

Mind Body Healing from Trauma

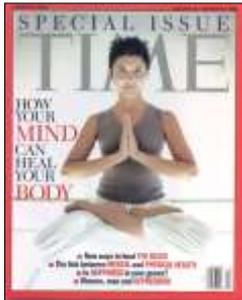
Suzanne Koeplinger, Catalyst Initiative Director,
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and

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Catalyst Initiative at George Family Foundation

- **Our Mission:** to make Minnesota the healthiest state by improving overall health and wellbeing through proactive means, by empowering people and communities to incorporate meaningful lifestyle changes for maximum wellbeing, and promote widespread access to integrative healing modalities.
- **Our Vision:** To transform the consciousness of Minnesotans about their health and wellbeing to) enable self-care to become true primary care; b) lead to an understanding of the connectedness of mind, body, and spirit and the immense self-healing capacity of human beings; and c) build acceptance that the best medicine combines proven medical treatments with a full range of healing modalities.



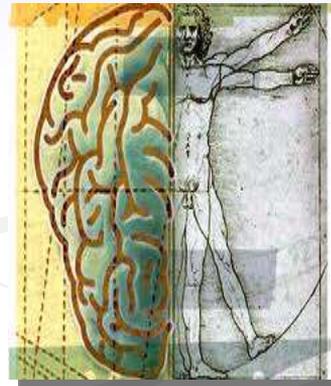
The Mind-Body Connection

- The mind and body communicate constantly **sending what it thinks and perceives** to each other.
- Mind-Body Skills help us to **consciously enter the conversation**, increasing empowerment, stress regulation and increased awareness.
- **Mind Body** interventions employ a variety **evidence based techniques** that facilitate the mind's capacity to affect bodily function and symptoms.

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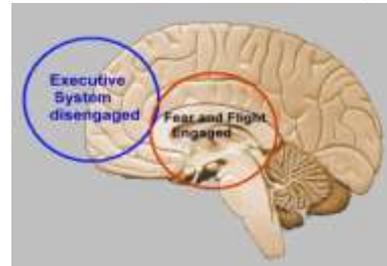
Mind-Body Medicine

“It regards as fundamental an approach that respects and enhances each person’s capacity for *self-knowledge and self care.*”



(NCCAM, 2005)

Resilience: Updating our Operating System for the 21st Century



Continuing to do this is no longer an option!

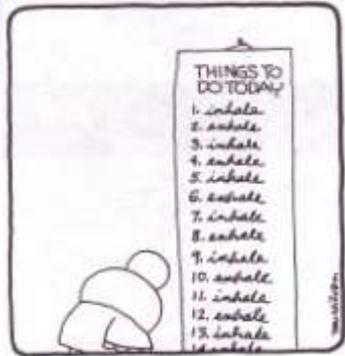
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“Insanity is continuing to do the same thing over and over and expecting different results.” Albert Einstein



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Physiology of Breathing



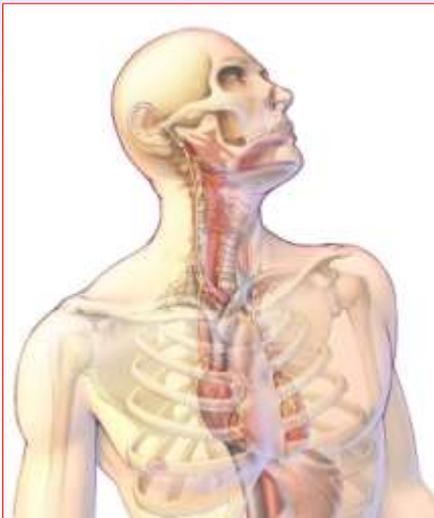
Breathing is controlled by both the:

1. **Autonomic** nervous system (Unconscious)

-this part is automatic and working on our behalf.

2. **Voluntary** nervous system (Conscious)-we can actively intervene at this level

Diaphragmatic/Soft Belly Breathing



- Activates the relaxation response—the pause in ourselves, the brakes
- Hormones associated with well being such as DHEA are released
- Our right hemisphere is influenced- opening up our receptivity—thinking opens up and becomes more **FLEXIBLE** and **FOCUSED**

Vicarious or Secondary Trauma

- Vicarious or secondary trauma (also known as burnout) “is a process by which a professional’s inner experience is negatively transformed through empathic engagement with client’s trauma material” (Killian, K. 2008).
- It shows up as anxiety, trouble sleeping, difficulty concentrating, anger. It can accumulate over time.



Repeated Exposure

- Those who are repeatedly exposed to persons suffering from posttraumatic stress disorders symptoms can lead to increase in PTSD symptoms in the caregiver.
- How do caregivers model self-care for clients/program participants?
- The importance of self-awareness for advocates and leaders.

