

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoom.us/j/82980742956>(link is external)
- **Phone:** 301-715-8592
 - Enter the Webinar ID: 829 8074 2956#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat messages to communicate with the WPPNT coordinator or to share information related to the presentation.

- Participate live or view the recording to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2021.htm>.



***HEALING
OURSELVES
FROM 2020***

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DEBRA LAFLER BIO

- Wellness/well-being consultant and speaker
- Over 20 years of experience in wellness field
- Doctorate degree in Spiritual Studies & Divinity
- Master's degree in Health & Behavior Studies
 - Focus in Health Education
- Bachelor's degree in Communication
 - Certificates in Wellness and Coaching
- Certificates:
 - Worksite Wellness, Holistic Stress Management, Grief Support, Yoga, and Multicultural Wellness



TODAY'S INTENTION

- For this network...you all are “healers!”
- **Today's healing talk is for YOU!**
- We must “**heal the healers**” in addition to helping our patient/clients heal.
- Yes, you can use what you learn today to also help those you serve; but right now....
- We are going to focus on ourselves.
- So, to do that... I have an invitation....
 - Be here fully
 - You do not have to look at the screen; you can listen
 - You can get up from the computer; even go for a walk

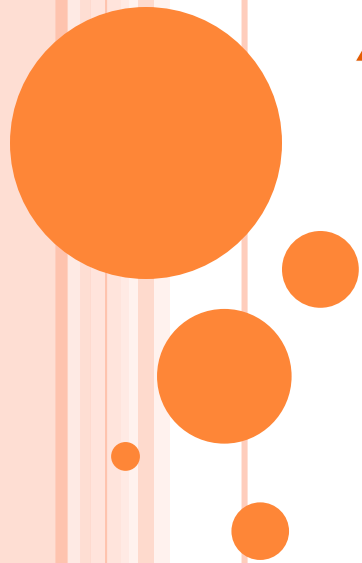


OUTLINE / OBJECTIVES

- 2020 review
- Trauma and the brain/body
- Resilience factors
- Healing
- Personal self-care
- How to help others



2020 Review



2020 INTO 2021 REVIEW

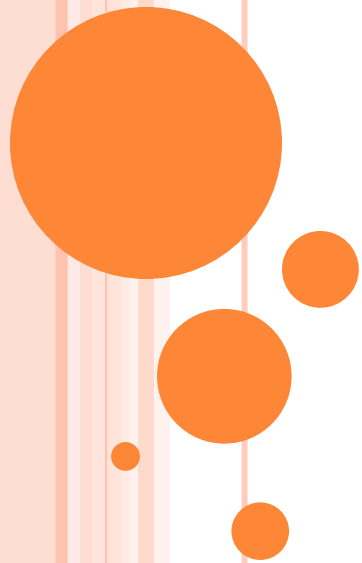
- Australian fires
- COVID-19
- Stock market crash
- “Murder” hornets
- Witnessing racial bias in police practice
- West coast fires
- Political divisions; politics; & the election
- Celebrity/major figure deaths (*Ruth Bader Ginsburg, Sean Connery, Chadwick Boseman, Kelly Preston, Eddie Van Halen, Kenny Rogers, Kobe Bryant, and more.*)
- Friends and family illnesses and deaths
- Work changes
- Holidays without usual traditions and family
- Winter (S.A.D.) season
- 2020 and 2021 - mass shootings
- **Our personal issues this year – even us “healers”**
 - Physical and mental health, lifestyle/coping behaviors, relationship or family issues, etc.

HONORING

- It's been A LOT
 - No wonder we are feeling what we are feeling
 - We ALL need healing
-
- *First, let's review what we know from the trauma field*

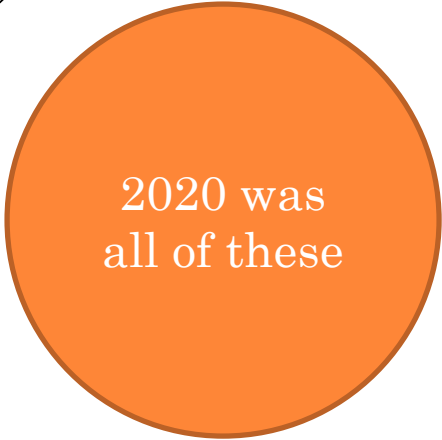


Trauma



TRAUMA

- Is not just injury, accident, war or abuse (big “T”)
- **It is anything that overwhelms our nervous system (little “t”)**
- It’s anything that feels like a “threat”
 - To life
 - To health and safety
 - To routines or rituals
 - To finances and ability to provide
 - To community and connection
 - To losing loved ones (to death or distance)
 - To “self-agency”
 - Sense of freedom, voice & choice, and personal power



