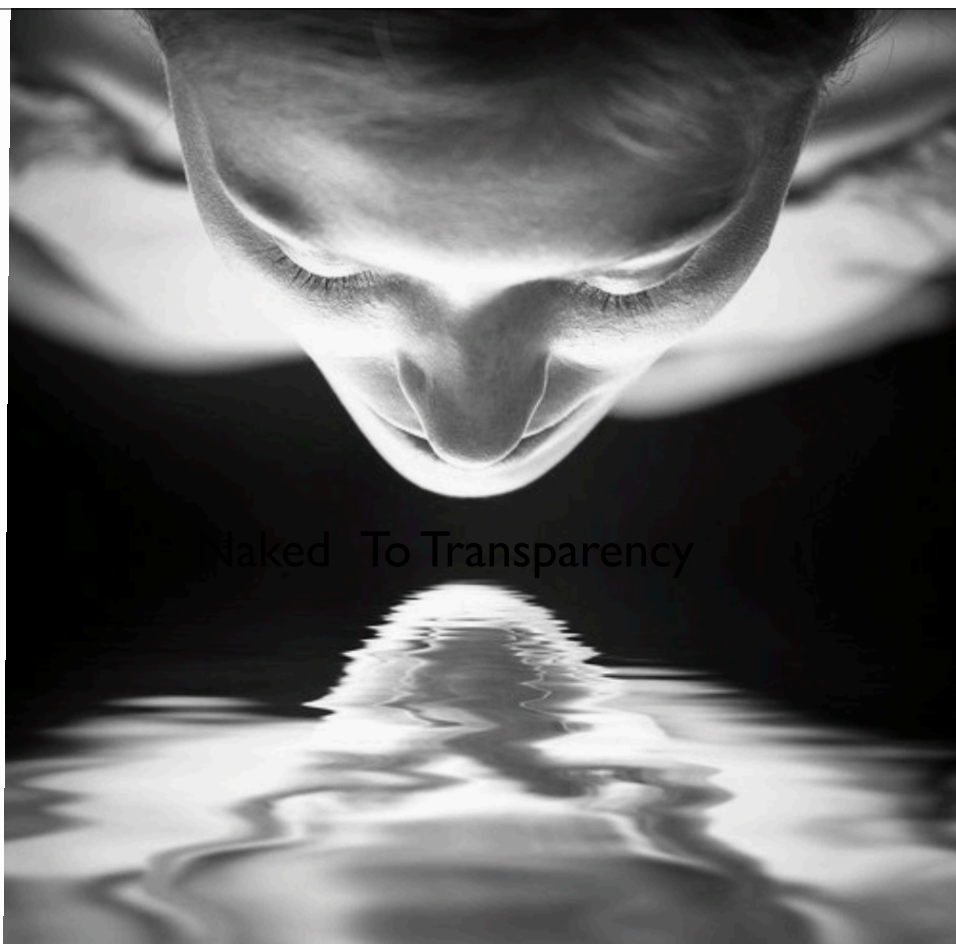


Therapist, Heal Thyself Journeying from Wound to Wellness

Diane Poole Heller, PhD





Naked To Transparency

Conditioning “crust” blocks our radiance of being





Diane Poole Heller • Somatic Attachment Training/DARe

Synthesis for Corrective Experience

- *Recognizing attachment categories*
- *Applying appropriate corrective experiences*
- *Repairing attachment in relationship*

HEALING

ATTACHMENT

NEW AUTONOMIC NS

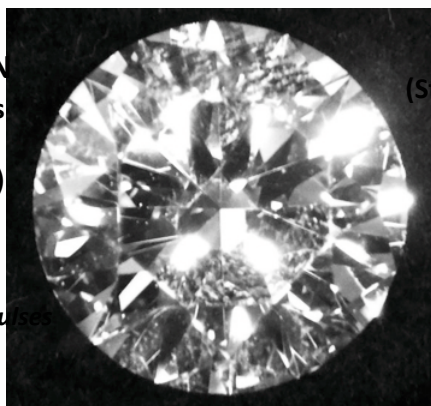
UNDERSTANDING

(Stephen Porges' Polyvagal Theory)

- *Primacy of the ANS*
- *Phylogenic hierarchy:*
Parasympathetic c
Sympathetic
Social Engagement
- *Map for healing process*
- *Scientific basis for social engagement*

**TRAUMA
RESOLUTION**
(Peter Levine's
Somatic
Experiencing®)

- *Body-centered*
- *"Pendulation"*
- *Resourcing*
- *Completion of impulses*



DIAMOND APPROACH

(Almaas & Muqaddam)
Psychology & Spiritual Inquiry

NEUROSCIENCE

- *Neuroplasticity*
- *Scientific basis for behavioral processes*

How do you get there?



