FROM TRAUMA TO RESILIENCE

The nervous system's innate ability to recover from trauma

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RESILIENCE & RECOVERY PROGRAM

TO COMPLETE THE FIGHT, FLIGHT, FREEZE RESPONSE
AND RE-SET THE NERVOUS SYSTEM

PARASYMPATATHETIC NERVOUS SYSTEM

LIFE THREATENING → FREEZE/FAINT

SYMPATHETIC NERVOUS SYSTEM

STRESS/ DANGER → FLIGHT/FIGHT

SOCIAL ENGAGEMENT SYSTEM

SAFETY → COMMUNICATION /RELATIONSHIPS

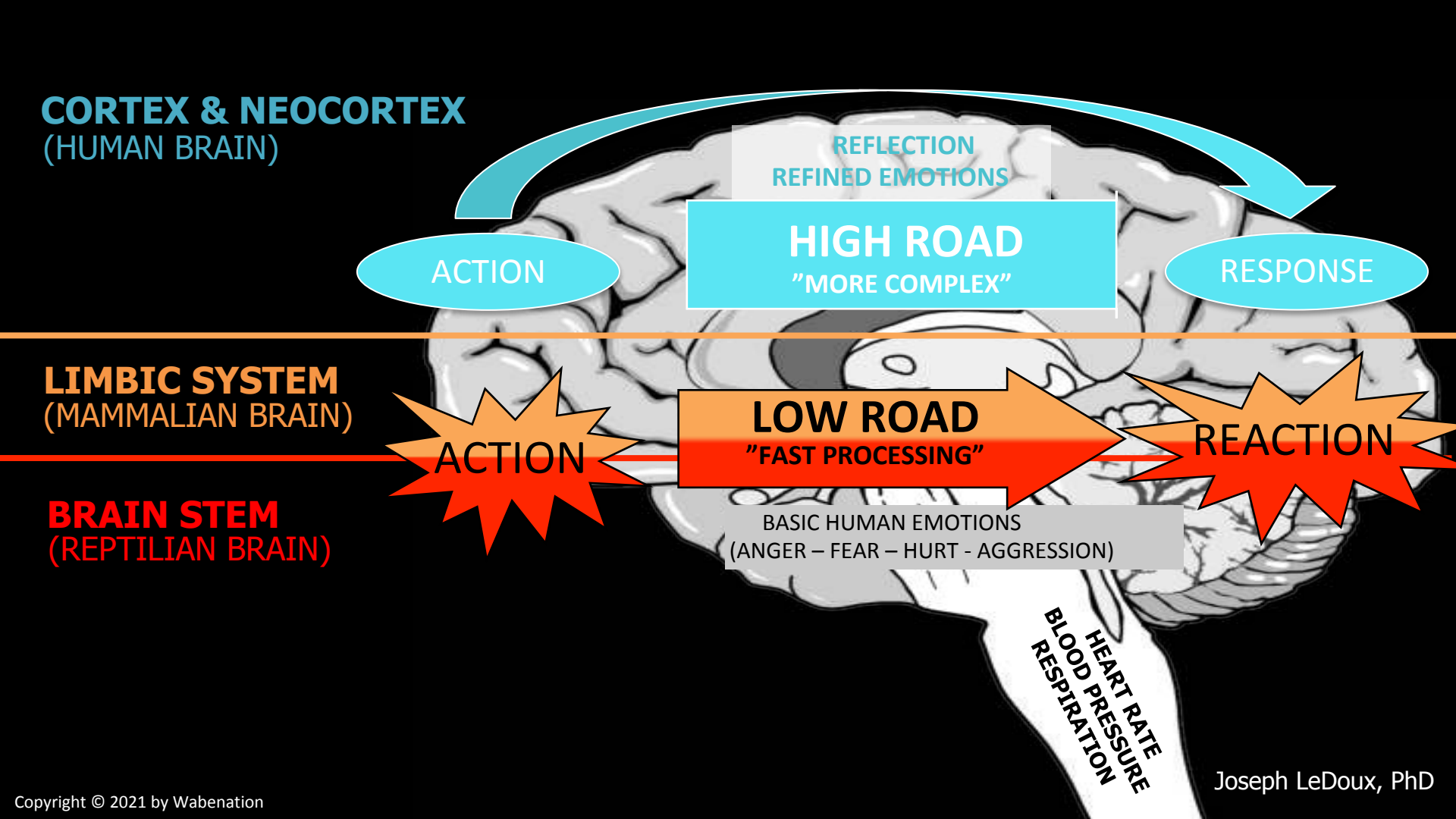
NEUROLOGICAL DEFENSE MECHANISMS

THE NERVOUS SYSTEM'S REACTIONS TO STRESS AND DANGER

IN CASE OF DANGER OR STRESSFUL SITUATIONS THE CORE MUSCLES OF THE BODY…

