

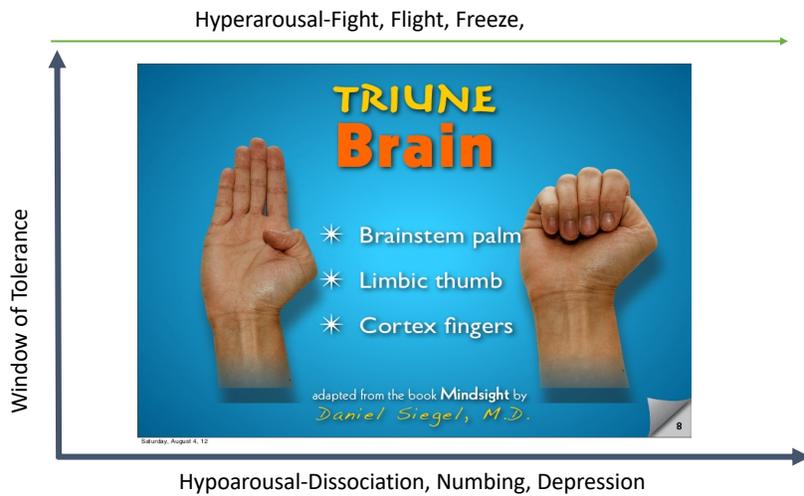
Acute Response to Threat Study

Hyperaroused Continuum	Rest (Male Child)	Vigilance (crying)	Resistance (Freeze)	Defiance (posturing)	Aggression (hitting, spitting, etc)
Dissociative Continuum	Rest (Female Child)	Avoidance (Crying)	Compliance (Freeze)	Dissociation (Numbing)	Fainting (checking out, mini-psychosis)
Primary Brain Areas	Neocortex	Subcortex	Limbic	Midbrain	Brainstem
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	Calm	Arousal	Alarm	Fear	Terror

“In the brains of people who have been abused, the genes responsible for clearing cortisol were 40% less active” (Morse &Wiley, 2012)

Acute Response to Threat; (Perry, Pollard, Blakely, Baker & Vigilante, 1995). Adapted from study results for teaching.
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Affect Regulation



Sensorimotor Psychotherapy Institute®
Sensorimotor Psychotherapy founder, “Pat Ogden

Sitting Mindfulness

- Sit for three minutes quietly and simply notice what is going on through your breath:
- Internally-thoughts, emotions, and urges
- Externally-sensations, information coming through your senses
- After the timer goes off, fill out your diary card

Breath Count Mindfulness

After the out-breath you count one, then you breathe in and out and count two, and so on up to ten, and then you start again at one.

Square Breathing Mindfulness

Start by focusing on the upper left corner of the square. As you inhale, move your gaze smoothly to the upper right corner. As you hold, bring your gaze to the lower right corner. As you exhale, move your gaze to the lower left corner. And, to complete the cycle, as you hold bring your gaze to the upper left corner. Repeat, as needed.

THINK: BLUE – Inhale 2 3 4 (moving to the upper right)

THINK: GREEN – Hold 2 3 4 (moving to the lower right)

THINK: PINK – Exhale 2 3 4 (moving to the lower left)

THINK: YELLOW – Hold 2 3 4 (moving to the upper left)

Square Breathing Mindfulness



Mindfulness Practice Movement

- ◆ Move in concert with your breath
- ◆ 3 minutes
- ◆ Great for group practice when energy has become low
- ◆ Forceful inhale and exhale
- ◆ Sit down if you become dizzy or lightheaded

Urge Surfing Mindfulness

- Sit and breathe
- Wait for any sense of discomfort (e.g. restlessness, an itch)
- Note the desire to move and resist it
- Notice thoughts that arise
- These thoughts are just thoughts. So gently bring your attention back to your breath and bodily sensations
- Note the changing position, shape and quality of the discomfort over time. Be interested in feeling it as precisely as you can. Notice how the shape and intensity changes with the cycle of the breath.
- Is it stronger during the in breath or during the out breath?

Body Scan Mindfulness

- Sit and breathe
- Begin to scan your body from the top of your head to your feet
- Note any areas of the body that register pain or discomfort
- Try not to attach to the discomfort but notice it and breathe
- Note any areas of the body that do not register pain or discomfort
- Try not to attach to the painless areas but notice it and breathe
- Try to hold both states in your body equally, breathing and just noticing

Experiential

Identify and write down one (1) dialectical dilemma you deal with in your practice or in relationships and share with the colleague next to you

Mindfulness Practice Acceptance

- “Everything is as it should be.”
- Focus on an object in the room.
 - Breathe.
- As any area of thoughts, emotions, sensations, and/or feelings emerge, silently repeat the phrase above.
 - 3 minutes