

Looking at Maternal Care Through the Lenses of Language, Culture, and Trauma

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1

Land Acknowledgement

I ask you to join me in acknowledging the land I traveled here from: the traditional land of the Shoshone-Bannock community. I acknowledge that the area now called Boise was founded upon exclusions and erasures of many Indigenous peoples. This acknowledgement demonstrates a commitment to working towards dismantling and healing from settler colonialism grounded in the concepts of love, respect, humility, and honesty.

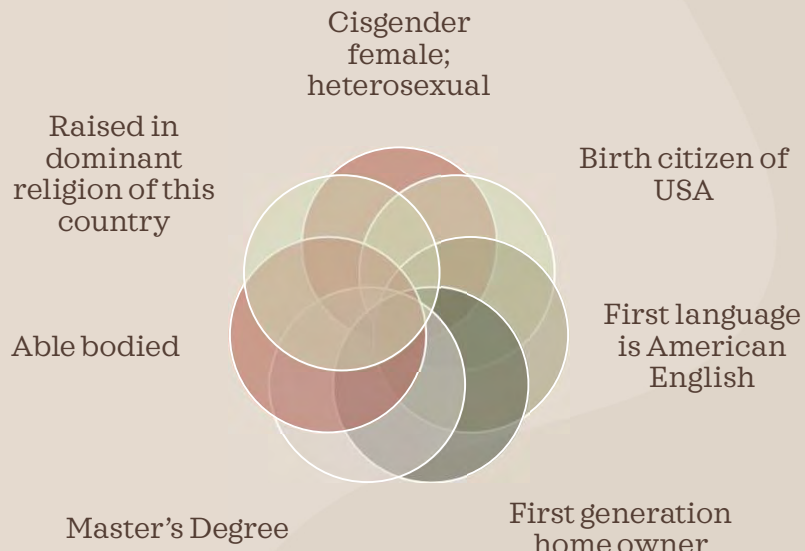
I ask all in attendance to commit to an action that will work towards healing past, present, and future generations through awareness, education, and physical/monetary means.

To learn more:

<http://www2.sbtribes.com/about/>

2

Acknowledging my social location




3

Honoring my Teachers

I am first and foremost a learner. My understanding of equitable maternal care is shaped, inspired, and guided by so many teachers both formal and informal. I have benefited from the collective knowledge of research from people with different lived experiences than my own and “we-search” from cultural liaisons and patients.


