

Intrusion Transcript

Video transcript for SHARE

Intrusion

So the first area is what we consider re-experiencing symptoms or we also refer them as those intrusive symptoms. Intrusive symptoms include things like nightmares or recurrent dreams. Now with adults they may be able to identify that this is the theme of what they are dreaming about or they can identify that this is directly related to the traumatic event. But with children a lot of times they aren't going to be able to understand the content or even really remember it. When someone experiences as a flashback, it's not really that they're remembering it, it's that they're actually reliving it and they literally feel and experience those exact same physiological and psychological reactions that they had when it happened the first time. And so it's not just that they're having a memory it's like they're literally back in that space and in that time.

One of the things we want to do is we want to give you an opportunity to see where stress does affect you in the different areas of your life. Everyone should have, Ms. Tina can I borrow this, Uh-Huh. Everyone should have a Stress Awareness Tool. Now it has two sides. And we are going to play a little musical while this is going on. The first side has, here the ways that I'm affected by stress. And this can be the, you know, everyday stress like you are stuck in traffic to major stress like illness. In which it affects your body, your personal life and your professional life, alright. So we want to identify those areas that we see stress is affecting us. Then the next thing we want to do is on the back, is we want to pick out some ways that we can help build, turn that into positive stress, build in some of those coping skills, alright. So we are going to just play a little music and let y'all do that.

A mix music segment plays in background while a training group participates in completing the Stress Awareness Tool to see how the music affects them. Music includes:

- *Michael Jackson - Thriller*
- *Backstreet Boys - I Want It That Way*
- *Garth Brooks - The Thunder Rolls*
- *Dolly Parton – 9 to 5*
- *Miley Cyrus - Party in the USA*
- *Top Gun theme song – The Danger Zone*
- *John Denver – Take Me Home, Country Roads*
- *Elton John – Tiny Dancer*

Alright, you can continue doing that, but we're going see how the music affected you. Now, first off, and no one can deny it because I am pretty sure we have video evidence.

How many of you found yourself either tapping your foot or moving your shoulders or singing along to the music? *Multiple people stated yes.*

How many of you had adverse effects to some of the songs? *Silence from audience then Lucinda stated yes with laughter from group.*

But did you think about I should tap my foot to this or did you just start moving to the song? *Participate stated it was automatic.*

It was an automatic response to the music right. How many of you had memories to a specific song? Was there any specific part of the song that you had a memory to?

Participant responses:

- *The one that we were singing to, that was actually like in elementary school we sang that song country mountain momma, that one, we sang that song like almost every day in elementary school and so I was like back in my classroom in elementary music class cause we used to sing it.*
- *Mine was Thriller and when buying the album, you know cause we waiting for the video to come out and it was such a big deal and going a buying the album and sitting down in my room with it and just, I don't know it was just a wonderful memory*
- *Mine was Country Roads too. I was a little bit older than you were and my best friend was in music makers and they sang that and that was his solo. It was really cool. He meant a lot to me.*

Now every single person in this room heard the exact same music, correct? Different ones of you reacted physically to different songs. Some of you started wanting to do the choreography. Some of you sang the lyrics to different ones. Some of you reach for earplugs and it's like I can't handle that music. And it was actually really interesting because (*pointed to participant*) you were singing it and (*pointed to another participant*) she wanted to put in earplugs at same time (*participants laughing*). And that shows how the exact same stimulus in a safe environment has two very separate reactions. That's what we call a physiological response. When our bodies react automatically to a different stimulus whether it's internal or external and we're talking about external ones right now.

The other thing we had is we had psychological responses. People had different memories again to the same music and even though y'all had the exact same song that you had a memory to, you had different memories connected to them. For you it was about a friend and for you it was about being in elementary school and being with all your classmates, and that was a different memory. So even though you both reacted to the same song, you had different reactions to it. While you might get really excited about it, it may cause someone else distress from whatever it means to them.

It can be something that you wouldn't even think of. It could be the fact that I was sitting at my desk taking a test if I'm a student or it could be that my friend was telling me this joke or I was listening to this music when it happened. Um, most people who have been through traumatic events, I mean, we could go through the list in here, even with things we experience as a community, um, with 9/11 with the Oklahoma City bombing, things of that nature. From my dad's generation, every single person in my dad's generation can tell you where they were, what they were listening to when JFK was shot every single one. I've never met any of them that couldn't. And so, when we think about that those are big events, but then there's those little events, um, that come from all those different stresses in our lives. And so this is why it's really important for us to understand the difference in between psychological reactivity or physiological reactivity.

