

From Behind the Wall and Beyond: Working With Men in the Criminal Justice System

Chris Dorval LCSW, LCDCS, LCDP, ICADC 1

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Self-care

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- Trauma-Informed Training
- Balance Vulnerability with Safety

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Grounding Exercise

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Gender 101

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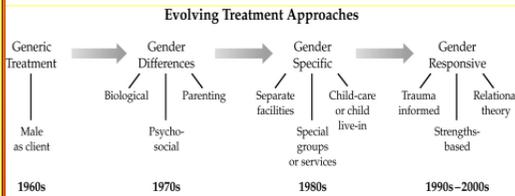
- Sex
- Gender
- Gender Identity
- Gender Expression

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Evolving Treatment Approaches

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Evolving Treatment Approaches



From "Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment," by C. E. Grella, 2008. Copyright 2008 by Christine E. Grella. In Journal of Psychoactive Drugs, November 2008, (SARC Suppl. 5).

Gender-Responsive Treatment

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- Creating an environment through:
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of women/men and girls/boys, and
- addresses and responds to their strengths and challenges.

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Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leeder (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

Male Socialization

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- The Expectations of “Being a Man”
- The Expectations of Therapy/Recovery

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Male Responsive Treatment

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When does society start imposing gender rules?? 9

- “The stage is set at an early age for the induction of “boy code” where boys are taught to keep emotions in check, violence is acceptable as a response to emotional unrest, self-esteem is based on power, and all “feminine qualities” must be rejected”~ (Pollack, 1999).

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“

In the old war code, warriors were expendable but women and children were to be protected behind the shield. Granted the sanctity of innocence was violated as often as it was respected in warfare. The point is: NO ONE EVEN SUGGESTED THAT MEN'S LIVES HAVE A CLAIM TO THE SANCTITY AFFORDED, in theory, to women and children. It is wrong to kill women and children but men are legitimate candidates for systematic slaughter-cannon fodder.

”

Keen, S., 1991 p.46 Fire in the Belly: On Being a Man

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Consider This...

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- Studies have shown that a newborn baby covered with a blue blanket will be touched less and spoken to more firmly than a newborn in a pink blanket (Newman, 2008).

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HOW TO TELL IF A TOY IS FOR BOYS OR GIRLS: A GUIDE

Do you operate the toy with your genitalia?

YES

NO

This toy is not for children.

It is for either girls or boys.

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“

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Keen, S., 1991 p.46 Fire in the Belly: On Being a Man

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It's a Harsh World for Males

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- The majority of children in foster care and group homes are boys (Kipnis, 2009).
- Seventy five percent of suspensions, expulsions, grade failures, and special education referrals go to boys (Kipnis, 2009).
- Seventy nine percent of suicides are males (Centers for Disease control and Prevention, 2010).
- Seventy two percent of homeless are males (US Department of Housing and Urban Development, 2009).
- Ninety three percent of prison inmates are men (US Department of Justice, 2010).
- Ninety nine percent of executed prisoners are men (US Department of Justice, 2010).
- There have been well documented studies on the relationship between early childhood sexual trauma and substance use disorders in men (Quimette et al, 2000)

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Why is Trauma Integration important?

Worldwide, it is estimated that two-thirds of the population is exposed to a traumatic events that meet the DSM stressor criteria for PTSD.

According to the National Center for PTSD:

- 61% of men and 51% of women report having experienced at least one traumatic event (lifetime)
- 10% of men and 6% of women report having experienced four or more traumatic events (lifetime)

Incarcerated Men

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- 97% of incarcerated men in RI Medium Security prison had histories of trauma (Glantz, Harrison, & Cable, 2017)
- Of 8 men interviewed in RI Maximum Security prison, 100% had more than Criterion A experience for PTSD and 6 of 8 met PCL-5 cut off for PTSD symptoms (Dorval, unpublished)

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Not all men are socialized equally

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- Gangs
- Military
- Prison
- Sports
- Corporate World
- Politics

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Relational Cultural Theory For Men

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A New Psychology of Men

- Inspired by feminist scholars
- Challenged traditional male roles and the traditional interpretation of masculine psychological development (Freud, Erikson, etc.)