“Stephen’s Steps”

Re-establish full range of responses for survival in all 3 levels
to resolve threat as we recover safety & connection

- Social Engagement
- SNS active defensive responses
- PNS freeze - Collapse - Shame - Dissociation

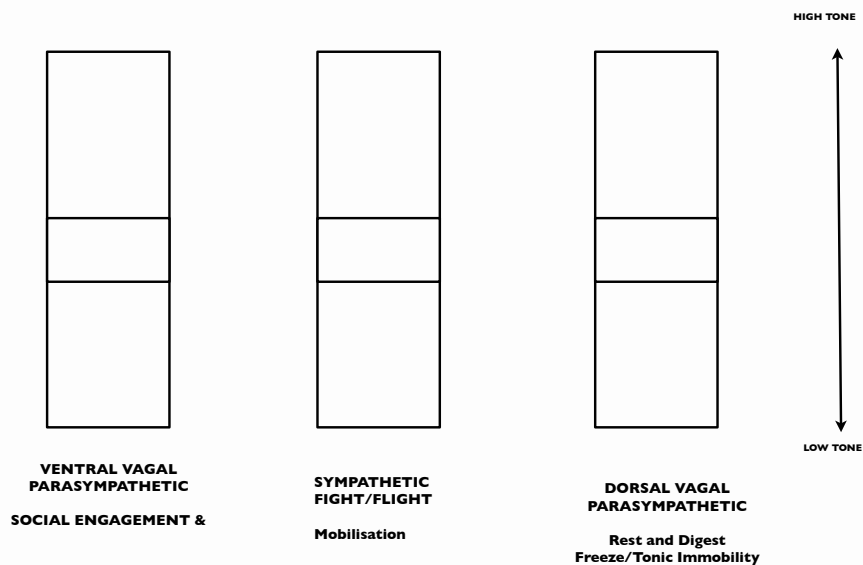


Immobility > Mobility > Connection

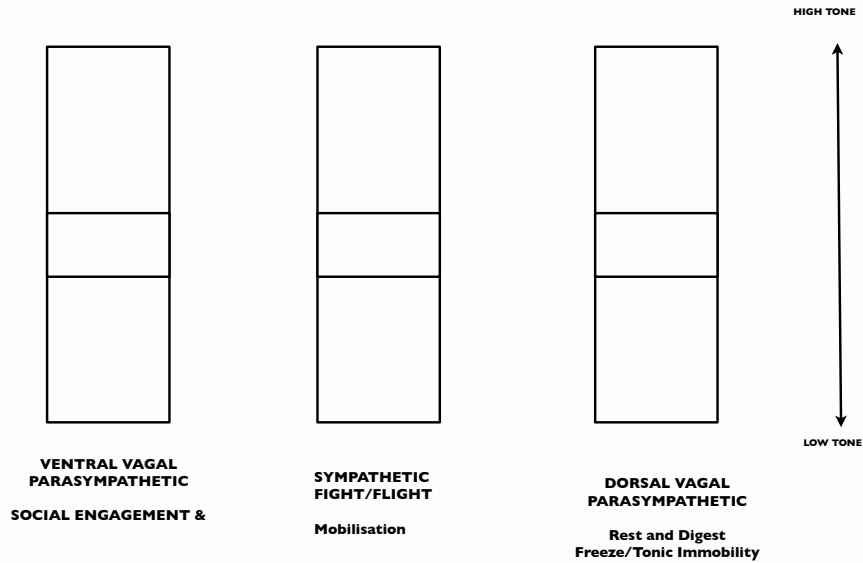
Scientist Synthesizer: Stephen Porges



