In an Unspoken Voice
How the Body Releases Trauma
and Restores Goodness

www.traumahealing.com
www.somaticexperiencing.com
Poll #1:
What is your interest in trauma?

Professional
Personal
Both
Chimp Violence

- INTERGROUP Violence

- Chimps team up to attack a monkey in the wild

- Darwinian Evolution on Display in Chimp Group Raids
However our closest primate relatives, the Bonobos utilize another strategy

- Bonobo chimps sex in conflict resolution!
- Bonobos Grooming

Image from www.universityherald.com
The Expression of Emotions in Man and Animals

-- Charles Darwin

Image from www.biography.com
Darwin’s Categorical Emotions:

1) Surprise (Interest Curiosity)
2) Anger
3) Fear
4) Sadness
5) Disgust (related to shame)
6) Joy
Anger as in Healthy Aggression is NOT Hatred

For hatred we must also have disgust and contempt
Both Anger and Attachment must be thwarted and Humiliation and Narcissistic Rage added for Hate to ensue
All Emotions are elaborations of the basic instincts of approach and avoidance...
In some form all living organisms have, at least, proto-emotions.
Even our moral compass begins in infancy

Moral Life of Babies
...For this reason emotions are our guides for how we move in life... they are our the rudder for how we move in the sea of life.
Amoebas in Action

Amoeba Feeds

Amoeba|Feeding Frenzy

Jellyfish

Afro Amoebian
Amoeba Feeding -- Approach
Amoeba Breathing--Expansion
Contraction/Avoidance
Now the question is: HOW do we access and how do we utilize our emotional rudders to navigate our landscapes.
Arrested Development:
Is about being your emotions rather than having your emotions
(from Piaget’s concept of “decentration”)

Image from www.biography.com
Stress, Trauma and Impulsivity along the Developmental Continuum
Comorbidities of Impulse Control Disorders
Where Love Ends, Hate Begins
Sherlock Holmes

But is this love?
The “Borderline Personality” is the consequence of the complex intermeshing of trauma and “arrested development.”
Healthy Development
Self-Regulation: The organismic basis of trust, security and goodness (and approach)
“There's still a reptilian side of our brain" that leads people to not trust others “if somebody sounds different or looks different. “

---Barack Obama
Poll #2:
Are you familiar with the new findings on mirror neurons?

Very familiar
Somewhat familiar
Not familiar
Enter The Mirror Neurons

Neonate imitation

Monkey see, monkey do
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.
What happens if we don’t get this Life-Affirming Contact?

Enter the paradigm work of Harry Harlow

Harlow’s Monkeys
Enter the sharing of warmth, pleasure and excitement!!!
We are capable of ‘reading’ other people’s intentions and feel within our bodies what they are feeling. (p.75)

A sort of direct feeling route into the other person is potentially open, and we resonate in their experience, and they in ours. (p.76)

Two minds create intersubjectivity. But equally, intersubjectivity shapes the two minds. (p.78)

- Daniel Stern, The Present Moment
And Apparently we do this through *Mirror Neurons*
Happy Babies
Stimulating the capacity for joy and pleasure:

Happy Baby

Twin Baby Boys

Laughing Quadruplets

Happy laughing Mother
Fear Communication
The Visual Cliff Experiment

Visual Cliff Experiment
Exercise:
How do you do with disruption?
What happens when this rhythm is disrupted?

Tronick's Still-face

Strange Situation
Poll #3:

Have you had experience with the impact of trauma on development?

Yes

No
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
Healthy Development

I don't like you Mommy
What happens when these boundaries are not established?
The Temper Tantrum

Tantrum
And the years later!
First Scoldings

Dad's Hair

Grandpa says NO
Creating order in social mammal species (3 years+)
Submission:
Setting the rules and establishing dominance hierarchies
Disgust is a (developmental) companion emotion of shame
Socialization: Enter Shame Age 3-4
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,”
Then “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 our addictive clients
What happens when the shame based personality becomes coupled with unrestrained dopamine (‘terrible twos’)

Flirting--The awakening of Sexuality
Trauma therapy and the containment of arousal states
WE MUST GO DOWN TO THE VERY FOUNDATIONS OF LIFE. FOR ANY MERELY SUPERFICIAL ORDERING OF LIFE THAT LEAVES ITS DEEPEST NEEDS UNSATISFIED IS AS INEFFECTUAL AS IF NO ATTEMPT AT ORDER HAD EVER BEEN MADE...

THE I CHING (THE CHINESE BOOK OF CHANGES)
HEXAGRAM # 34 “THE WELL”
(CIRCA 2,500 BC)
Hopefull Lessons Learned from Animals

The law of the wild says kill only when you are hungry!!!

Photographer Michel Denis-Huot, captured these amazing pictures on safari in Kenya’s Masai Mara in October last year, said he was astounded by what he saw:

"These three brothers (cheetahs) have been living together since they left their mother at about 18 months old", he said. "On the morning we saw them, they seemed not to be hungry, walking quickly but stopping sometimes to play together. At one point, they met a group of Impala who ran away. But one youngster was not quick enough and the brothers caught it easily".

These extraordinary scenes followed.
Animal Play

Polar bears and dogs play

Orangutan and Hound Dog
We must go down to the very foundations of life. For any merely superficial ordering of life that leaves its deepest needs unsatisfied is as ineffectual as if no attempt at order had ever been made ...

The I Ching (the Chinese book of Changes) Hexagram # 34 “The Well” (circa 2,500 BC)
Peter Levine Publications:

*In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.*
North Atlantic Press

*Trauma-Proofing your Kids; a Parents Guide for Instilling Confidence, Joy and Resilience.*
North Atlantic Press

*Trauma Therapy for Survivors of Torture,* Jorgensen and Mathiasen eds.
Bogen publishers, Copenhagen Denmark.

*Waking the Tiger-Healing Trauma,* North Atlantic Books (Published in 20 languages)

*Trauma through a Childs Eyes* with Maggie Kline (North Atlantic Press)

*Panic, Biology, and Reason: Giving the Body Its Due,* in Panic, Incites and Origins
(North Atlantic Press)

**Peter Levine Audio Presentations:**

*Healing Trauma* Book/CD, Sounds True

Freedom from *Pain: Discover Your Body’s Power to Overcome Pain* with Maggie Phillips, PhD. Sounds True

*Sexual Trauma; Healing the Sacred Wound,* Sounds True productions

“It Won’t Hurt Forever, Guiding Your Child through Trauma,” Sounds True productions.

*Healing Trauma-Restoring the Wisdom of the Body*-Peter Levine; Sounds True

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