… respond by **pulling together** and our instinctive defense for survival is activated.

When this defense mechanism is activated the capacity for logic reasoning is diminished in favor for **reacting as quickly as possible** in order to survive.



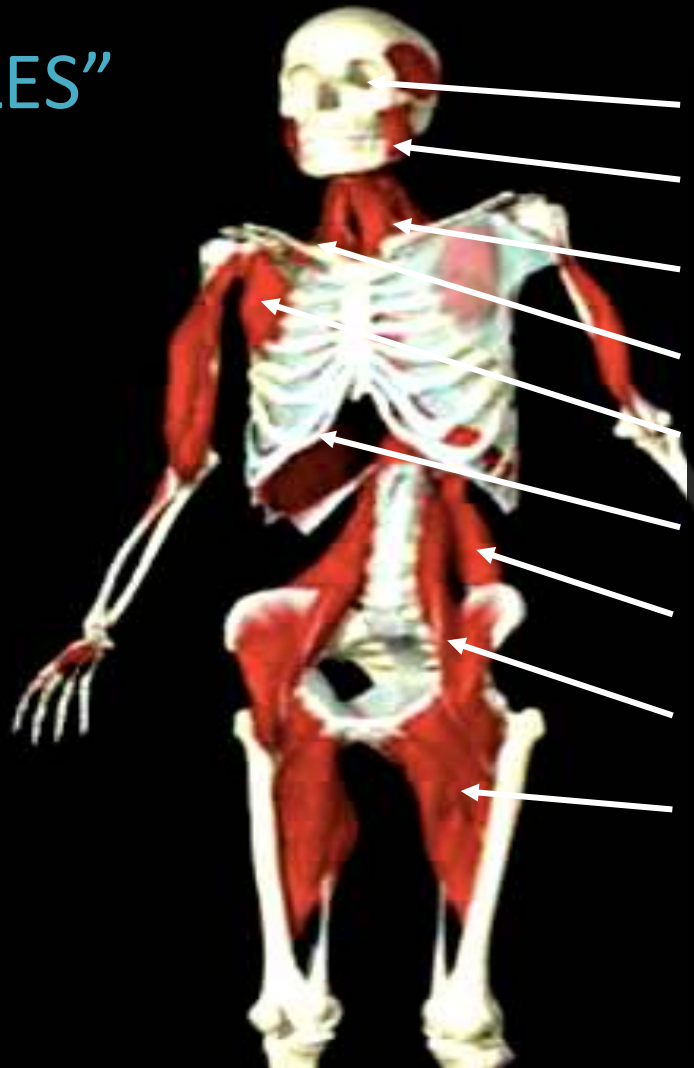
THE FLIGHT-RESPONSE; MOVE AWAY FROM THE THREAT

THE FIGHT RESPONSE; MOVING TOWARDS THE THREAT

THE FREEZE RESPONSE; SURRENDERING TO THE THREAT

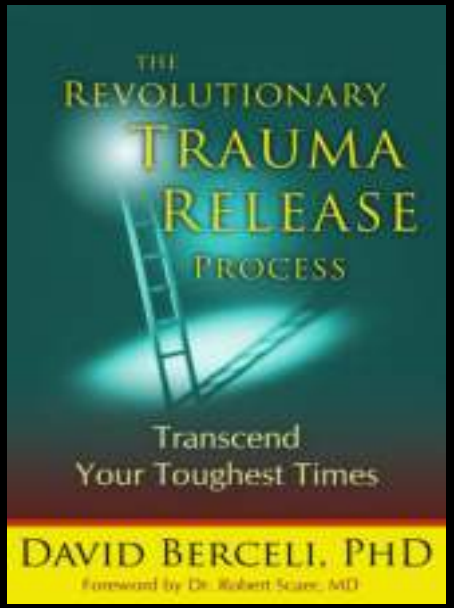
THE “STRESS MUSCLES”

Under stress the brain signals to the body's internal "stress muscles" to **contract the body** into a defensive position in order to protect the vital parts of the body.



