

LIST OF TOPICS

- ENERGY & CONSCIOUSNESS
- CELLS, MEMBRANES & BOUNDARIES
- NEUROPLASTICITY
- THE TRIUNE BRAIN
- AUTONOMIC REGULATION
- POLYVAGAL SYSTEM
- LIMBIC RESONANCE
- BIO-COMMUNICATION
- HOMEOSTASIS - BETWEEN STRESS & ENTHUSIASM
- EMOTIONS
- POSTURE & CHARACTER
- THE THERAPIST AS CHANGER OF BELIEFS

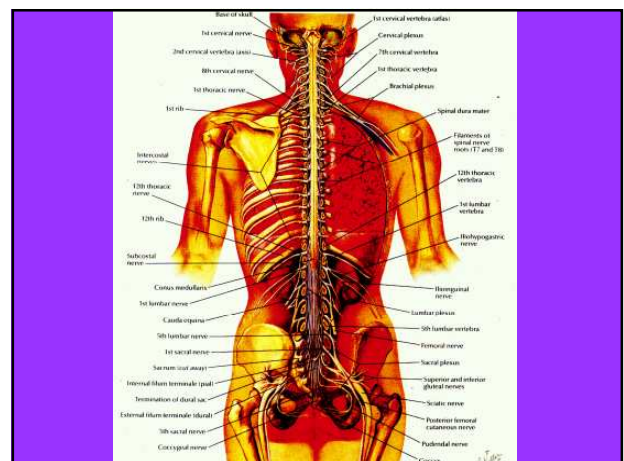
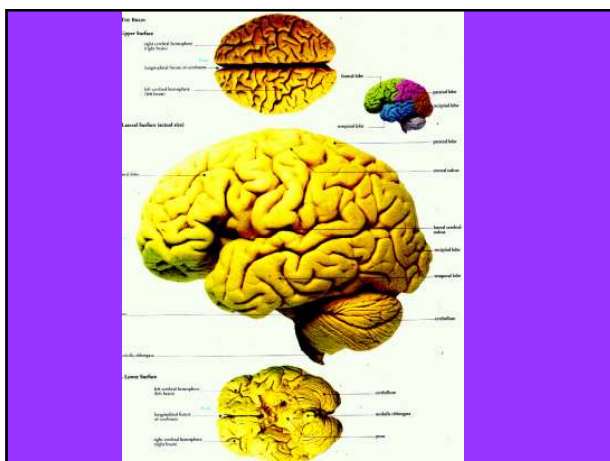
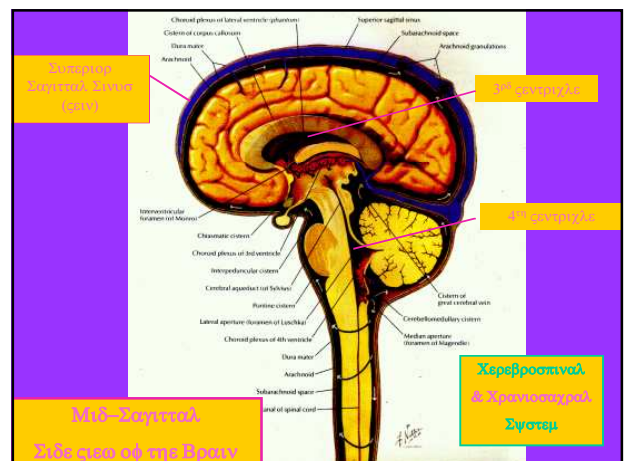
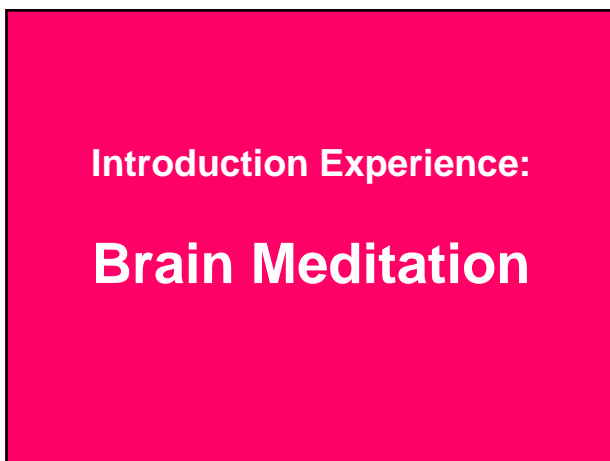
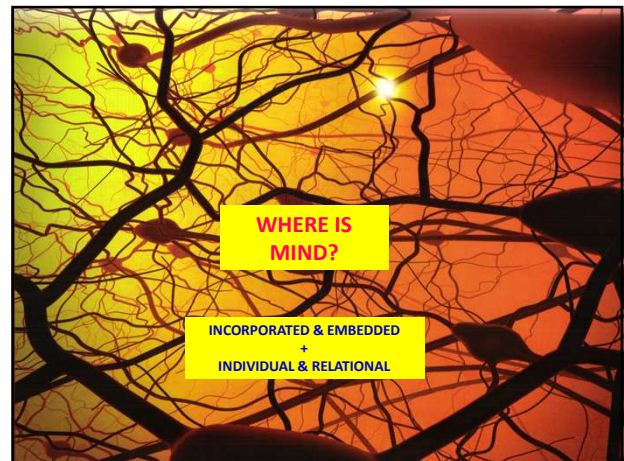
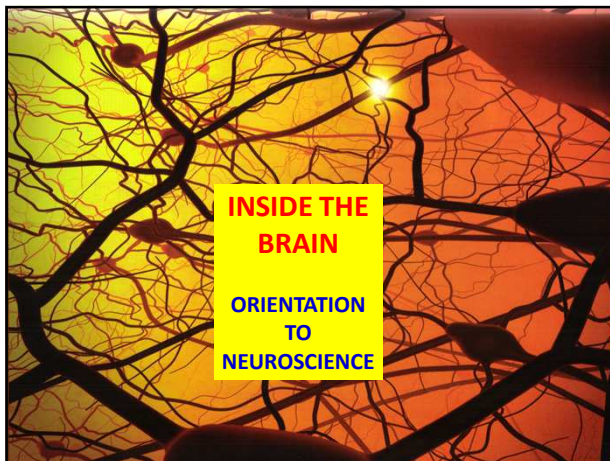
VIDEO

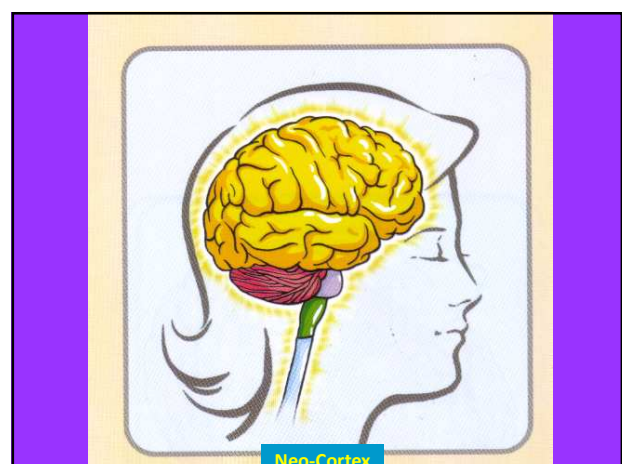
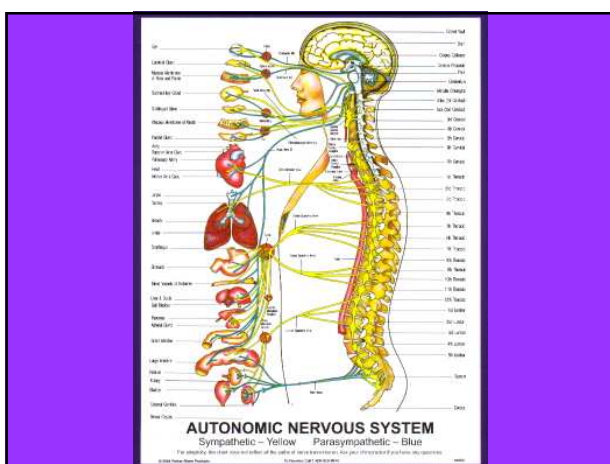
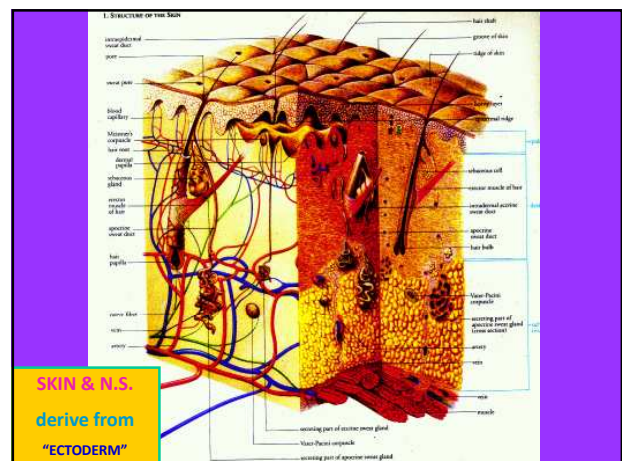
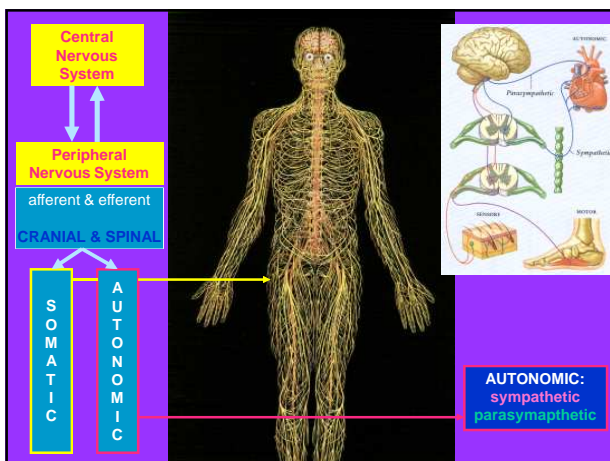
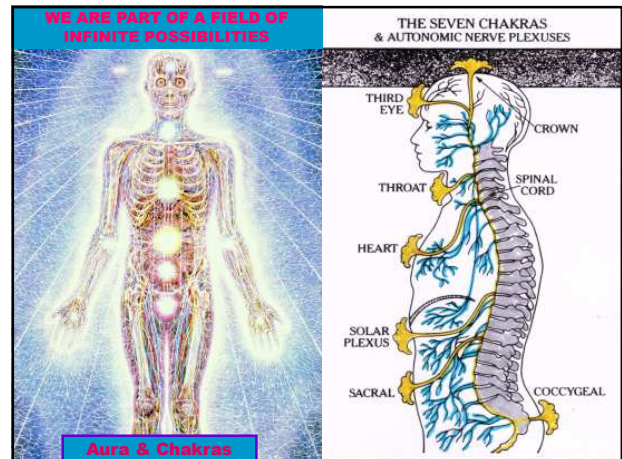
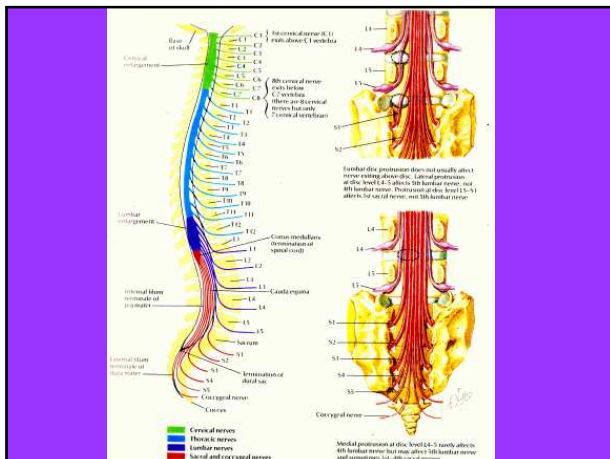
Lissa Rankin

