

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

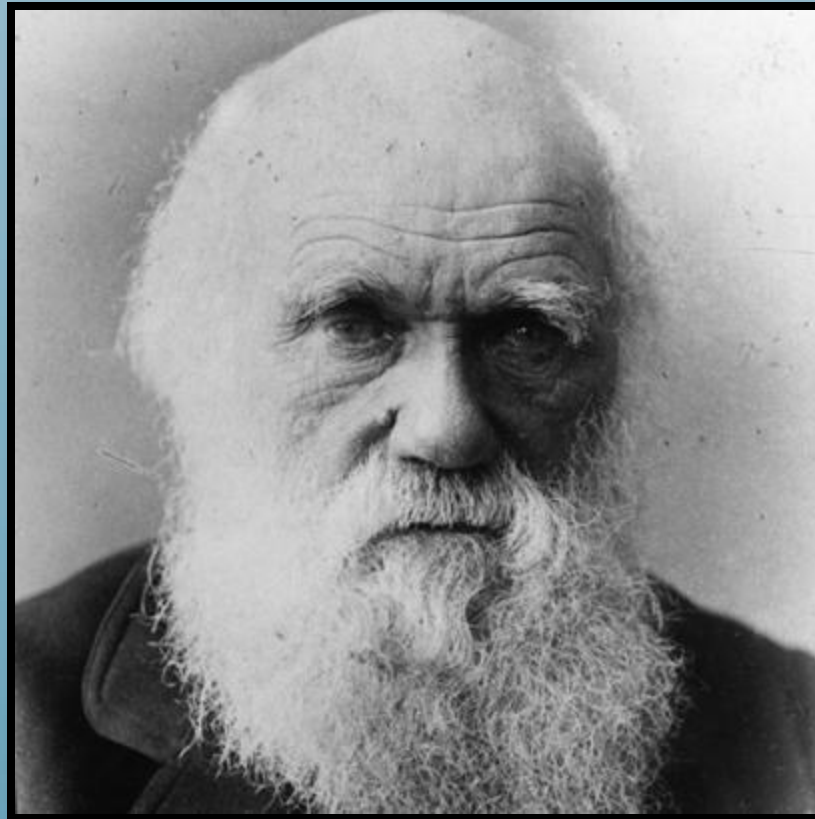


Image from www.biography.com

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 ALL BORN TO PARTICIPATE IN EACH OTHER’S NERVOUS SYSTEM”

- *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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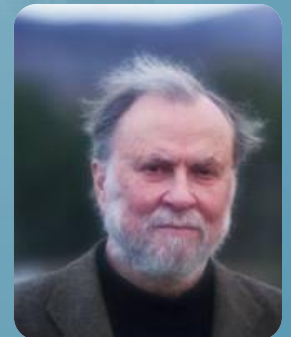


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glendon@glendon.org

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