

Welcome Epiphany Community Services

Enjoy the tunes and we'll get started soon!

C. Danae Riggs, Certified Trauma Specialist
Soul Bird Consulting



Invitation to Brave Space

by Micky ScottBey Jones

Together we will create brave space
Because there is no such thing as a “safe
space” —
We exist in the real world
We all carry scars and we have all caused
wounds.
In this space
We seek to turn down the volume of
the outside world,
We amplify voices that fight to be heard
elsewhere,
We call each other to more truth and love.

We have the right to start somewhere
and continue to grow.

We have the responsibility to examine
what we think we know.

We will not be perfect.

This space will not be perfect.

It will not always be what we wish it to be
But, it will be our brave space together,
and we will work on it side by side.



Invitations For Success

**Expert of
your own
experience**

Get Curious

W-A-I-T

Why am I talking?

**Why aren't I
talking?**

**Cadillac of
Listening**



Pair Share

- How are you showing up today?
- What is one question or curiosity you have about our topic today?



Grounding:

when our bodies feel connected and calm

Orienting:

becoming aware of our location in time and space through our senses

Resourcing:

anything that evokes positivity



Breathe.
Here.
Now.



5 Core Convictions

Influence the stories you tell...

Impact the stories you hear...

Shift the things you do and ways you are with others...



1. Trauma is stored in the *body*



2. Regulation is a *practice*



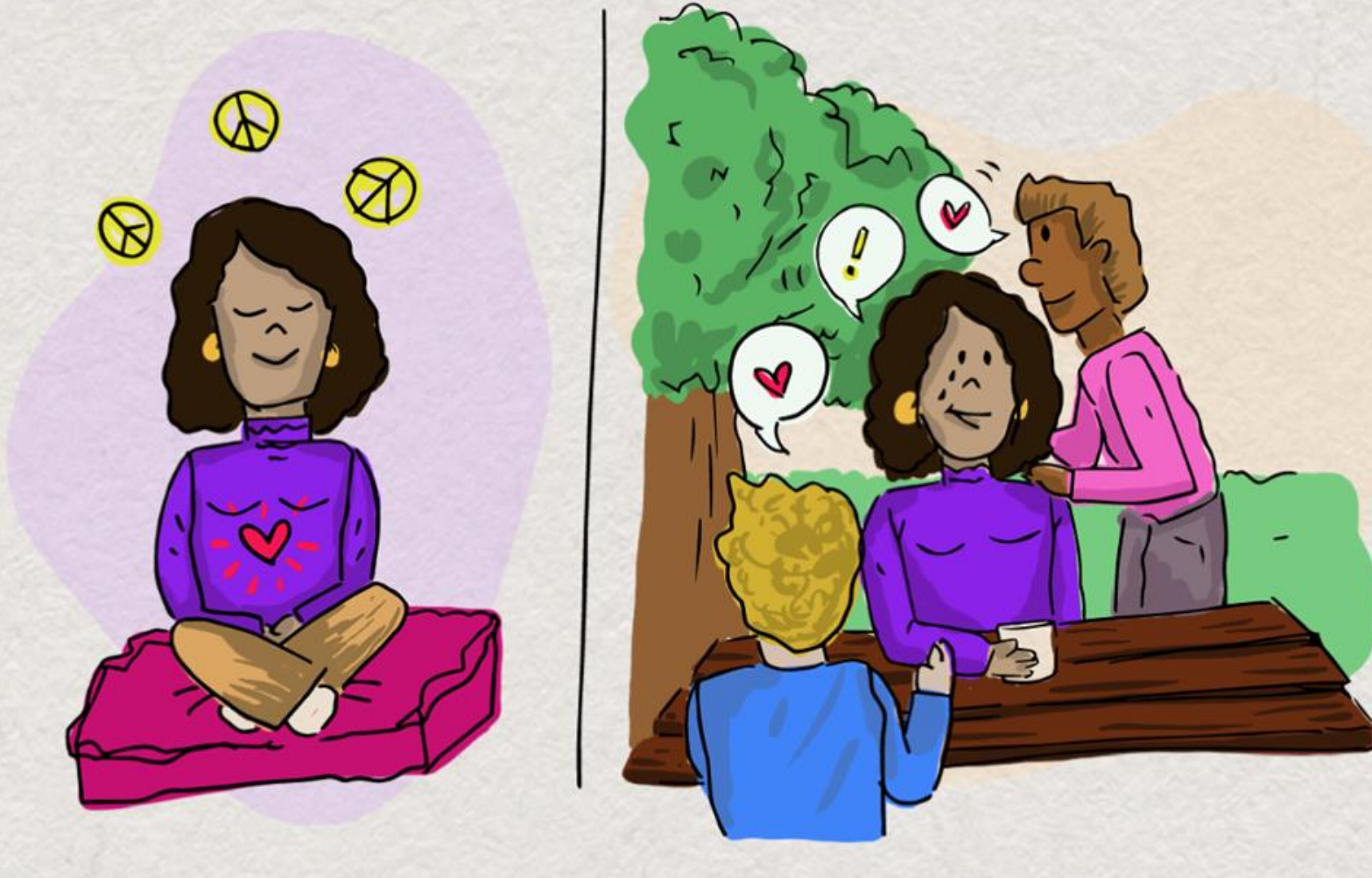
3. Perceived threat and real threat *feel*/the same in the body