Your brain & happy chemicals

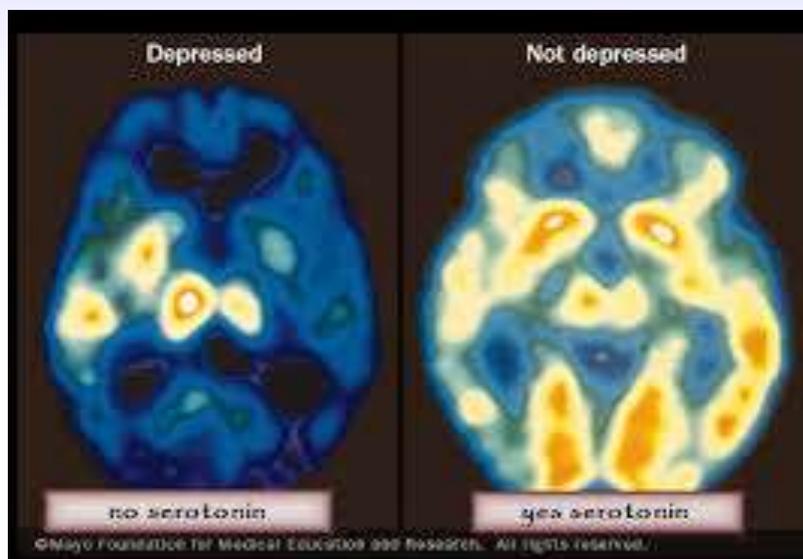
Endorphins – exercise, laughter.

Dopamine – achieving goals, eating right.

Serotonin – social connectivity, recognition.

Oxytocin – kindness, gifting.

Serotonin & depression



Stress

- Releases cortisol, which is an immune system suppressant and an inflammatory agent.



The Role of Cortisol

- Balanced levels of cortisol are **essential for the body to function properly.**
- Levels that rise and stay high can cause significant damage to many body systems.
- When stressed for a long periods of time, the **brain's internal thermostat resets and tells the adrenal glands to maintain this higher level of cortisol as though it were normal.**
- Chronically elevated levels have been found to impair: **immune function, reduce muscle mass, increase fat, impair memory and learning, destroy brain cells, cause anxiety and sleep problems, and damage stomach, kidneys, and heart.**

Adverse Childhood Experiences

Cause changes in the architecture of the brain that affect everything from physical growth to emotional development to the capacity to make healthy decisions as an adult.

It also increases the risk of alcoholism, depression, liver disease, intimate partner violence, STIs, smoking and suicide.

(MDH Health Disparities Report, 2013)

What is this?

- Emotionally: I'm done
- Mentally: I'm drained
- Spiritually: I'm dead
- Physically: I smile

Self-Care Deficit Disorder



Leads to
increased
Stress
Vulnerability



Dimensions of Resilience



- AWARENESS
 - Keeping the light on-renewable energy
- BALANCE
 - Rest and Recovery-the best way is through understanding how we work (our human operating system)
 - Realistic Optimism
 - **Tools for Self-regulation** and enhancing your ability to do that with others
- CONNECTION
 - With yourself and others

World Health Organization

Health is a state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity.

Mind Body Connection

- Forward Stance uses the physical experience to develop, explore and demonstrate human actions.
- Developing a physical and conceptual understanding of Forward Stance can shift the way we move in the world.
- Emphasizes proactive, strategic action.
- Developed by Norma Wong at Applied Zen program of the Institute of Zen Studies.

Forward Stance: a mind- body approach

- Personally, organizationally, as a movement:
- 40/60 – overwhelmed
- 50/50 - balanced
- 60/40 – nimble, pro-active
- 70/30 – unsustainable

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Practice Forward Stance

1. Find a partner about your height.
2. Stand facing one another within arm's reach.
3. Notice your stance.

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Survivor Leadership and Habits

Habits are unconscious, repetitive actions. Individuals, organizations, movements all have habits.

Personal Habits

- I can fix it!
- Trauma histories pull people toward the past, it is familiar.
- We carry our family with us.
- I got this thing!

Organizational Habits

Supportive

- Clear lines of communication,
- Manageable case/work loads,
- Debrief, support offered,
- Actively promoting and modeling self care,
- Flexible work time/space,
- Opportunities for professional and personal development .

Or not

- Lack of clarity in strategic vision,
- Overwhelming work loads,
- Lack of teamwork,
- Unhealthy environment, gossip,
- No flexibility in hours,
- Few growth opportunities.

