

Counseling News for Faculty: An e-newsletter to keep you informed! Issue #1

**This September 11th is the 10th anniversary
of the attacks on the
World Trade Center towers & the Pentagon**

Please encourage your students to come watch this moving documentary,
which will be followed by discussion

102 Minutes That Changed America

The film depicts in virtually real time the New York-based events
of the September 11 attacks primarily using raw video footage
from mostly amateur citizen journalists

Monday Sept 12, 11 to 2 pm, Kittleman Room DH100
(Kick-off to the Student Life Documentary, Discussion, and Dessert series)

Trauma Triggers

A **trauma trigger** is an experience that sets off a painful or difficult memory in someone who has experienced a trauma of some kind. It can be so powerful that it transports the person back to the event of her/his original trauma. Thus, a trigger is a highly troubling reminder of a traumatic event, although the trigger itself need not be frightening or traumatic.

The anniversary of the September 11 attacks can serve as a trauma trigger for students, faculty, and staff. Individuals need not have been present at the attacks or know someone affected directly by the tragedy. A trauma history of any kind might exacerbate symptoms for some people. Please keep this in mind as you interact with your students this month---and feel free to call Counseling and Career Services to consult or to receive help with a referral for a student.

Triggers can be quite diverse, appearing in the form of individual people, places, noises, images, smells, tastes, emotions, animals, films and scenes within films, dates of the year, tones of voice, body positions, bodily sensations, weather conditions, time factors, or combinations thereof. Triggers can be subtle and difficult to anticipate, and can sometimes intensify post-traumatic stress disorder.

Triggers are also very personal, and different things can trigger different people. The survivor may begin to avoid situations and stimuli that she/he thinks triggered the

flashback. She/he will react to this flashback with an emotional intensity similar to that at the time of the trauma. A person's triggers are activated through one or more of the five senses: sight, sound, touch, smell and taste.

The senses identified as being the most common to trigger someone are sight and sound, followed by touch and smell, and taste close behind. A combination of the senses is identified as well, especially in situations that strongly resemble the original trauma.

Neuroscientists interested in trauma and memory have begun to identify how the brain processes and stores emotional experiences as long-term memories. The research could help neuroscientists better understand why emotionally arousing events are remembered over longer periods than emotionally neutral events, and may ultimately find application in treatments for conditions such as post-traumatic stress disorder. Emotionally arousing events appear to activate the brain's amygdala, which then increases a protein called "Arc" in the neurons in the hippocampus, a part of the brain involved in processing and enabling the storage of lasting memories. Researchers believe that Arc helps store these memories by strengthening the synapses—or the connections between neurons

The counselors in Counseling and Career Services are here to support
you!

Please feel free to call us anytime at (443) 518-1340.

Here are some other programs for September!

*****How to Help a Friend....Live Smoke-Free!***

A discussion group for friends and loved ones.

Thursday September 8th from 1 to 2 pm in the Wellness Center to talk about your expectations for healthy relationships. Lunch is provided!

Food for Thought... an informal & lively discussion on a variety of topics!

Wednesdays, September 7 and 21, Noon to 1 pm, RCF-302

This month's topics:

Sept 7: Does Facebook Unite or Divide Us? Join us for free lunch and stimulating conversation as we discuss the impact Facebook can have on our relationships. Does anonymity give us the freedom to be ourselves or let us off the hook for hurtful comments? Is it another way for us to connect, or does it prevent us from connecting in real life?

Sept 21: The End of the World? With the Rapture behind us and the Mayan prediction for 2012 ahead, join us for free lunch and stimulating conversation about doomsday predictions. Where do these predictions come from, and how much credibility do they carry? If we can predict the end of the world, how should we be living life now?

SUICIDE AWARENESS Information Table

Wednesday Sept 14, noon to 2, RCF Lobby

**Pick up information about depression, anxiety, trauma and ways of coping.
Counselors will be available to speak with students.**

To learn more about any information presented in this email,
please contact Dr. Suzie Friedman at (443) 518-1340.

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