The Creator of Trauma Releasing Exercises (TRE)

Dr David Berceli, PhD




SCIENCEphotoLIBRARY

TENSED MUSCLES

NEGATIVE FEEDBACK LOOP

STRESSED BRAIN

THE FREEZE RESPONSE

FULL THROTTLE AND BREAKING AT THE SAME TIME

PARASYMPATATHETIC NERVOUS SYSTEM

LIFE THREATENING → Freeze/Faint

SYMPATHETIC NERVOUS SYSTEM

STRESS/ DANGER → Flight/Fight

SOCIAL ENGAGEMENT SYSTEM

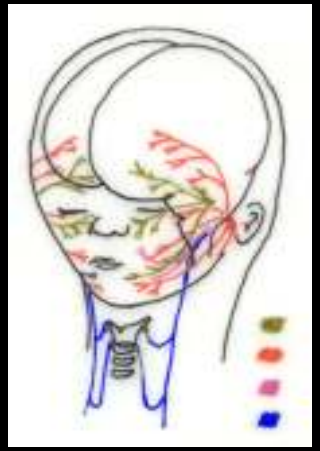
SAFETY → Communication / Relationships

NEUROLOGICAL DEFENSE MECHANISMS

THE NERVOUS SYSTEM'S REACTIONS TO STRESS AND DANGER

SOCIAL ENGAGEMENT SYSTEM:

Nerves relating to communication
(Ventral Vagus Nerve)



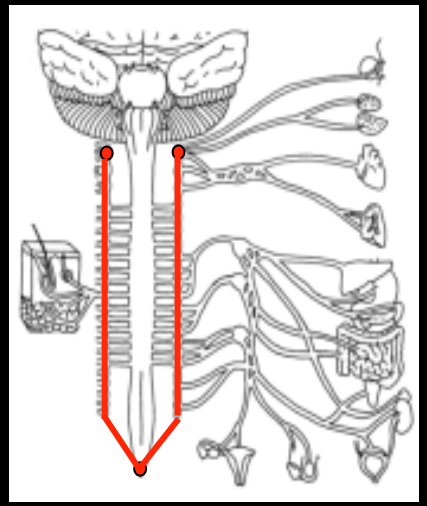
HIGH LEVELS OF STRESS:
LOW ACTIVATION

LOW LEVELS OF STRESS
TEND & BEFRIEND

NO STRESS / DANGER:
COMMUNICATION & SOCIAL ENGAGEMENT

SYMPATHETIC NS:

Nerves relating to movement
(Spinal Cord)



REACTION TO STRESS:
FLIGHT & FIGHT

NO STRESS / DANGER:
SUPPORT DAILY ACTIVATION

PARASYMPATHETIC NS:

Nerves relating to digestion
(Dorsal Vagus Nerve)

