

# Current Research and Practical Approaches to Designing Trauma-Sensitive Sport Interventions

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# What is the Role of Sport in Working with Children and Young Adults Affected by Trauma?

- Physical Activity
- Repetitive
- Patterned
- Predictable Environment
- Safe Environment
- Human Connection
- Sense of “Normalcy”



# Sources for Designing Trauma-Sensitive Sport Interventions

## Clinical Approaches

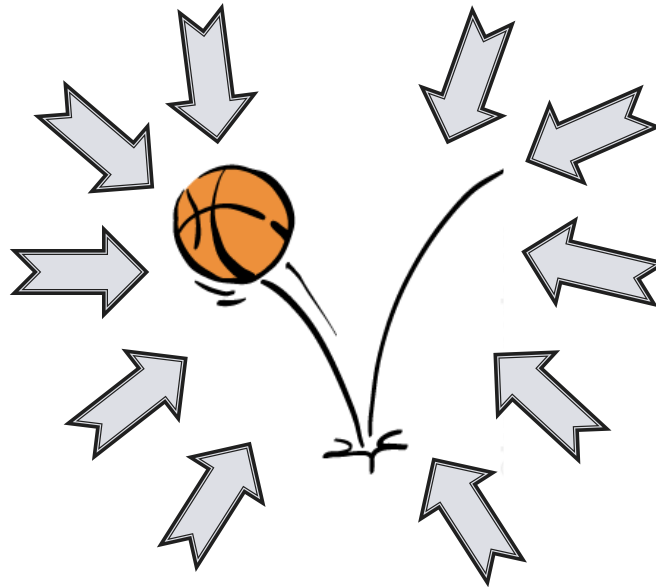
CBT/DBT  
ARC  
Narrative Therapy  
PCIT

## Youth Development

PYD  
SBYD

## Body-Based Interventions

Trauma Center  
Doc Wayne  
Project Air



## Brain Science

Brain-Body  
Disconnect  
Re-Wiring

## Clinical Diagnoses

ASR/ASD  
PTSD  
DTD (emerging)

## Protective Factors (Resilience)

Caring Adult  
Mastery/  
Competence  
Contribution

# Trauma-Sensitive Design Principles

## ATTRIBUTES OF THE PROGRAM

1. Safety (Emotional and Physical)
2. Long-Term Engagement
3. Constant Caring Adults
4. Activating Family and Community Resources
5. Robust Referral System
6. Integration of Local Cultural Practices
7. Familiarity/Predictability/Normalization (Structure)
8. Play/Activity-Based
9. Caregiver Support

## SKILLS FOR THE ATHLETE

1. Awareness/Reflection/Mindfulness/Review
2. Choice
3. Control/Responsibility/Leadership
4. Competency/Mastery
5. Self Regulation
6. Evidence About their Better Self
7. Sense of Belonging and Contribution
8. Relationship Building (with peers and adults)
9. Self-soothing (self-coaching)

# Change the Game

## Change the Language of Your Coaching:

- Choice Language in Yoga: "If this is uncomfortable, you can take a break and then try again."
- Empowerment Language: "What do you see going on out there? What do you think we should do about it?"

## Change the Roles of the Referee:

- The Referee Advocate
- The Referee Coach

## Change the Structure of the Game:

- Unlimited Timeouts
- Coach as QB



# How do I create a trauma-sensitive sport experience?

- How could I transform the entire sport experience into something that promotes a level of healing?
- What is going to work when I can't take away from the game/activity time?
- How do I do this so it doesn't feel like therapy?

# Example: Doc Wayne

(Boston, MA)

## Results:

- Increase in peer-to-peer helping behaviors
- Decrease in behaviors requiring separation from other youth
- Improvement in CBCL scores
- Decrease in restraints

**DTG = Do the Good**



**“Show Up”**

# Thank You!



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