4. Trauma Symptoms are *Survival Strategies*



5. Healing Happens in *Relationship*



Reflection moment

Write about a person you have on your heart/mind that you're confused by, frustrated with, want to help but feel like you can't....free write, there's no right or wrong answers



1. Trauma is stored in the *body*.

- Bad memory vs. body memory
- Implicit vs. Explicit memory
- Trauma is stored in the body, therefore, healing must start with the body.



Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



People with 6+ ACEs can die

20 yrs

earlier than those who have none



1/8 of the population have more than 4 ACEs



www.70-30.org.uk
@7030Campaign

4 or more ACEs

3x the levels of lung disease and adult smoking



11x the level of intravenous drug abuse



14x the number of suicide attempts



4x as likely to have begun intercourse by age 15



4.5x more likely to develop depression



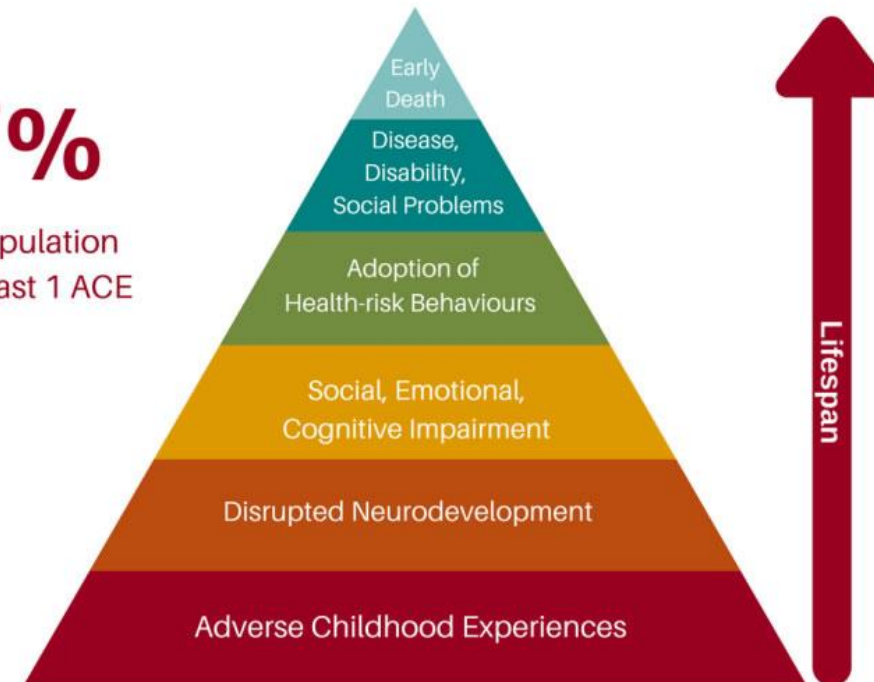
2x the level of liver disease

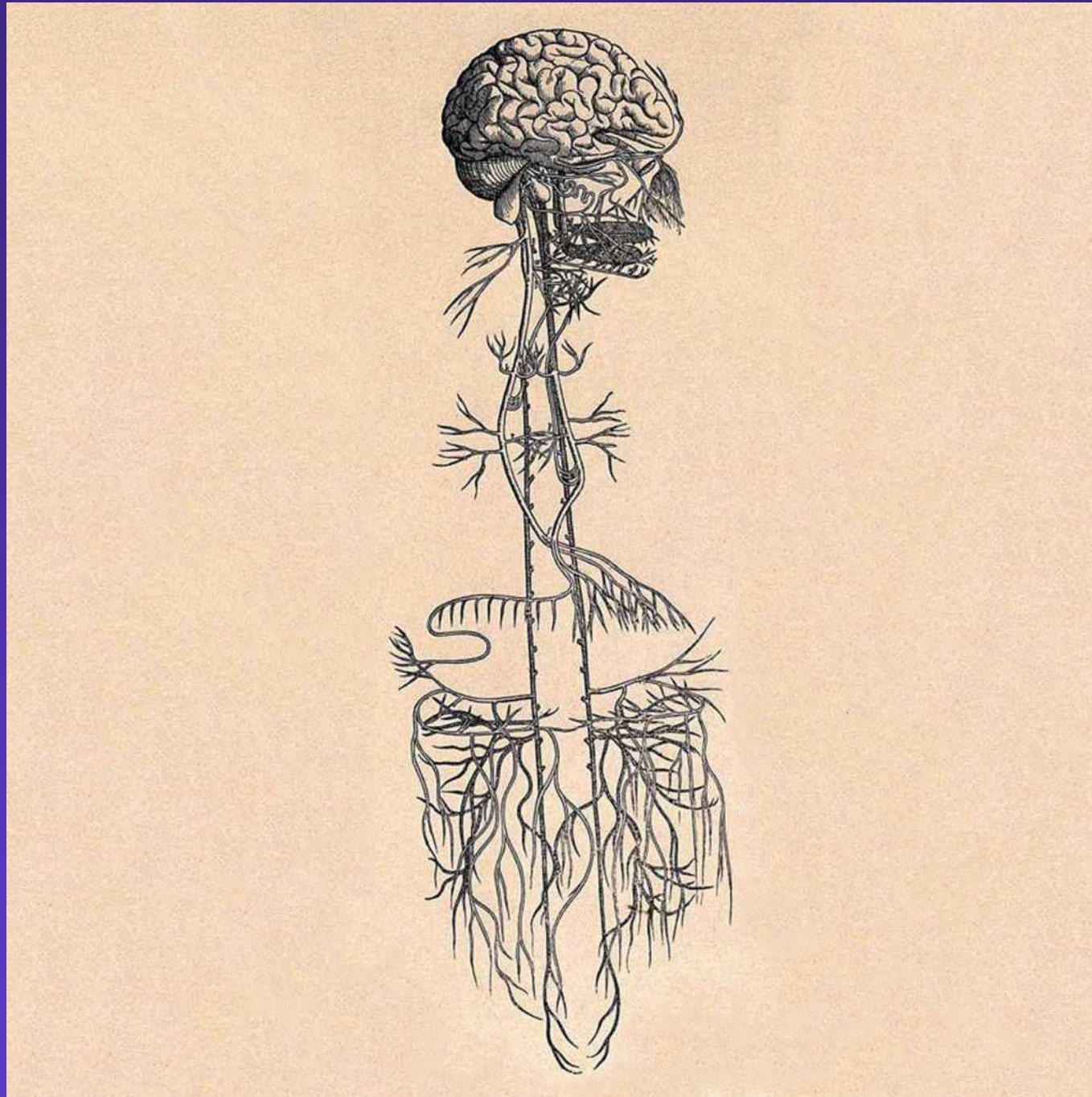


“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today”