2020 was
all of these



NEUROSCIENCE ALSO SHOWS US THIS

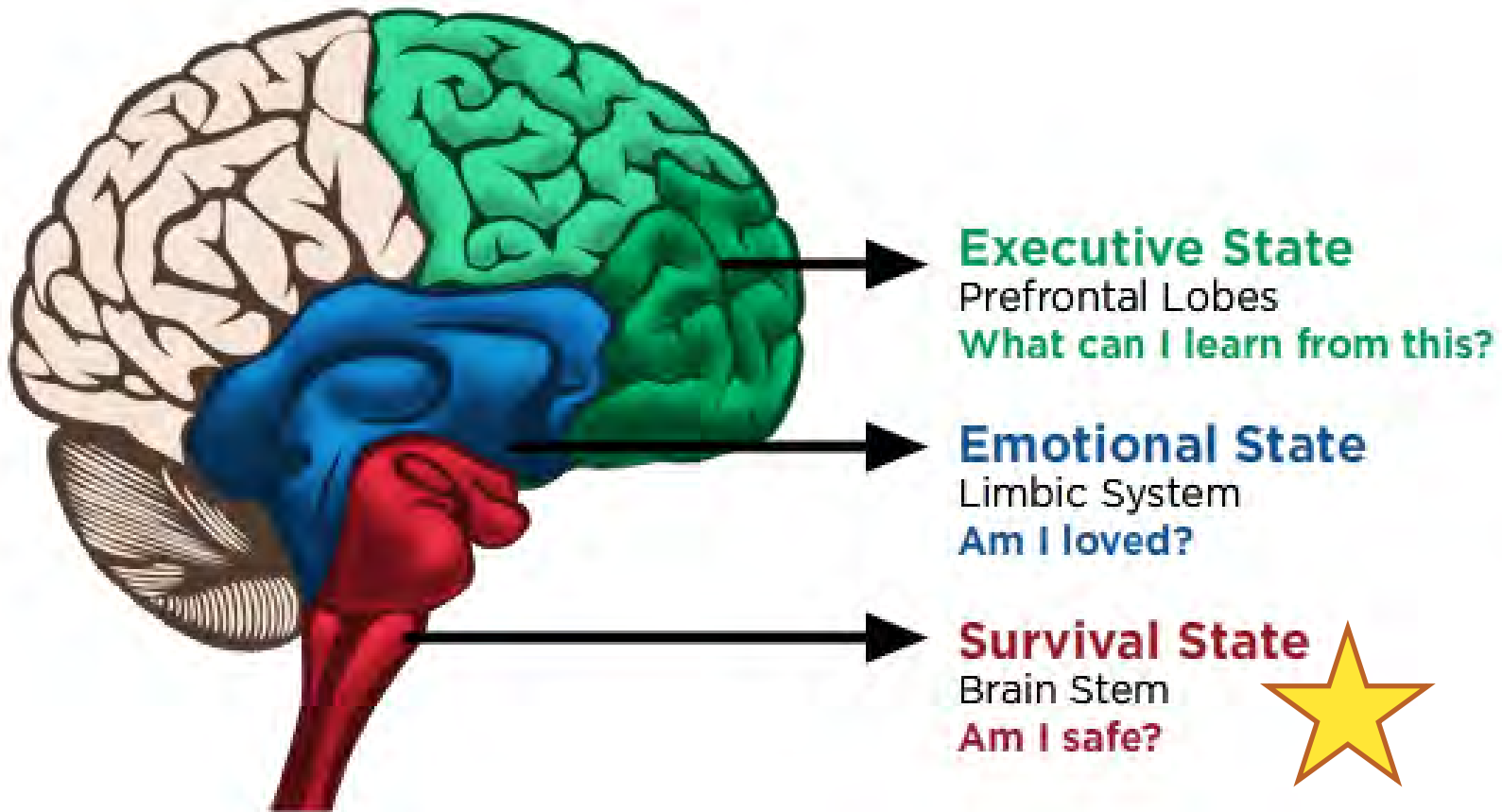


Image credit: <https://www.thebehaviorhub.com/blog/2020/4/9/childrens-emotions>



BUT WHAT IS INTERESTING...

TRAUMA MAY OR MAY NOT BE TRAUMATIC

- **Trauma (the event) may be traumatic if...**
 - We cannot “fight” (or “do something”)
 - We cannot “flee” (or get away or protect ourselves)
 - We feel alone (or not seen, heard, or valued)
 - We feel helpless
- **Trauma (the event) may NOT be traumatic if....**
 - We can “fight” back (or “do something”)
 - We can “flee” (or get away or protect ourselves)
 - We are with supportive others (who can help)
 - There is at least 1 “compassionate witness”
 - We feel a sense of “SELF-AGENCY”
 - Sense of freedom, voice & choice, and personal power

Pause and
Reflect

Can you think of
examples?

Peter
Levine's
story

TRAUMA IMPACTS US ALL DIFFERENTLY

- Our past history of trauma (& if it was “traumatic”)
 - Personal, family, genetic, cultural/racial/historical
 - *Personal – childhood prior to age 7 (even first 2 months of life)*
- Our past history of “coping skills” (behaviors)
 - Personal, family, genetic, socio-culturally and media
 - These were/are “programmed” and “practiced”

AND based on our...

