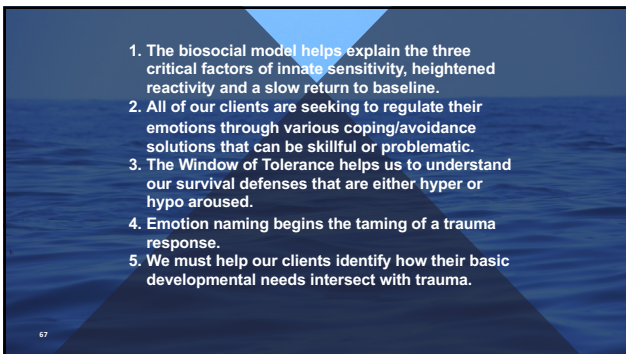




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Learning Objectives

- Define and learn the critical ingredients for developing a recovery vision with a client.
- Learn the foundations of clear mind.
- Define the critical intervention of somatic grounding.
- Learn how to reset emotions from survival defenses and activate organized storytelling.

68

Unraveling the Trauma Bond

69

TRAUMA RECOVERY VISION #1 REGULATION

How do we intervene with these areas of dysregulation?

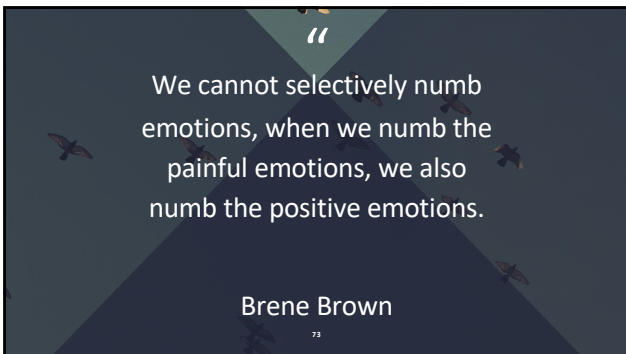
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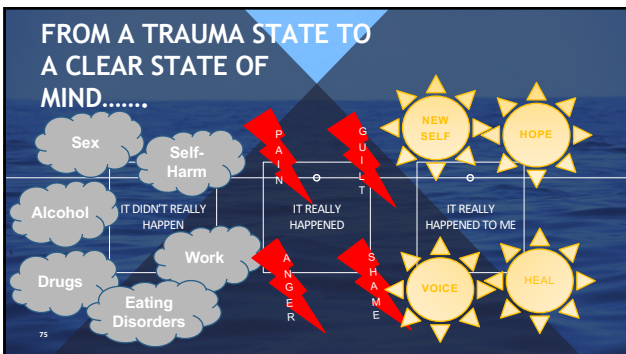
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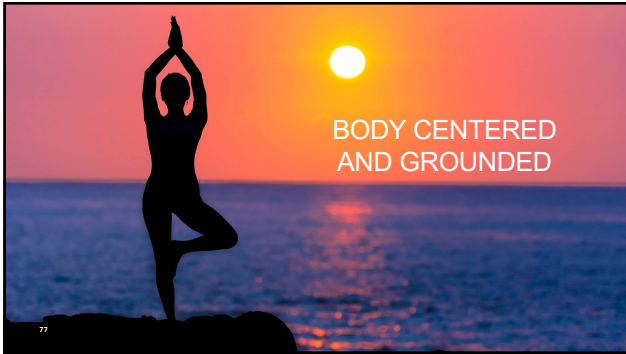
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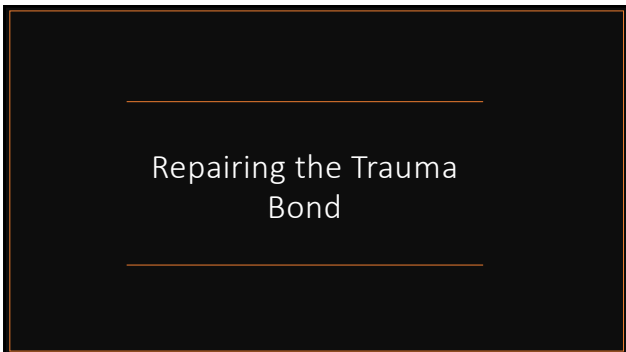
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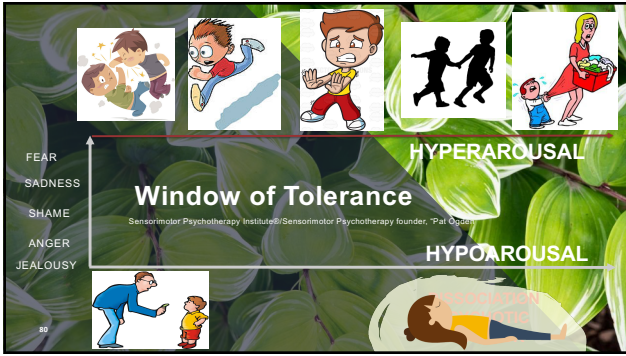
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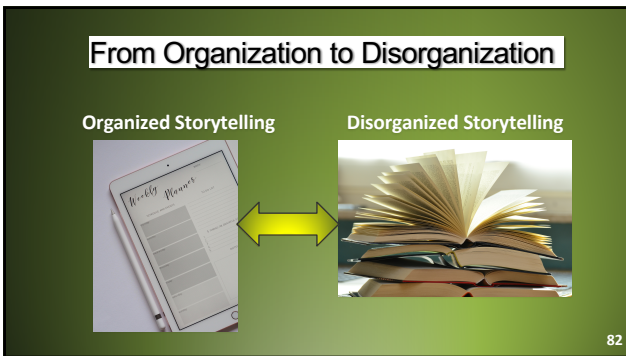
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81