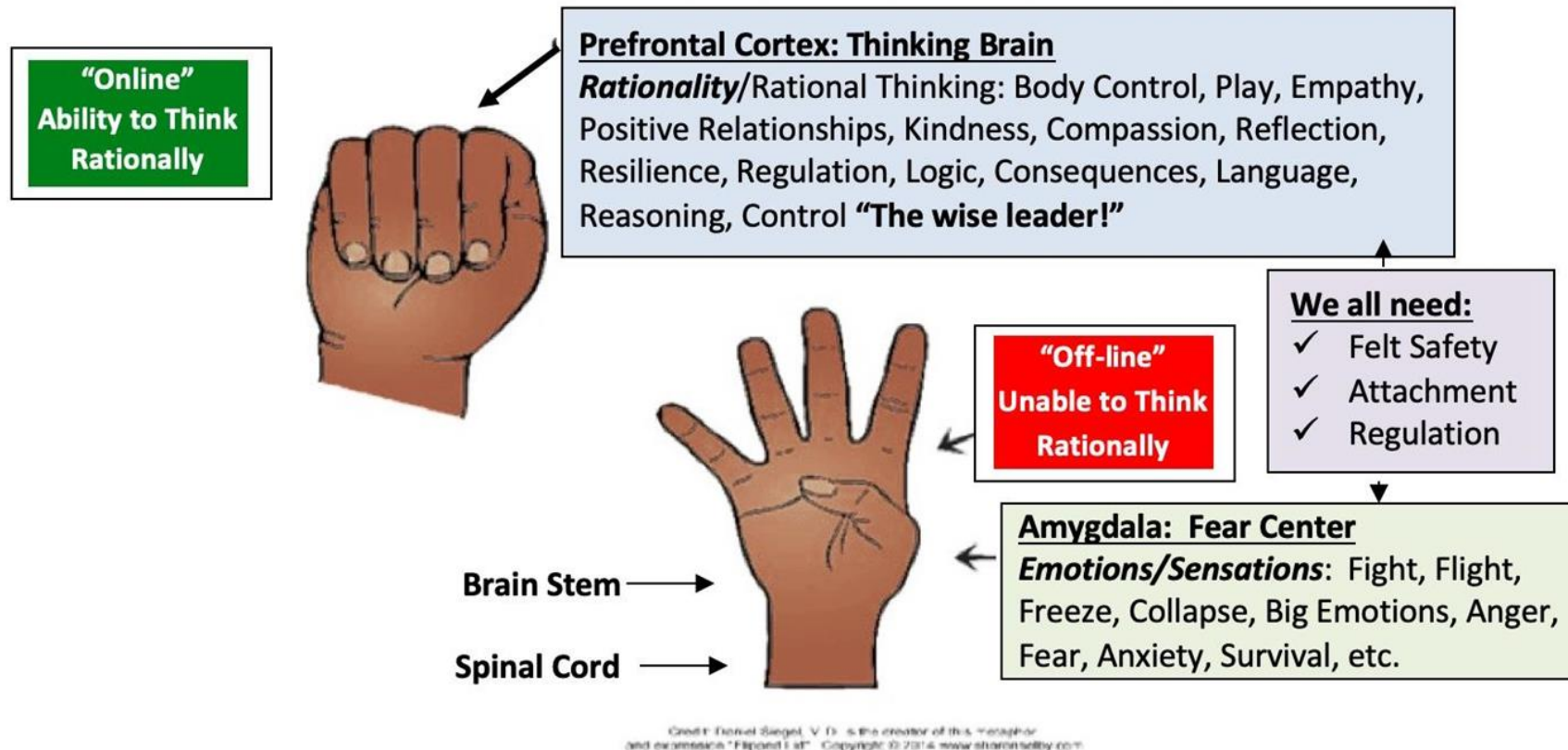
Dr. Robert Block, the former President of the American Academy of Pediatrics

67%
of the population have at least 1 ACE





Dan Siegel's Hand Brain Model



Sharon Selby © 2015 www.SharonSelby.com

The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Social Engagement: Flock, rest and digest
- ✓ Sympathetic (fight, flight)
- ✓ Parasympathetic (freeze, collapse)