The Story of MIWRC

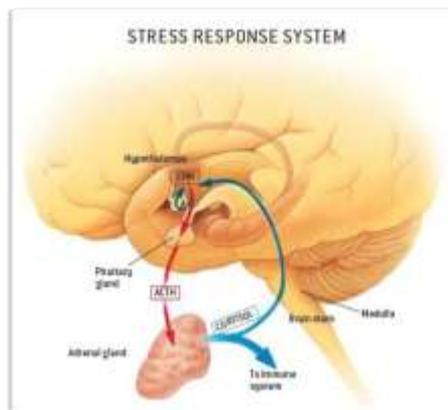
- Culturally and experientially qualified staff.
- High rates of trauma in the service population.
- Triggers in the workplace.
- The Mind Body Medicine connection for staff wellbeing.



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Fact #1: We have an inbuilt survival program that we have not previously understood the workings of.

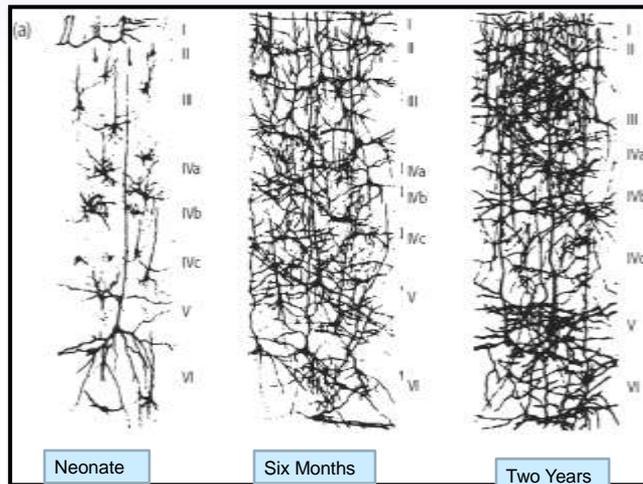
Fact #2: The thoughts you think affect every cell in your body. The emotions that you feel affect your thoughts, and likewise, the thoughts you think affect your emotions



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Brain Development 101

Birth -born with (almost) all of our neurons, but very few connections between them. A baby spends the first few years growing many millions A SECOND of connections/synapses



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Mirror Neurons cause us to respond to other people's actions or emotions and to the intent behind them.

RELATIONSHIPS
Shape the Brain and
the Mind

“ Our mirror neurons are essential to how we attune to others internal states.”

Marco Iacoboni, 2008



Environmental factors play a crucial role in the establishment of synaptic connections after birth. For the infant and young child attachment relationships are the major environmental factors that shape development of the brain during its period of maximal growth. Goldsmith, et. Al.,1997

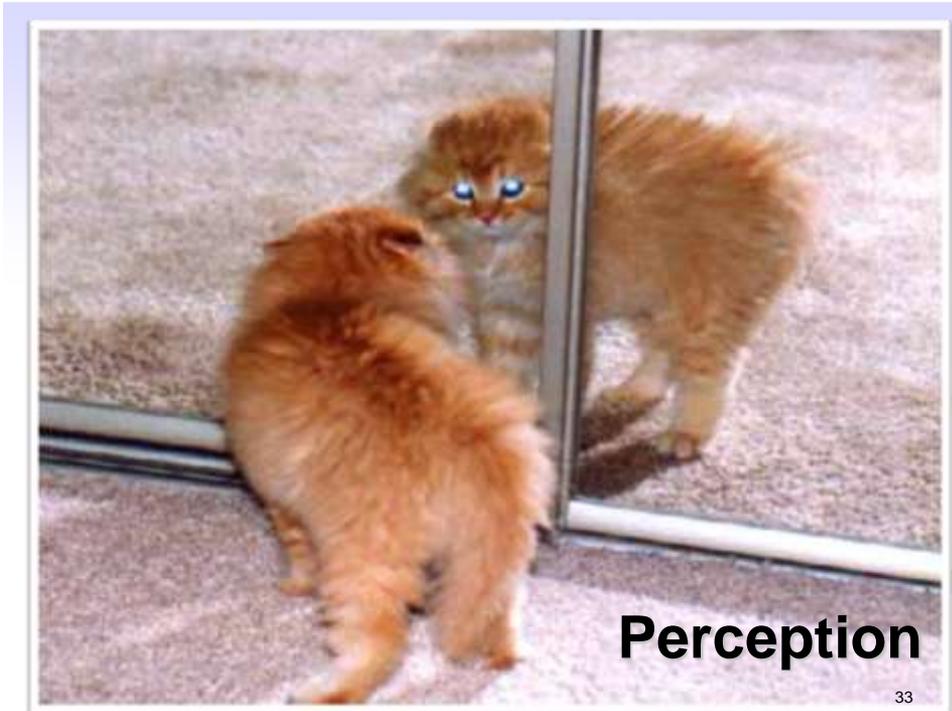
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“In infancy and childhood, the tracking of shared awareness can be seen as the essence of attunement and subsequent resonance that enables a child to “feel felt” and to thrive.

