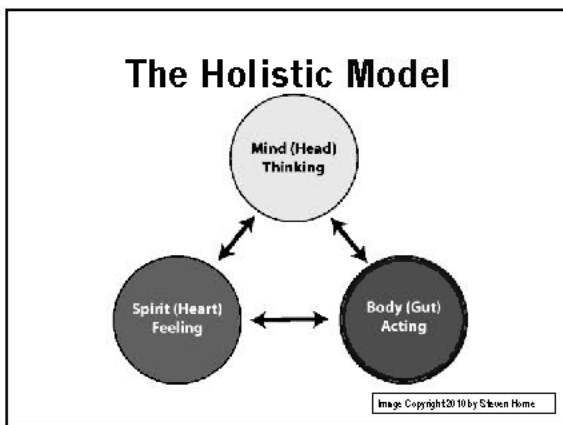


Lessons From 26 Years of Emotional Healing Work

- Everyone experiences hurts, pain, difficulties, stress and challenges in their life
- Feels are important, but most people have been made to feel that their feelings don't matter
- There are things the heart understands that cannot be comprehended by the head (or put into words)
- The only way to release an emotion is to experience it through the body, trying to deny, avoid, repress or otherwise get rid of it causes it to persist

Why I'm Teaching This

- I'm not teaching this because I'm somehow "above" all this
- I'm teaching this because I've experienced plenty of trauma myself and I'm sharing what has helped me recover from it and continues to help me recover from it
- In other words, I need this stuff as much as anyone else




We Are Three-Fold Beings

- We have three "brains" or areas of intelligence, not just one
- We have a head brain, a heart brain and a gut brain
- When our thoughts, feelings and actions are in alignment we are internally "whole"
- When they are out of alignment we have internal disharmony, which will eventually create physical illness

Image Copyright©2010 by Steven Horne

Three "Worlds" on the Face

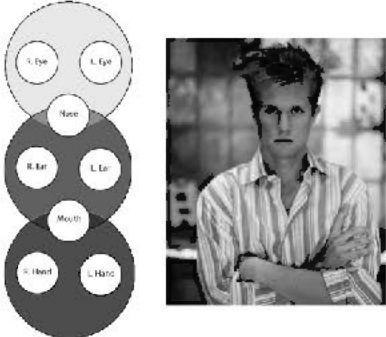


Head

Heart

Body

Three "Worlds" of the Senses



R. Eye L. Eye

Nose

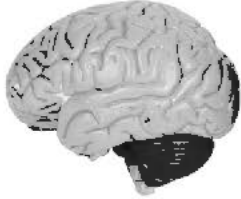
R. Ear L. Ear

Mouth

R. Hand L. Hand


Three "Worlds" of the Brain

- Higher Brain
 - "Human" brain
 - Home of rational thought and perception
- Middle Brain
 - "Mammalian" brain
 - Emotional brain, home of feelings
- Lower Brain
 - "Reptilian" brain
 - Home of animal (survival and reproductive) instincts



Trauma

- Trauma is a part of our lives
- None of us get through life without experiencing it
- Fortunately, we have built in mechanisms for recovering from trauma
- Unfortunately, most of us have been taught to short-circuit those mechanisms



A Three-Fold View of Trauma

- Trauma as violation – our boundaries were violated physically or emotionally causing us injury and pain
- Trauma as neglect – our physical or emotional needs were not met when we were vulnerable and required assistance from others
- Trauma as life-change – life has many traumatic events that we need support through, including birth, puberty, aging and death

Physical Trauma (Injury)



Healing from Trauma by Steven Horne

Natural Healing from Injury

- Injuries heal naturally through an innate process inherent within the body
- Blood clots to stop bleeding
- Wounds scab over
- Scar tissue forms to knit the injured tissue back together
- Healthy tissue moves in to replace the scar tissue

What the Healer Does

- A healer can only assist the process of wound healing two ways
- First, by removing obstructions to healing. For example, we can clean the dirt out of a wound, apply something to prevent infection, or apply pressure to help stop bleeding.
- Second, by providing the raw materials the body needs to heal. For example, vitamin C and zinc are nutrients needed for wound healing. Comfrey contains allantoin, which helps tissues heal faster.
- In the final analysis, however, the body heals itself.