Another area of re-experiencing is what we call reenactment. This can actually happen in a couple different ways. It can happen in a relationship that you are trying to reenact the experience over and over until you work it out and find a different ending to it. And sometimes reenactment comes as a way of feeling normal. That this is always been their role but also their body is so used to that level of adrenaline and endorphins that it needs that to feel, while its abnormal to us, it's normal to them. And so with children you will see that they're reenacting or telling their story over and over and play as well as through their behaviors. But traumatic reenactment really is that they're trying to find the right ending and get back to those developmental milestones and those developmental levels.

Psychological and Physiological Reactivity

So the next sets of symptoms are called psychological and physiological reactivity. And this is where there some kind of reminder and the person may not be aware of what that reminder is, but it's where their body and mind are triggered by something outside that makes them respond the same way they did the very first time it occurs. That fight, flight or freeze turns back on. That adrenaline comes back and the body and mind prepare for whatever they perceive as a threat.

The reason it's important to understand these is a lot of times not only is the person not aware of what these reminders are, but it may be something that is completely benign and so it is really hard to identify. So for example, if we are talking about physiological reminders where your body remembers for you let's say that you were in a car wreck one day when it was raining. The next time when you are in the same place and it starts to rain your body may react. You may have increased heart rate, your grip on the steering wheel changes, your focus on the roads becomes just, that's it. You aren't listening to the radio or anything else. And it's not that you cognitively thought "wow I was in a wreck before when it was raining" your body remembered for you and those fight, flight, or freeze mechanisms came into place to keep you safe this time.

When we talk about psychological reminders, it can be any list of triggers. A lot of things you might see though are things you wouldn't normally expect. For example, it could be bedtime. It could be what time someone comes home for dinner. It can be the color of hair, the smell of perfume, it can be a sound. It can be a sentence. And so that's why it's

really important that we're aware that when it seems like someone is reacting to nothing that there's always a reason that their reacting.

We're going to take a look at some movie clips that help demonstrate the symptoms in the intrusion and re-experiencing symptom cluster.

Rescue Me is a drama that centers on the interworking's of engine 62 a New York City firehouse and the personal and emotional battles of its member in a post 9/11 world.

The gist of the story centers on Tommy Gavin a veteran firefighter whose life is in turmoil as he copes with the stresses and fears of his jobs as well as its impact on his personal life.

Rescue Me clip:

Tommy: Sigh

Haunting music plays

Tommy: Coughing, excessive coughing

Tommy: Hey, check the bathroom!

Banging on door

Tommy: Sigh.

Dogs barking in background

Tommy: Groans, coughs

Tommy: Sigh

In the first scene which is out of *Rescue Me*, we see Tommy who is a firefighter having nightmares very reflective of the events that he experiences during the day.

Based on the novel *Perks of Being a Wallflower* is about 15-year-old Charlie and endearing and naïve outsider coping with his first love, the suicide of his best friend, and his own mental illness, while struggling to find a group of people with whom he can belong.

Perks of Being a Wallflower clip:

Charlie: If you knew the things that were in my head most of the time you'd know what it really meant, how much we're alike, and how we've been through the same things and you're not small, you're beautiful.

Kissing, Moans.

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Sam: What's wrong Charlie?

Charlie: Nothing

Kissing, Moans, Dramatic piano music.

Group of Girls: Promise you're gonna call, I'm gonna cry, You know I'm gonna call 20 times, We are gonna see each other all the time, laughing, truck closing.

Sam's mom: Come on Sam

Kissing, Driver door closes

Sam: What's wrong Charlie?

Driver door closes

Sam's mom: Put your seat belt on. We'll meet ya there

Kissing, Moans, Dramatic piano music.

Adult female: Dramatic piano music. Don't wake your sister. It will be our little secret okay.

Charlie, she is fast asleep. Don't wake your sister.

Door slamming, car crashing, glass shattering

Charlie: It's my fault. Head banging on door. It's my fault, my fault. It's all my fault.

Adult female: It'll be our little secret okay.

Slapping, punching, fighting, crying

Charlie: Stop it. Stop it. Stop crying. It will be our little secret.

The second clip is a little longer is out of *Perks of Being a Wallflower* and the young man in it his name is Charlie and the girl's name is Sam. Sam is leaving and this is kind of led them to have this moment where they're having this first kiss they're getting intimate and the key is that she touches his leg. And from the time she touches his leg this kind of sets off a chain reaction of re-experiencing intrusive symptoms. We see that he has distress and reactivity to reminders and then he starts having flashbacks, intrusive thoughts, that are coming quicker and quicker until they accumulate to the point that he is having the same, um, psychological reactivity that he had in the original event.