4

Objectives for our time together




Define the Triad Lenses

Culturally Responsive Care
Linguistically Appropriate Care
Trauma Informed Care



Offer Tools

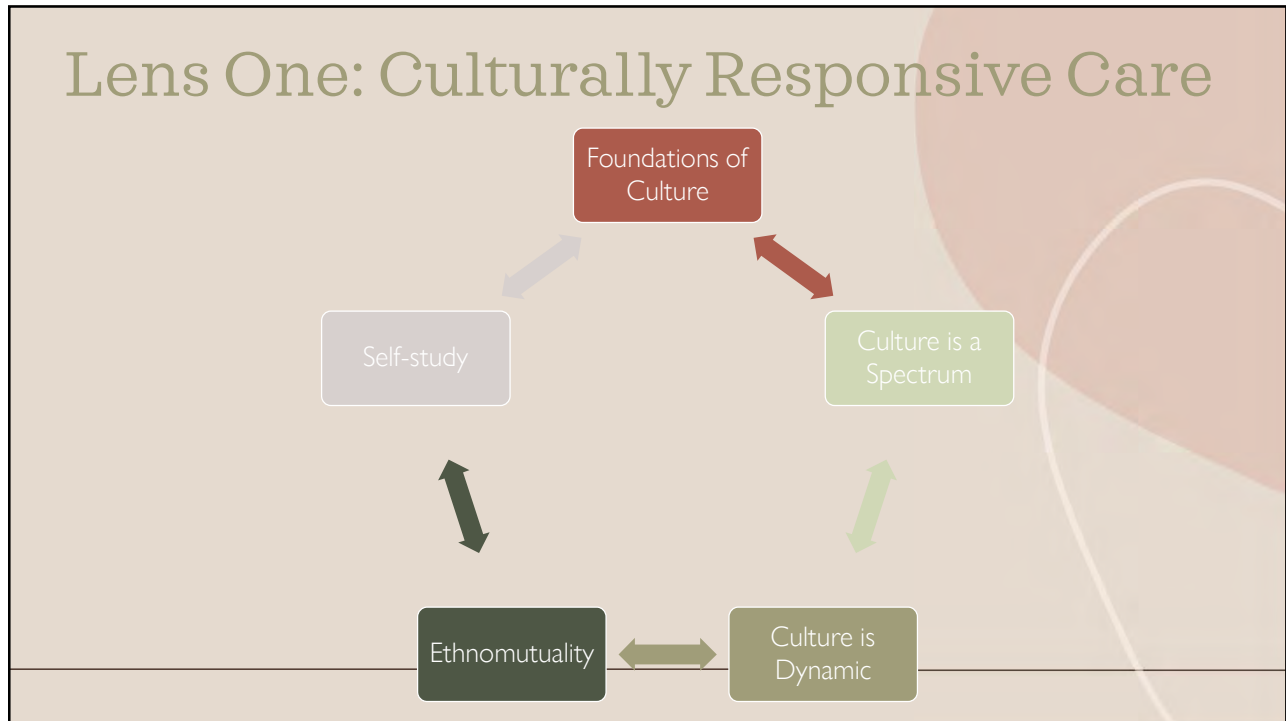
To utilize when considering The Triad in your setting



Facilitate Discussion

To consider how you, your teams, and your work setting can view care through these lenses

5



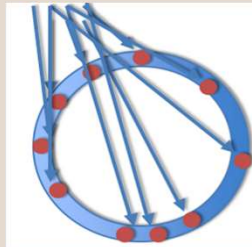
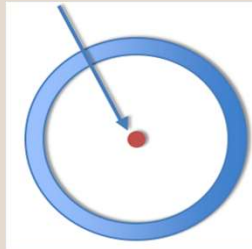
6



7

Viewing the World

Ethnocentrism: my way
and my culture's way of
viewing the world is
"normal" or standard



Ethnomutuality: there are
many different cultures
(thoughts, beliefs, ideas)
and mine is just one of
them

8

Individual to Collectivist



INDIVIDUAL

- Independent - "I"
- Autonomous
- Individual rights

COLLECTIVIST

- Interdependent - "We"
- Members of family participate in decision making (especially in the perinatal period where we are planning for the future of our people)
- Value tradition

9

Relationship Oriented to Time Oriented



RELATIONSHIP

- Event to event
- Work a schedule around people
- Path to success is through **cooperation and collaboration**

TIME

- Hour by hour (even minute by minute!)
- Work people into a schedule
- Path to success is **through time management and task completion**

10

Direct to Indirect Communication



DIRECT

- Linear and concise style of communication
- “Small talk” wastes time – be direct and to the point
- Highest value is accuracy
- Tell it like it is
- Words communicate information
- Communicate with only who (you believe) is directly impacted

INDIRECT

- Circular style of communication
- “Small talk” is important as it shows interest in relationship
- Highest value is agreeability
- If the truth might hurt, soften it or leave parts out
- Non-verbal cues communicate information