THE POLYVAGAL THEORY SOCIAL ENGAGEMENT SYSTEM Stephen Porges, MD



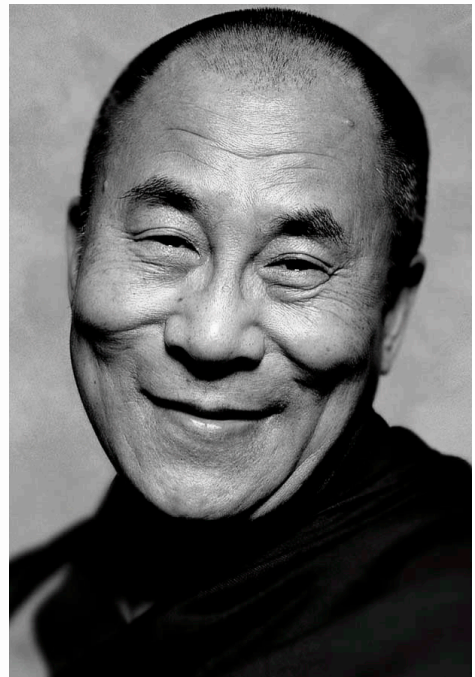
THE POLYVAGAL THEORY SOCIAL ENGAGEMENT SYSTEM Stephen Porges, MD

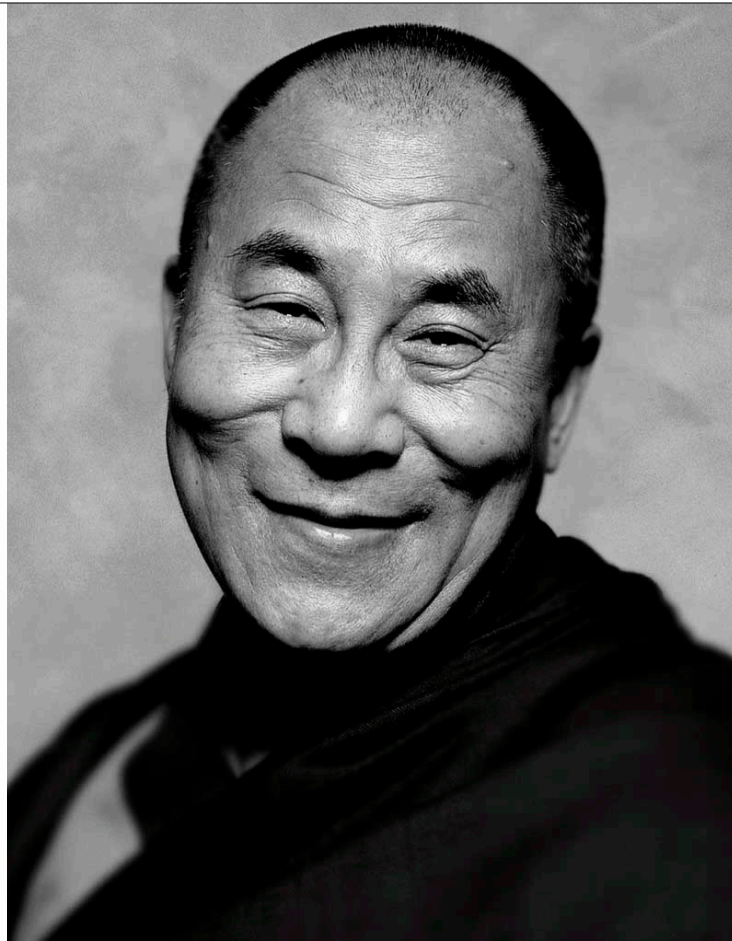


Brian J. Whelan, LCSW, CST, SEP ©

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Our Journey from Trauma Shutdown to “Presencing” Social Engagement





