Managing Anxiety

We all have moments of secure relating

Good Morning!

Steve Porges (Polyvagal Theory)

- Ruth Lanius

DMM - Dynamic Maturational Model of Attachment (by Pat Critterden)

→ Adaptive (1)

Gabor Maté

Jaak Panksepp

- Dr. Jean Ayres - sensory integration

Allan Schore

Availability ↔ Interoception

Rick Hanson

Regulation is not CALM

Regulation is connected

Lisa Feldman Barrett

Boundaries are Critical for safety (for everyone)

→ clarity with kindness

"Belonging is the essence of human experience.

CALM IS OVER-RATED

Lisa Feldman Barrett's 3 circuits

→ Reward (motivation)

→ Interoception

→ Mentalizing

Gabriel Kram

Book "Neurobiology of Connection"

- Cognition is the SLOWEST path to regulation

Congratulations Lista & Malte

Adult = Child in Big Body

We feel each others faces

Deep Exhale ✓

"There is NO LADDER"

"Match, Mirror, Move"

Ed Tronick - reciprocity (the base of emotional intelligence)

Sensory avoiding / sensory seeking

up-regulating
down-regulating

(3)

ATTUNE

Martin Teicher

"trauma makes the brain adapt."

- Rachel Yehuda
  - researcher on transgeneration transmission of trauma

- Rob Sapolsky
  "Why Zebras Don't Get Ulcers"

- Coherent narrative
  (cognitive way to regulate)
  → making sense of it

- Jean Twenge "10 Rules for raising kids in a high-tech world"

- Brené Brown
  "Atlas of the Heart" book

- Dan Siegel "MWE"
  (me + we)

- Paul Ekman
  (micro expressions, body language)

- ~~"Bad Boy!"~~
  (it's the behaviour)

- SHAME is when you feel YOU are bad.

- GUILT is better, it's when you feel the behaviour is not okay.

Neglect is a double whammy ☹

- Michael Meaney
  - Hope via rats
  - KPB5 gene

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Bodynamic Psychotherapy

Lizbeth Marcher (founder)

www.bodynamic.org

Terry Real "US" book

Pamela Alexander's book "Intergenerational Cycles of Trauma & Violence"

"THIS IS MY SPACE"

Fawning = working to make you happy so I can feel safe.

Security can be messy

Goal?

to be able to be "Comfortably uncomfortable"

A = Avoidant

B = Balanced

C = Connection-Seeking

blames themselves

blames others

• True threat will have Avoidance

• Movement

"Change the danger, not the child"

• There is always hope

- fight is a connection (approach)
  - CLARITY WITH KINDNESS
- Consciousness of where you put your mind in the moment (walk in the room)

• different adaptations in different contexts

• Jill Bolte Taylor "My Stroke of Insight" book
  - 90 second rule
• the DMM (Dynamic Maturational Model)
  • Adaptation vs. strategy
  • flipping from A to C → adapting strengths
  • Attunement

• Security is messy
• Relationships are the priority
• agendas aren't everything
• deep attunement (incl. culture, gender...)