Emotional Trauma



Signs of Unhealed Trauma

- Re-experiencing – Reliving the trauma over and over again in one's mind
- Reenactment – Recreating similar traumatic events in one's life
- Avoidance – Avoiding situations or experiences that are similar to the original traumatic experience
- Hyperarousal – Being in a constant state of alert, such as being easily angered or hypervigilant

Wild Animals and Trauma



- Although wild animals experience life-threatening dangers, they do not become "traumatized" by these events
- This is because they don't have a "higher brain" that inhibits their natural recovery processes
- Human beings, on the other hand, can override these processes, causing their body to remain "stuck" in a traumatic event

To a Mouse, on Turning Up Her Nest With the Plough by Robert Burns

Wee, sleeket, cowrin, tim'rous beastie,
Oh, what a panic's in thy breastie!
Thou need na start awa see hasty
Wi' bickerin brattle!
I wad be laith to rin an' chase thee
Wi' murd'ring pattle!

I'm truly sorry man's dominion
Has broken Nature's social union,
An' justifies that ill opinion
Which makes thee startle
At me, thy poor earth-born companion,
An' fellow-mortal!

I doubt na, whyles, but thou may thieve:
What then? poor beastie, thou maun live!
A daimen licker in a thrave
'S a sma' request:
I'll get a blessin wi' the lave,
An' never miss 't!

Thy wee bit housie, too, in ruin!
Its silly wa's the win's are strewin!
An' naething, now, to big a new ane,
O' loggagge green!
An' bleak December's winds ensuin
Baith snell an' keen!

Healing from Trauma by Steven Horne

Thou saw the fields laid bare an' wast,
An' weary winter comin fast,
An' cozie here beneath the blast
Thou thought to dwell,
Till crash! the cruel coulter past
Out thro' thy call.

That wee bit heap o' leaves an' stibble
Has cost thee monie a weary nibble!
Now thou's turn'd out for a' thy trouble,
But house or hald,
To thole the winter's sleety dribble
An' cranreuch cauld!

But, Mousie, thou art no thy lane
In proving foresight may be vain:
The best laid schemes o' mice an' men
Gang aft agley,
An' lee'e us nought but grief an' pain
For promis'd joy.

Still thou art blest, compar'd wi' me!
The present only toucheth thee:
But, och! I backward cast my e'e
On prospects drear!
An' forward, tho' I canna see,
I guess an' fear!

Natural Reactions to Trauma

- **Fight** – get angry and fight back against what is hurting or threatening us
- **Flee** – run away from what is hurting or threatening us
- **Freeze** – when we perceive that fight or flight is not possible, we react by becoming immobile (in this state, although the body is not moving it is highly primed or tensed for movement)

The Freeze Response

- When no chance of escape from the danger seems possible (fight or flight is impossible) the body instinctively shuts down or "freezes"
- This accomplishes two things:
 - It shuts down the nerves so pain can't be felt
 - It may allow for a later escape ("playing possum")



The Natural Recovery Process

- Emotional Trauma heals through a discharge of tension from the unsuccessful attempt to fight or flee
- This discharge helps the person (or animal) to regain equilibrium and may involve:
 - Anger: shouting, yelling, kicking, punching, stomping one's feet, etc.
 - Grief: crying, moaning, wailing, sighing, screaming, etc.
 - Fear and Anxiety: shaking, trembling, pacing, ringing one's hands, running, etc.
 - Laughter: talking about the problem until one starts to find humor in it and begins to laugh
- Once the tension in the body has been discharged, a person is able to enter back into the flow of life

