Survey Says Americans Would Give Up Sex to Avoid PowerPoint Presentations:

Just how boring are PowerPoint presentations?
In a new survey released nearly one-fourth (24 percent) of people say they’d rather give up sex than sit through yet another PowerPoint.
Twenty-one percent would prefer to do their taxes and 20 percent would rather go to the dentist.

Ouch!
The Mind Body Problem
The Diagnoses of a New Disease

“There is a voice that doesn’t use words.
Listen.”
- Rumi
Specificity of Emotions 5x greater for Touch than with Facial Expression
Core Regulation:
Working from the Bottom–Up

PTSD
is the tip of the Trauma/Stress iceberg
Impala
All about Survival

The Roots of Traumatization
A threat to survival in the face of helplessness
The Fight/Flight/Freeze Response

Terror
Fear in the face of helplessness
The Freeze Response

- Numbing through endorphins
- Vagal (parasympathetic) tone
- Bimodal sympathetic/parasympathetic cycling (the accelerator/break analogy)

Immobilization with Fear
Immobilization without Fear
Unsafe touch

(Why can't I let him love me)
The brainstem and cerebellum forms the basic matrix upon which is built all that we will feel and know about ourselves and about our world.

Rock a bye baby
Bring back the Hammock
Mammals are Us

Harlow’s Monkeys – Touch Deprivation

The Triune Brain

Primate level: thinking, consciousness, memory, speech, planning, & volition of higher order

Limbic: mammalian level: feelings, motivation, interactions, & relationship

Reptilian level: functions, emotions, stress responses (thermoregulation) & initiation of movements & ingestive

From Paul MacLean
The Quest for Safety
Emergent Properties of Physiological State
Neuroception: Promote mental and physical health

Environment
Safe
Danger/Threat
Life Threat / Mortal Threat

Visceral State
Ventral Vagus
Dorsal Vagus

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Activation and Arousal
Returning from Fight or Flight back to safety

Dorsal Vagal
Hypovagal
Sympathetic
HyperActivation

Activation
Move through excitement
Alertness
Relaxation
Ventral Vagal Safety

Copyright © 2003 Peter A. Levine

Danger/
Life Threat / Mortal Threat

SNS

Copyright © 2016 Peter A. Levine

Visceral State
Ventral Vagus
SNS
Dorsal Vagus

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The 9:1 Split - Vooo....

Rahula
Protector of the Dharma

Enter the sharing of warmth, pleasure and excitement!!!
Happy Babies

Stimulating the Capacity for Joy and Pleasure

Happy Baby

Quads
Emerson Fear

Scare Boundary

Enter the Dopamine System

Age 12 - 18 months

“The world be me oyster”

Dopamine requires boundaries, containment, and restraint...

or make way for the ‘terrible twos’

From 90% positive interactions at age nine months to one 'negative' interaction every nine minutes
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<table>
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<th>What happens when these boundaries are not established?</th>
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The Temper Tantrum

And the years later!
Reaching for Connection

Dissolution: Social Communication

Creating order in social mammal species
(3 years+)

Submission:

Setting the rules and establishing dominance hierarchies
### Posture of Shame

![Posture of Shame](image)


### Socialization

**Enter Shame**

**Age 3-4**


### Shame - agitated

![Shame - agitated](image)
Shame - collapsed

When repair does not take place in a timely fashion shame becomes chronic. This leads to the shame based personality.

One time I struck you down to properly harden your heart, but I also tenderly raised you up and wiped away your tears.

Tove Ditlevsen, from "Lille verden"
“I will do almost anything to not feel these feelings and drown out the voices”

This is characteristic of Borderline and Narcissistic disorders and includes the substances of choice and compulsive behaviors of many of our addictive clients.

Disgust

is a (developmental) companion of emotion of shame.

Shame Exercise
Survival of the Faintest

Strata of Memory
Trauma and Memory: Brain and Body in a search for the Living Past
Relationships between Memory Systems

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Smovey Vibro-swing set
Ilene Blaisch
ileneblaisch@gmail.com

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Ray’s Story
Iraq/Afghanistan Marine
“When the Japanese mend broken objects, they glorify the damage by filling the cracks with gold. They believe that when something’s suffered damage and has a history it becomes more beautiful.”

Susa Mihayoi