2. Regulation is a *practice*



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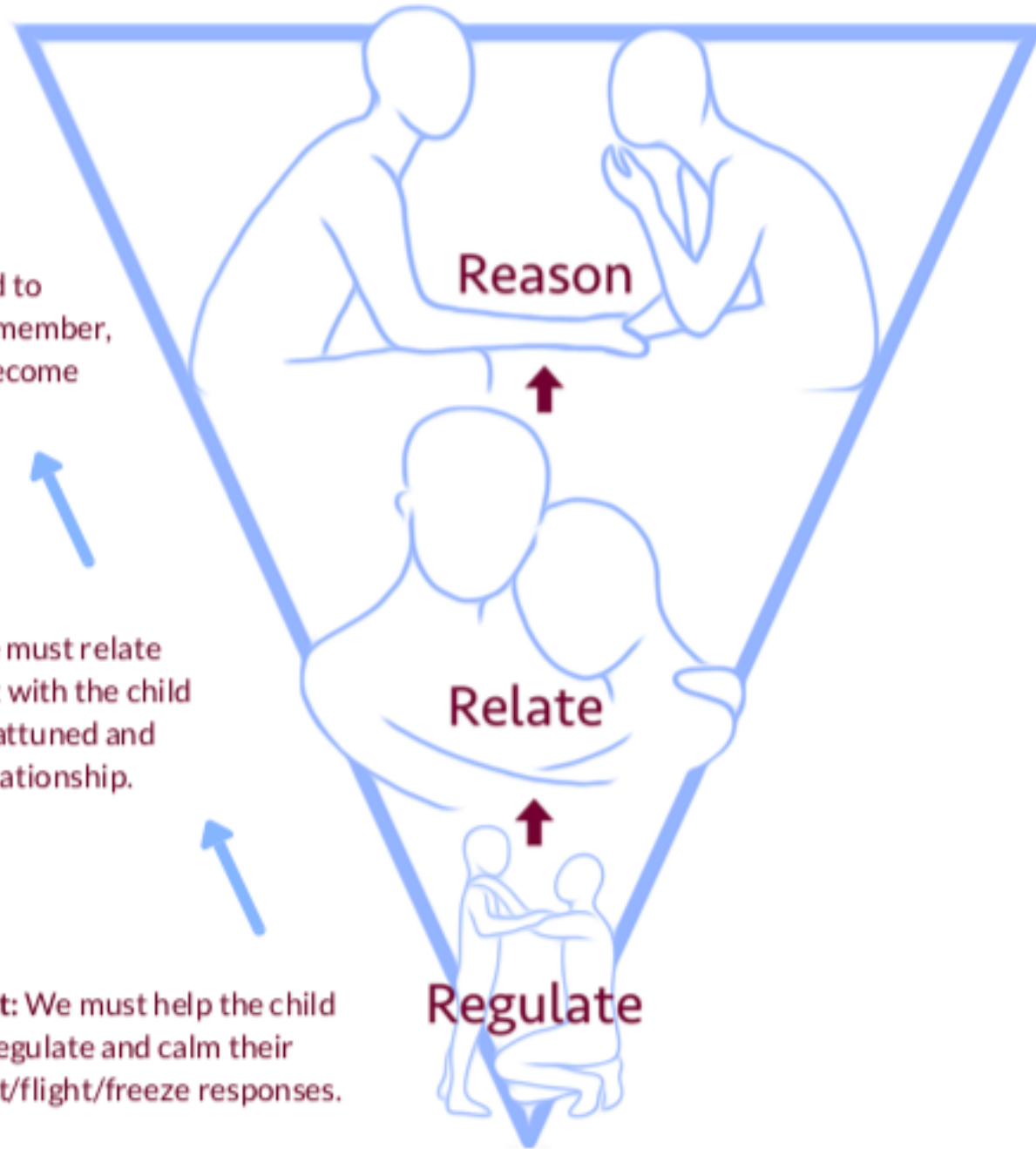
- Regulation vs. coping
- Trauma disrupts our nervous system and when we can get back to a regulated state, a calm state, we can feel safe in our bodies which will allow us to use our thinking brains.
- “We can spend a lifetime finding where the rupture is- how exactly a certain trauma affected the brain and body- OR we can spend our precious time on building a practice of regulation.” –Stephen Terrell



Third: We can support the child to reflect, learn, remember, articulate and become self-assured.