- Past and current protective/resilience factors:
 - If we have/had:
 - Supportive environment, job and community
 - Supportive others; at least 1 “compassionate witness”
 - If we feel we have the ability & willingness to ask for help (if needed)
 - If we have/had skills (“programmed and practiced”) in:
 - Self-care (e.g., lifestyle behaviors)
 - Emotional regulation
 - Problem solving



PAUSE MOMENT:

IN CASE YOU NEED TO HEAR THIS

(DUE TO PAST AND/OR CURRENT TRAUMAS)

Even
“healers”
have
traumas,
and coping
issues

- It is NOT your fault
- You are GOOD ENOUGH
- You ARE doing the best you can
 - What you learned and practiced throughout your lifetime
- You are worth it!
- You are worthy of life and love, just as you are!
- You DO have the ability to do this!...To heal!
- And, you **ARE WORTHY OF BEING A HEALER even if you have healing to do yourself!**
- And, you know this... there is help for you if you need!



COPING SKILLS

LIFESTYLE BEHAVIORS; ADDICTIVE BEHAVIORS; REACTIONS; ETC.

- A reminder....
- **To our nervous system, there is no “good or bad” or “right or wrong” coping** *[even if you work in the field; and “know” what you “should” do.]*
- We choose what we learned helped us in the past.
- We learned what that was by watching others.

Pause and Reflect

What coping skills did you learn in your youth that still get “triggered” today when you get stressed?



THE GOOD NEWS

- Resilience & coping skills are learned and practiced
- You CAN let go of old skills
- You CAN learn new skills

Pause and Reflect

What coping skills would you like to let go of?

What coping skills would you like to learn and practice?

Who can you reach out to help you with this?



NO MATTER WHAT...WE CAN HEAL

"Trauma creates change
you don't choose.
Healing creates change
you do choose."

- Michelle Rosenthal

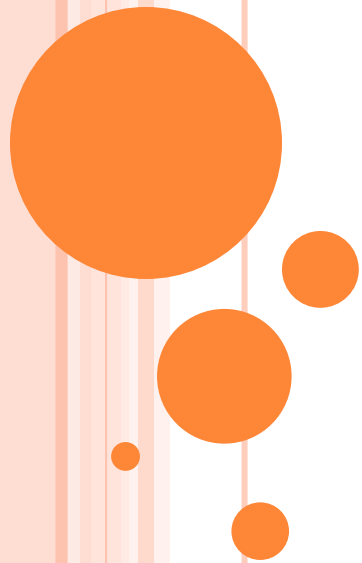


Short, shared personal interviews of life with
depression on the *Giving Voice to Depression* podcast.

MHA
Mental Health America
of Wisconsin



Our Resilience and Our Healing



RESILIENCE

- Resilience can be defined as our ability to:
 - Bounce back from adversity
 - Rise up despite challenges
 - Persevere through hard times
 - Recover from hardship
- But that emphasizes the negative (the trauma).
- Let's look at the positive aspects.



RESILIENCE – THE POSITIVE ASPECTS

- Resilience is our ability to:
 - **SELF-CARE:**
 - Feel our body; emotions; and practice regulating
 - Treat ourselves with kindness and compassion
 - Self-care (food, water, sleep, movement, nature, etc.)
 - **CONNECT:**
 - Connect with others
 - Utilize our network and resources
 - **GROW:**
 - Accept our challenges
 - Let go of what isn't helpful
 - Be flexible and adapt to changes
 - **Learn, strengthen, and evolve**
 - Cultivate trust, hope, and optimism
 - Create and co-create with others!



“Post
Traumatic
Growth”

POST TRAUMATIC GROWTH

- Out of something “bad” you discovered “good”
- You learned, you grew, you evolved
- You met new people, did new things, embarked on a new journey.... Etc.