This is also an important element for the forming of attachment.

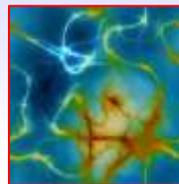
Attunement induces the growth of integrative fibers of the brain and promotes neural integration.” Daniel Siegel, M.D.



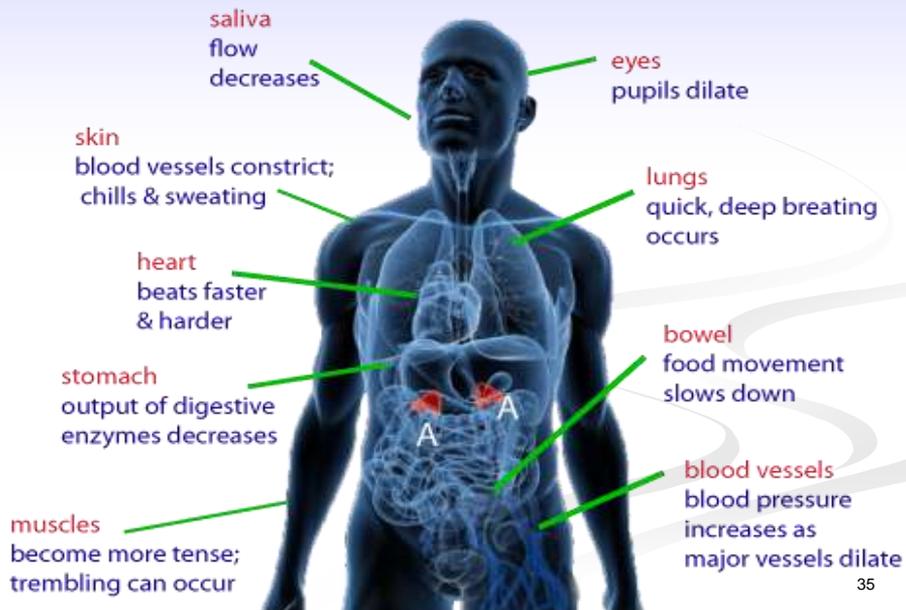
A **perceived** threat or stress automatically engages an emergency hot line in the brain (the emergency center-the amygdala.)

Once activated **the amygdala sends the equivalent of an all points bulletin that alerts other brain structures.**

This **RAPID RESPONSE ALARM sends SURVIVAL ENERGY TO EVERY SYSTEM IN THE BODY** including sending out over 1,400 physical and chemical reactions and over 30 different hormones and transmitters.



Fight or Flight Response



Body Scan Experince

“Direct your eye inward, and you will find a thousand regions in your mind yet undiscovered.
Travel them and become expert in home-cosmography”

Henry D. Thoreau



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Autonomic Nervous System

Sympathetic

- (mobilizes the body for action - fight or flight)
- Increases heart rate and blood pressure
- Dilates bronchi and respiratory rates
- Inhibits digestion
- Stimulates conversion of glycogen to bile by liver
- Secretion of epinephrine & norepinephrine by adrenal medulla

Parasympathetic

- (maintains equilibrium - relaxation)
- * Decreases heart rate
- * Constricts bronchi and respiratory rates
- * Stimulates digestion
- * Stimulates release of bile by liver
- * Lowers blood pressure

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The Gas

Sympathetic nervous system-

Activates Fight/Flight or Freeze



Revs up metabolism to deal with challenges. Mobilizes the body's reserves so that you can protect and defend yourself. Gives you the energy of **Hyper-Arousal**

The Brakes

Para-Sympathetic nervous system-



Promotes rest and restoration, relaxation, conservation of bodily energy by causing your vital organs to "rest" when they are not on duty.

Balance is like being on "cruise control"



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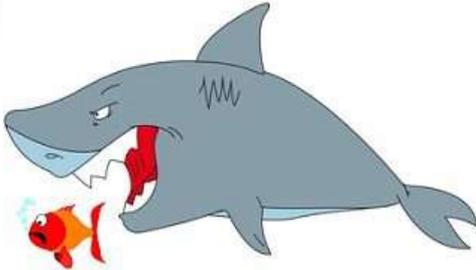
Positron Emission Tomography (PET Scan)

**PET Scans indicate section of brain that is
*active***

Picturing Visual Image	ACTIVATES	Optic Cortex
Imagining Listening	ACTIVATES	Auditory Cortex
Imagining Touch	ACTIVATES	Sensory Cortex