11

Locus of Control



EXTERNAL

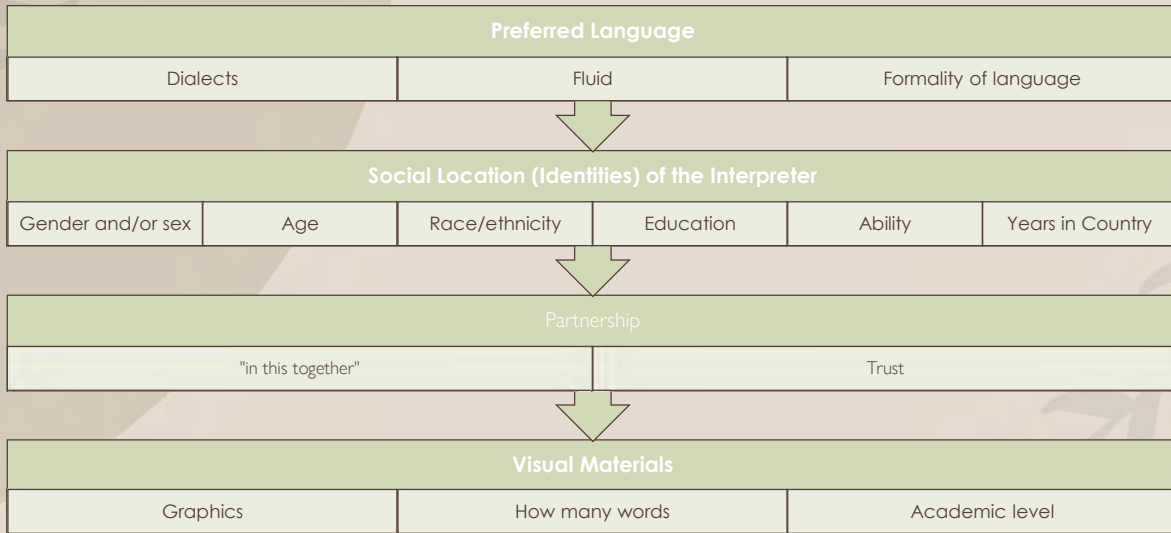
- Outcomes are determined by higher power, people in power, society
- Fate, family, systems, timing, etc. are responsible for success or failure

INTERNAL

- Outcomes are determined by one's behavior
- Work ethic, attitude, individual decisions are responsible for success or failure