Second: We must relate and connect with the child through an attuned and sensitive relationship.

First: We must help the child to regulate and calm their fight/flight/freeze responses.

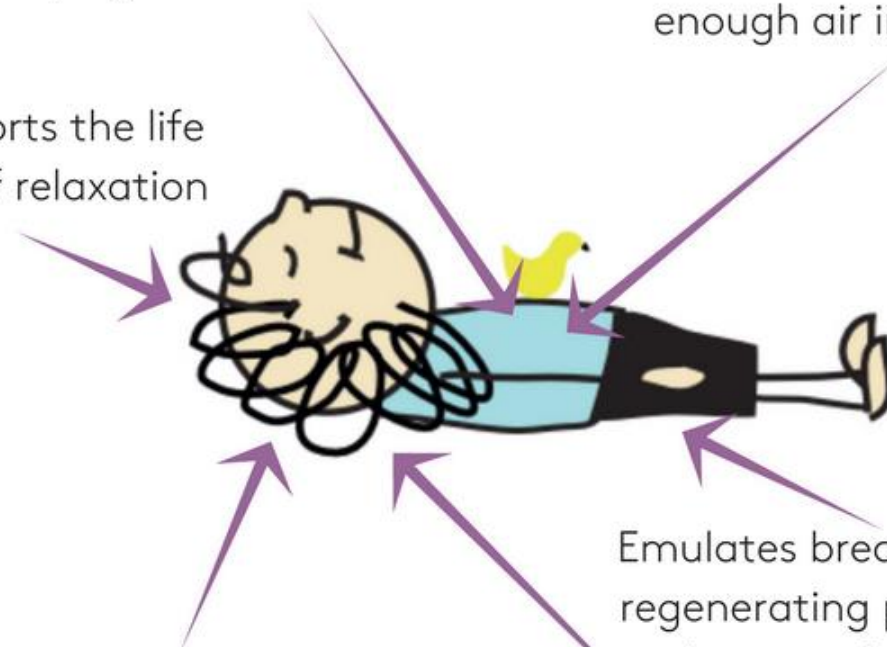


Belly breathing

Automatically slows the heart rate, helping to relax & calm

The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation



Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body

BELLY BREATHING: IT'S GOOD FOR YOUR BRAIN.

This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



3. Perceived threat and real threat *feel*/the same in the body



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- “Intonation comes in before information” – Deb Dana
- Big reactions “coming out of nowhere” have their root in a lack of felt-safety
- Cues of Safety
 - Internally, Environmentally, Relationally
- Cues of Danger
 - Internally, Environmentally, Relationally



Why center felt-safety?

- When we feel safe in our bodies and in our environments we can learn new things, process information, respond in safe ways...
- When we sense danger in our bodies and in our environments we can not learn new things, process information and are more susceptible to reacting to perceived threat instead of responding in a relational manner...