(Rossman, 1986)
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FEAR



**Stress Response from
Immediate Danger!**

ANXIETY



**Stress Response just
from your Thoughts!**

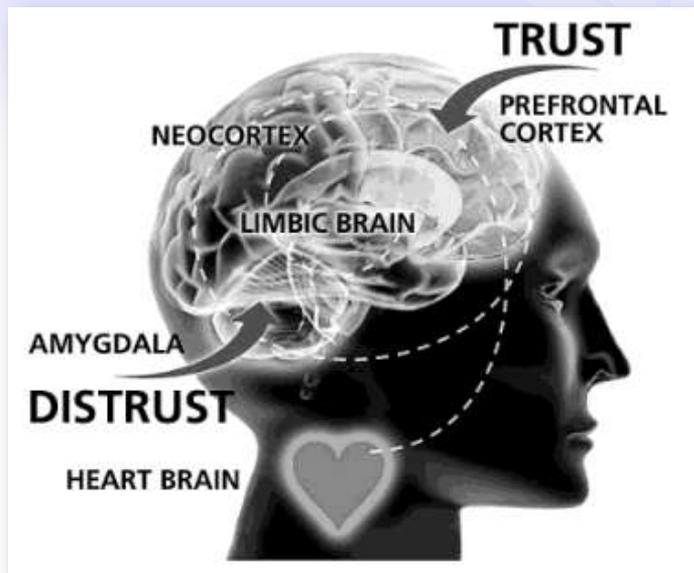
www.gostrengths.com

***"I have been
through some
terrible things
in my life...
some of which
actually have
happened."***

Mark Twain



Trust and Distrust



Distrust Produces:

- **Higher levels of cortisol** and catecholamine, which closes down the prefrontal cortex, where new ideas, creative thinking, empathy, and good judgment reside.
- **Changes** in the dorsal ant cingulate cortex-part of the brain that is sensitive to conflict; this center responds **by sending signals to the amygdala to take over and protect.**
- **Higher levels of testosterone**, which makes us **more aggressive and induces us to fight to protect our territory.**
- **Higher levels of norepinephrine**, which cause us to want to **think more negative thoughts** and think we need to be right and fight.

Trust Produces:

- **Higher levels of dopamine-happy** hormone-increased positive outlook and assigns feelings to our interactions, we have more positive memories and look forward to the future.
- **Higher levels of oxytocin**-bonding hormone-which makes us feel closer to others and want to be with them and be open with them.
- **These too hormones continue to build** creating well being, creativity, excitement, feeling good and part of something.

Those in Flight (flee) Response

- The inner psychological is to find a way to flee to avoid feeling further overwhelmed
- Distracting behaviors-procrastination
- Avoidance
- Shut out people—Isolate
- Shut down-shut out pain-Retreat
- Emotional Distancing-“Don’t let anyone get too close.”
- Silence. “You can’t make me talk to you.”
- Playing dumb, dropping out of the conversation-“Whatever.”
- Appease



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Those in Fight (react externally) Response

- The inner psychological need is to stay in control and feel in charge no matter what.
- Anger
- Feel the need for resolution RIGHT NOW- immediate relief
- Justify behavior –survival need
- Lashing out verbally
- Feel the need to be right at all costs. Have to have the last word and be “heard” and make a point to stay in control
- Blaming-Shaming language, put downs
- Threatening Behavior



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Trauma and The Freezing Response



Is a biologically driven reaction of FREEZING in the face of threat- usually seen when there has been trauma and no way to escape

During freezing- dissociation, the brain prepares the body for injury. Blood is shunted away from the limbs and the heart rate slows to reduce blood loss from wounds.

A flood of endogenous opioids- the brain's natural heroin-like substances -is released, killing pain, producing calm and a sense of psychological distance from what is happening.

Trauma

- War
- Torture
- Natural disasters
- Racism and Historical Trauma
- Child abuse
- Spousal abuse
- Rape and other violent crimes
- Bullying
- Health crisis—life threatening illness
 - Birth trauma
 - Traumatic accidents
- *Witnessing any of these*
- ***Adverse Childhood Experiences ACE'S***

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A Healthy Nervous System

Balanced levels of **Cortisol** Throughout The Day



Siegel, Daniel, M.D., et al.