Pause and Reflect

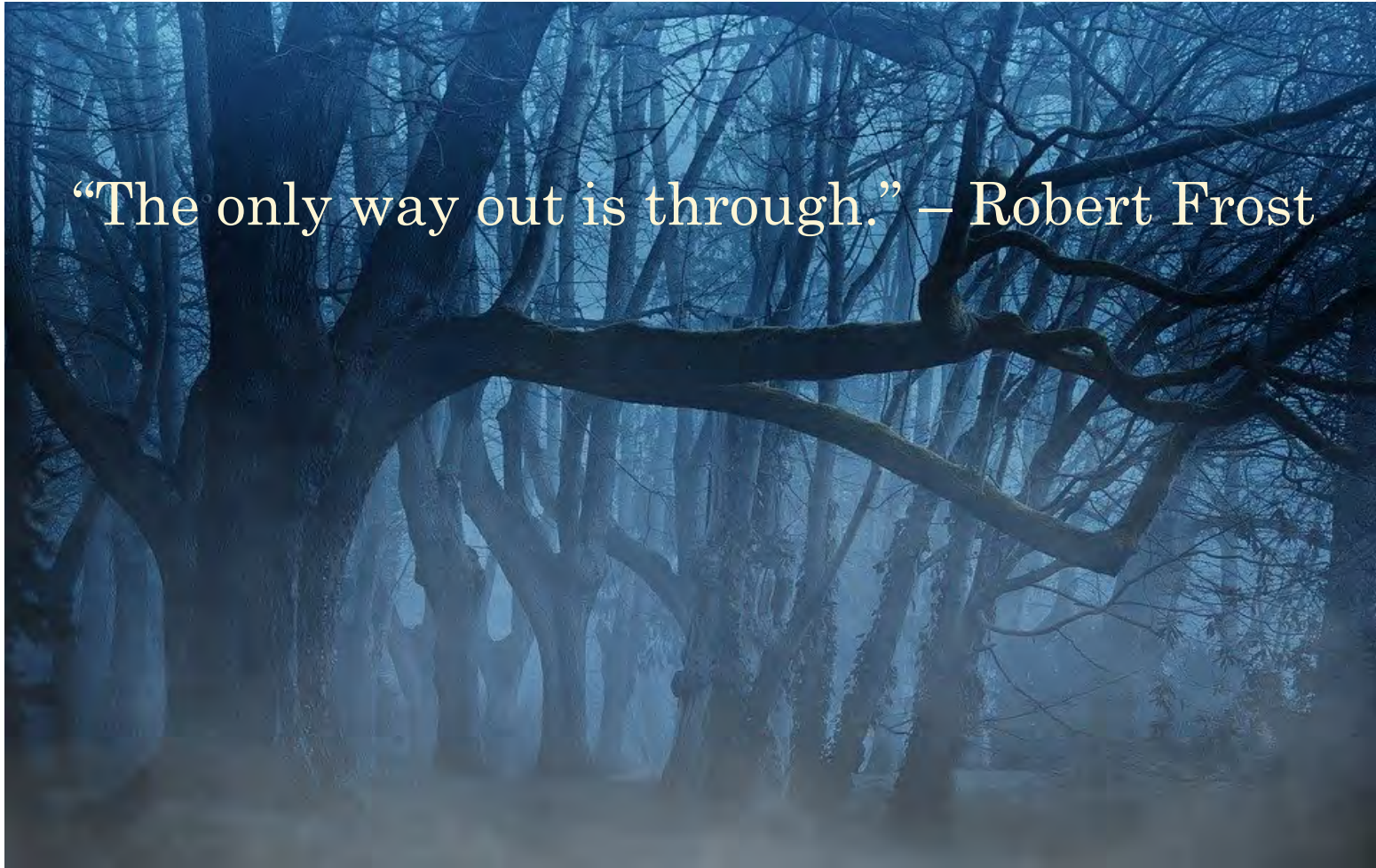
What “post traumatic growth” have you experienced in your life?

What “good” things happened out of something “bad”?

Note:
Resume
Exercise



HOW DO WE COPE WITH CHALLENGES?

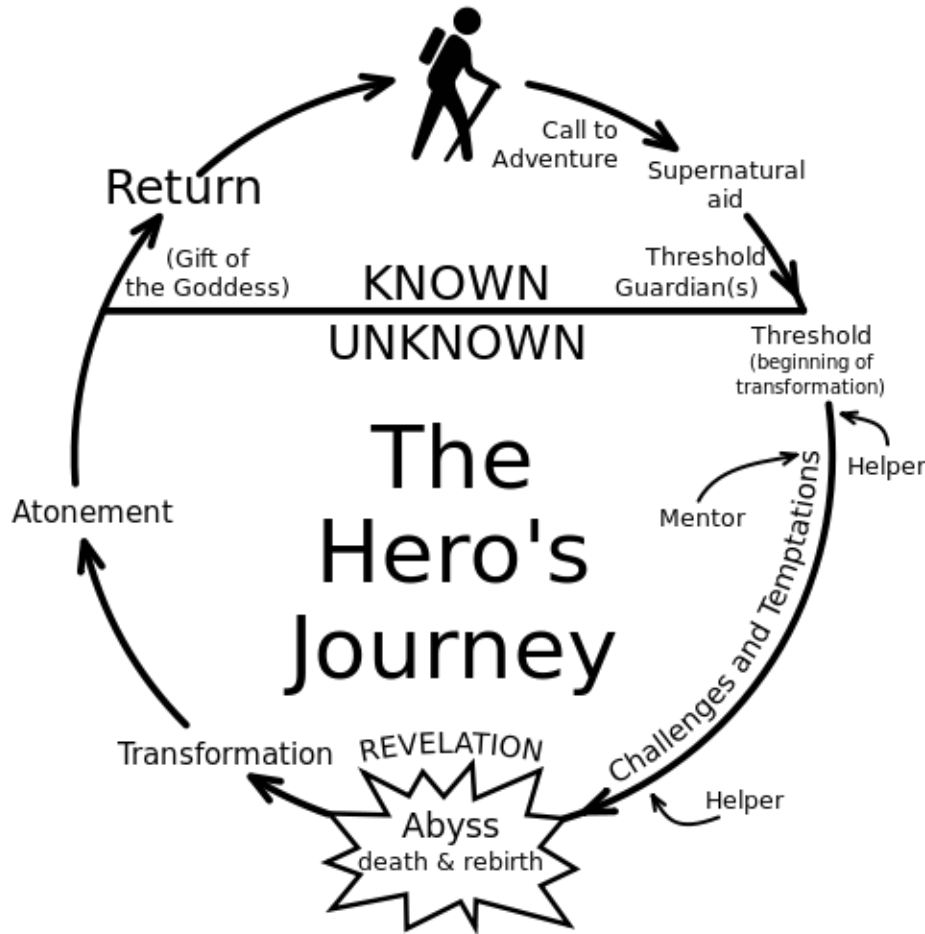


Images credit: Pixabay.com



WE CAN USE “MYTH” FOR OUR HEALING...

