



**DEFENSE CENTERS
OF EXCELLENCE**

For Psychological Health
& Traumatic Brain Injury



**TRAUMA INFORMED PSYCHOLOGICAL
EMPOWERMENT PROGRAMS (TIPEP)
FOR MILITARY FAMILIES**

Julian D. Ford, Ph.D.

University of Connecticut Health Center

JFord@uchc.edu

December 10, 2009

Report Documentation Page

Form Approved
OMB No. 0704-0188

Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.

| | | | | | |
|--|------------------------------------|-------------------------------------|---|---|---------------------------------|
| 1. REPORT DATE 10 DEC 2009 | | 2. REPORT TYPE | | 3. DATES COVERED 00-00-2009 to 00-00-2009 | |
| 4. TITLE AND SUBTITLE Trauma Informed Psychological Empowerment Programs (TIPEP) for Military Families | | | | 5a. CONTRACT NUMBER | |
| | | | | 5b. GRANT NUMBER | |
| | | | | 5c. PROGRAM ELEMENT NUMBER | |
| 6. AUTHOR(S) | | | | 5d. PROJECT NUMBER | |
| | | | | 5e. TASK NUMBER | |
| | | | | 5f. WORK UNIT NUMBER | |
| 7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) University of Connecticut Health Center, 263 Farmington Avenue, Farmington, CT, 06030 | | | | 8. PERFORMING ORGANIZATION REPORT NUMBER | |
| 9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES) | | | | 10. SPONSOR/MONITOR'S ACRONYM(S) | |
| | | | | 11. SPONSOR/MONITOR'S REPORT NUMBER(S) | |
| 12. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution unlimited | | | | | |
| 13. SUPPLEMENTARY NOTES The Second Annual Trauma Spectrum Disorders Conference: A Scientific Conference on the Impact of Military Service on Families and Caregivers, 10 Dec 2009, Bethesda, MD. U.S. Government or Federal Rights License | | | | | |
| 14. ABSTRACT | | | | | |
| 15. SUBJECT TERMS | | | | | |
| 16. SECURITY CLASSIFICATION OF: | | | 17. LIMITATION OF ABSTRACT Same as Report (SAR) | 18. NUMBER OF PAGES 24 | 19a. NAME OF RESPONSIBLE PERSON |
| a. REPORT unclassified | b. ABSTRACT unclassified | c. THIS PAGE unclassified | | | |

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



ASK US



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

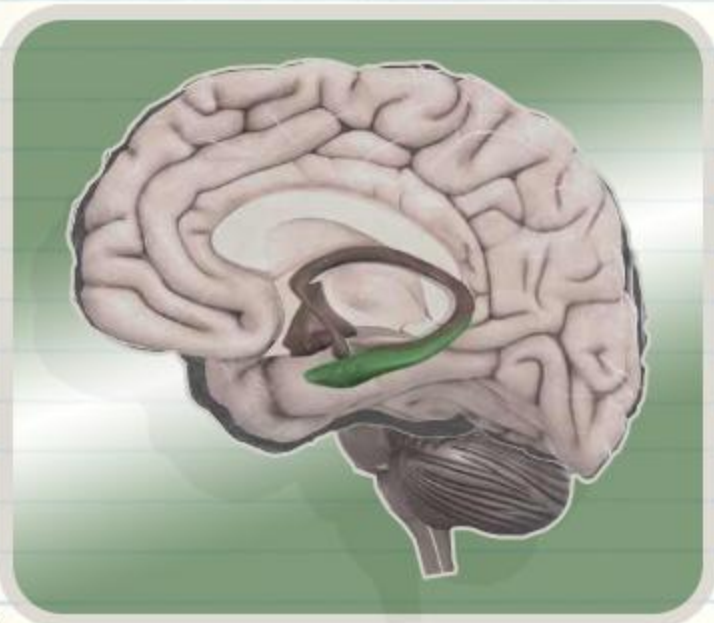
ALARM SYSTEM



(amygdala)

The Brain

FILING CENTER



(hippocampus)

The Brain

THINKING CENTER



(prefrontal cortex)

The Brain Under Normal Stress

The Brain & Body Working Together

JULIAN D FORD PHD



DEFENSE CENTER
OF EXCELLENCE
for Psychological Health
& Warriors' Well-Being



The Brain Under Normal Stress



The Brain Under Extreme Stress

The Alarm Takes Control

JULIAN D FORD PHD



DEFENSE CENTER
OF EXCELLENCE
for Psychological Health
& Resilibility Research



The Brain Under Extreme Stress



Peanuts Classics ®



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)





