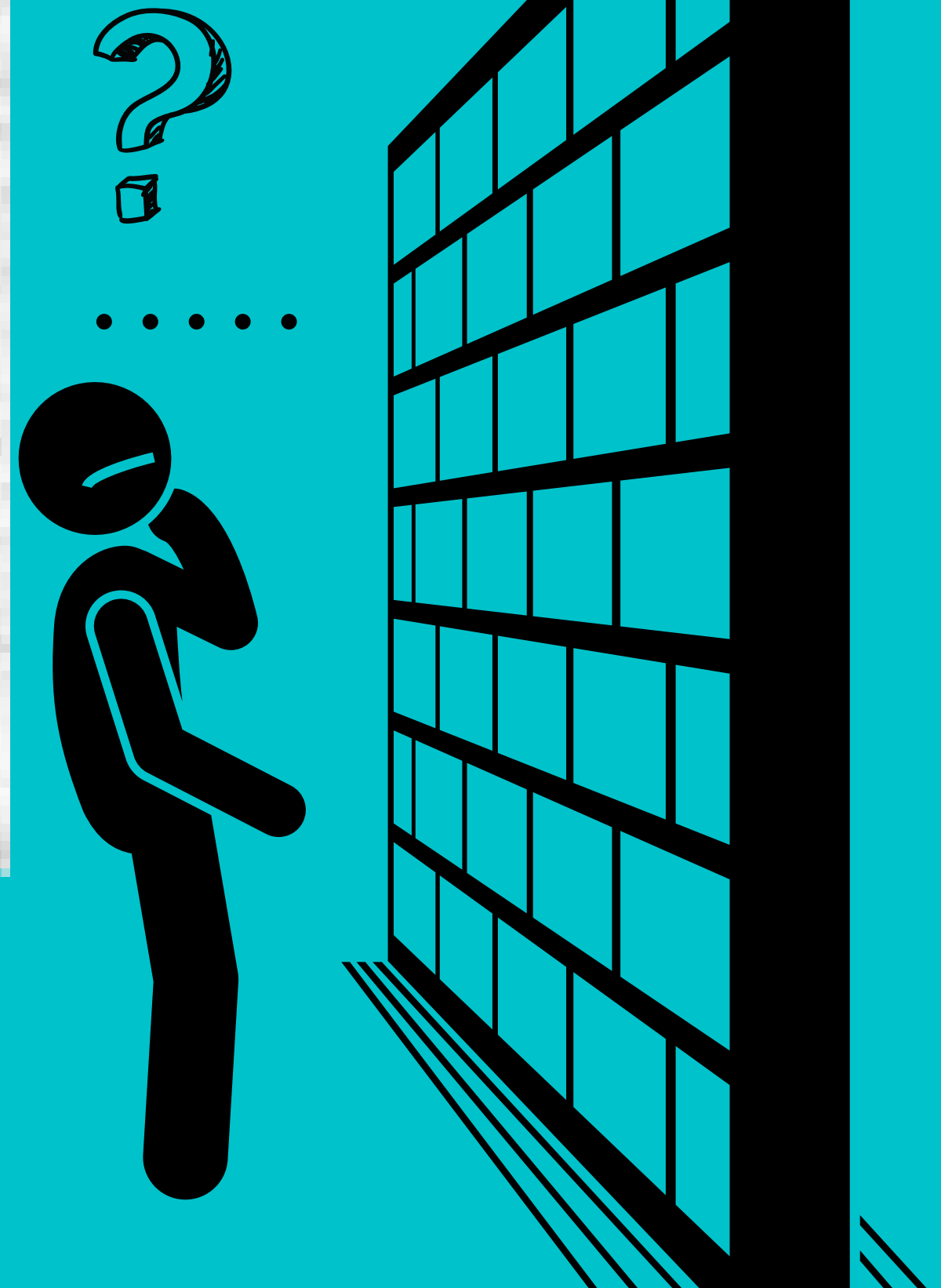








Validating Feelings  
Does not mean you  
are validating  
Behavior.



# Parroting



Repeating what your patient is saying.



# Reflective Listening



Paraphrasing what your patient  
is saying.



# Additional Tips

Have an Agenda  
for each  
appointment  
with 2-3 items to  
cover

Explore emotions  
when discussing  
difficult topics

Review  
Previous  
Session

Encourage honesty  
about discussing  
difficult topics

Past relationships  
with other health  
professionals

Spiritual/Cultural



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# Contact Me



CHIKEITHA OWENS LPC CBC, CCTP



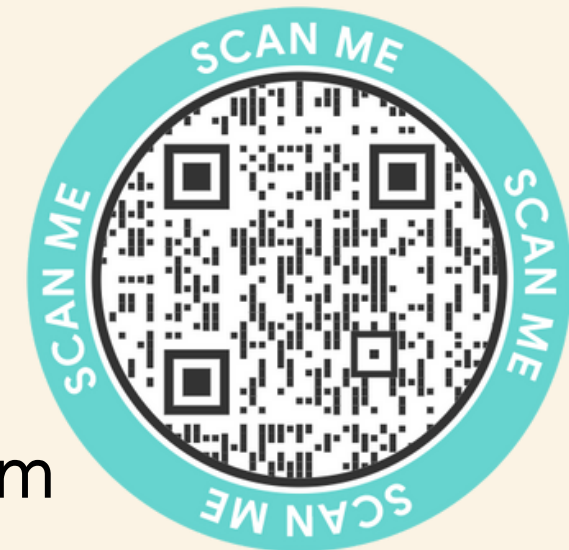
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