WE ARE ON “THE HERO’S JOURNEY”



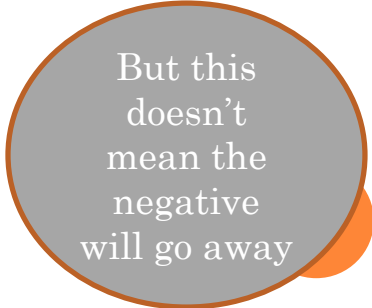
Pause and Reflect

In what way are you on a Hero's Journey right now?

Myth made popular by the books by Joseph Campbell

THE JOURNEY IS TO DISCOVER POSITIVE THROUGH NEGATIVE

- Use the negative to explore it and discover:
 - Who am I now because of this?
 - What has this made me aware of?
 - What changes did I make or want to make?
 - What have I learned about myself?
 - What have I learned about others?
 - What have I learned about life?
 - What has this motivated me to do?
 - What skills/strengths have I developed?
 - What direction has this set me or us on?
 - What is my or our “call of duty” here?



But this
doesn't
mean the
negative
will go away

HEALING VS. CURING

- To “cure” = to make the pain/problem go away
- To “heal” = to TRANSFORM holistically
- Healing does not require curing
- We can “heal” even if the pain/problem persists
- “Healing” is an evolutionary journey