82

How Do We Create Our Stories?

- Thoughts
- Emotions
- Sensations
- Urges
- Movements

83



84

Sensations

- Calm
- Cool
- Relaxed
- Light
- Releasing
- Expanded
- Expansive
- Floating
- Draining
- Tense
- Constricted
- Hot
- Sweaty
- Frozen
- Disconnected
- Heavy
- Block
- Contracted
- Numb
- Hollow
- Tight
- Nauseous
- Shaky
- Dizzy
- Tingling
- Twitchy
- Burning
- Radiating
- Itchy
- Suffocated
- Blocked
- Spacious
- Warm
- Clenched
- Knotted
- Full

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85

Urges

- Drink
- Eat
- Urinate
- Defecate
- Reach
- Grasp
- Push
- Surrender/relax
- Run
- Punch
- Breathe
- Reproduce
- Sexual tension
- Rest/sleep
- Adjust temperature
- Neutralize irritants
- Avoid discomfort
- Avoid illness
- Return to comfort
- Protect health

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86

Movements

- Balancing
- Running
- Jumping
- Catching
- Hopping
- Throwing
- Galloping
- Skipping
- Leaping
- Kicking
- Flexion
- Extension
- Protraction
- Retraction
- Hyperextension
- Hyperflexion
- Abduction
- Adduction
- Circumduction
- Rotation
- Supination
- Pronation
- Depression
- Elevation

Etare.com.au
<http://library.open.oregonstate.edu/andp/chapter/9-5-types-of-body-movements/> 87

87

Emotions (Linehan, 2014)

- Anger
- Disgust
- Envy
- Fear
- Guilt
- Happy/Joy
- Jealousy
- Love
- Sadness
- Shame

88

88

Thoughts

- Abstraction
- Analogical
- Analytic
- Induction
- Biases
- Logic
- Concepts
- Conjecture
- Contemplation
- Creativity
- Critical
- Generalization
- Introspection
- Intuition
- Judgement
- Prediction
- Rationality
- Reasoning
- Situational Awareness
- Social

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89

89

What Does Earned Security Look Like?

90

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91

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92