4. Trauma Symptoms are *Survival Strategies*

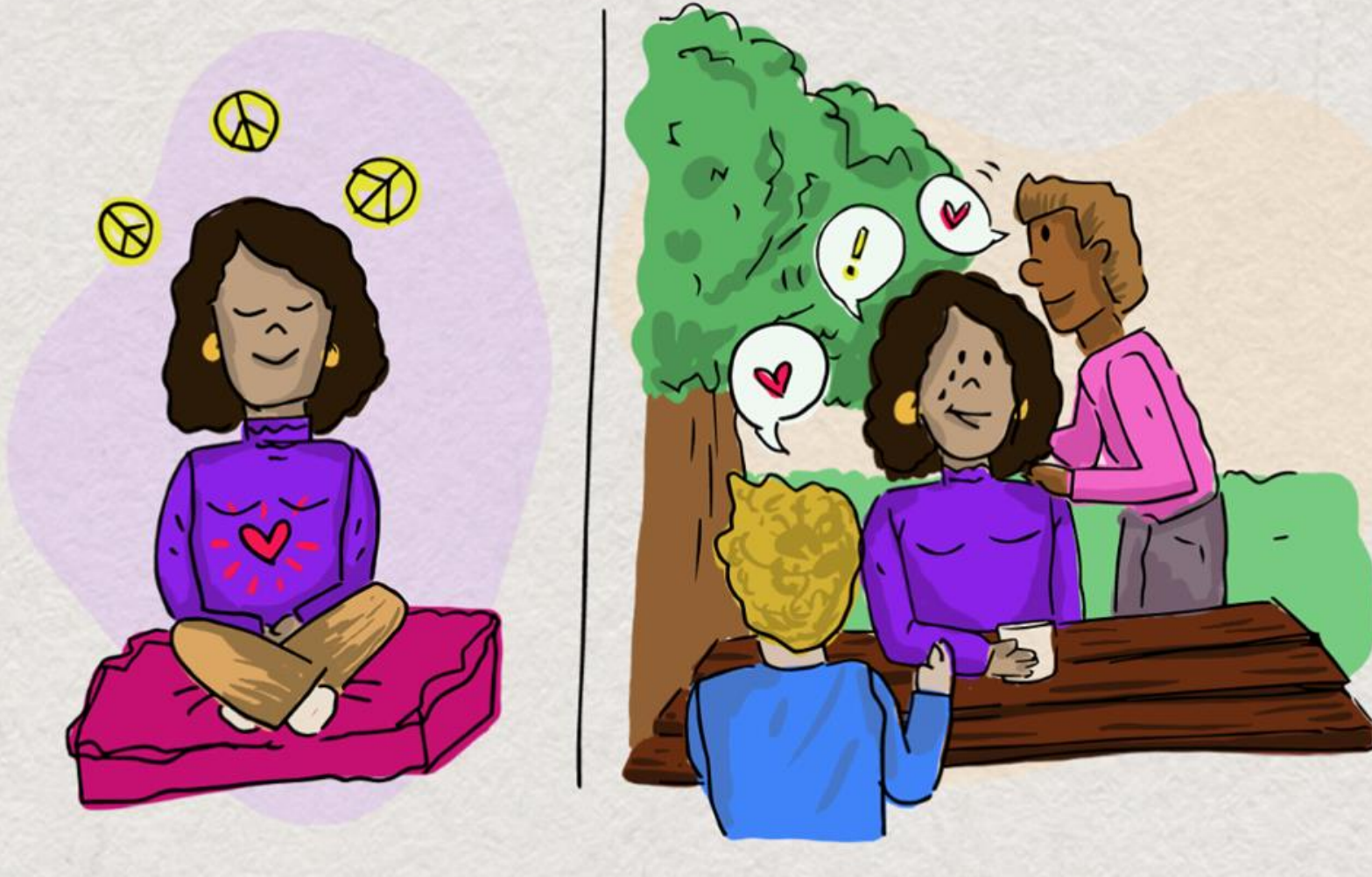


4. Trauma Symptoms are *Survival Strategies*

- *“Our behaviors are indicators of how our nervous systems are experiencing the world around us.” - PolyVagal Institute*
- Three physiological states:
 - Safe and Social (Flock)
 - Fight or Flight (Sympathetic response)
 - Shutdown (Freeze or Fawn)
- All behavioral expression is a means to communicate a need to protect or defend



5. Healing Happens in *Relationship*



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- Trauma doesn't happen in isolation, neither does healing- both happen in relationship.
- Independence is a myth
- Power *with* vs. Power *over*
- Relationship with SELF and others
- *Growing Resilience*



*“I am shifting from _____ and
shifting towards _____”*



Gratitude

Thank you all!



Google Me!

- Mary Vicario, Finding Hope Consulting LLC
- Dan Siegel
 - Hand Model of the Brain
- Louis Cozolino
 - The Neuroscience of Human Relationships
- Bessel van der Kolk
 - The Body Keeps the Score
- Stephen Porges
 - Polyvagal Theory
- John and Connie Lyle O'brien
- Jo Krippenstaple
- Starfire Council
- Amanda Blake
 - The Body is your Brain