Hold

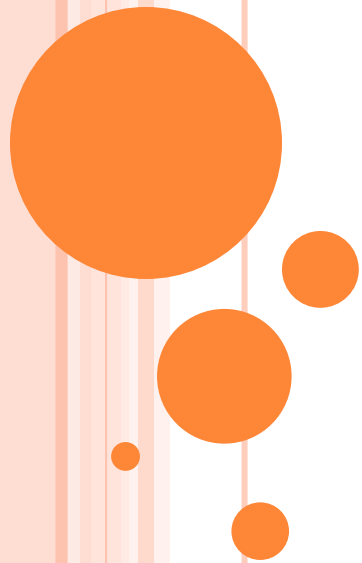
Engage

Adapt

Learn



The Path of Healing



REMEMBER THE NEUROSCIENCE MODEL

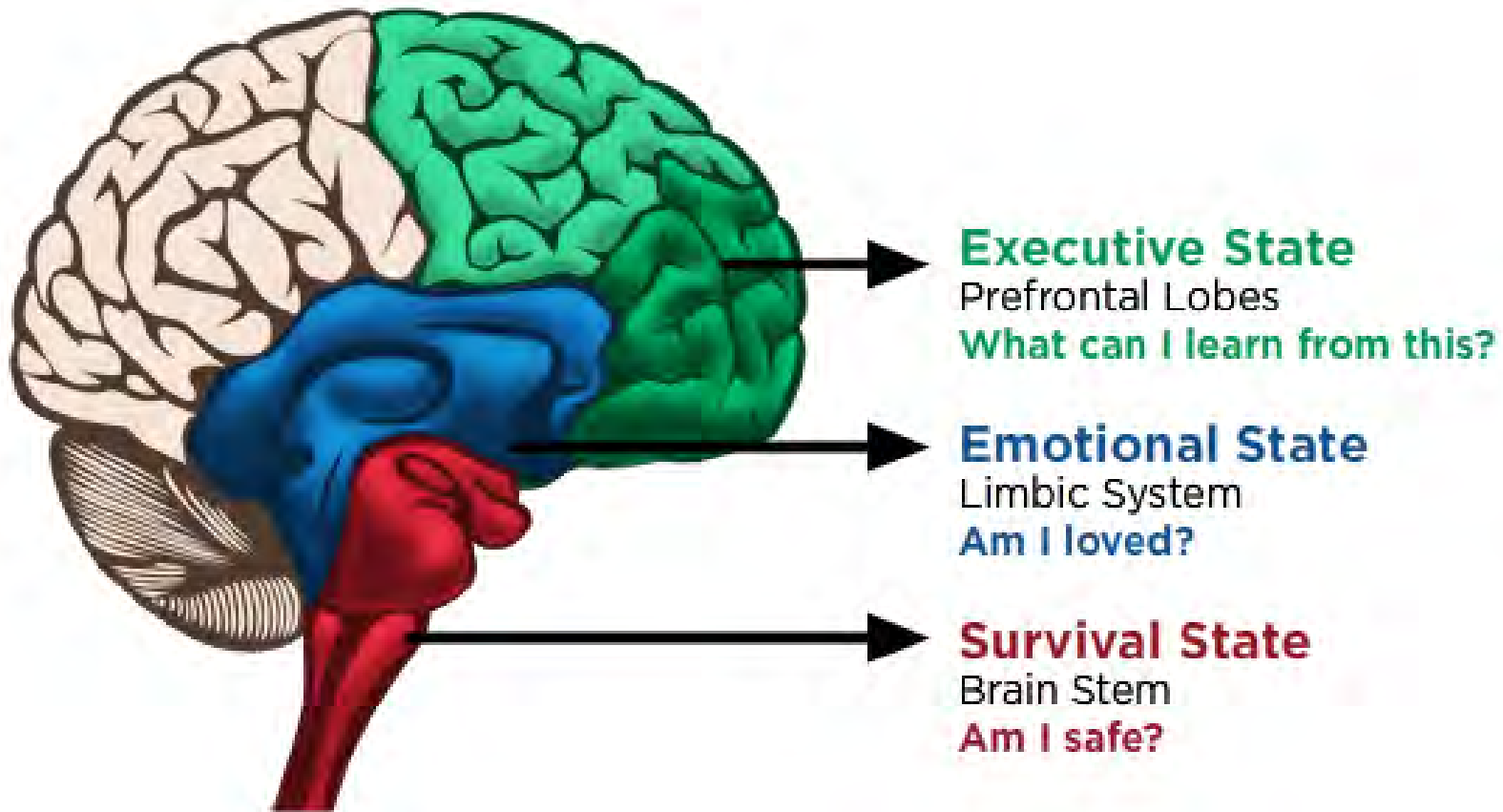


Image credit: <https://www.thebehaviorhub.com/blog/2020/4/9/childrens-emotions>



THE 3 R'S APPROACH

(METHOD DEVELOPED BY BRUCE PERRY)

- **Regulate The physical body Safety**
- **Relate The emotions Connection**
- **Reason The intellect Problem solving**

While we can do this ourselves, it is best done “in relationship” with another

We can use this 3-step method for ourselves and to help others



REGULATE: GROUNDING & BREATH

- **Grounding:**
 - Feel your feet on the floor
 - Feel your bottom on the chair (and/or back up against something)
 - Hands on legs, belly, or heart/sternum (firm/heavy rest)
- **Breath work:** *(only if not re-triggering)*
 - Breathe in and out evenly (in for 5 out for 5)
 - If in “fight or flight” then deepen your exhales
- **Visualization:**
 - Visualize yourself like a tree, with roots into ground
 - Visualize stress releasing through breath
 - Visualize healing light shining on head (and/or breathing in)
- **Reminders:**
 - Remind yourself that you are safe
- *If there is “energy” there – it’s OKAY! Move it out!*
 - *Shake, move, run, exercise, yell, etc. (e.g., TRE)*