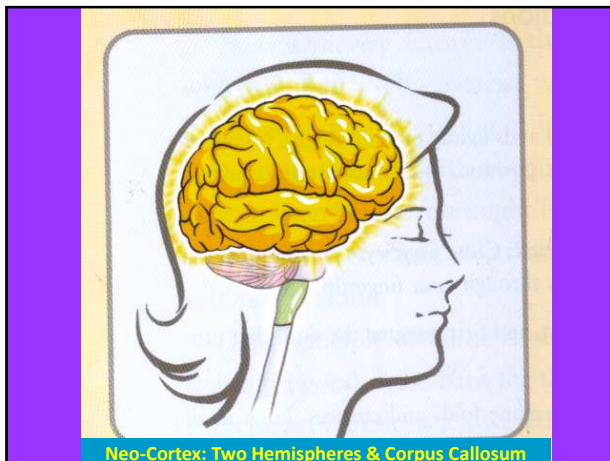
The Shocking Truth about your Health

<http://youtu.be/7tu9nJmr4Xs>

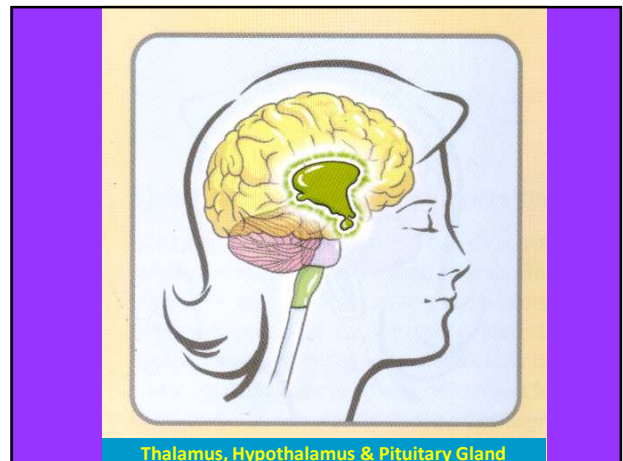
Whole Health Cairn



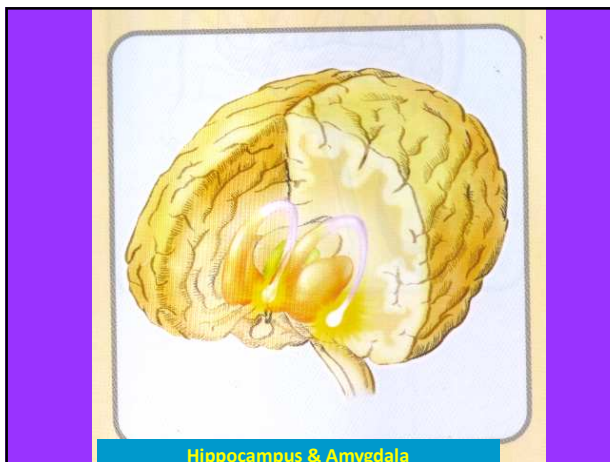




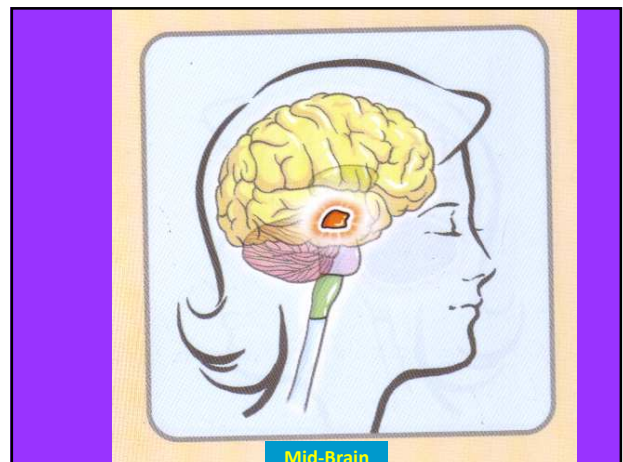
Neo-Cortex: Two Hemispheres & Corpus Callosum



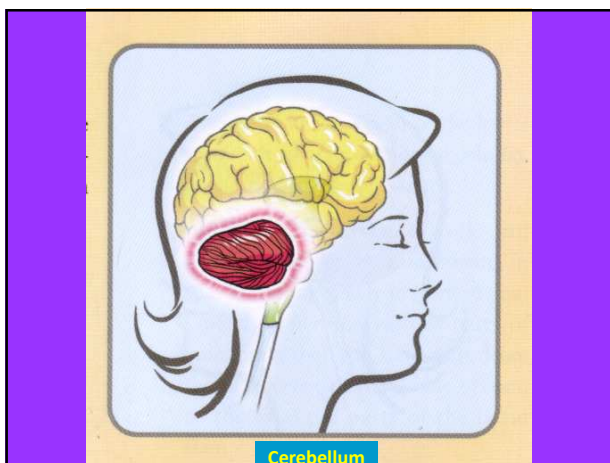
Thalamus, Hypothalamus & Pituitary Gland



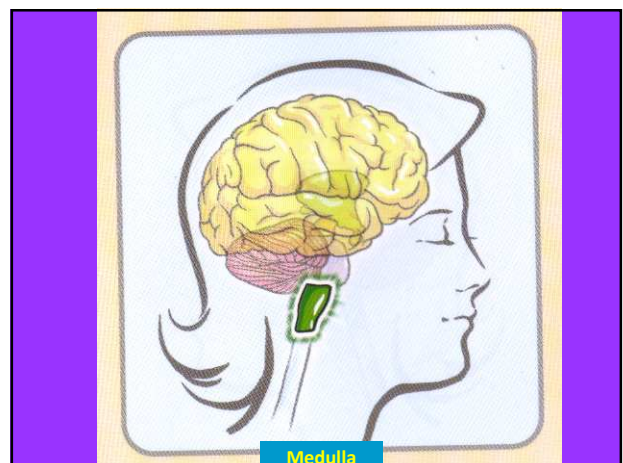
Hippocampus & Amygdala



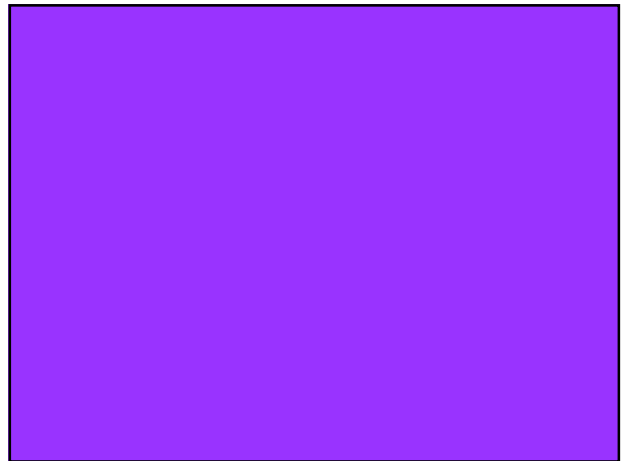
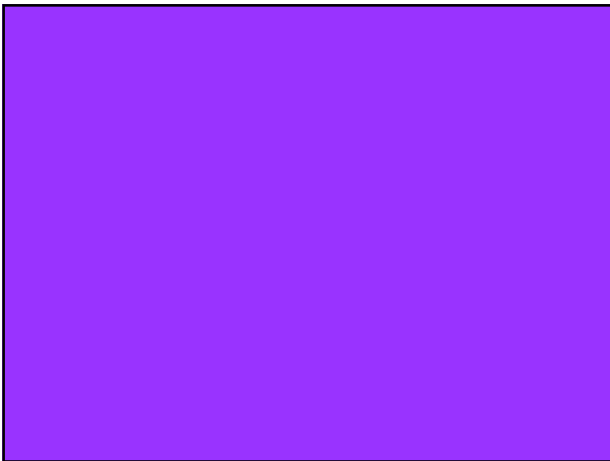
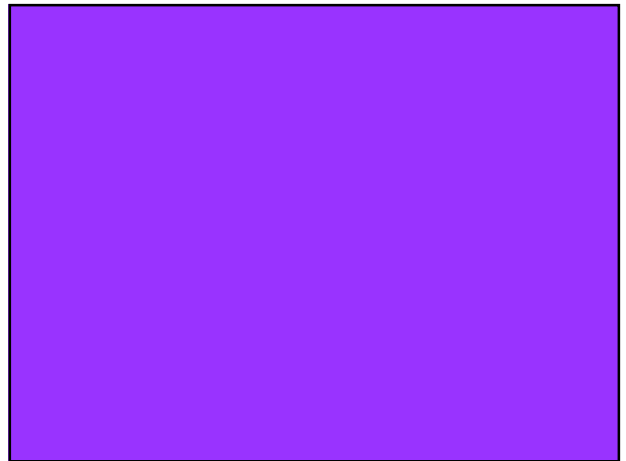
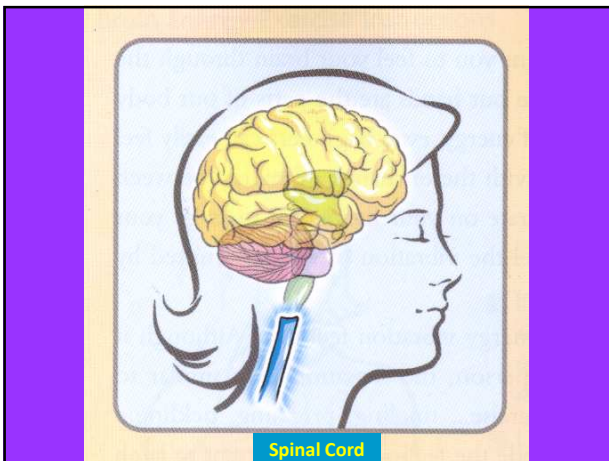
Mid-Brain