REACTION TO STRESS:
FREEZE & FAINT

NO STRESS / DANGER:
REST & DIGEST

3. SOCIAL ENGAGEMENT:
Ventral Vagus Nerve

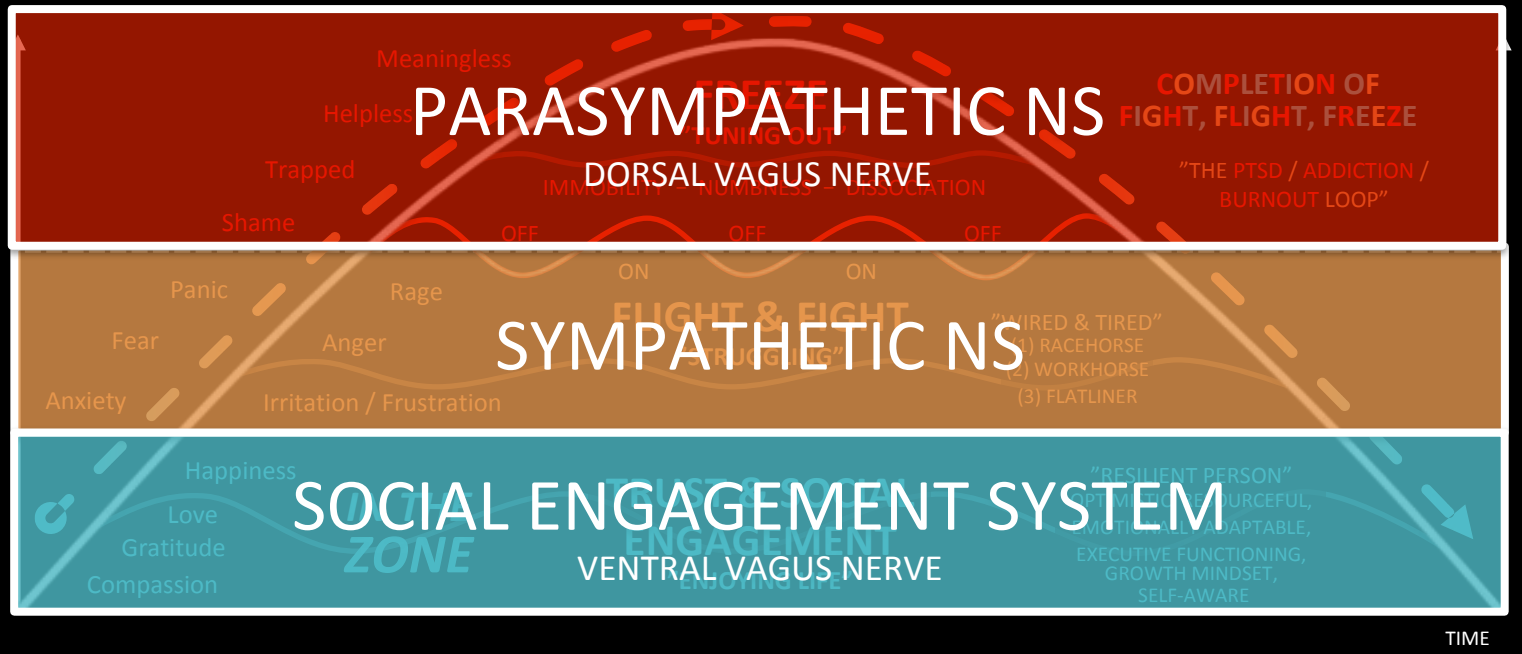
Mammalians
About 80 million years ago

2. SYMPATHETIC NS:
Nerves in the spinal cord

Bony fish, amphibians, reptiles
About 300 million years ago

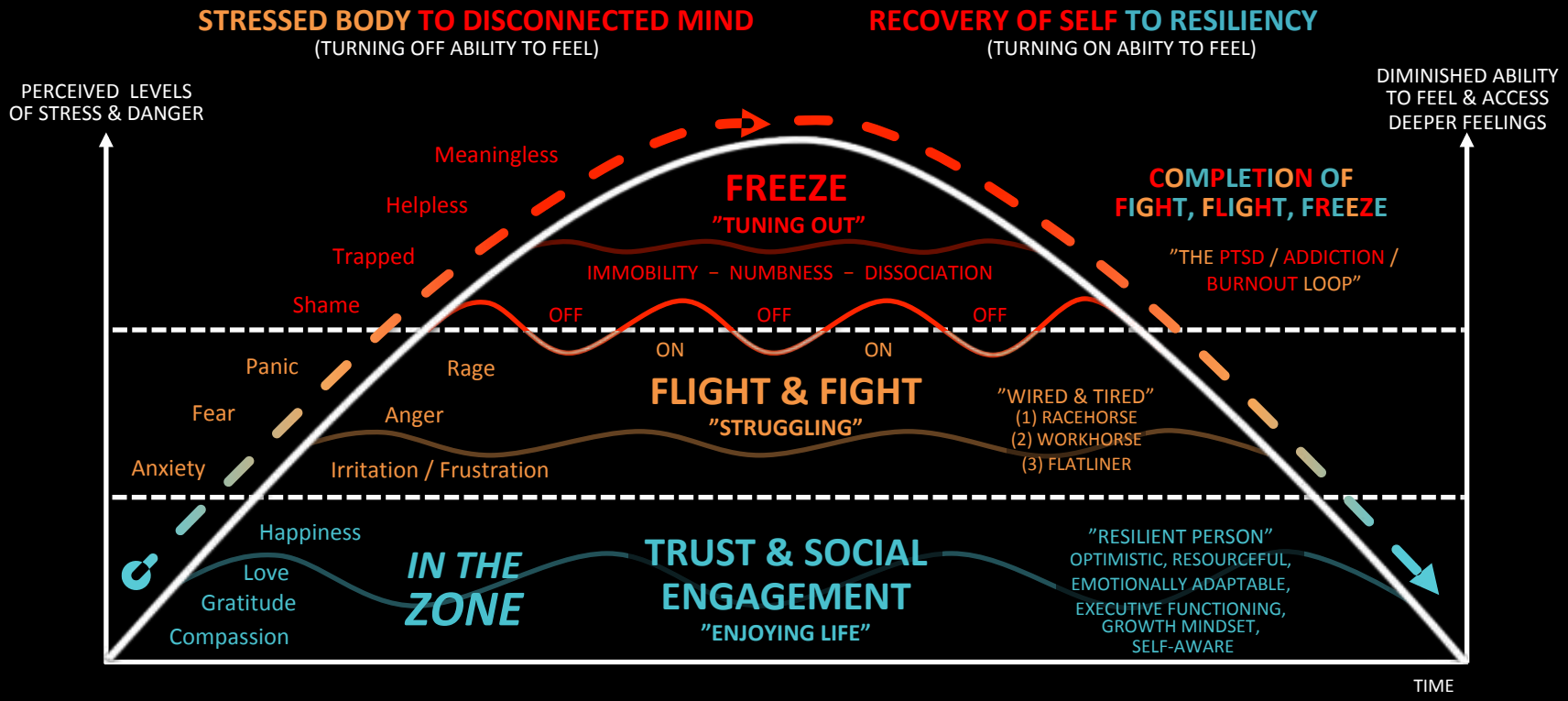
1. PARASYMPATHETIC NS:
Dorsal Vagus Nerve

Multicellular organisms, jawless fish, fish with cartilage skeleton
About 500 million years ago



NEUROLOGICAL DEFENSE MECHANISMS

THE NERVOUS SYSTEM'S REACTIONS TO STRESS AND DANGER



NEUROLOGICAL DEFENSE MECHANISMS

THE NERVOUS SYSTEM'S REACTIONS TO STRESS AND DANGER

THE STRESS RESPONSE is support to be short

“Most stressful episodes in the wild resolve quickly one way or another.”

Dr.Robert Sapolsky
Professor of Neurology
Stanford University

- **Automatic response** by the brain stem
- Part of the instinctual procedural memory of the human animal
- The tremors are induced to **complete and discharge**

  the fight/flight/freeze mechanism
- Part of the **genetic composition** of the human organism.
- In short, neurogenic tremors **achieve extinction** of a conditioned sensorimotor response

Dr Robert Scaer

*The freeze or immobility response is **stored forever in the procedural memory unless it is released**, or the act of survival is "completed" through a "discharge"* (Scaer, 2001a).

Scaer, R. (2001a). The body bears the burden: Trauma, dissociation and disease. New York: Hawthorn Press.