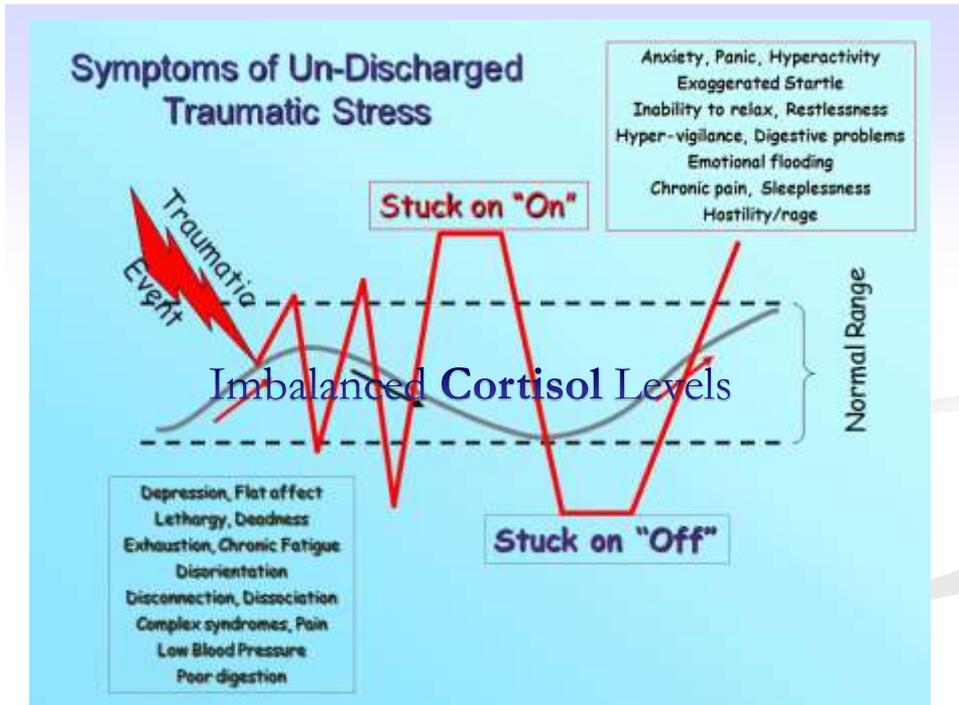
When my Nervous System is balanced and my activation is low I feel:

Open, curious	Relaxed yet alert
Embodied	Appropriately reactive
Available for connection	Able to be present
Fluid, resilient	Emotionally stable
Competent - a sense of mastery	Healthy - symptoms are manageable

I have choices and options

I recognize when I am moving out of my functional range
and have tools to return to stability and stabilization

I know when to reach out for support
when I can't do it on my own



- Trauma can significantly disrupt development
- May have long term consequences
- Change the structure of the brain itself
- Is a risk factor for adult problems
- Impact varies between individuals
- Working with traumatized individuals can be challenging.
- **Pro-active and ongoing Self-care is essential and creates RESILIENCE**





Research shows that bodily movement directly affects brain chemistry and focus and helps to shift strong emotions, as well as releases stress hormones.

Movement Breaks can provide an essential form of Self-Care for You And the Children You Work With:

✓ **Physical activity feeds the brain:**

✓ Most of the brain is activated during physical activity – much more so than when sitting.

✓ **Movement increases the capacity of blood vessels (and possibly even their number), allowing for the delivery of oxygen, water, and glucose (“brain food”) to the brain.**

✓ This optimizes the brain’s focus & performance

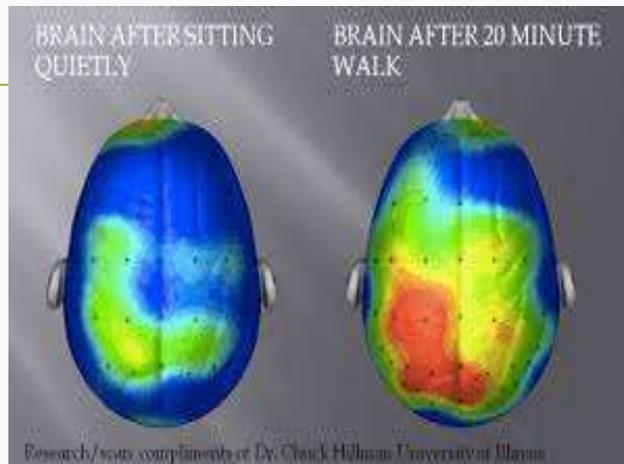
✓ With movement there can be a greater sense of mastery and confidence in the body promoting positive self image.

✓ Serotonin is released with movement—leading to a greater sense of well-being

Active MOVEMENT: “Shaking”



Activity



Threatening stimulus always gets first priority

Amygdala Hijacking turns on the neurochemistry of fear



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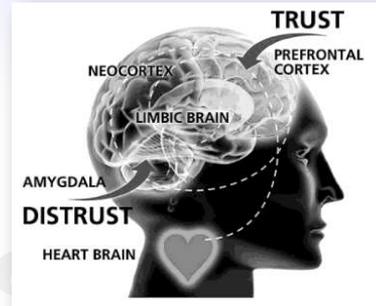
Attunement/resonance link the perception of emotional expressions to the creation of those states inside the observer.