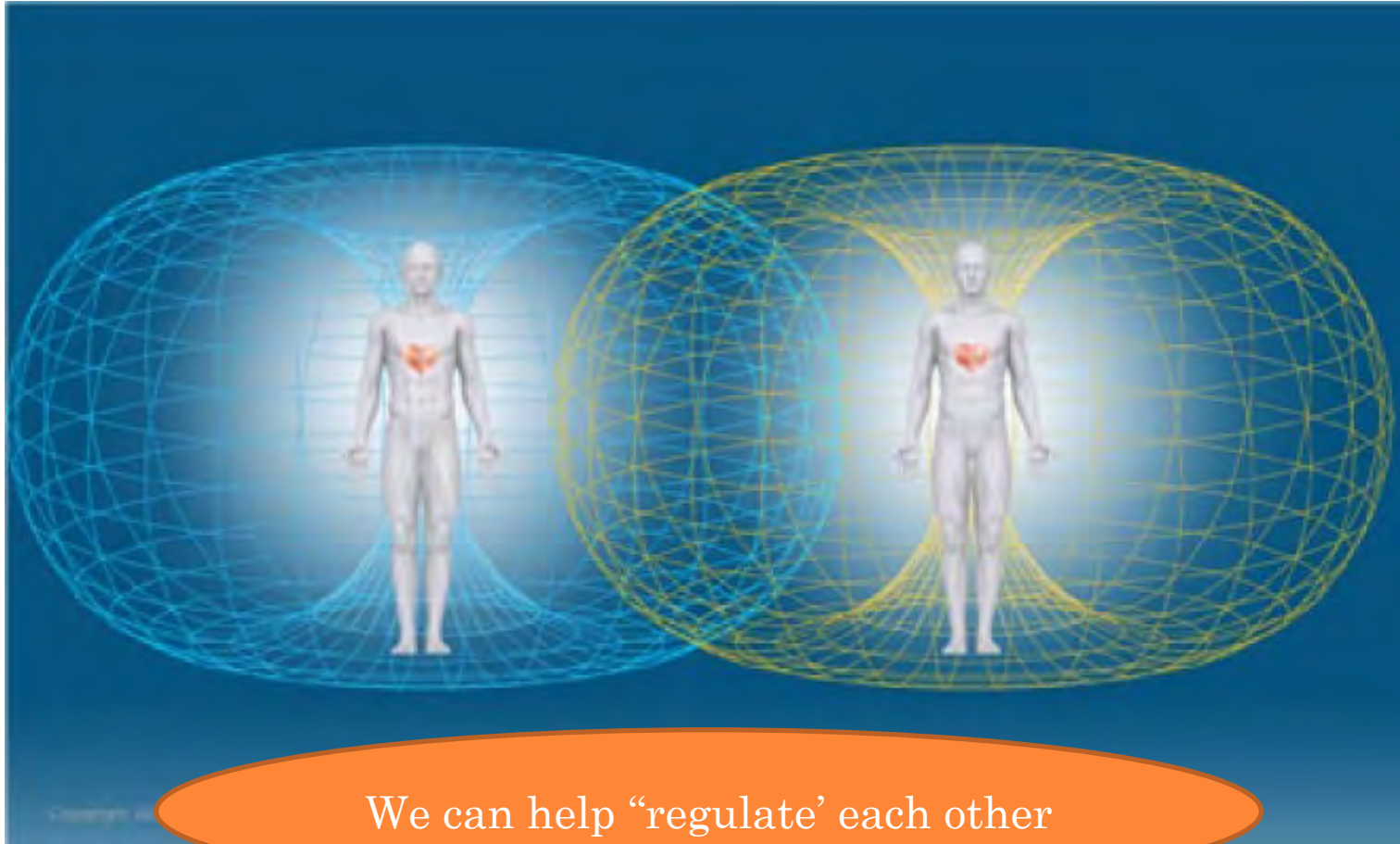


REGULATE: EXTERNALS

- **Nature!!!**
- Sensory things
 - SEE
 - HEAR..... 432 Hz Music!!!
 - SMELL
 - TASTE
 - TOUCH
 - FEEL..... rhythmic motion



REGULATE: CO-REGULATION



We can help "regulate" each other

Image credit: Heart Math Institute



REGULATE: EMBODIMENT

- **Healing starts in the body**
 - Safety (from outside factors)
 - And feeling “safe” in our own bodies
 - Practice awareness of bodily sensations & emotions in the body
 - Example: when I feel scared, I hold my breath
 - Practice grounding and breathing; especially with feelings
 - Practice allowing sensations; and letting go of judgment (or fear)
 - Practice interpreting and/or being curious (when ready)
 - Example: what is this trying to tell me? why is it here?
 - Practice responding to sensations (or body needs)
 - Example: if you need to move, move!
 - We can do this alone and with others!



RELATE: FIND OR BE THE “WITNESS”

- The compassionate (or enlightened) witness
 - I see you (your pain)
 - I hear you
 - I believe you
 - I understand you
 - I “feel” you (empathy)
 - I am here for you
 - You are “safe” with me
- NOTE: The witness is the “mirror” for the person
- Like the “mirror-role” of the mother’s face for infants (part of emotional development)

Remember Peter
Levine’s story
about his car
accident



RELATE: “HOLD SPACE”

- Safe person
- Co-regulating
- Presence
- Empathy
- Listening (if/when ready)

“Holding space is the process of witnessing and validating someone else’s emotional state while simultaneously being present to your own.”

“Holding space it’s like creating a metaphorical bucket for someone to emotionally and verbally vomit into.”

– Connor Beaton (connorbeaton.com)

Or just “energy”
release



RELATE: “LOVE”

“Unconditional positive regard” (Carl Rogers)

- No matter how you are and what you say/do, you are accepted
- You are loved (cared for/about)
- You are accepted
- You are appreciated
- You are valued

“The need for love and intimacy is a fundamental human need, as primal as the need for food, water and air.”

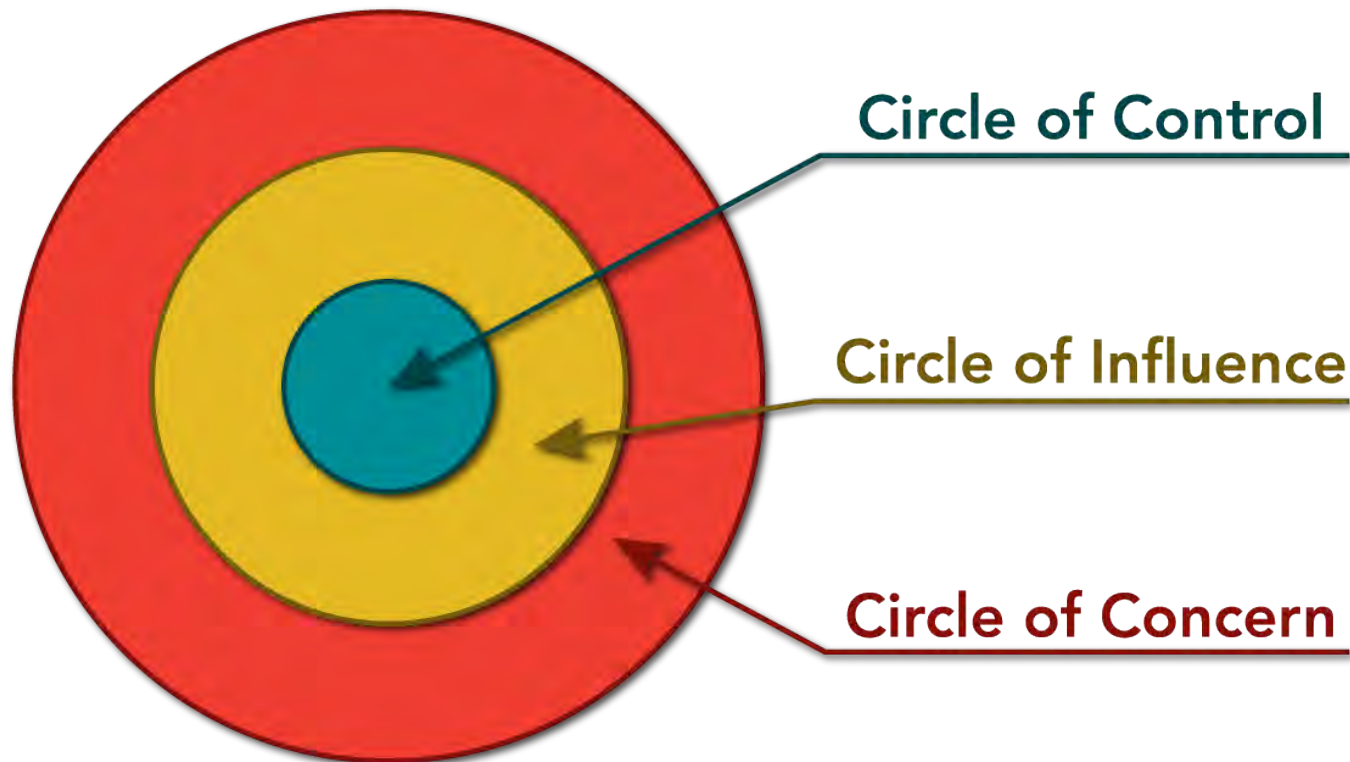
“Love and intimacy are at the root of what makes us sick and what makes us well...I am not aware of any other factor in medicine – not diet, not smoking, not exercise – that has a greater impact.”