NEUROGENIC TREMORS

AN INATE MECHANISM TO COMPLETE THE FIGHT/FLIGHT/FREEZE RESPONSE

A British soldier before, during and after serving in Afghanistan

BEFORE THE FIRST SESSION

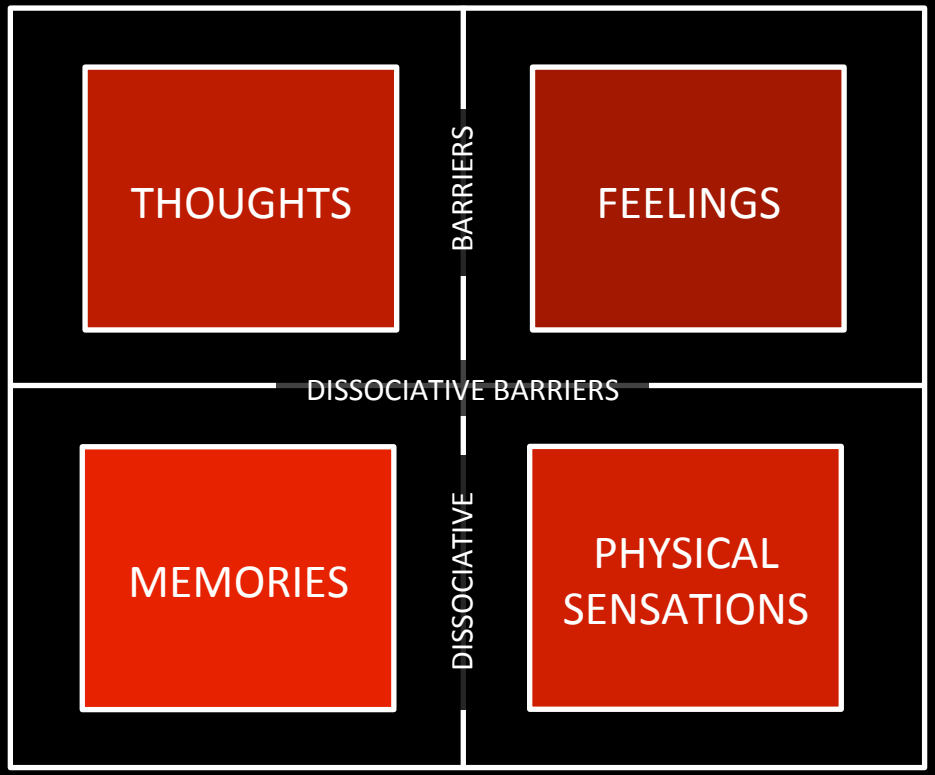
AFTER THE FIRST SESSION

2 DAYS LATER

ANTHONY, US MARINE CORPS

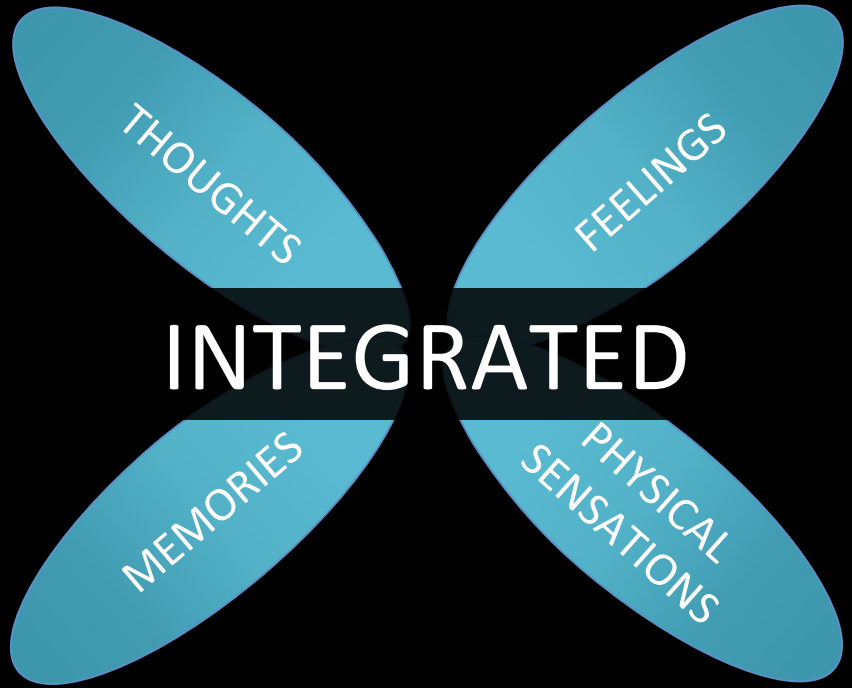
THE INTEGRATION OF SENSORY DATA

RIGIDITY



NUMBNESS

SATISFIED



GRATEFUL

COMPLETION OF FIGHT / FIGHT / FREEZE

CORTEX & NEOCORTEX

Mental Stressors =

"JUNK DATA"

