

Gateway to Hope
Training Program of HHCI

The Impact of Trauma on Relationships

PRESENTED BY
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1

Educational Events

Learning Objectives:
Our educational events are designed to make mental health knowledge accessible and actionable. Guided by trusted experts, you will:

- Break down complex topics into understandable, meaningful insights.
- Practice strategies you can immediately integrate into your personal, professional, or ministry setting.
- Strengthen your ability to respond with empathy and clarity when someone needs support.

Continuing Education (CE):
Licensed Mental Health Providers May Earn Up to 1.0 CE hour



2

How We Help You Bridge The Gap

The **Hope and Healing Center & Institute (HHCI)** is a no-cost, comprehensive mental health resource serving the Houston community and beyond. Its mission is to expand access to care, education, and support for individuals and communities facing mental health challenges.

Gateway to Hope (GTHU) is the training arm of HHCI—created to equip people with the knowledge and skills needed to respond effectively and compassionately when mental health needs arise.

Through GTHU, participants gain access to:

- **Evidence-based mental and behavioral health training** delivered through our Learning Portal and grounded in peer-reviewed research
- **Practical tools and behavioral health resources** that support real-world application
- **Ongoing support** for individuals, faith communities, schools, and workplaces

Together, HHCI and GTHU help bridge the gap between **mental health need and meaningful support** by preparing you to recognize concerns, respond with confidence, make appropriate referrals, and foster healthier, more resilient communities.

Be the Bridge Between Struggle & Support



3

Explore Our Evidence-Based Training Programs

- Empower Faith Communities
- Empower Schools
- Empower Workplaces
- The 4 R's Training®
- Mental Health Coach
 - Specialty Trainings:
 - Addiction & Behavioral Health Disorders
 - Aging & Elder Care
 - Child & Adolescent Mental Health
 - Trauma
- Mental Health Champion
- Aging with Grace



SCAN ME

All of our trainings are available in English and Spanish



4

Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches.
- Learn essential information, skills, practical scenarios, and actionable steps to compassionately respond to those in mental distress.
- Deepen your knowledge and response skills through our Specialty Trainings:
 - Addiction & Behavioral Health Disorders
 - Aging & Elder Care
 - Child & Adolescent Mental Health
 - Trauma



SCAN ME

Go Beyond Awareness. Create Real Change.



5

Mental Health Coach Benefits

Designed to support you—before, during, and after training.

- A personalized dashboard to manage your learning
- A coach-only forum for connection and shared learning
- A community resource map to support informed referrals
- Live coach meetings and online events for continued growth
- Certification to recognize your training and commitment







6

Presentation Overview

- Explore how trauma affects mental wellness and relationships
- Understand common trauma responses
- Learn compassionate ways to support people experiencing distress
- By the end of this training participants will:
 - Understand different types of trauma
 - Recognize how trauma affects relationships
 - Identify common trauma responses
 - Practice compassionate responses



7

What is Trauma

- Trauma is an emotional response to a distressing or disturbing event.
- Examples:
 - Abuse or neglect
 - Violence or accidents
 - Natural disasters
 - Loss or grief
 - Chronic stress or instability



8

Types of Trauma

- Acute Trauma – a single event (accident, assault)
- Chronic Trauma – repeated exposure (abuse, domestic violence)
- Complex Trauma – multiple traumatic events over time
- Secondary Trauma – witnessing or hearing about others' trauma



9

How Common is Trauma?

- Nearly two-thirds of U.S. adults report at least one Adverse Childhood Experience (ACE)
- Emotional abuse is one of the most common ACEs
- Trauma exposure is widespread across communities



10

How Trauma Affects the Brain

- Trauma can impact:
 - Stress response systems
 - Emotional regulation
 - Memory and attention
 - Perception of safety and trust



11

Common Trauma Responses

- Fight – anger or aggression
- Flight – avoidance or leaving situations
- Freeze – shutting down or feeling stuck
- *Fawn – people-pleasing to avoid conflict*



12

Trauma and Relationships

- Trauma can affect:
 - Trust in others
 - Communication patterns
 - Emotional closeness
 - Conflict resolution
 - Boundaries



13

Examples in Relationships

- Someone experiencing trauma may:
 - Avoid emotional conversations
 - Overreact to perceived threats
 - Have difficulty trusting others
 - Withdraw from relationships



14

How to Help the Relationship

- Offer compassion
- Listen without judgment
- Validate feelings
- Avoid blaming language
- Encourage professional help if needed
- Be patient and consistent



15

Self-Care in Relationships

- Being in relationship with someone with trauma can be challenging.
- Remember to:
 - Set healthy boundaries
 - Seek support when needed
 - Practice self-care



36

16

Key Takeaways

- Trauma is common and affects many relationships negatively
- Trauma responses are protective survival strategies
- Compassionate support with understanding can improve healing and connection



37

17

Websites

Mischer Behavioral Health Resource Center
GTHU.org

Start Your Mental Health Training
Learning Portal: Learn.GTHU.org

Mischer Behavioral Health Resource Center
ADDICTION
MischerBehavioralHealth.org


Transforming Lives, restoring hope
HopeandHealingCenter.org



38

18


Resources



The Hope Line
(832) 831-7337

Open daily, 9 PM - 8 PM CT
www.hopeandhealing.org

Relief. Just a Call Away.



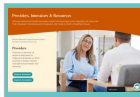

Grace, Friendly AI Assistant
Have questions about mental or behavioral health? Talk to Grace. Our health AI assistant can guide you in supporting yourself and loved ones.

Remember: Always use our AI Assistant responsibly. Do not use it for medical emergencies. If you are in crisis, please call 911 or contact your healthcare provider.

Grace can provide you with information and resources for your behavioral health and addiction questions.


Visit the **Mischer Behavioral Health Resource Center** to refer or find support:

- Referrals from our Vetted Provider Network
- Innovators
- Mental Healthcare Providers
- Support Groups

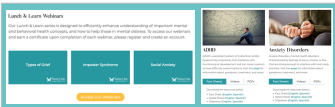



19


Educational Resources



Listen to our **Madness & Grace Podcast**, from the Hope and Healing Center & Institute, with Matthew Stanford, Ph.D., and Madeline Stiers, Ph.D., LCSW-S.




Explore resources on relevant mental health topics to equip yourself with effective tools for growing mental health awareness in your community and for supporting those in mental distress.




20

Stay Connected With GTHU

Receive training reminders, coach updates, and helpful resources—delivered straight to your phone.

To opt in to SMS updates:
 **Text "Sign me up" to (346) 449-8400**

Message and data rates may apply. You can opt out at any time.



21



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