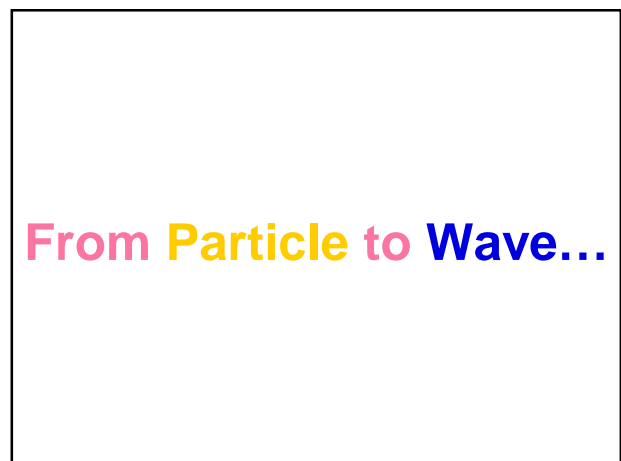
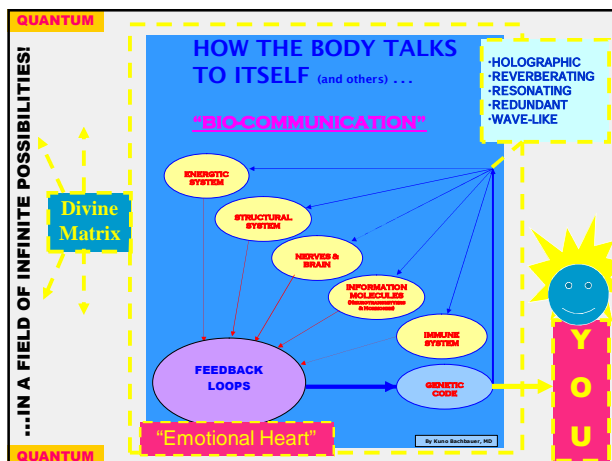
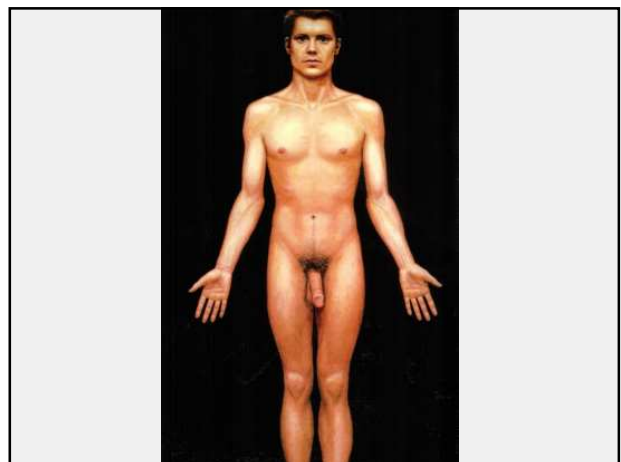
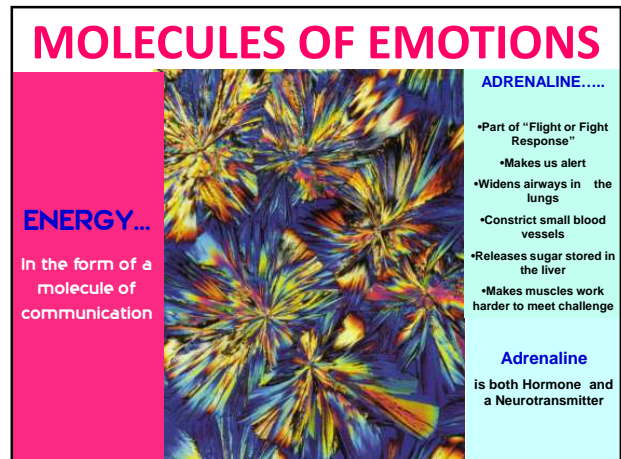


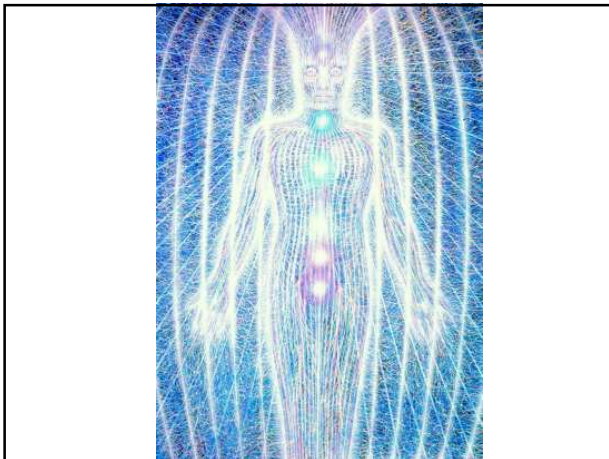
Cerebellum



Medulla







WE ARE BORN TO BE IN THE CORE

- ☐ CURIOUS
- ☐ PLAYFUL
- ☐ CREATIVE
- ☐ SPONTANEOUS
- ☐ PASSIONATE
- ☐ FEARLESS
- ☐ INTELLIGENT
- ☐ COURAGEOUS



(From: ReEvaluation Counseling)



PLEASURE BIAS

THE HUMAN BRAIN IS MADE FOR PLEASURE

(there is no receptor for RAGE in the brain)

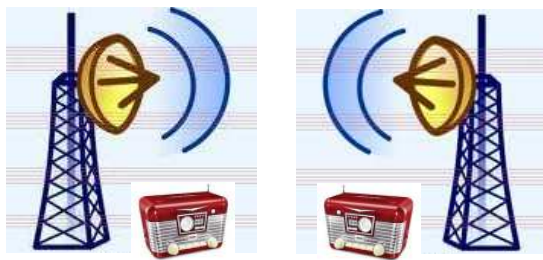
Candace Pert, PhD (Audio CD)
"How We Are Hardwired For Bliss"

....compare this with the popular teachings regarding
a 4:1 ratio for "Negative Bias"
that is supposedly
a built-in survival mechanism
(= you survive better if you anticipate the worst!)

TRANSMITTERS & RECEIVERS

Our electro-magnetic fields exchange information.

They act, both,
as transmitters of information and
as receivers of information



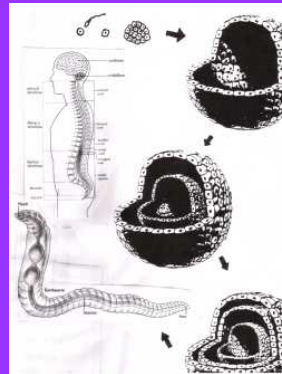
CORE ENERGETICS APPLICATIONS & LEARNING OBJECTIVES

1. THE SYSTEMS VIEW OF LIFE
2. BIO-COMMUNICATION
3. FROM PARTICLE TO WAVE...
4. WE ARE BORN TO BE IN THE CORE

COMING TO OUR SENSES

FROM MEMBRANE TO MIND

FROM CELL TO ORGANISM



THREE DEVELOPMENTAL TISSUE LAYERS

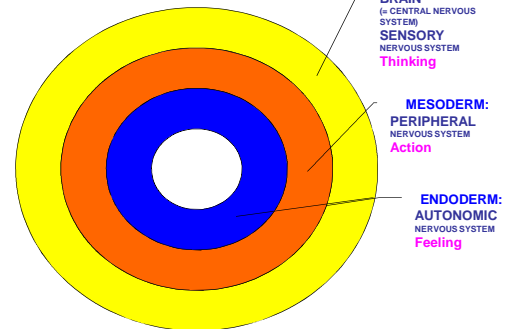
1. ECTODERM
2. MESODERM
3. ENDODERM

2

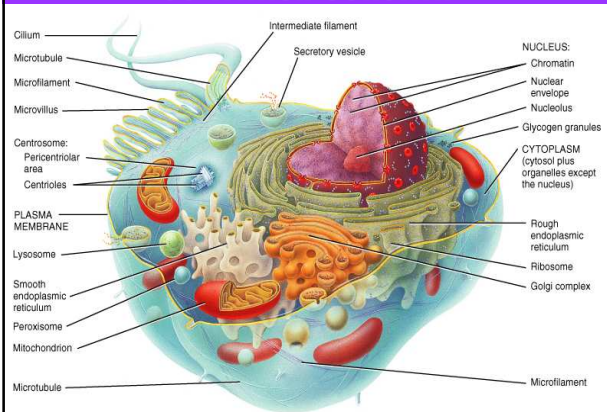
EXPERIENCE

SENSING + FEELING
BREATHING
CHARGING DISCHARGING

THREE DEVELOPMENTAL TISSUE LAYERS



50 Trillion Cells.....



PSYCHOSOMATIC UNITY

TISSUE LAYERS & ENERGETIC MEANING (BOYSEN, BOARDILLA) The Meaning of Cell Differentiation in the Human Organism

Each germinal tissue layer has specific psychological – instinctual and energetic aspects associated with it. There is an intrinsic energetic blue print for our instinctual biological processes. Based on this energetic blue print, (or "consciousness") and specific tissue development associated with it, particular psychological and somatic events happen in the organism. This information may be a useful basis for the understanding of how a person metabolizes energetic charge.

ECTODERM:

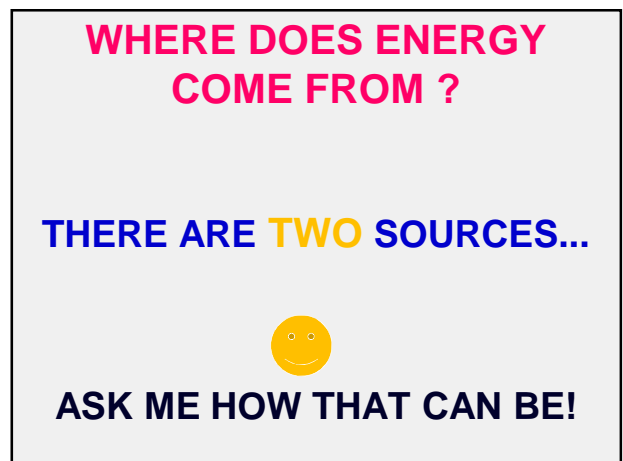
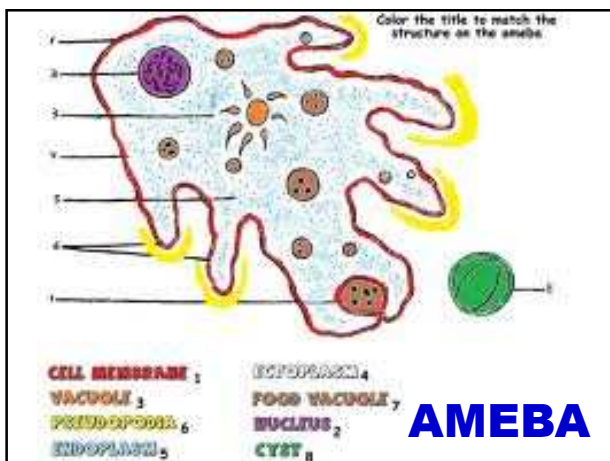
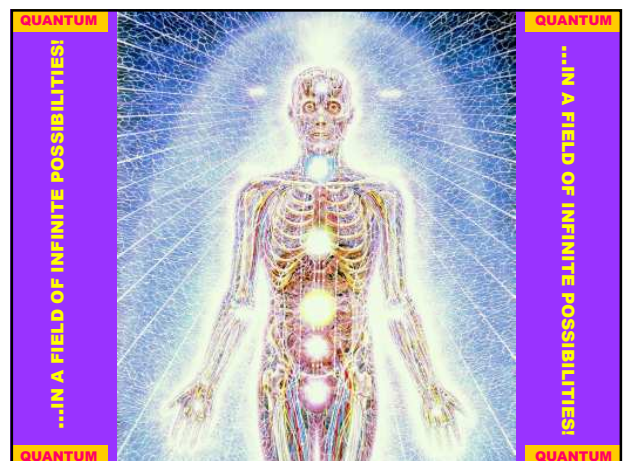
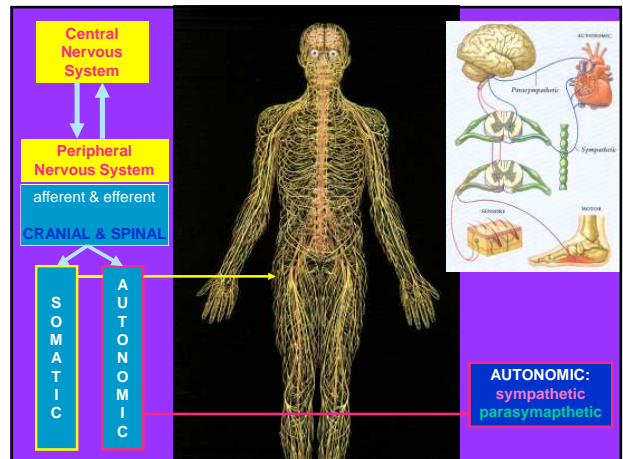
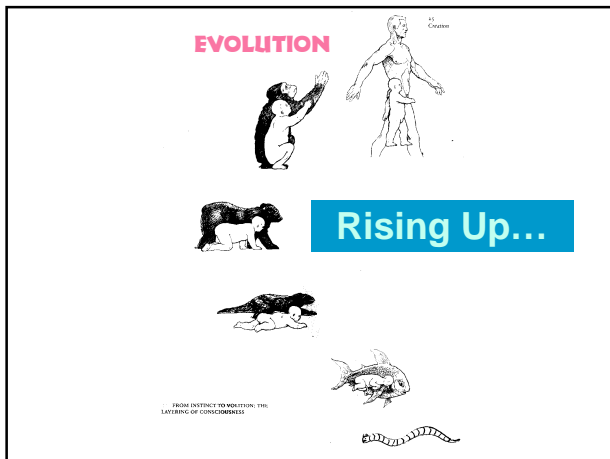
Definition: Outermost of three primary germ layers of an embryo. This circular outer (external = "ecto-") cell formation develops into epidermis (skin), nervous system, and in vertebrates, sense organs.
Description: This germ cell layer produces cells that constitute the body's external barrier and communications system. Its main function is gathering and integrating information.
Organs: Skin (outer layer), nervous system, sense organs, brain. **Body-mind Function:** Think & perceive ("mental-intellectual") Facing.

