

# **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 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>.

# Somatic Interventions for Chronic Pain

rewiring the brain and nervous system

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Owner, Feel to Heal  
Mind Body Teacher  
Somatic Therapist

Certified Educational Administrator

Dr. Howard Schubiner Freedom from Chronic Pain Program

Certified Mindful Schools Facilitator

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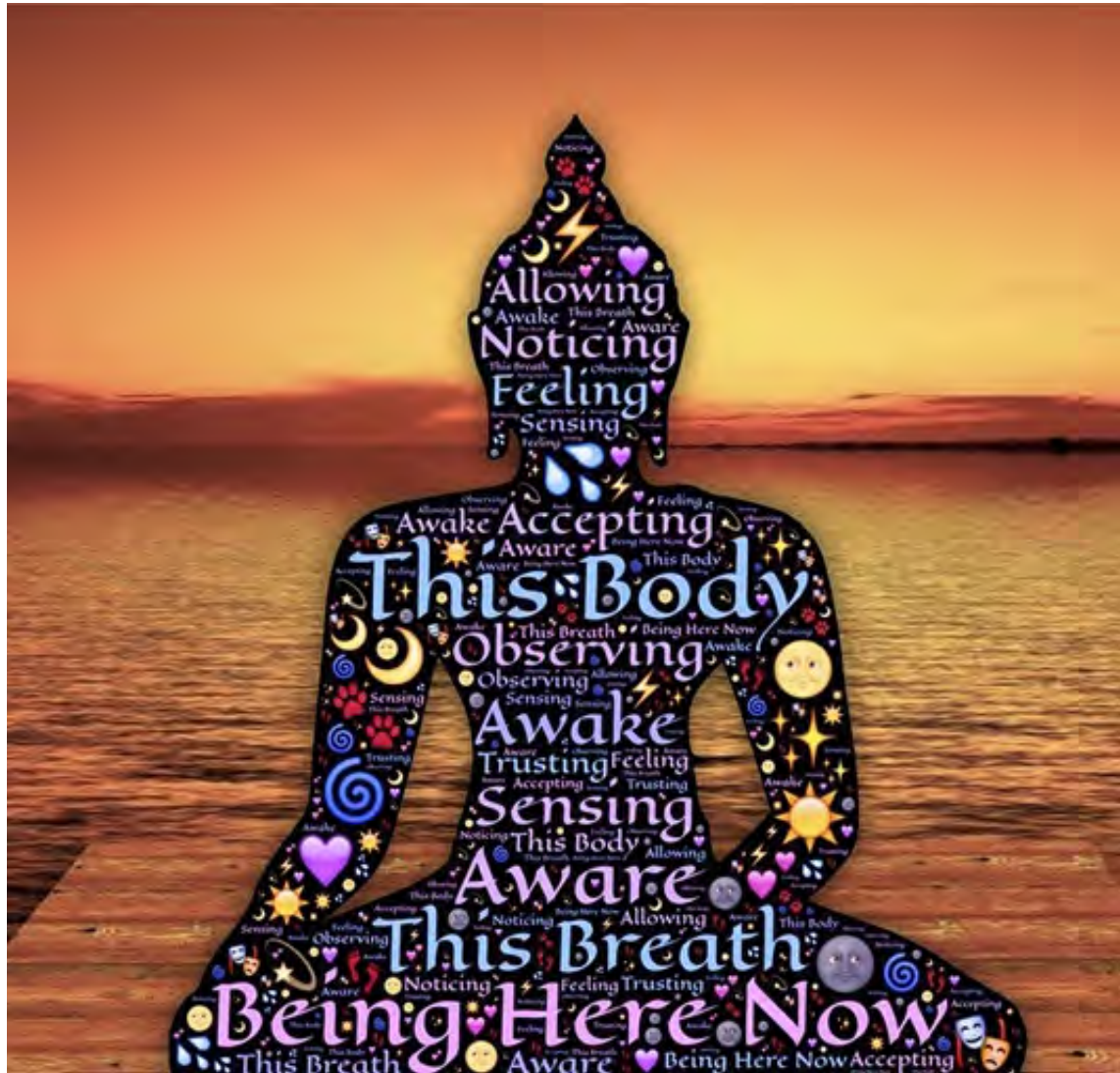
Owner, MindbodEmotion LLC  
Somatic Therapist