How the importance of Mirror Neurons shows up again ~~~~~ Connect Before Redirection

Use non-verbal communication, a soothing tone of voice, show empathy, facial expressions and empathetic language to show you "get it". This helps regulate the person so they can calm down.

Once you've aligned your state with their INNER state, helped them in their dys-regulation and helped them to calm down, then you can re-direct them and offer solutions, collaborative problem solving or give logical explanations.



- When you **recognize, acknowledge and name** an internal state another person—adult or a child, you **literally activate** the ventral/ lateral pre-frontal cortex.
- **This in turn begins to squirt chemicals to the amygdala – limbic system**
- The fight/flight system are then impacted by inhibitory peptides!
- Engaging with another in this way will help to **stabilize** the brain.



Relationships inspire children to focus their attention as well as shape the brain and influence bonding. **A mindful approach to working with children automatically creates increased connection, presence and less reactivity and increased mindful responsiveness on the part of adults. CONNECT before you REDIRECT**

When children have an experience, and **adults don't tune into the internal state** of the child but just respond to the behavior they don't connect to a child's inner life.

This creates feelings of:

- Shame in children
- Feelings of isolation
- Humiliation
- Helplessness and hopelessness
- Rage

This in turn impacts the sense of the self and interactions with all subsequent individuals throughout life until examined.



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Strategies to Create Resilience

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The ABC's of Resilience and Prevention



Awareness

- Assessing your symptoms of stress on an ongoing basis
- Understanding the Mind-Body Connection
- Knowing what works for you to come back into balance once you have been triggered
- Being aware of beliefs that keep you from self-care
- What gets in the way of caring for yourself as much as others?

Balance

1. Knowing what restores you and gives you energy and doing it on a regular basis—even through mini escapes
2. List one thing that brings you joy.
3. Name 3 things you feel grateful for today.
4. When did you last have time in a calm, beautiful place?
5. Understanding how to bring your physiology back into balance

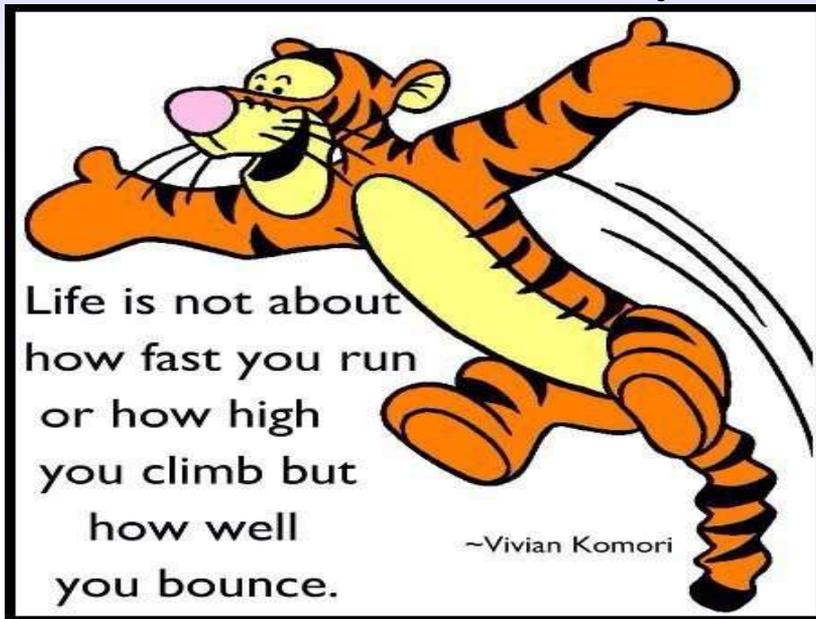
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Connections

1. How do you stay connected with **yourself** on a daily basis? How do you connect with your body, emotions, mind and spirit?
2. How do you stay REAL and connected with others when you are stressed?
3. Who can you talk out your stress with, process your thoughts and reactions?