NIRALA

**Social Engagement/Connection
Core Intactness/Transparency**

|

**Successful Escape = “PRONKING”
Sympathetic/Mobilization**

|

**Fear/Collapse/Dissociation
Insecure Attachment**

“PRONKING”
CELEBRATING SUCCESSFUL ESCAPE

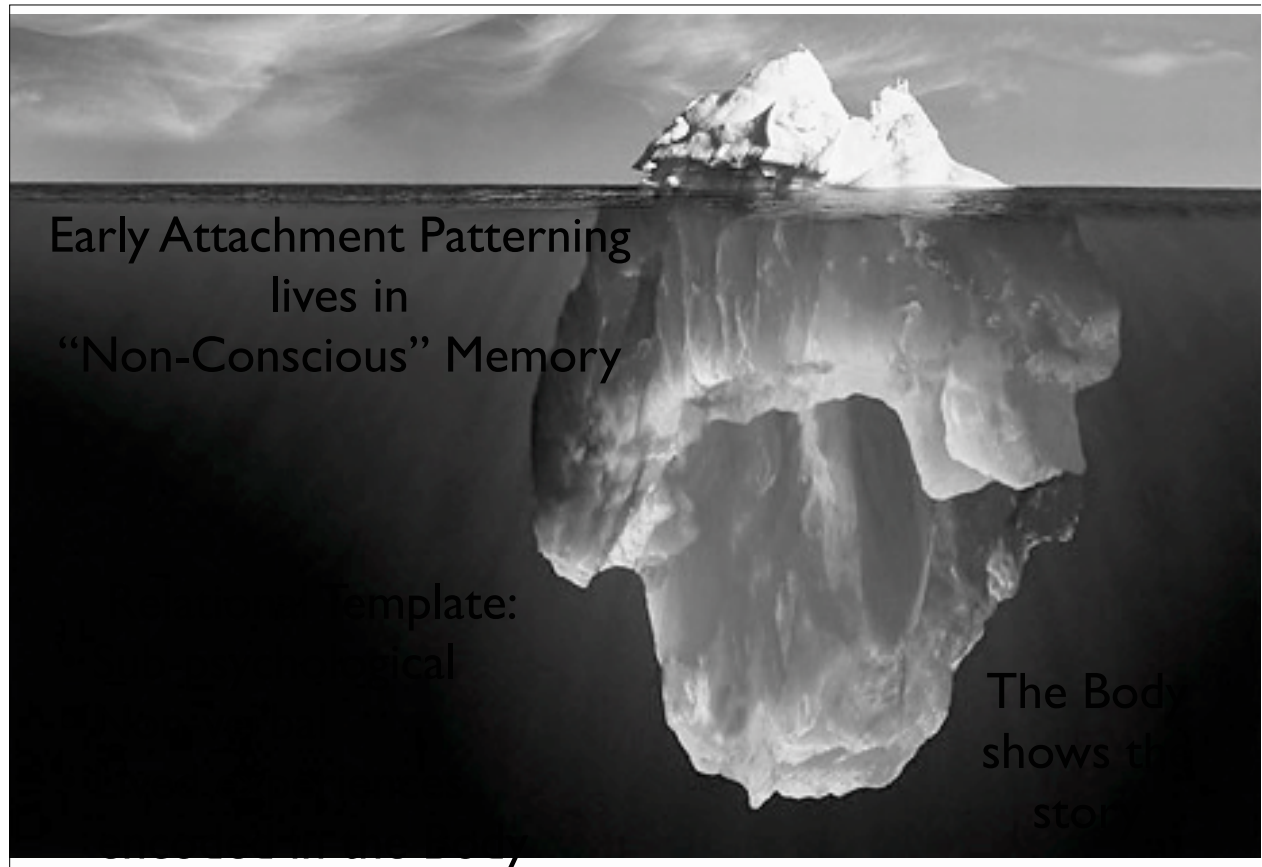




**being with ...
being with**



Freeing The Encapsulated Child



ANNELISE

Heart rate is regulated/Fainting Spells gone



**Finds Mother - Secure Base
Completes Action - Running home to Safety**



**High Heart Rate and SNS
overactivation causes
Immobilization / Fainting**



ENZO

- Polarity - working with opposites:
“That” and “Not That”
- Everyone survived
- Stuck in flashback - “Sophie’s choice”
- Trauma stops time





Use corrective experience to
expand client's window of
tolerance & gradually
build capacity for aliveness



Healing in Tribe

loving

compassionate

COOPERATION

I YOU WE

secure attachment

SARAH & SURVIVING COLUMBINE

- Today 2013: She is happily married & has 4 lively children
- Symptom reported in 1999: After surviving the school shootings at 18, Sarah is emotionless and feels her arms go numb or “fly off” at any mention of the tragedy
- Reintegration: More embodied, Sarah begins to access emotions, reconnects to her core self & the social engagement system.
- Healing metaphor: Inspires hope in the community, “healing in tribe”