MESODERM:

Definition: Middle (= "meso-") layer of three primary germ layers of an embryo. This circular cell formation fills out the space between ectoderm and endoderm. It develops into connective tissue (fascia), muscular, uro-genital system and vascular system.
Description: This germ cell layer produces cells that build the body's of structure and support system.
Organs: Skeleton, muscles, cartilage, ligaments, fascia (connective tissue), urogenital system (kidney, bladder) and vascular system (blood vessels, heart, lymph) **Body-mind Function:** Do + act ("somatic-athletic"). Grounding.

ENDODERM:

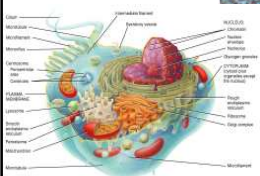
Definition: Innermost of three primary germ layers of an embryo. This circular inner (internal = "endo-") cell formation develops into the intestinal system and related structures.
Description: This germ cell layer produces cells that metabolize energy. Coordinates the intake of energy. Metabolism. Homeostasis. Regulation and balance of body fluids. Regulated by the vegetative nervous system (sympathetic / parasympathetic nervous system)
Organs: Intestinal system, internal organs



MITOCHONDRIA

The Power Plants
of our body cells
create **ENERGY**

**CELLULAR
RESPIRATION**



THE FUNCTION OF THE BRAIN

PREDICT THE FUTURE

"The brain is an anticipation machine" Dan Siegel, MD

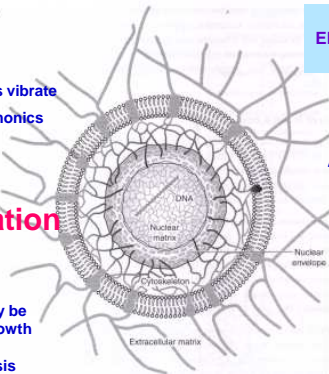
CYTOSKELETON

Tensegrity

Cell elements vibrate
Cellular Harmonics

Oscillation

Vibration may be
altered by growth
factors and
carcinogenesis

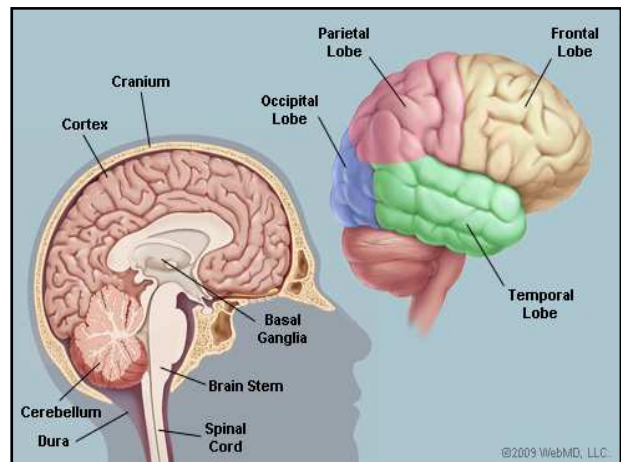


OSCILLATING
ELECTRO-MAGNETIC
ANTENNAE

**OUR
BODY CELLS
ARE MADE FOR
VIBRATION**

**THEY CREATE,
SEND AND
RECEIVE
ENERGY**

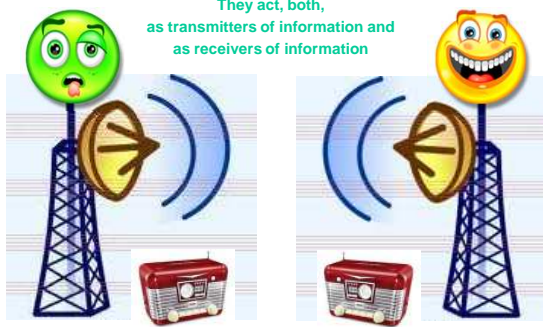
Based on James Oshman, PhD



TRANSMITTERS & RECEIVERS

Our electro-magnetic fields exchange information.

They act, both,
as transmitters of information and
as receivers of information

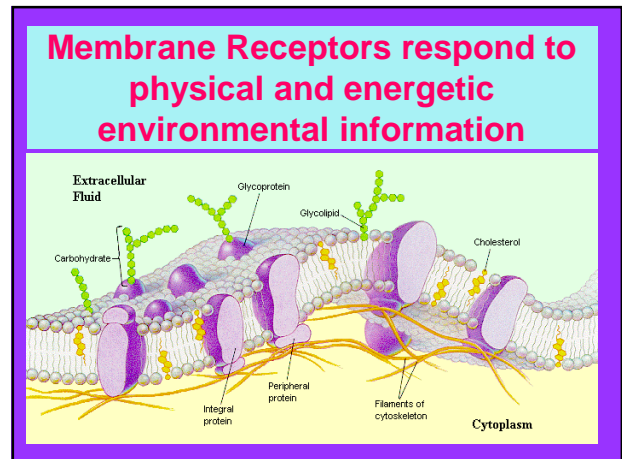
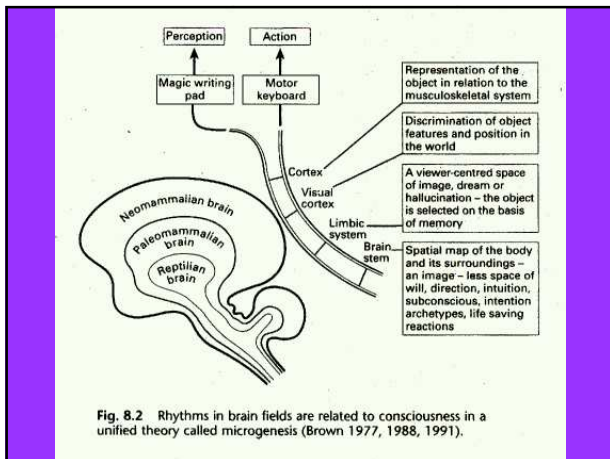


THE NERVOUS SYSTEM REVISITED...

**THE NERVOUS SYSTEM RELAYS,
FILTERS AND INTERPRETS INFORMATION
THAT COMES TO IT IN THE FORM OF ENERGY**

....THE NERVOUS SYSTEM DOES NOT THINK!

**THE NERVOUS SYSTEM IS A
DISTRIBUTION MECHANISM
OF SUBTLE ENERGY
THROUGHOUT THE ORGANISM**



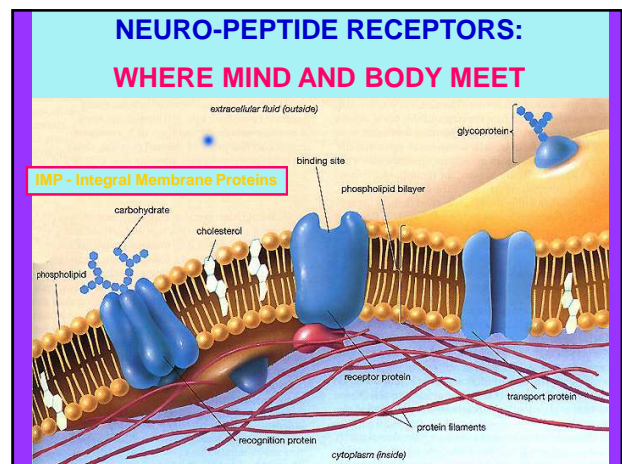
SENSORY AWARENESS

GIVES US AN ACURATE, FACTUAL
READ OF OUR ENVIRONMENT

ALL ORGANS OF SENSORY AWARENESS,
(INCLUDING THE BRAIN)

ORIGINATE FROM THE ECTODERM,
THE OUTER WALL OF THE CELL.

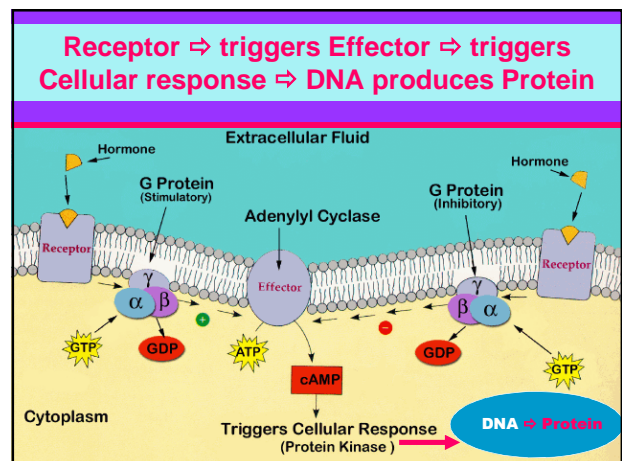
IN OTHER WORDS, THE BRAIN IS A HUGE AND SOPHISTICATED
SENSE ORGAN. DEVELOPMENTALLY, IT IS AN EXTENSION OF THE
OUTER TISSUE LAYER (= Ectoderm)



PERCEPTION

PERCEPTION IS THE "VALUE-ADDED"
INTERPRETATION OF A SENSORY
EXPERIENCE.