Certified Yoga Teacher

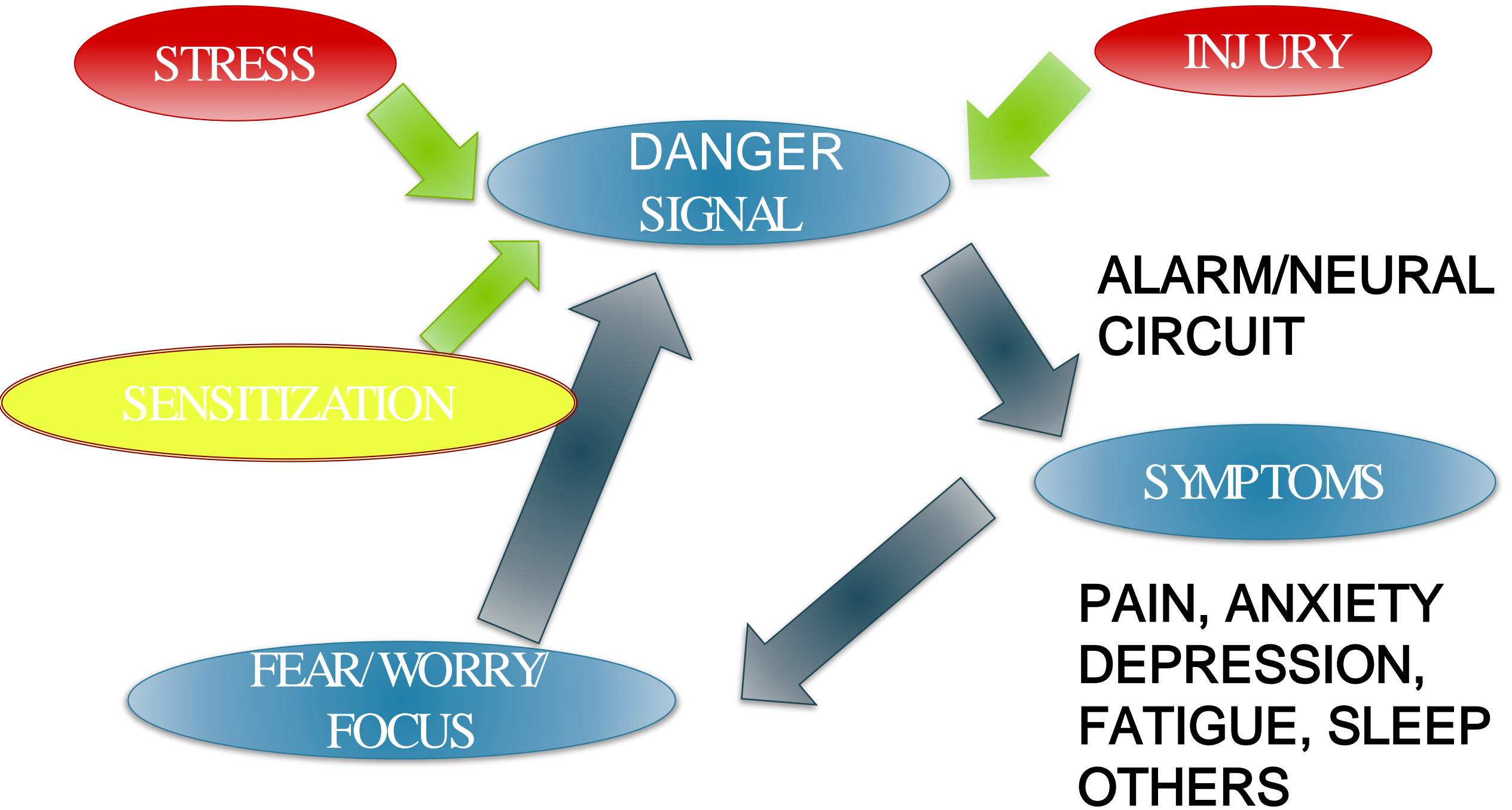
Certified TRE (Trauma Releasing Exercises) Provider