SARAH: Climbing up Stephen's Steps

Social Engagement: Connects to core self, face, joy
& helps community heal

I

Conversational Body Centered Sensate Focus leads
to embodiment, integration of arms & emotion

I

Disconnected arms & lacking emotion



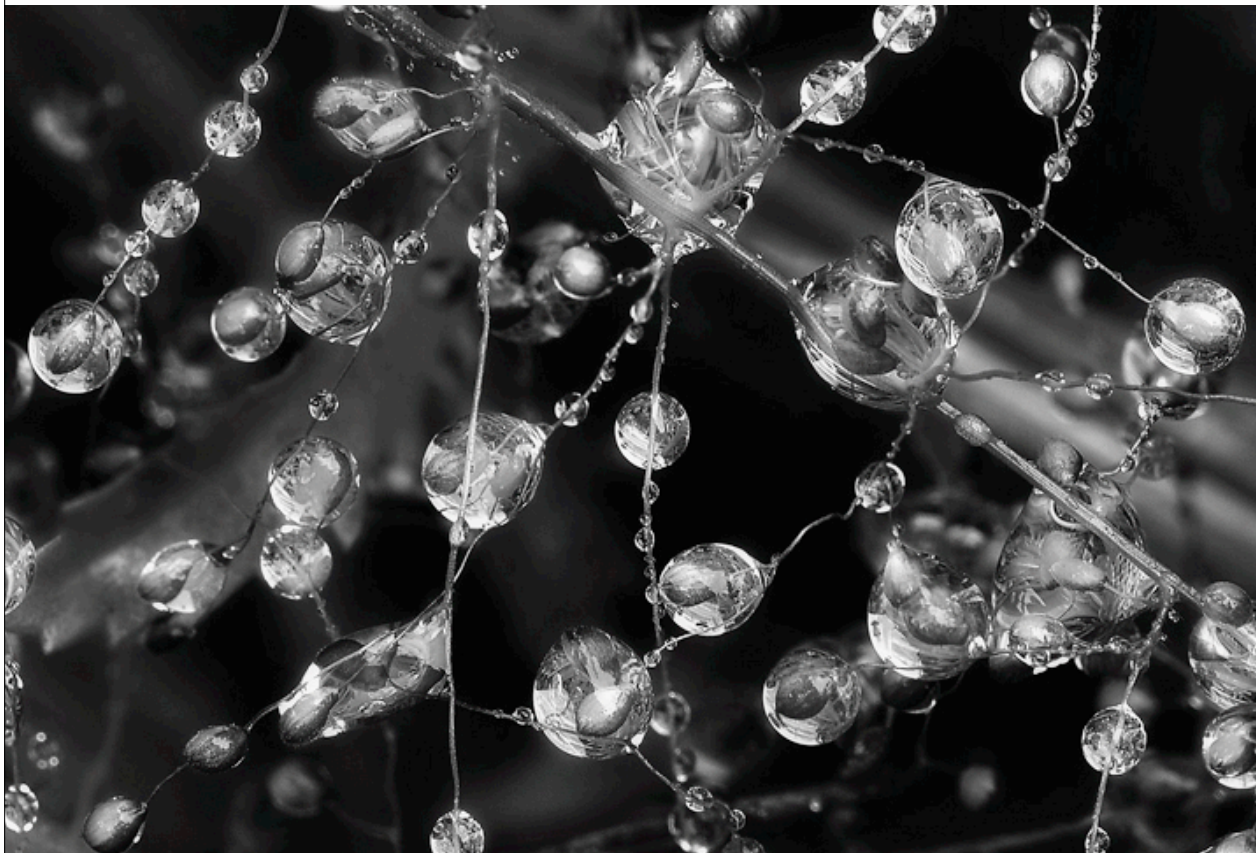


“Dust off the Diamond!”