PERCEPTION IS SUBJECTIVE. IT IS
INFLUENCED BY ONE'S ENVIRONMENT
(CULTURE), PAST EXPERIENCES AND
BELIEFS.



NEUROCEPTION

HOW WE DIFFERENTIATE SAFETY, DANGER & LIFE THREAT



Based on: Pat Ogden, PhD

EMOTIONAL CONTAGION

- Emotional contagion is the tendency to **catch** and **feel** emotions that are similar to and associated with those of others.
- A tendency to **mimic** and **synchronize** facial expressions, vocalizations, postures, and **movements** with those of another person automatically and, consequently, to converge emotionally.
- A broader definition of the phenomenon is "a process in which a person or group influences the emotions or behavior of another person or group through the **conscious or unconscious induction of emotion states and behavioral attitudes**".
- Emotional contagion may be involved in **mob psychology**, **crowd behaviors**, like **collective fear**, **disgust**, or **moral outrage** but also emotional interactions in smaller groups such as work negotiation, **teaching** and **persuasion/propaganda** contexts. It is also the phenomenon when a person (especially a child) appears **distressed** because another person is distressed, or happy because they are happy.
- The ability to **transfer moods** appears to be innate in humans. Emotional contagion and empathy have an interesting relationship; for without an ability to differentiate between personal and pre-personal experience (see individuation), they appear the same.

Modified Excerpt from Wikipedia

MIRROR NEURONS

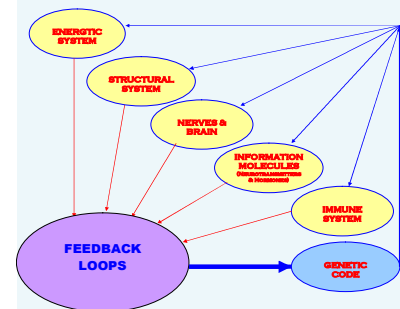
- EMPATHY
- AWARENESS OF SELF AND OTHERS
- THEORY OF MIND
- MOTOR MIMICRY
- AUTOMATIC IMITATION
- EMOTIONAL CONTAGION
- LANGUAGE
- UNDERSTANDING INTENTIONS
- AUTISM



Modified Excerpt from Wikipedia

HOW THE BODY TALKS TO ITSELF (and others) ...

"BIO-COMMUNICATION"



By Kuno Bachbauer, MD

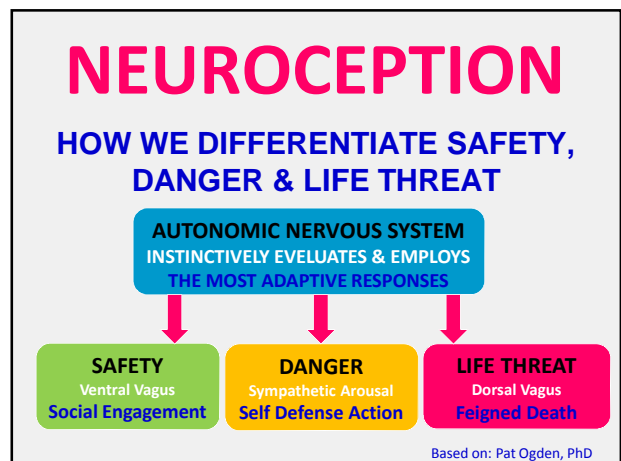
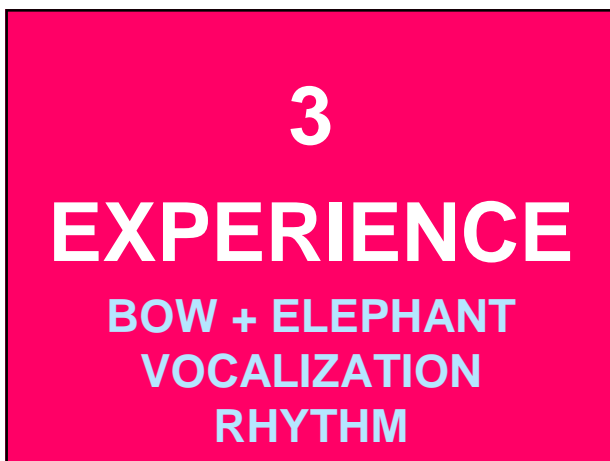
MIRROR NEURONS

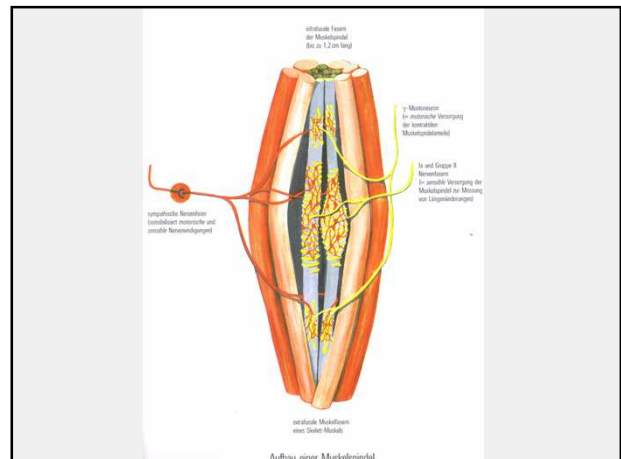
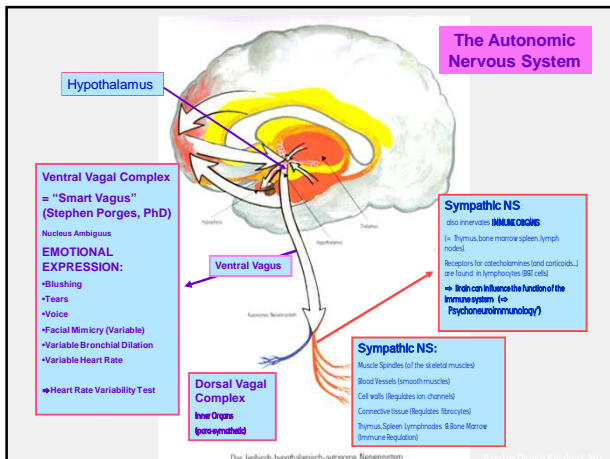
- A **MIRROR NEURON** is a neuron that fires both when an animal acts and when the animal observes the same action performed by another.
- Thus, the neuron "mirrors" the behavior of the other, as though the observer were itself acting.

Modified Excerpt. Based on Wikipedia

CORE ENERGETICS APPLICATIONS & LEARNING OBJECTIVES

1. CELL - SKIN – BRAIN
2. WHERE DOES ENERGY COME FROM?
3. THE BRAIN IS AN ANTICIPATION MACHINE
4. PERCEPTION
5. NEUROCEPTION
6. MEMBRANES
7. MIRROR NEURONS & EMOTIONAL CONTAGION

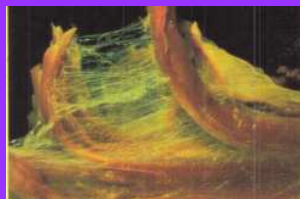




Connective Tissue

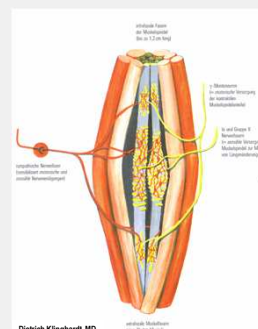


Dense Irregular Tissue
Organ capsules



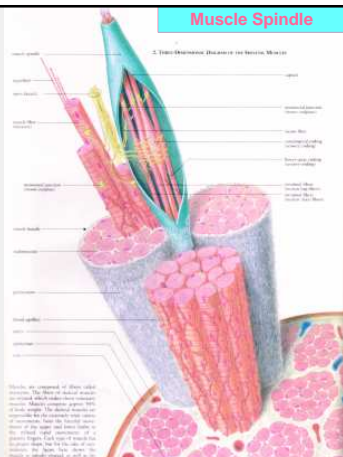
Cotton-candy-like connective tissue
Myofascia

The ANS, Muscle Spindles & Emotions



- The Autonomic Nervous system has an influence on the reactivity of muscle fibers.
- Sensory (= receptor) and motor nerve impulses are modulated by the **sympathetic fibers**. They are interweaving at the muscle spindle (=sensory portion) and at the gamma motor-neuron.
- Emotional issues thus may have a direct influence on the sensitivity of the motor system (and vice versa)
(► Character?)

Muscle Spindle



PREVIEW of BRAIN FUNCTIONS

- THE PRE-FRONTAL CORTEX.....**is the most evolved part of the brain
- THE CINGULATE SYSTEM** allows to shift one's attention
- THE TEMPORAL LOBES**store memories and experiences
- THE LIMBIC SYSTEM.....**sets the emotional tone
- THE BASAL GANGLIA.....**store patterns of behavior

CORE ENERGETICS TECHNIQUES IN ACTION

STRESS POSITIONS

- Bow
- Elephant
- Roller

BODYWORK TECHNIQUES

- Counter-pressure
- Tapping
- Massage
- Stretching
- Breathwork

EXPRESSIVE TECHNIQUES

- Kicking
- Hitting

THE EMOTIONAL HEART THE HEART-BRAIN CONNECTION

John Pierrakos used to talk to us a lot about
“The Heart-Brain Connection”

The heart sends out a pulse
(an electro-magnetic “field”) that harmonizes
 (“entrains”)
all other organs & structures

THE GREAT REGULATOR OF ALL THINGS....

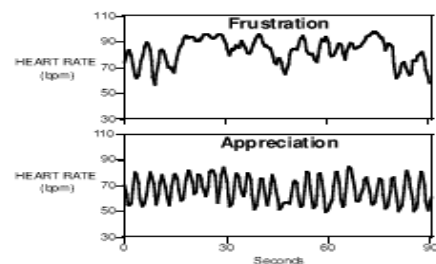


“THE INTELLIGENT HEART”

PUMP + GLAND + NERVE CENTER + ELECTRO-MAGNETIC FIELD

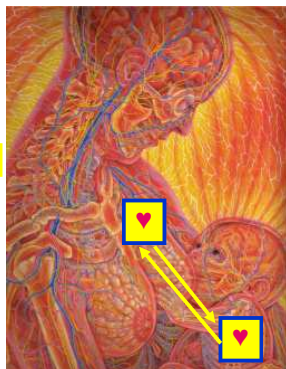
Heart Rate Variability

A Child's Changing Heart Rhythms



YOU DON'T EXIST ALONE....