Substance Abuse Professional, Focus Counseling

# What is Somatics ?

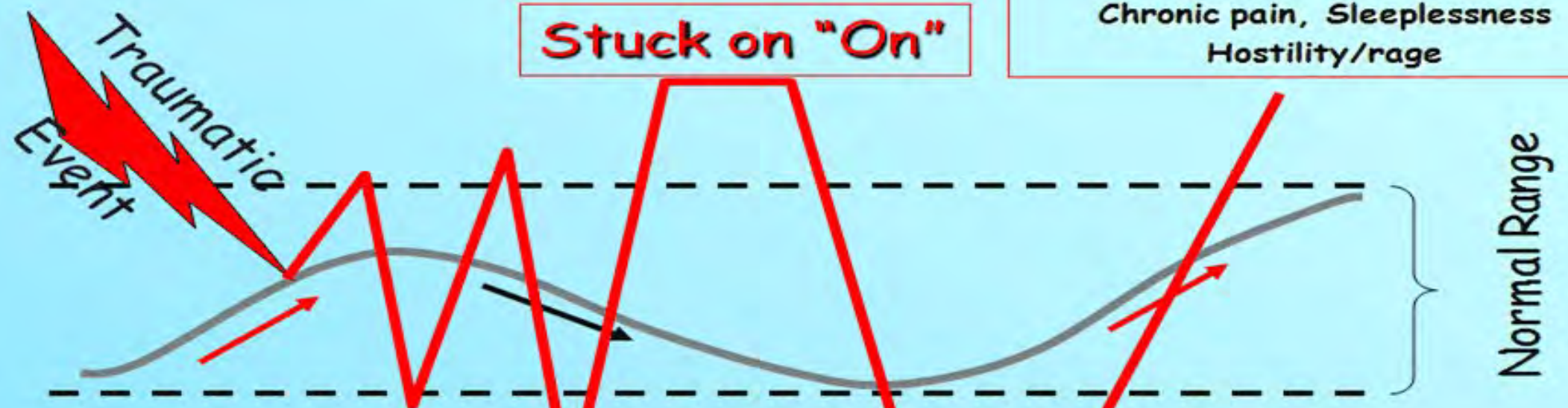


- Feeling Sensations in the body
- Reduce the fear response
- Positive neutral sensations
- Be the observer
- Fear Cycle
- Feel Emotions in the Body
- Every thought produces a somatic experience
- Tuning in without judgement