110010
11001011
030100

→ MENTAL

LIMBIC SYSTEM

Emotional Stressors =

"JUNK DATA"

110010
11001011
030100

→ EMOTIONAL

BRAINSTEM

Physical Stressors =

"JUNK DATA"

110010
11001011
030100

→ PHYSICAL

Unresolved Sensory Data

Activates The Nervous System's Stress Response

CORTEX & NEOCORTEX

Mental Stressors

3 A story has been created and the end result is **NEW INSIGHTS** and new **"LESSONS LEARNED"**

LIMBIC SYSTEM

Felt Sense

2 Non-processed sensory impressions are being **"FELT-SENSED"** and **INTEGRATED** with older experiences.

BRAINSTEM

Physical Stressors

1 Stressful and traumatic events often have **STRONG AROUSAL** leading to sensory impressions being **STORED FRAGMENTALLY** in various parts of the brain for later processing.

FELT SENSE

THE INTEGRATION OF UNPROCESSED SENSORY IMPRESSIONS

> Psychol Sci. 2007 May;18(5):421-8. doi: 10.1111/j.1467-9280.2007.01916.x.

Putting Feelings Into Words: Affect Labeling Disrupts Amygdala Activity in Response to Affective Stimuli

Matthew D Lieberman [1], Naomi I Eisenberger, Molly J Crockett, Sabrina M Tom, Jennifer H Pfeifer, Baldwin M Way

Putting feelings into words (affect labeling) has long been thought to help manage negative emotional experiences; however, the mechanisms by which affect labeling produces this benefit remain largely unknown. A functional magnetic resonance imaging study of affect labeling was conducted to remedy these limitations.

The results indicated that affect labeling, relative to other forms of encoding, diminished the response of the amygdala and other limbic regions to negative emotional images. Additionally, affect labeling produced increased activity in a single brain region, right ventrolateral prefrontal cortex (RVLPFC).

NAME IT TO TAME IT!

EMOTIONAL REGULATION

Resilience is the ability to recover from adversity, adapt and thrive. It builds the capacity to be productive, resourceful and creative while dealing with changing circumstances or adversity.

It is our ability to bounce back from the stresses of life. It's not about avoiding the stress, but learning the necessary skills to thrive within the stress.

RESILIENCE

TO RECOVER FROM ADVERSITY, ADAPT AND THRIVE

When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death.

If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse.

LACKING RESILIENCE

BOUNCING BACK OR FALLING APART?