ENTRAINMENT



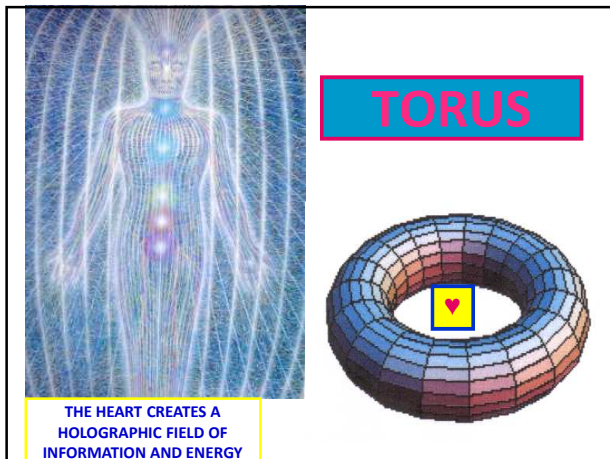
THE HEART
RESONATES
WITH
INFORMATION-
CONTAINING
ENERGY

COHERENCE

RESEARCH IS SHOWING THAT THE
SUCCESSFUL INTEGRATION OF
MIND AND EMOTIONS
LIES IN INCREASING

COHERENCE

HARMONIOUS & ORDERED FUNCTION OF ALL
ASPECTS OF THE AUTONOMIC NERVOUS SYSTEM
AND BRINGING THEM INTO ONE PHASE WITH
ANOTHER.



AUTONOMIC COLORING OF EMOTIONS		
SYMPATHETIC	SOCIAL VAGUS	PARA-SYMPATHETIC
Defending/Attacking	Achieving/Getting	Longing/Yearning
Afraid/Anxious	Acting/Creating/Reaching	Loneliness/Emptiness
Rage/Terror	Connecting/Relating	Need/Want/Frustration
Aggression	Calming/Comfort	Giving-up/Resigned
Defensive/Invasive	Fulfillment/Satisfaction	Powerless/Regressive
Forcing/Willfulness	Soothing/Nurturing	Depression/Sadness
Survival/Struggle	Arousal/Excitement	Hopelessness/Helplessness
Giving/Taking/Demanding	Enthusiasm/Joy/Bliss	Splitting/Dissociation
Manic/Over-stimulated	Spiritual Connection	Withdrawal/Coma
High/OCD/Addicted	Transcendental	Asleep/Paralysis
Alive!	Divine	Dead

© Kuno Bachbauer MD 2017-2021 www.coreconstellations.com

POSITIVE ATTRIBUTES OF HEART INTELLIGENCE

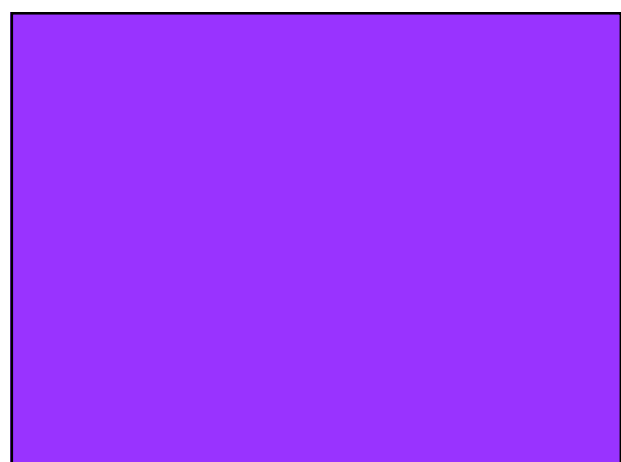
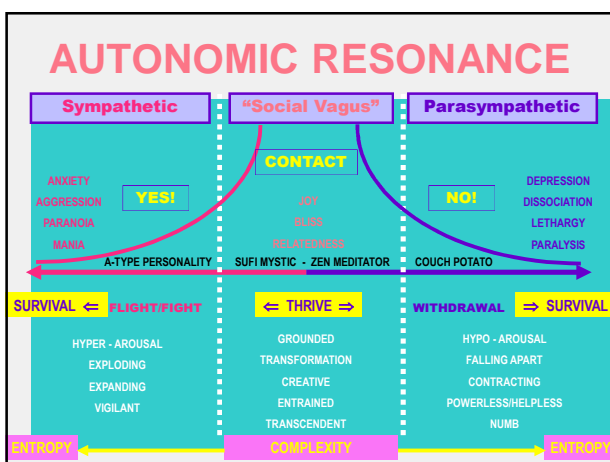
BENEFITS OF WORKING WITH HEART ENERGY....

- Increase in ability to learn - permits greater clarity and focus
- Reduces/eliminates depression
- Boosts immune response
- Reduces effects of stress
- Speeds recovery time
- Creates sense of wellbeing
- Reduces risk of transplant rejection
- Slows physiological aging
- Integral in disease prevention
- Generates a sense of compassion
- Encourages active listening - enhances understanding
- Vehicle for non-violent solutions
- Boosts self-esteem
- Creates a sense of healthy interdependence

Based on "Institute of HeartMath"

CORE ENERGETICS APPLICATIONS & LEARNING OBJECTIVES

1. LIMBIC RESONANCE
2. CHARACTER – HISTORY FROZEN IN THE BODY
3. CORE ENERGETICS TECHNIQUES IN ACTION
4. AUTONOMIC RESONANCE
5. THE EMOTIONAL HEART
6. COHERENCE
7. THE INTELLIGENT HEART



RELATIONAL NEUROBIOLOGY

THE BRAIN AS A SOCIAL ORGAN

CHARACTER

HISTORY FROZEN IN THE BODY

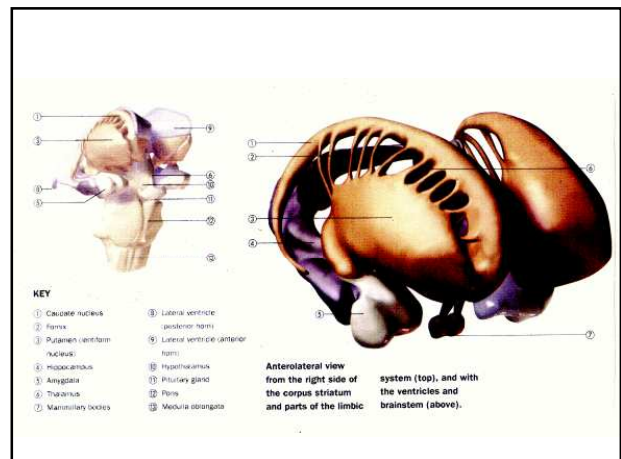
POLY-VAGAL SYSTEM + CEREBELLUM + BASAL GANGLIA

EMOTIONAL
TONE

4

EXPERIENCE

SOCIAL ENGAGEMENT
GAZING



SOCIAL CONTACT



AUTONOMIC NERVOUS SYSTEM

From **two** branches to **three**....

1. FLIGHT – FIGHT

2. DIGESTIVE –
RESTIVE

1. FLIGHT – FIGHT

2. DIGESTIVE-
RESTIVE

3. RELATIONAL-
SOCIAL

Sympathetic Activation ⇌ Vagal Break

ALL OR NOTHING

A complex integrated system allows

MODULATED RESPONSE

PHYLOGENETIC RESPONSE SYSTEMS

SOCIAL ENGAGEMENT SYSTEM
VERSUS
DEFENSIVE FUNCTIONS

VAGUS

SYMPATHICUS

POLY-VAGAL

DEFENSIVE FUNCTIONS

NUCLEUS SOLIDARIUS
UN-MYELINATED
DORSAL

SOCIAL ENGAGEMENT

NUCLEUS AMBIGUUS
MYELINATED
VENTRAL

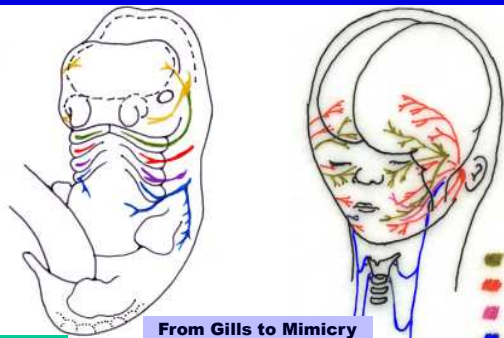
The “Social” Vagus

STEPHEN PORGES, PhD: “Unique to mammals, characterized by a myelinated vagal system that can rapidly regulate cardiac output to foster engagement and disengagement with the environment... [it] fosters early mother-infant interactions and serves as a substrate for the development of complex social behaviors...”

“In addition, the mammalian vagal system has an inhibitory effect on sympathetic pathways to the heart and thus promotes calm behavior and pro-social behavior.”

Stephen Porges, Ph.D.

SOCIAL VAGUS



From Gills to Mimicry

PHARYNGEAL ARCHES:
5 & 20 weeks Embryo

CRANIAL NERVES:
Trigeminal (V), Facial (VII)
Glossopharyngeal (IX), Vagus (X)

Social Vagus

“In pack animals it is more effective to pay attention to the social survival than the individual survival.”

Stephen Porges, Ph.D.

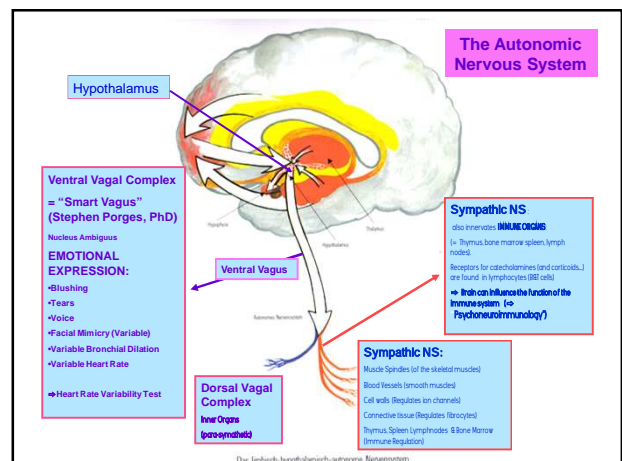
EXPRESSIONS OF THE SOCIAL VAGUS



Laughing
Smiling
Crying
Flirting

SOCIAL
MASK

SMILE 😊
FROWN ☹️
DISTRUST
ANGER
CONCERN
LOVE ❤️
HATE
FRUSTRATION



Heart Rate Variability

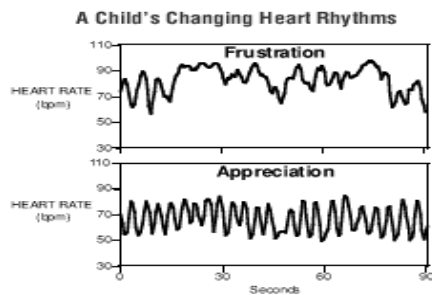


Figure 37. This graph shows the heart rate variability patterns of a 11-year-old boy when he was asked about something that frustrated him (top). He was then asked to do a Freeze-Frame and appreciate someone he cared about (bottom).