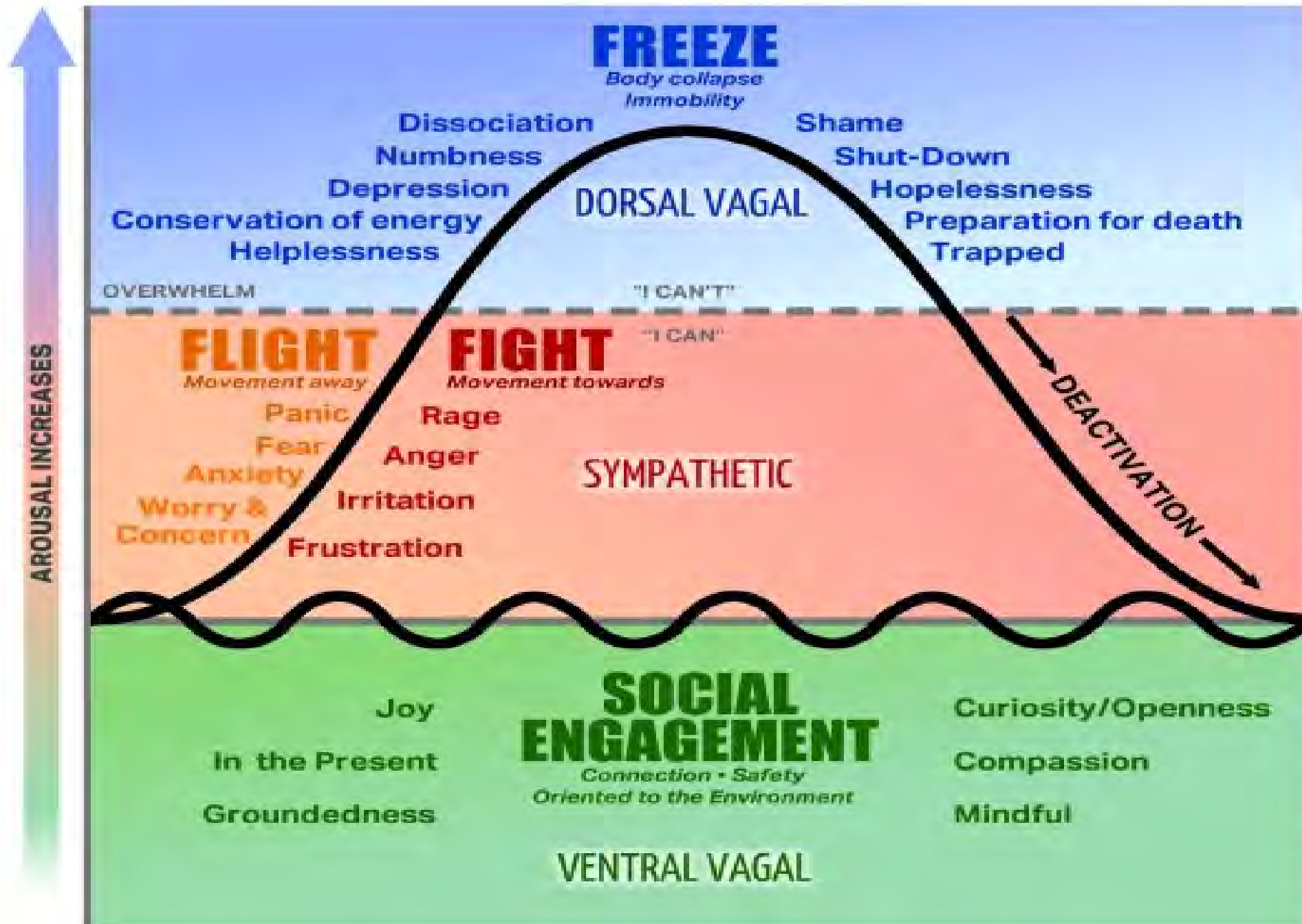


Remember, stress in and of itself isn't the problem. The problem is when the stress response isn't allowed to complete!

**Anxiety, Panic, Hyperactivity**  
**Exaggerated Startle**  
**Inability to relax, Restlessness**  
**Hyper-vigilance, Digestive problems**  
**Emotional flooding**  
**Chronic pain, Sleeplessness**  
**Hostility/rage**



**Depression, Flat affect**  
**Lethargy, Deadness**  
**Exhaustion, Chronic Fatigue**  
**Disorientation**  
**Disconnection, Dissociation**  
**Complex syndromes, Pain**  
**Low Blood Pressure**  
**Poor digestion**



**PARASYMPATHETIC NERVOUS SYSTEM**  
DORSAL VAGAL - EMERGENCY STATE

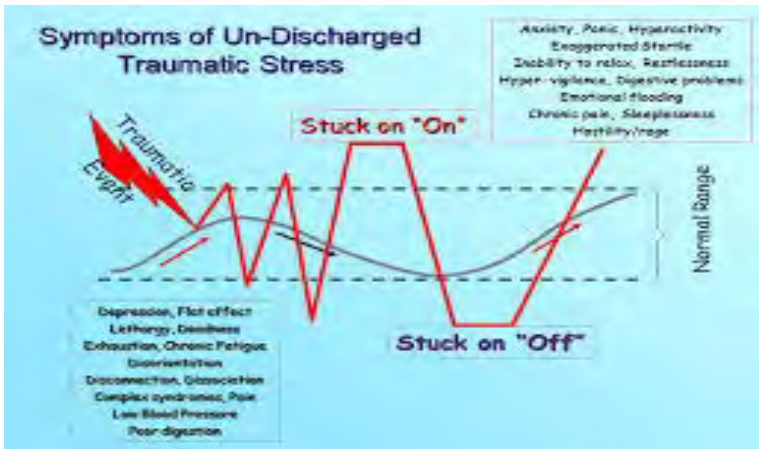
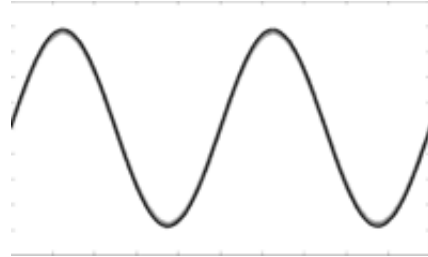
- Increases
- Fuel storage & insulin activity
  - Endorphins that help numb and raise the pain threshold.
- Decreases
- Heart Rate • Blood Pressure
  - Temperature • Muscle Tone
  - Facial Expressions • Eye Contact
  - Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