12

Lens Two: Linguistically Appropriate Care

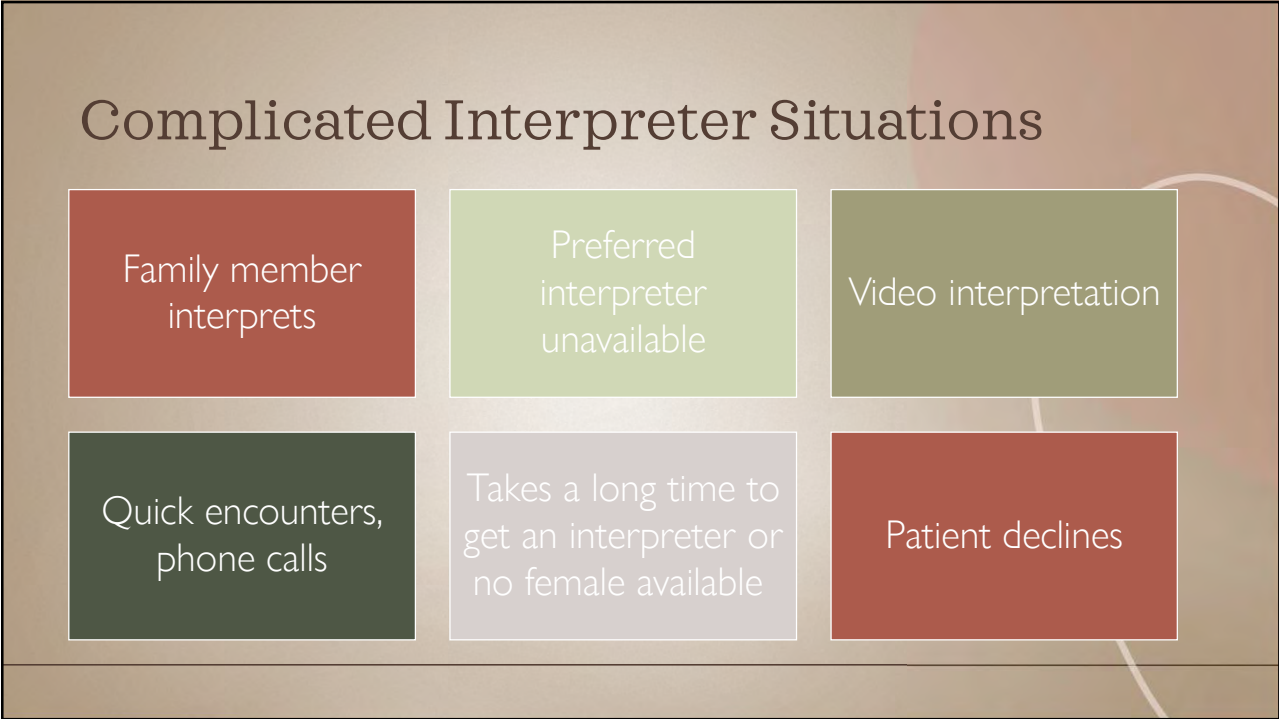


13

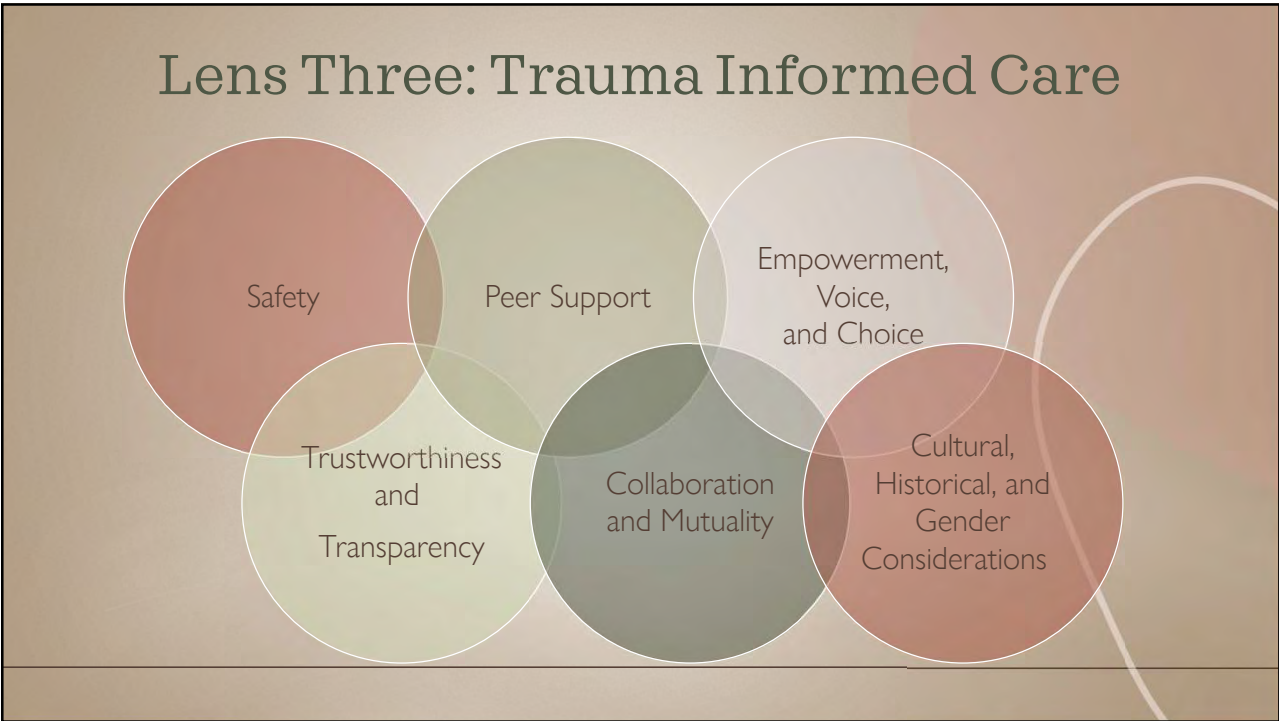
Your Condition is Not Your Identity

Gestational Diabetic	Refugee	G4P2
<ul style="list-style-type: none"> • Person with gestational diabetes • Patient with gestational diabetes 	<ul style="list-style-type: none"> • Person who sought refuge • Person who experienced forced displacement • Person who came to the USA through refugee resettlement 	<ul style="list-style-type: none"> • Person who has been knowingly pregnant four times and has two living children • Person who has sought medical care and acknowledged four pregnancies and has two living children


14



15



16



Mental/cognitive brain

Emotional/relational brain

Physical/instinctual brain

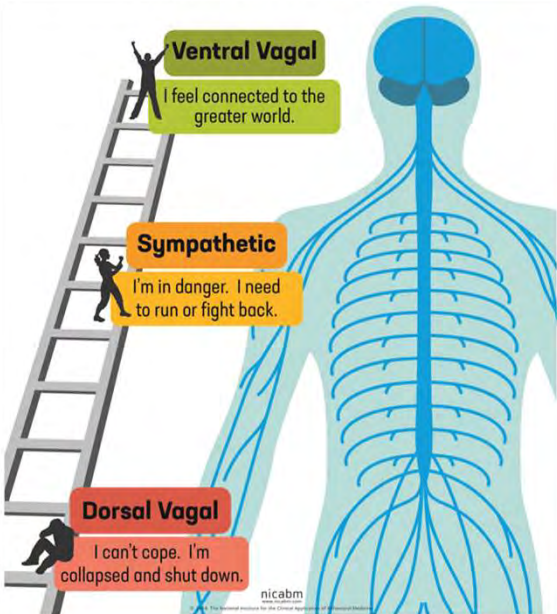
What is Wellness?

The active process of moving towards *balance and relative safety* between our "three brains"

17

Polyvagal Theory: The Autonomic Ladder

Understanding the Nervous System
Adapted from Deb Dana, LCSW



Safe and social:
Calm
Active
Able to handle stressors
Able to communicate
Able to learn and problem solve
Able to connect with others

Immobilization:
Zoning out, numbing, dissociation
Heart rate decreases
Breathe slows
Speech slows
Body shuts down or freezes
No energy
Self blame
Digestion issues (slow)
Chronic fatigue

Ventral Vagal
I feel connected to the greater world.

Sympathetic
I'm in danger. I need to run or fight back.

Dorsal Vagal
I can't cope. I'm collapsed and shut down.

Mobilized:
Heart rate increases
Faster breathing
Impulse to move away from what we perceive as Dangerous (flight)
Impulse to fight danger
Blame others
Feeling overwhelmed, Anxious and/or angry
Exaggerated startle response
Digestion issues (fast)
Chronic pain
Hostility/rage

18

What is Trauma

Collective trauma: happens to large groups of individuals and can be transmitted transgenerationally as well as across communities. War, genocide, terrorism, natural disasters, and pandemics can cause collective trauma

Individual trauma: results from an event That is experienced by an individual as physically or emotionally life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being

Historical (or intergenerational) trauma: refers to the cumulative psychological and emotional harm across generations caused by collective or massive group trauma.

19

Trauma Informed Care Tools to Support Healing Encounters

Let people know what to expect ahead of time (safety)

"Some people ____ other people _____. What would you prefer?" (voice, choice)

We ask all women these questions (transparency, trustworthiness; safety)

This diagnosis is difficult for many people. Thank you for sharing your concerns (safety; collaboration)

Ask permission especially if touch is involved (safety; collaboration)

Trust the patient will make the decision that is right for them and their family (trustworthiness; collaboration, mutuality)

20

P-V-C Tool to Support Healing Encounters