STRESS
level



PERSONAL
control





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

REGOGNIZE

Stress Triggers

EMOTION

One MAIN Emotion

EVALUATE

One MAIN Thought

DEFINE

One MAIN Personal Goal

OPTIONS

Build On Your Positive Choices

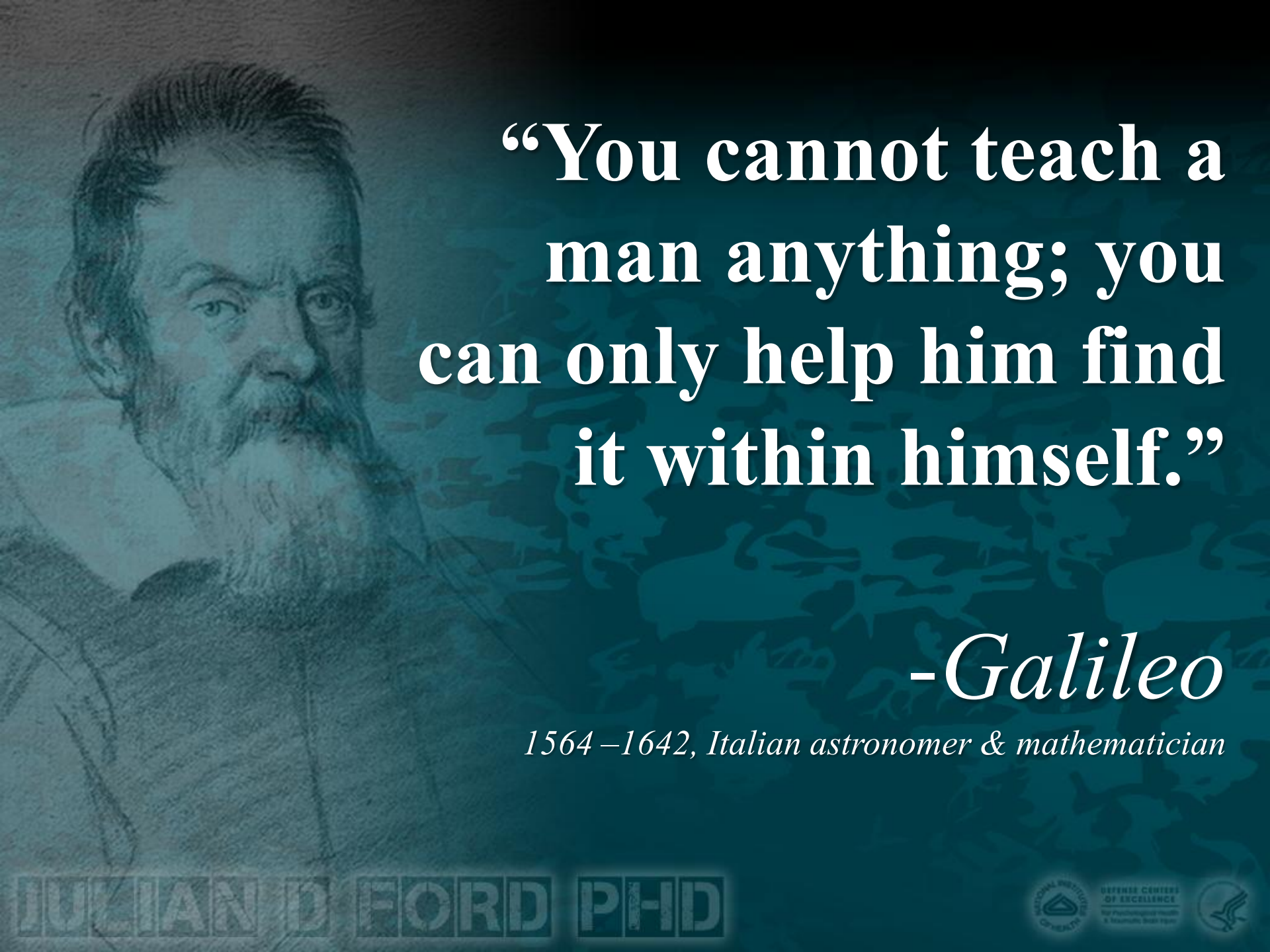
MAKE A CONTRIBUTION

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



**DEFENSE CENTERS
OF EXCELLENCE**

For Psychological Health
& Traumatic Brain Injury



**TRAUMA INFORMED PSYCHOLOGICAL
EMPOWERMENT PROGRAMS (TIPEP)
FOR MILITARY FAMILIES**

Julian D. Ford, Ph.D.

University of Connecticut Health Center

JFord@uchc.edu

December 10, 2009