SUPPORTING RELATIONSHIPS

IMPROVED SLEEP

LEARNING TO LIVE A MORE RESILIENT LIFE HAS NUMEROUS BENEFITS

STRONGER IMMUNE SYSTEM

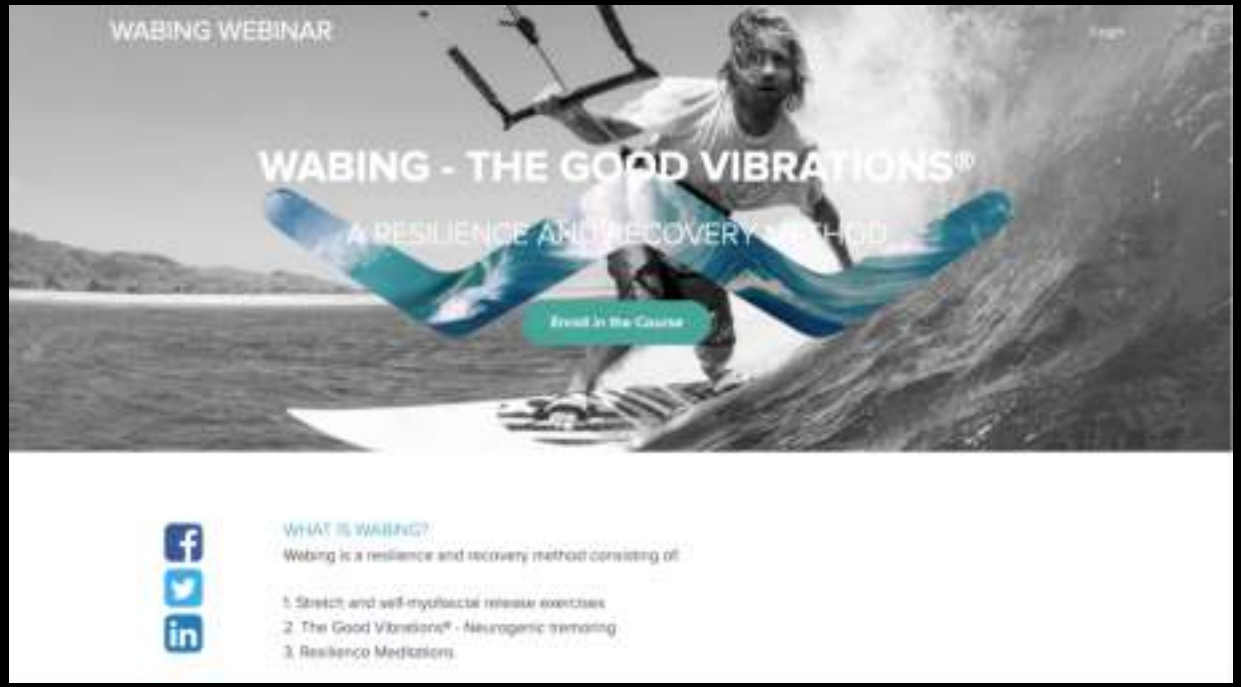
MENTAL TOUGHNESS

PHYSICAL WELL-BEING

EMOTIONAL WELL-BEING

BETTER FOCUS & WORKING MEMORY

CONTINUING EDUCATION UNIT



ALTERNATIVE 1: https://wabing.usefedora.com/p/wabing/?product_id=3346214&coupon_code=AURORA

ALTERNATIVE 2: https://wabing.usefedora.com/p/wabing COUPON CODE: AURORA

CONTINUING EDUCATION UNIT

QUESTIONS

QUESTION 1:

According to your understanding, what is the purpose of neurogenic tremors in animals in the wild?
(write at least 3-5 sentences)

QUESTION 2:

According to your understanding, what is the purpose of using neurogenic tremors in a therapeutic setting?
(write at least 3-5 sentences)

QUESTION 3:

How was your experience of activating the neurogenic tremors? Describe your experience on a cognitive, emotional and physical level.
(write at least 5-8 sentences)

ONLINE COURSE

5 x 2 HOURS

RECOVERY & RESILIENCE
FROM A NEUROBIOLOGICAL PERSPECTIVE

MODULE 1 (2 hours lecture):
THE NERVOUS SYSTEM & THE NEUROGENIC TREMORS

MODULE 2 (2 hours lecture):
THE TRIUNE BRAIN & HOW THE BRAIN PROCESS STRESS AND TRAUMA

MODULE 3 (2 hours lecture):
THE INSULA & HOW THE BRAIN REACTS TO UNPLEASANT SENSORY IMPRESSIONS

MODULE 4 (2 hours lecture):
THE FASCIAL SYSTEM AS A SENSORY ORGAN

MODULE 5 (2 hours lecture):
USING WABING AS A RESILIENCE & RECOVERY METHOD

You have access to the 5 lectures, 5 guided Wabing classes and additional material through a webinar site. If you can't attend a lecture you can still watch it afterward.

DATES:
OCT 6 & 27, NOV 10 & 24, DEC 8

TIME:
4 – 6 PM MOUNTAIN TIME ZONE

COURSE COST: $340
(20% DISCOUNT ON $425)

CERTIFICATION COST: $260
(20% DISCOUNT ON $325)

EMAIL YOUR REGISTRATION TO
jonas.nordstrom@wabenation.com

Payment via Paypal before course starts.

THANK YOU

FOR YOUR TIME!

Wabe on!