Guiding Principles of RCT

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- All beings yearn for connection
- All growth occurs in connection - through and towards relationships
- Relational competence allows for connection

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Of Elephants and Men

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- (Horn, 2012)

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Fathered to Fatherhood(Manhood) Mapping (Glantz, Harrison, & Cable, 2016)

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- Information gathering organically
- Transcribe and read together
- Chance to tell their story
- Men have the chance to draw their maps

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Men are Not the Problem

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- How men have been socialized is the problem
- Homophobia, devaluation of women, violence, detached fathering, and emotional illiteracy
- Expectations of Power
- Duality of Privilege
- Denial or minimization of pain

Characteristics of Healthy Relationship?

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- Intimacy
- Honesty
- Vulnerability
- Compromise
- Trust
- Sharing Emotions

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Emotional Fluency

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Breakout: Communication of Feelings

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Theory of Trauma

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What is Trauma?

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Definition of Trauma

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Trauma occurs when an external threat overwhelms a person's **internal and external positive** coping skills.

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Trauma is not the thing that happened but the effect left within us by our experiences...

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The Theory of Trauma

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- Trauma/Stressor Related Disorders are an individual's response to abuse, violence, neglect, maltreatment, grief, or some other overwhelmingly negative experience.
- It is the subsequent set of **maladaptive** behaviors and beliefs that should be addressed in treatment.

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Core Principles of Trauma-Informed Care

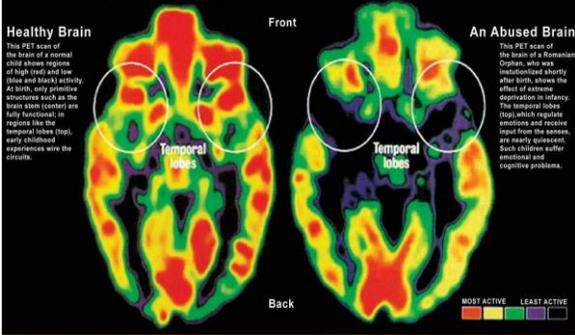
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- *Safety*:
- *Trustworthiness*
- *Collaboration/mutuality*
- *Empowerment*
- *Voice and choice (Fallot & Harris, 2012)*
- *Mutual Responsibility*
- *Compassion (Fallot & Griffin 2014)*

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Trauma and the Brain

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Neurobiology of Trauma

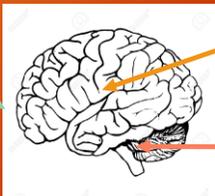
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- Research into the neurobiological aspects of trauma has found that trauma disrupts neural networks inhibiting traumatic experiences from being processed into a way that can be understood consciously (Lee, Zaharlick Akers, 2009).
- As a result these traumatic memories stay in lower regions of the brain inaccessible to the frontal lobe. (van der Kolk, 1994).
 - Frontal Lobe (neocortex) = The rational, understanding, and thinking part of the brain that is utilized by CBT, Relapse Prevention and 12 step Facilitation

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Triune Brain (MacLean, 1990)

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Neocortex:
Executive functioning (thinking, reason, speech, insight, interoceptive awareness, & meaning)
Structures:
• Medial PFC
• Dorsal PFC
• Ventro Medial PFC
• Motor
• Cingulate Cortex
• Posterior cingulate cortex
• Temporo parietal junction
• Insula

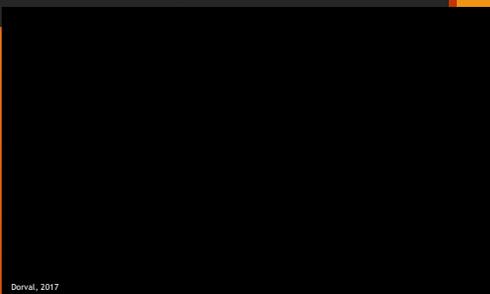
Limbic System: (5 F's)
Fight, Flight, Freeze, Feed, & Fornicate
Structures:
• Amygdala: smoke detector
• Thalamus: sensory input
• Hippocampus: memory formation; sort to long term