Short-Circuiting Recovery

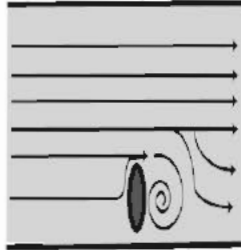
- When we interrupt the trauma recovery process the trauma is never discharged from the system
- The trauma recovery process can be interrupted by criticism, comforting the person to get them to stop, or simply disapproval
- This creates a trauma "vortex" that is retrIGGERED every time a similar situation is encountered
- Trauma vortexes are reinforced and grow stronger over time

Eddies in a Stream



The Trauma Vortex

- Unhealed trauma is like having a splinter or a pebble in a wound, as long as it is present we can't get into the life-flow
- When something triggers our unhealed trauma we get caught in a downward spiral of negative thoughts and emotions



How to Tell When Someone is in a Trauma Vortex

- Thoughts and words are incoherent because the person has not been able to find meaning in the event
- The thoughts or words are in absolutes (always, never, everybody, nobody, etc.)
- Are they person's attempt to verbally explain their feelings because they don't feel safe to show (physically express) their feelings

The Tip of the Iceberg

- Story
- The Actual Events
- Feelings and Emotions
- Physical and Emotional Needs



First Important Point!

- The facts are NOT the cause of what you are feeling
- The facts TRIGGER your emotions based on your STORY which is related to your unresolved TRAUMA
- You have to move beyond the facts to the feelings those facts trigger



Feelings and Emotions

- Feelings and emotions are not thoughts, they are sensations in the body
- It is important for healing the unresolved trauma to be able to move beyond the thoughts into the feelings that give a "charge" to those thoughts
- A good way to do this is to ask, "And how did that make me (you) feel?"



How Do You Feel?

- The fundamental problem in trauma recovery is the re-integration of the feelings and emotions (gut and heart brain) with the head brain
- Native people called this "soul retrieval"
- Most people are so traumatized and disconnected that they actually don't know how they feel – they can only tell you what they think



Thoughts versus Feelings

Thought

- Something you 'think' in your mind in words
- Contains analysis and judgments – interpretations of events, people and situations
- Does not have a location in the body

Feelings

- Something you 'experience' in your body that is difficult to describe in words
- Is just experienced – no one and nothing is 'wrong' or to 'blame'
- Has a body location, you can point to where you are feeling it

The Instinct to Recover

- We all instinctively know what we need to do to recover
- As soon as a person feels they have an empathetic ear, they will almost immediately start to try to talk about their trauma so they can recover from it
- Unfortunately, most other people are as traumatized as we are, so they can't handle our trauma



The Empathetic Heart

- Hearts broadcast and receive information on electromagnetic waves
- We have all experienced being 'in sync' or being on the same 'wavelength' with someone
- This means that when someone is expressing emotion, our heart empathetically picks up and vibrates to that same emotional frequency



Emotional Walls

- When we don't know how to handle an emotion inside of ourselves, we can't handle it outside of ourselves
- In other words, we "harden our hearts" to the pain of others because we haven't dealt with our own
- When we deal with our own emotional pain and trauma, we have no problem being compassionate with others



Second Important Fact

- All feelings are connected to needs
- Good feelings arise when our needs are met
- Negative feelings are a sign that our needs aren't being met
- It is important to learn to identify the unmet needs beneath our feelings, so we can ask to have our needs met



Unmet Needs

- Just as the body needs nutrients to be healthy, our souls have emotional needs.
- Examples of these needs are:
 - Recognition and appreciation
 - Affection, touch and sexual fulfillment
 - Autonomy, independence and freedom
 - Peace, safety and security
 - To be heard and understood by others
 - To achieve and be productive and useful
 - To find meaning and purpose in life