**SYMPATHETIC NERVOUS SYSTEM**

- Increases
- Blood Pressure • Heart Rate
  - Fuel Availability • Adrenaline
  - Oxygen circulation to vital organs
  - Blood Clotting • Pupil Size
- Decreases
- Fuel Storage • Insulin Activity
  - Digestion • Salvation
  - Relational Ability
  - Immune Response

**PARASYMPATHETIC NERVOUS SYSTEM**  
VENTRAL VAGAL

- Increases
- Digestion • Intestinal Motility
  - Resistance to Infection
  - Immune Response
  - Rest and Recuperation
  - Circulation to non-vital organs (skin, extremities)
  - Oxytocin (neurotransmitter involved in social bonds that allows immobility without fear)
  - Ability to Relate and Connect
- Decreases
- Defensive Responses



# Car Metaphor



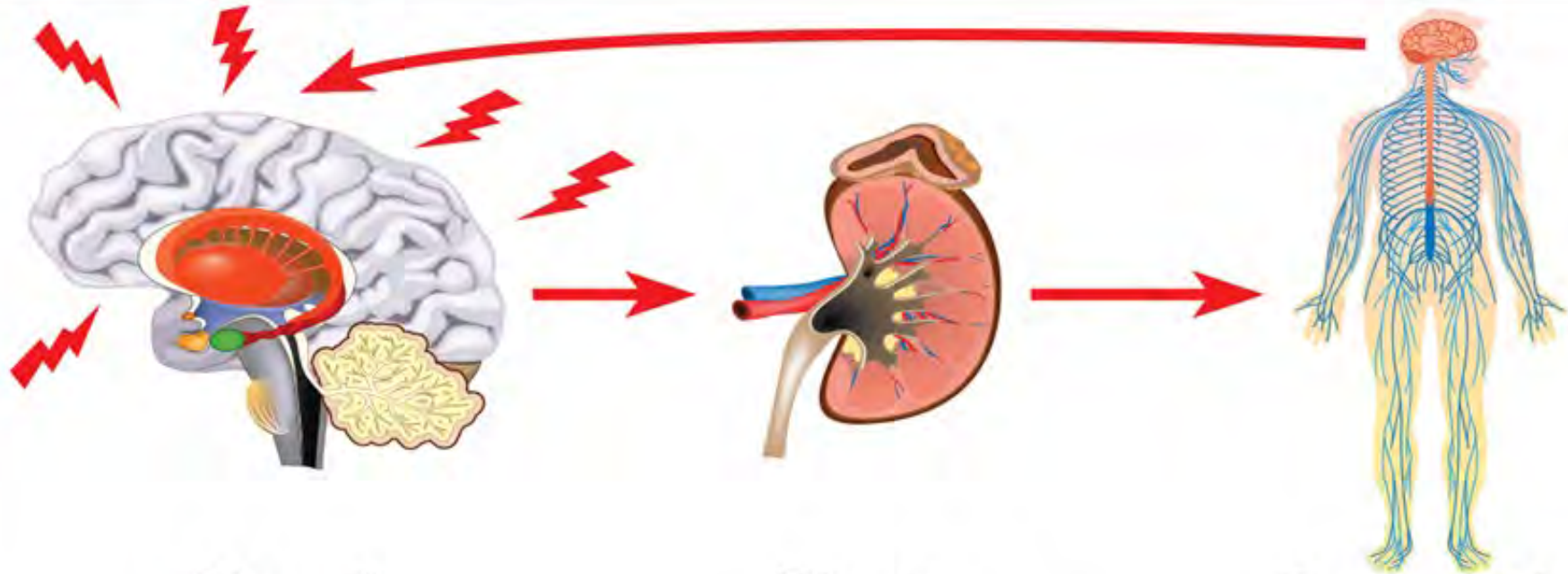
# Practices

Creating	Creating Safety: Nothing else can happen without safety.
Connecting	Connecting to the Body
Feeling	Feeling Emotions in the body
Soothing	Activating parasympathetic branch of the vagus nerve

# Somatic Practice 1: Safety



# Somatic Practice 2: Connecting to the Body



**Alarm!**  
anxietycentre.com

**Stress  
hormones**

**Body-wide  
changes**

- Building the skill of Interoception.
- The Body can Become the “tiger”

# Practice 3: Feeling Emotions in the Body





# Practice 4

# Soothing



Thank You!

“Nothing ever goes away until it has taught us what we need to know.” –Pema Chodron

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