R Complex Brain (Reptile Brain):
Instinctual survival behaviors
Structures:
• Brain Stem
• Cerebellum

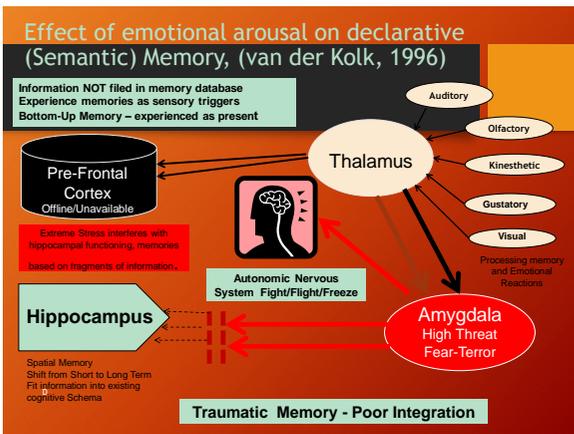
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American Sniper Tire Scene

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Neurobiology of Trauma and Mindfulness

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Dorsolateral Prefrontal Cortex (DLPFC)
Working memory, Plans for action

Medial Prefrontal Cortex (MPFC)
Experience/Introspection

Amygdala
Fight, Flight, or Freeze
"SMOKE DETECTOR"

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Males are biologically influenced to minimize or deny traumatic life experiences

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Individual perceived threat. Activates Hypothalamus.

Hypothalamus sends chemical message to Pituitary Gland (i.e., Corticotrophin-Releasing Hormone CRH)

New chemical message sent to Adrenal Glands via bloodstream. Adrenocorticotrophic Hormone (ACTH)

Cortisol released and attaches to receptor sites.

Oxytocin released in order to bring the system back to homeostasis. End fight/flight response.

Rationale include:
•Stress response, increase blood sugar for quick burst of energy.
•Suppresses the Immune System
•Aid with, protein & carbohydrate metabolism

- **Cortisol is a stress hormone** that is released when the individual experiences threat/stress and the HPA Axis is stimulated. It is a steroidal hormone – **adrenal cortex!**
- **Testosterone levels** are vital in maintaining biological homeostasis in response to chronic stress.
- **Lower Cortisol levels** following traumatic event is associated with increased risk for PTSD.

Gender differences:

- **Men experience stable/higher cortisol levels** following experience of trauma memories.
 - May stimulate avoidance & increased fight/flight in men, which may mediate PTSD development.
- **Women's cortisol levels stay the same** following experiences of trauma memories (Lower than men = higher risk of PTSD)
 - May be associated with differences in how testosterone & estrogen interact with Oxytocin, which is also released during stress response.

Tolin & Foa, 2008; Verma, Bahara, & Gupta, 2011

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The Role of Attachment in Trauma

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- **Uncontrollable disruptions or distortions of attachment bonds precede the development of post-traumatic stress syndromes.** People seek increased attachment in the face of danger. Adults, as well as children, may develop strong emotional ties with people who intermittently harass, beat, and, threaten them. **The persistence of these attachment bonds leads to confusion of pain and love.** Trauma can be repeated on behavioural, emotional, physiologic, and neuroendocrinologic levels. Repetition on these different levels causes a large variety of individual and social suffering.

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- Van der Kolk, 1989

ACE Study

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- ACE Study - 1995 to 1997 (N=17,000)
- Participants completed a confidential survey containing questions about:
 - childhood maltreatment and family dysfunction
 - items detailing their current health status and behaviors.
- This information was combined with the results of their physical examination to form the baseline data for the study.