**WE ARE THE
SCULPTORS
OF EACH OTHER'S BRAIN**

From: Tikkun Relationship Training - Hedy & Yumi Schleifer

OUR BRAIN-TO-BRAIN BRIDGE

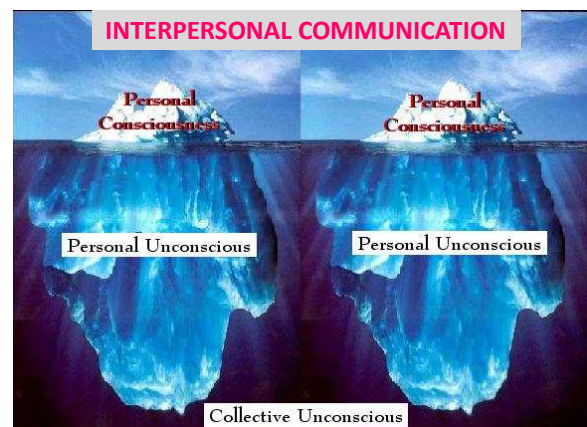


MIRROR NEURONS

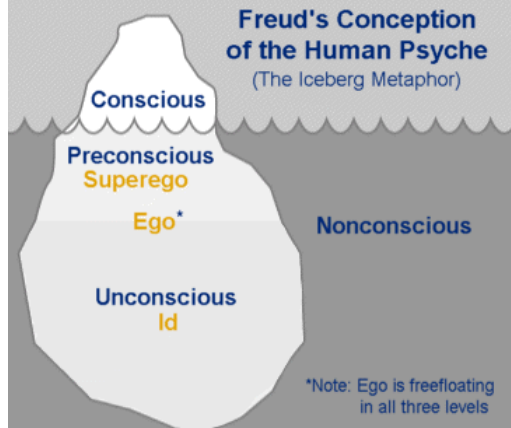
**ALLOW YOU TO FEEL
WHAT SOMEONE ELSE IS FEELING
EMPATHY + COMPASSION + BEING "GOTTEN"**

From: Tikkun Relationship Training - Hedy & Yumi Schleifer

INTERPERSONAL COMMUNICATION



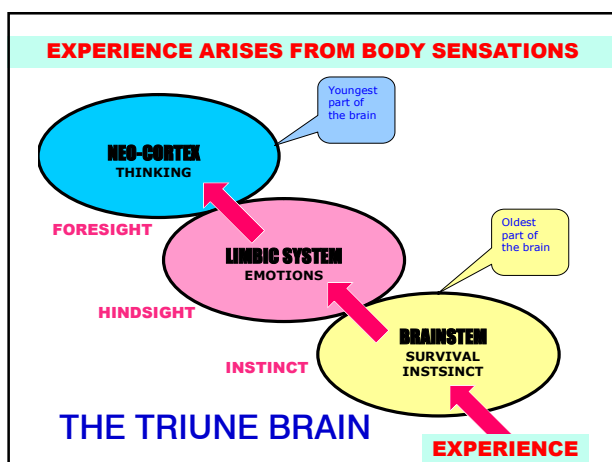
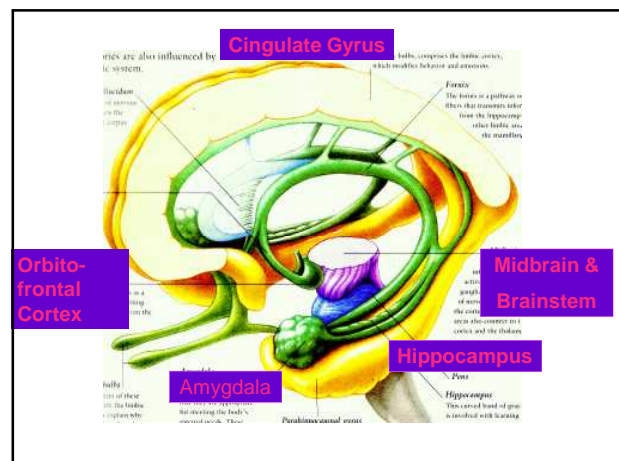
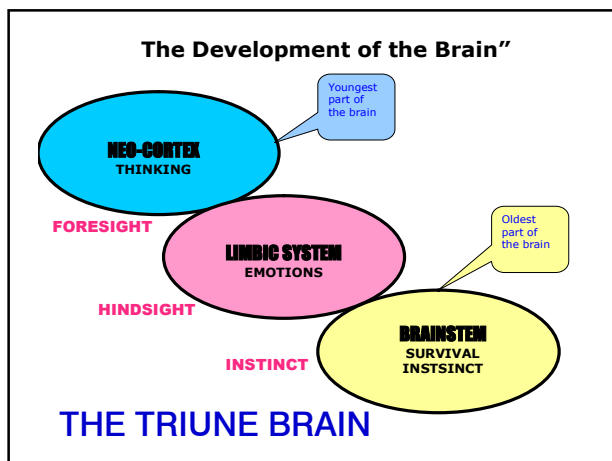
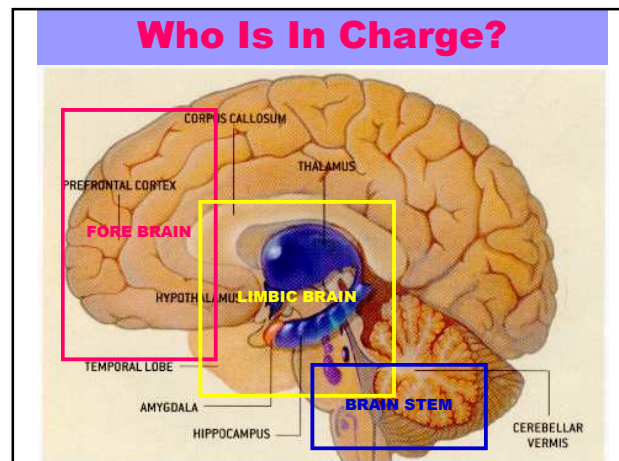
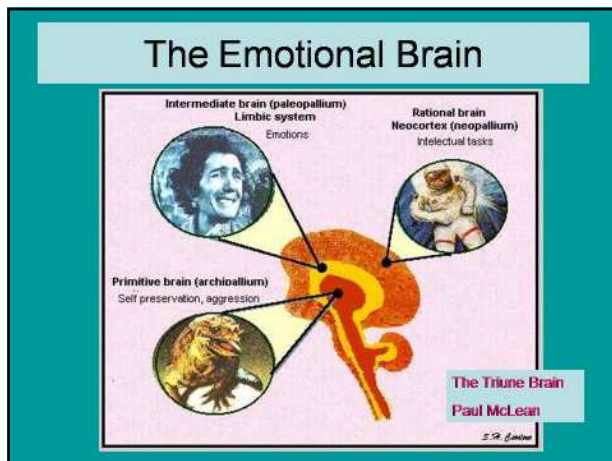
Freud's Conception of the Human Psyche (The Iceberg Metaphor)



WHO IS IN CHARGE?

- BRAIN?
- BODY?
- MIND?
- SOUL?
- HEART?
- GOD?





CORE ENERGETICS

APPLICATIONS & LEARNING OBJECTIVES

1. THE BRAIN AS A SOCIAL ORGAN
2. THE MASK
3. THE TRIUNE BRAIN
4. INTERPERSONAL COMMUNICATION
5. MIRROR NEURONS
6. THE EMOTIONAL BRAIN

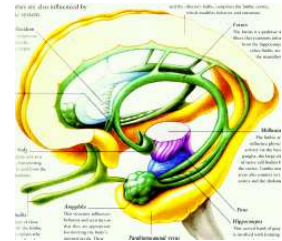
What are Emotions?

How do Emotions arise in the Body?

Why do we have Emotions?
And where do they come from?

THE LOCATIONS OF EMOTIONAL EXPERIENCE

- **INSULA**
- **ANTERIOR CINGULATE**
- **BASAL GANGLIA**



EMOTIONAL TONE = POSTURAL TONE

5 EXPERIENCE EMOTIONAL EXPLORATION

OUR BRAIN IS WIRED FOR LIMBIC RELATIONSHIPS

- **LIMBIC RESONANCE**
- **LIMBIC REGULATION**
- **LIMBIC REVISION**

From: Tikkun Relationship Training - Hedy & Yumi Schleifer

Emotions

decide whether the world is...

a **GOOD** place
or
a **BAD** place

ENACTMENTS

CLIENT –THERAPIST INTERACTIONS

(Philip Bromberg, MD)

- **IMPLICIT CONVERSATION**
- **DISSOCIATIVE**
- **BODY-BASED**
- **INTER-PERSONAL**
- **UNCONSCIOUS**
- **NON-VERBAL** ("Unformulated Thoughts")
- **NO COGNITIVE REPRESENTATION**

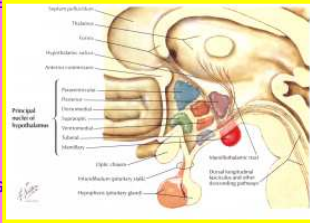


LIMBIC TO LIMBIC

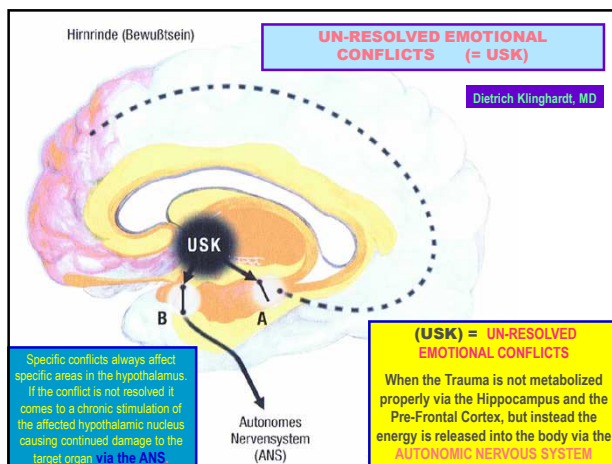
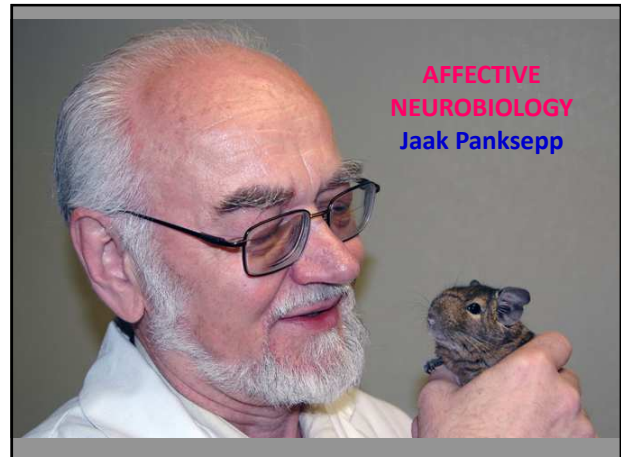
Based on Pat Ogden, PhD

HYPOTHALAMUS AND EMOTIONS

- EMOTIONAL CONFLICT ALWAYS STIMULATES SPECIFIC AREAS IN THE HYPOTHALAMUS.
- THIS OVERSTIMULATION HAS A DESTRUCTIVE EFFECT ON SPECIFIC BODY ORGANS AND SYSTEMS.
- AS LONG AS THE EMOTIONAL CONFLICT IS NOT RESOLVED THE ELECTRIC IRRITATION PERSISTS AND CAUSING CONTINUED DAMAGE TO THE ORGANS.