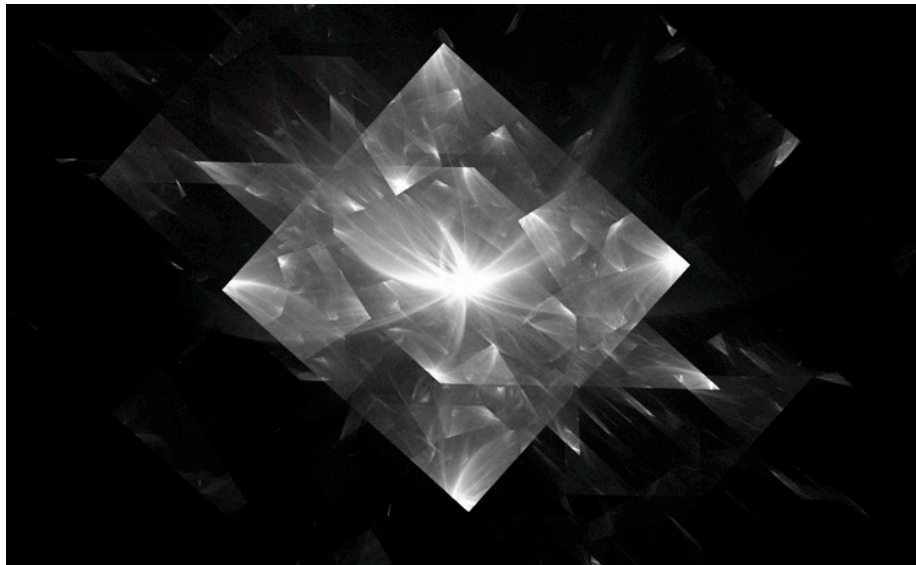




Indra's net

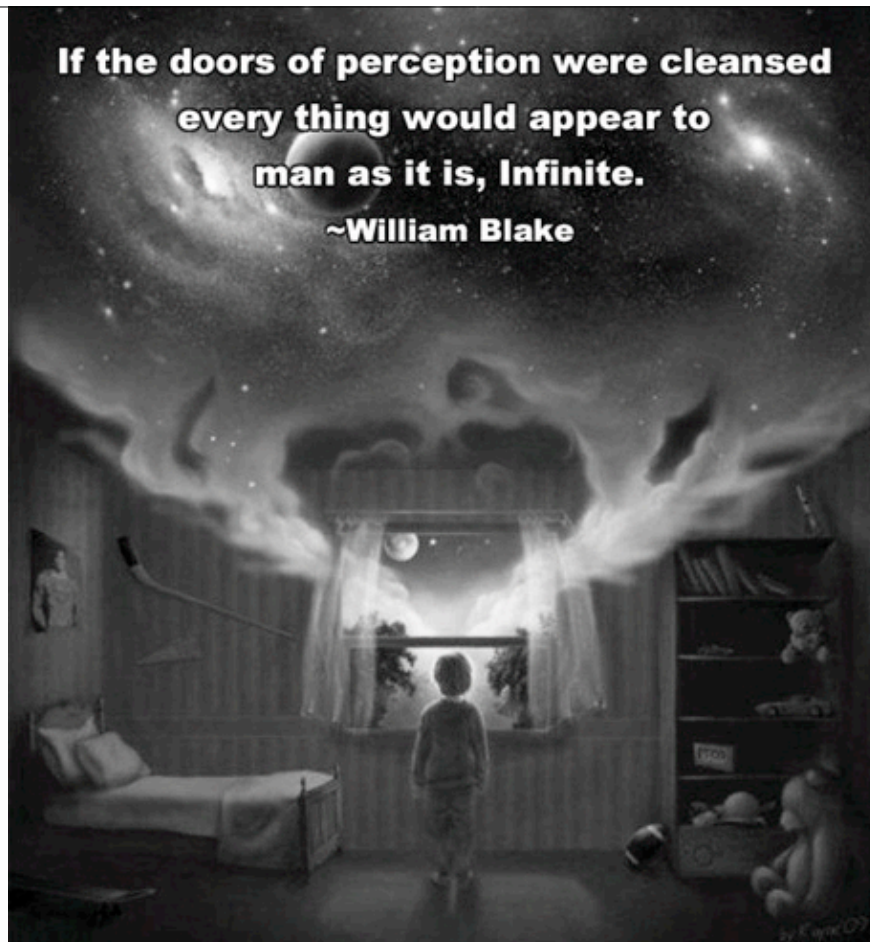


Polishing the diamond



**If the doors of perception were cleansed
every thing would appear to
man as it is, Infinite.**

~William Blake



FAST CIRCUIT & SLOW CIRCUIT

