www.kimbarthel.ca
(see "Reflections")

Good Morning

Day 2

- WHY? → WHAT?
- Allostatic load

"hurt people
hurt people"

~~Attention Seeking~~

Connection-Seeking
(less judgemental)

Avoidance → care is outward,
anger is inward

Connection-Seeking → care is inward
anger is outward

Increase exposure to safety – RESILIENCE.

Sensitive caregiving – PERCEIVE, INTERPRET + RESPOND.

Sensitive caregiving – VALIDATION + ENCOURAGEMENT

Safe haven – oxytocin (nurturance)

Secure base – vasopressin / testosterone (playfulness).

"When it works it's treatment,
When it doesn't it's assessment"

"Creating a Tribal Classroom"
book by Lou Cozolino

"Walking on Eggshells"
BOOK
(borderline personality)

#2
Day 2

Paul Ekman
(thank you for your work...)

Complex trauma =
developmental trauma
+
event trauma

Eyes:
- up to the right = RECALL
- up to left = MAKING UP A STORY
- down to left = DISSOCIATION
- down to right = SHAME

Rancour → intention to hurt other
(they're in pain...)

A/C → Alternating AC

A-C → Blended AC

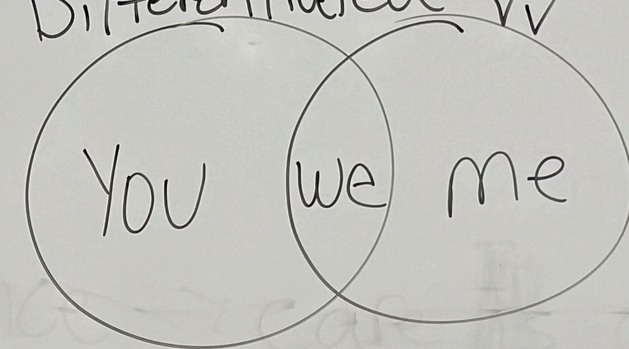
Pamela Alexander's book
re/ trauma & abuse

"Atlas of the ♡"
-Brené Brown

Day 2
#3

- Regulation is not CALM
  it's connected (w/ yourself)

Differentiated



~~fused~~
~~detached~~

<u>Match</u> the energy (quick)
<u>Mirror</u> the body (quick)
& <u>Move</u> the state (longer)

Holding Space =
Being able to contain emotional pain, emotion without trying to fix it.

Day 2
#4

Interventions

- play therapy
- Somatic therapy
- Sensory Integration
- EMDR
- Holotropic Breathwork
- Dyadic Developmental Psychotherapy
- Cognitive Behavioural Therapy
- art therapy
- Internal Family System "no bad parts"
- sand tray therapy
- Psycho-Sensory Intervention