Child vs. Adult

- As young children we lacked the ability to communicate our needs directly – all we could do was show emotions that signaled to our caregivers that we were in need
- As adults, we often express emotions expecting other adults to do what our parents failed to do, which is intuitively understand our needs and fulfill them
- However, as adults we are responsible for identifying our own needs and finding ways to meet them, which includes “asking” others for help

What the Healer Does

- The healer cannot “fix” the trauma, any more than the healer can “fix” a wound
- What the healer can do is create “safe space” for healing, which means an environment where the person feels safe to work through the trauma and reconnect with the life-flow of their energy
- The healer must joyfully be able to welcome the other person’s expression of their pain, loss, heartache, anger, grief, sadness, fear, anxiety, etc., without blocking or judging it
- Of course, the healer cannot do this, if they are short-circuited in their own healing process

Helping a Person Heal

- Focus your complete attention on the other person
- Gather “facts” from the story and ask the person how they felt when these things happened to them
- Help them tune into their body and encourage them to express their feelings and move as their body needs to move in order to discharge the tension of the trauma vortex
- If you are unable to do this because their emotional trauma triggers your emotional trauma, express that you are struggling with your own issues and unable to listen compassionately to them at this time, but promise that you will listen after you work through your own needs
- Ask them, “what do you need?” and try to compassionately respond to their needs or encourage them to fulfill their unmet needs

Self-Healing

- When you recognize that you are experiencing a trauma vortex (negative thoughts accompanied by painful emotions), you can do the following:
 - First, start breathing slowly and deeply
 - Second, tune into your body and feel the feelings, focus on the feeling instead of the thoughts that accompany them
 - Third, give yourself permission to feel the feeling, reassure yourself that it’s OK to be feeling this and allow the feeling to be
 - Fourth, give yourself permission to express the feeling with your body and your voice (i.e., cry, sob, shake your fists, tremble, etc.)
 - Once you do this, the feeling will generally pass and you’ll feel better, if it comes back, keep repeating the process
- If you can find a trustworthy person who will listen and encourage you to express your feelings, this will really help

Co-Counseling

- Concept from Harvey Jackins, author of *The Human Side of Human Beings*
- We can help each other recover from trauma, simply by being an enthusiastic, supportive listener and happily encouraging a person to express their pain without trying to “fix” it
- In the presence of a loving person who just accepts what is happening, a person will tend to automatically try to initiate the natural trauma recovery process
- Allow and encourage the person to cry, express anger, shake, talk, laugh, etc. and simply discharge the tension, they will be able to rationally solve their own problems once the tension of the stress is discharged
- For more information see: www.rc.org

Autobiography in Five Chapters

- Chapter 1
I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost....I am helpless.
It isn't my fault.
It takes me forever to find a way out.

Autobiography in Five Chapters

- Chapter 2
I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes a long time to get out.

Autobiography in Five Chapters

- Chapter 3
I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in...it's a habit.
I know where I am.
It is my fault.
I get out immediately.

Autobiography in Five Chapters

- Chapter 4
I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.
- Chapter 5
I walk down another street.

More Training

- We've created two websites where we want to start providing tools and resources to help people heal:
 - www.theheartkey.com
 - www.zionsharbor.com
- Starting in February I'll be doing a monthly training webinar on emotional healing work and trauma recovery as part of our member program. The member program is \$19.95 per month and will also include three other webinars: The Sunshine Sharing Hour, The Herbal Hour and Business Coaching. Call 800-416-2887 to sign up for the member program with a free 30-day trial.
- I will also be offering emotional healing/trauma recovery workshops. More to be announced later.

Suggested Resources

- Peter A Levine
 - Waking the Tiger
 - Healing Trauma
 - Trauma-Proofing Your Kids
- Marshall B. Rosenberg
 - Nonviolent Communication
 - The Surprising Purpose of Anger
 - Being Me, Loving You
- Harvey Jackins
 - The Human Side of Human Beings
- Karla McLaren
 - The Language of Emotions: What Your Feelings are Telling You

Question and Answer Time