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Resilience=Flexibility

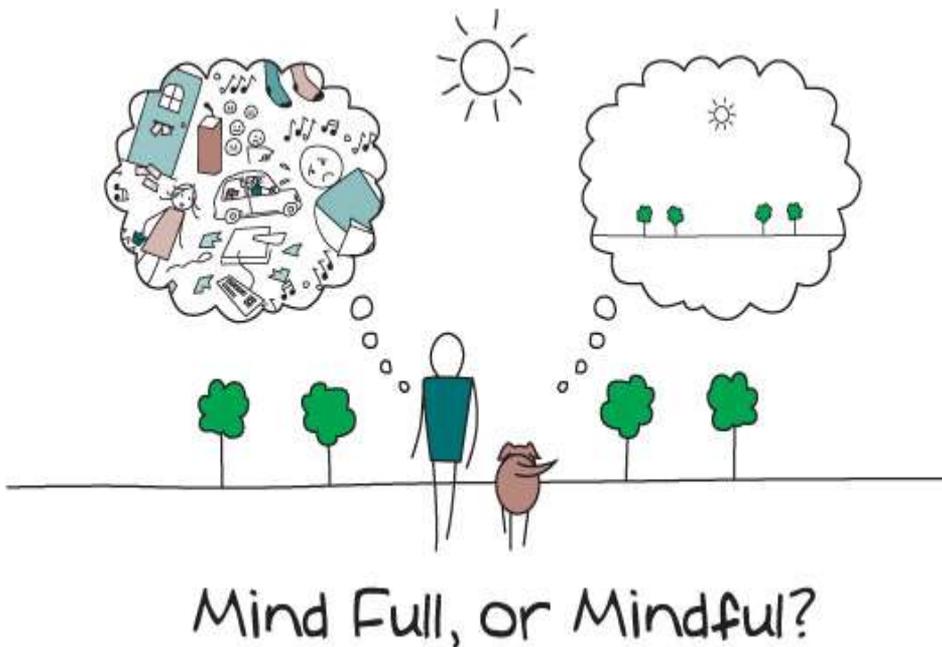


Keeping the Light on and finding the source
of renewable energy creates RESILIENCE



Moment to
Moment Focused
attention and
awareness without
judgment

is referred to as
mindfulness,
whole brain
integration,
presence, etc.



Mindless

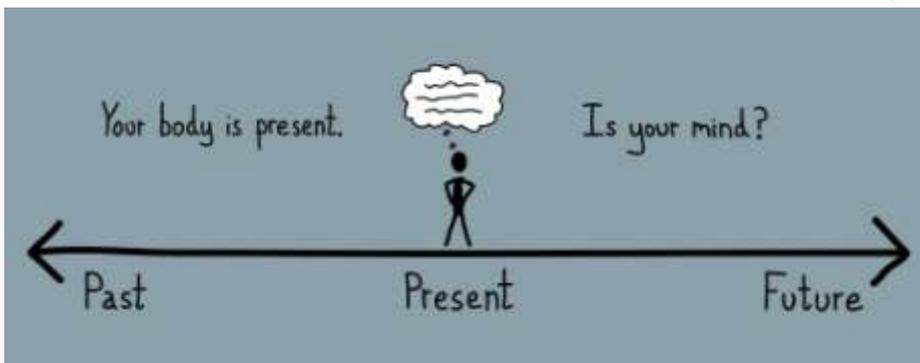
- Involves automatic, habitual behaviors and thoughts, lack of consciousness or awareness:
 - Most common when people are distracted, hurried, multitasking, and/or on overloaded
 - Treating information as though it is context-free and true regardless of circumstances
 - The application of yesterday's solutions to today's problems

Mindfulness

- Boosts attention and concentration
- Raises your level of emotional intelligence
- Increases your resilience
- Improves relationships
- Decreases reactivity
- Increases productivity
- Increases Executive Function
- Intention
 - Activates the goal-setting aspect of mind that is necessary for us to use to be maximally effective
 - Engine of effort - provides initial spark of energy, enthusiasm, vision, and purpose
 - Powerful change agent

Centering in the Present:

assessment of your current condition and maintaining homeostasis between mind and body



Music and Self-Care



- **Music is nonverbal: It moves through the brain's auditory cortex directly to the center of the limbic system:** governs emotional experiences and basic metabolic responses such as body temperature, blood pressure and heart rate. It can help create new neural pathways in the brain.
- **A bridge between left and right hemispheres of the brain:** helping the two work in harmony. This stimulates the immune system as well as transforms stressful states.
- **Music can excite peptides in the brain and stimulate the production of endorphins,** which are natural opiates secreted by the hypothalamus, which produces a feeling of natural euphoria, shifting mood and emotion.
- **Shift mood states** and desired psychological responses, such as reduction of anxiety, fear, depression, apathy and discouragement

The Results

Why should I do this?

- Increased Awareness
- Reduced reactivity
- Increased Resilience
- Sustained attention
- A sense of peace
- Presence
- We are more effective in **everything** we do and in turn have a better and more lasting impact on others. The quality of our life as a whole and relationships increase.



The Center for
**Mind-Body
Medicine**



Mind-Body Medicine

Learn the Science, Live the Techniques

October 10-14, 2015

Minneapolis, MN



Food as Medicine

A Feast of Science and Wisdom

June 11-14, 2015

Minneapolis, MN

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