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ACE Study

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ACE Questionnaire:

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- | | |
|---|---|
| 1. Recurrent and severe emotional abuse | 1. An alcoholic or drug-user |
| 2. Recurrent and severe physical abuse | 2. A member being imprisoned |
| 3. Contact sexual abuse | 3. A mentally ill, chronically depressed, or institutionalized member |
| 4. Physical neglect | 4. The mother being treated violently |
| 5. Emotional neglect | 5. Both biological parents <i>not</i> being present |

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ACE Study

(Adverse Childhood Experiences) 46

Overall findings indicate that there is a linear relationship between number of adverse childhood experiences (ACE) and increased risk of:

- heart disease
- cancer
- obesity
- chronic lung disease
- skeletal fractures
- liver disease
- addiction
- mental health issues

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ACE Study

(continued) 47

- Felitti, et al. (1998) reported that individuals with 4 or more ACE's were found to have:

- 250% greater chance of smoking over children with no aces.

- **500% increase in self-acknowledged alcoholism**

- (American Journal of Preventative Medicine,1998)

- If a male child has six or more "yes" answers, his risk of becoming an IV drug user increases by **4,600%** compared to a boy with a score of zero.

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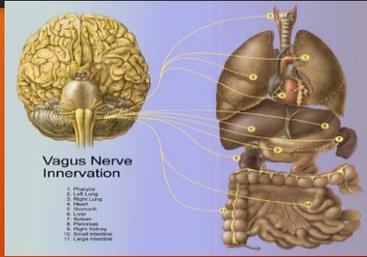
Vagus Nerve Function 48

- Forms part of the involuntary nervous system and commands unconscious body procedures, such as keeping the heart rate constant and controlling food digestion
- Innervates the brain to the viscera.
- Comprises between 80% and 90% of afferent mostly conveying sensory information about the state of the body's organs to the central nervous system.

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Vagus Nerve

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Men's Response to Trauma

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- Traditional male social development is filled with emotional trauma.
- Minimization or denial of pain
- "Victim" = Not a Man

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Tapping In

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CBT as an Evidenced Based Treatment for Trauma

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- Not very effective as the predominant approach
- Pre-frontal cortex not easily accessible
- Trauma resides in the body as much as in the mind
- How many men in system have TBI?

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Psychiatric Diagnoses

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- What diagnosis for men would most likely mimic/mask the symptoms of complex PTSD?

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Anger as a secondary emotion

Hurt
Sadness
Fear
Insecurity



Anger
Rage
Violence

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Intervention Implementation

- Histories of abuse and trauma should be expected, not considered the exception.
- Many treatment “failures” likely have unaddressed trauma.
- Talk to men about the trauma that men experience and the abuse that they perpetrate.

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Critical Importance

- Make room for Anger
- Participation is sometimes just showing up
- Safety
- Choice
- Authenticity

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Men's Response to Trauma

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- "Victim" = Not a Man

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Barriers to Men Seeking Help

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- Admitting to a problem
- Lack of emotional fluency
- Difficulty in asking for help
- Difficulty depending on others
- Perception of treatment/therapy as "feminine"
- Fear of being perceived as "weak"
- Fear of intimacy
- Fear of vulnerability
- Sexualization of females
- Homophobia

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Key Area's of Focus Working With Incarcerated Men

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1. Impact of male socialization on recovery
2. Relational needs of men
3. Abuse and trauma (experienced and perpetrated)

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Strength-Based Treatment

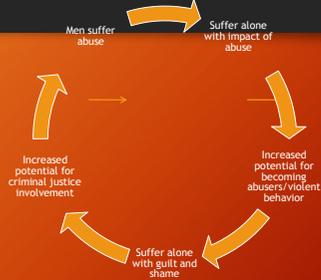
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- Focus on assets rather than deficiencies
- Increasing each client's sense of self-worth and competence
- Reinforcing evidence of personal growth
- Normalizing the difficulty of change

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Cycle of Trauma and Abuse

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Ending Men's Violence

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We will not end the cycle of boys' childhood trauma and men's violence until we treat men with compassion as well as mutual responsibility.

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