– Dr. Dean Ornish



REASON TIP: FOCUS ON THE “BULLS EYE”

(STEPHEN COVEY’S – 7 HABITS)



REASON: CONTROL

What can I control?

What can I let go of?

What can I get help with? And who can help me?

What can I do?

What is possible?

And what we mostly can control....

Is ourselves....

What we do with our own body and mind.



WHAT CAN WE CONTROL? RADICAL SELF-CARE!

- We can use the 3 R's as a guide here too:
 - **Regulate the body**
 - Nutrients and water
 - Move the body and get outside
 - Sleep
 - **Relate**
 - Connect to (loving) others
 - Co-regulate and then talk through things
 - Utilize your network and resources
 - **Reason** (consider “**Post Traumatic Growth**”)
 - Accepting our challenges
 - Seeing both negative and positive aspects
 - Focusing on **what we can do and what is possible**



AND WE MUST....INTEGRATE SELF-CARE

- **During work (not just afterwards)**
 - Zoom meetings – get up; move; stretch; walk!
 - Minimize “multi-tasking”
 - Boundaries (5pm, laptop closes)
 - Schedule “desk-time” (start/end day; before/after mtgs.)
 - Take breaks and lunch (away from a screen)
 - Take “sick days”..... “wellness days”
 - Take vacation days..... hours, day, or days

Pause and Reflect

Which of these can
you do?



MY HEALING PLEDGE FOR MYSELF & OTHERS

- I will keep my well-being and my healing at-heart. I will be mindful of my own, and aim to help myself; and reach out for help if needed.
- I will aim to support others with their well-being and their healing. I will aim to help them:
 - Feel safe and secure
 - Feel seen, heard and valued
 - Feel cared for and a part of a community
 - Feel encouraged, believed in, and trusted
 - Feel supported in their physical and mental health
 - Feel supported in their personal growth



RESOURCES

- **Your employer's Employee Assistance Program:**
 - Free counseling (up to 4-6 sessions)
 - Free legal and financial consulting
 - Free resources
- **Your employer's (or health plan's) Wellness Program:**
 - Online programs, coaching, challenges, tools, apps, etc.
- **Your Health Insurance plan**
 - Mental health benefits (counseling, meds, etc.)
 - Tobacco cessation
 - Addiction counseling and treatment
 - Eating disorder counseling and treatment
- **Community Resources**
 - **Resilient Wisconsin website** – list of hotlines, helplines, support groups, etc.

<https://www.dhs.wisconsin.gov/resilient/index.htm>



TRAUMA BOOK RECOMMENDATIONS

- Bruce Perry & Oprah Winfrey.... *And interviews/podcasts, etc.*
 - *What Happened to You?*
- Nadine Burke Harris
 - *The Deepest Well*
- Peter Levine
 - *Waking the Tiger*
 - *In an Unspoken Voice*
 - *Healing Trauma*
- Bessel van der Kolk
 - *The Body Keeps the Score*
- Gabor Maté *New documentary film: "The Wisdom of Trauma"*
 - *In the Realm of Hungry Ghosts*
 - *When the Body Says No*
- Stephen Porges
 - *The Polyvagal Theory* - *I have not read yet; but seen talks*

If you have others, and are on the Zoom call, please put them in the chat



REVIEW

- 2020 review
- Trauma and the brain/body
- Resilience factors
- Healing
- Personal self-care
- How to help others



Q&A

THANK YOU!

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