Based on Dr. Dietrich Klinghardt



AFFECTIVE NEUROBIOLOGY

Jaak Panksepp

- **SEEKING** (FORAGING, ADDICTIVE BEHAVIORS)
- **FEAR** (TREMBLING, TREPIDATION, ANXIETY)
- **RAGE** (RESTRAINT, FRUSTRATION, BLOCKED SEEKING)
- **LUST** (CORE SEXUAL URGES)
- **CARE** (NURTURING, "CAN DO", CONFIDENT TRUSTING)
- **PANIC** (GRIEF/SEPARATION DISTRESS, PSYCHIC PAIN)
- **PLAY** (SOCIAL PLAY, JOY, LAUGHTER, POSITIVE AFFECT, DANCE)

**DISTINCT EMOTIONAL ACTION TENDENCIES + RAW FEELING STATES
DERIVING FROM VERY DEEP & ANCIENT REGIONS OF THE BRAIN**

**WHEN SOMEONE
HAS FEELINGS
THAT ARE NOT RELEASED**

THE BRAIN SHUTS OFF

SEEKING

FEAR

CARE

RAGE

PANIC (GRIEF+LOSS)

LUST

PLAY

EMOTIONS & ATTACHMENT

- ❑ Emotion is the “leading element” that organizes the attachment dance ... (via) primary adaptive orienting and signaling system.
- ❑ It is designed to rapidly re-organize behavior in the interests of survival and the fulfillment of needs.
- ❑ Partners regulate each other’s emotion – in a neural duet.
- ❑ Emotion is an internal compass.
- ❑ The therapist tracks, helps to regulate, helps to integrate and evokes emotion to cue new responses – positive cycles.

Quoted from : Sue Johnson, PhD (Handout) Dec 2010 EFT web sites: www.holdmetight.com www.iceeft.com

MINDFULNESS & MEDITATION

AWARENESS (REGULATES THE EMOTIONAL BRAIN)

AUTONOMIC REGULATION (WORKS IN BOTH DIRECTIONS)

IMAGERY (AUTOGENIC TRAINING)

COHERENCE (HEART RATE VARIABILITY)

HEART AS REGULATOR (HEARTMATH)

ENERGY BALANCING (HEALING)

POSTURE (YOGA)

BRAIN-BASED WORK WITH EMOTIONS

The therapist explores / expands / unfolds emotion by:

- Reflection (slow / repeated, simple, images)
- Evocative responses / questions at leading edge.
- Ask Process questions.
- Empathic Listening
- Heightening
- Conjectures - one step on.
- Reframe - put in context of cycle / attachment
- Use to create enactments - shifts in interaction.
- Emotion is fastest route to key changes – to “corrective *emotional experience*”. - Only way?
- “It is only when therapy enlists deep emotion that it becomes a powerful force for change” (Yalom).

From: Sue Johnson, PhD (Handout)

CORE ENERGETICS APPLICATIONS & LEARNING OBJECTIVES

1. WHAT ARE EMOTIONS?
2. LIMBIC RELATIONSHIPS
3. THE LOCATIONS OF EMOTIONAL EXPERIENCE
4. ENACTMENTS
5. AFFECTIVE NEUROBIOLOGY

MINDFULNESS & MEDITATION

**AWARENESS REGULATES
THE EMOTIONAL BRAIN**

TRAUMA

STRESS IN THE FACE OF
HELPLESSNESS

TRAUMA
IS

OVERWHELM

FROM
INSULT OR
INJURY



6

EXPERIENCE
SHAKING & DANCING

STRESS

What happens
when feelings
cannot be
properly
discharged?

3 MAIN
STRESS
FACTORS:

- UNPREDICTABILITY
- OUT OF CONTROL
- INABILITY TO
RELEASE EMOTIONS

↓
HELPLESSNESS &
HOPELESSNESS

LAYERS OF DEFENSE



HAIL STORM vs. TURTLE
FIGHT/FLIGHT ↔ FREEZE

From: Tikkun Relationship Training - Hedy & Yumi Schleifer

DEFENSIVE ACTION

EXPANDED VERSION

FIGHT

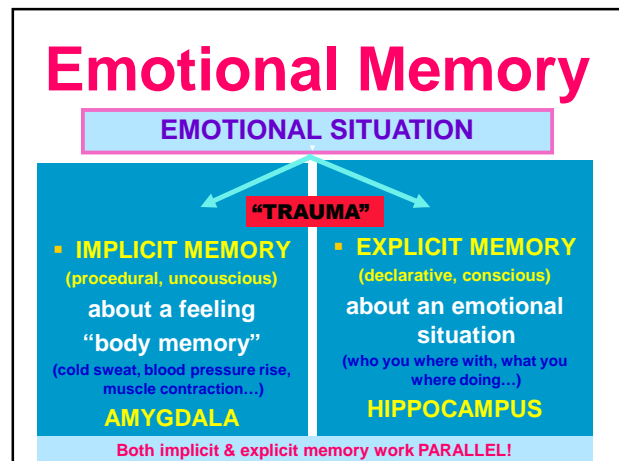
FLIGHT

FREEZE

FEIGN DEATH


Based On Pat Ogden, PhD

<p>APPRAISAL OF LIFE SITUATIONS:</p> <p>The limbic system sorts experiences to identify threat, based on earlier experiences....</p>		<p>EMOTIONAL TRAUMA</p> <p>Based on an experience in the PAST...</p> <p>Pre-mature cognitive commitment</p>
		<p>We can't enjoy the PRESENT...</p> <p>When you make up your mind about the nature of a situation, the limbic system supports that view.</p>



DYSREGULATION

YOU CAN'T THINK YOURSELF OUT OF A DYS-REGULATED BRAINSTEM!



Rodin "The Thinker"

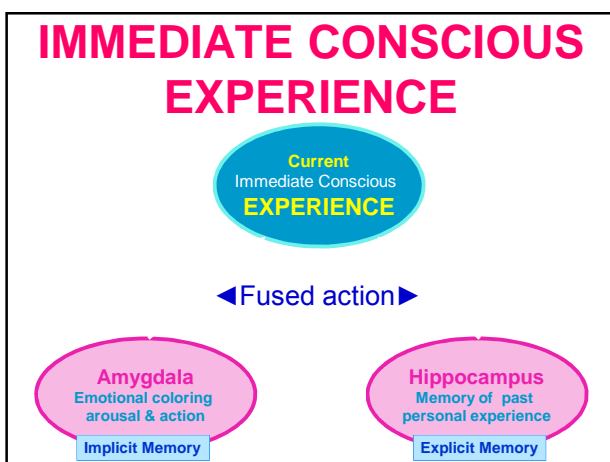
YOU NEED ANOTHER PERSON

KINDLING

TRAUMA SENSITIZES BRAIN CIRCUITS TO SPREAD SIGNALS TO RELATED BRAIN AREAS

"TRIGGER"

"The gift that keeps on giving"



FREEZE DISCHARGE



WHEN YOU MEET THE CHEETAH (AND SURVIVE)...

AUTONOMIC DISCHARGE

SHAKING & TREMBLING

AFTER A FIGHT-FLIGHT-FREEZE TRAUMA EXPERIENCE

AMYGDALA & FEAR

The Amygdala get sensory input from periphery via:

- A) **Sensory Thalamus**
unmediated - no cortical processing = fast
- B) **Sensory Cortex**
mediated - cortical processing = slow

Individual Interpretation.....

REAL DANGER or the EXPECTATION OF DANGER:

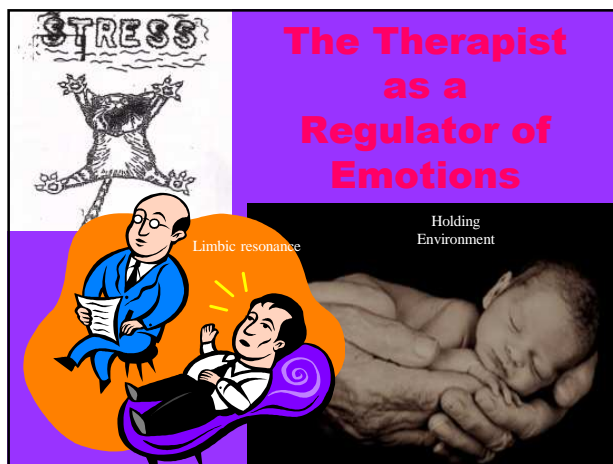
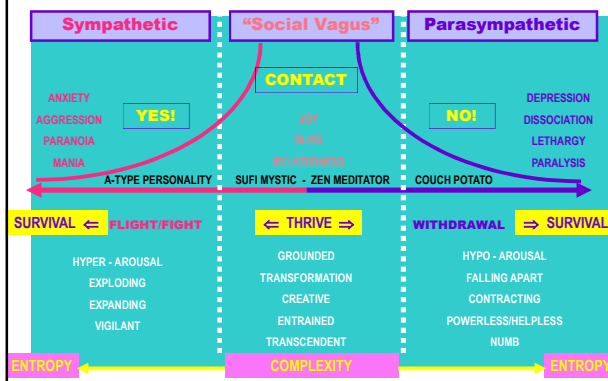
FEAR arises...

Fear triggers the following defensive reactions governed by aspects of the Central Nucleus of the Amygdalae:

- "Freezing"
- Blood Pressure rise
- Stress Hormones up
- Startle Reflex



AUTONOMIC RESONANCE



TRAUMA HEALING WITH BODY-PSYCHOTHERAPY (1)

- **Establish Internal Resources** Higher Self Qualities
- **Learn to Tolerate Emotion** Emotional Regulation
- **Establish Right Boundaries**
- **Connect** Emotional disconnect = The Ultimate Problem in PTSD
- **Attunement:** Traumatized are not attuned with self & other
- **Re-establish Language** Broca's area shut = no words for trauma
- **Find Pleasure in the Body** Vibration & Relaxation
- **Find Meaning** (Victor Frankl)
- **Re-establish Curiosity** as opposed go back to trauma memory

Based on Bessl van der Kolk, MD (seminar notes)

FROM
FLIGHT, FIGHT & FREEZE
MODE
TO
SOCIAL ENGAGEMENT

TRAUMA HEALING WITH BODY-PSYCHOTHERAPY (2)

- **Always** create opening – **Never** push
- Safe place + Safe person + Pleasure in the body
- Re-train the "stuck" nervous system
 - S sensual
 - I image
 - B behavior
 - A affect
 - M meaning
- Re-establish the Orienting System (Autonomic Resonance)
- Titration
- Shaking it off
- Take Action (Core Energetics aggression exercises)
- Self-regulation (Meditation)
- Support system (partner, family, jobs, friends, pet, "structure", therapy)

FOUR TYPES OF AUTONOMIC DYSFUNCTION

- **Sequestration**
 - AN ISOLATED ORGAN, FUNCTION OR MUSCLEGROUP BECOMES SYMPTOMATIC (Psychosomatic symptoms)
- **Antagonism**
 - EXPRESS THE BATTLE AROUND DRIVE AND SELF CONTROL (Heart attack)
- **Instability**
 - THE 2 PARTS OF THE AUTONOMIC NERVOUS SYSTEM FAIL TO REGULATE. FLUCTUATION OF BODY SENSATIONS, MOOD & SYMPTOMS (Hysteria, Hypochondria)
- **Trauma**
 - THE 2 PARTS OF THE AUTONOMIC NERVOUS SYSTEM ESCALATE THEIR FUNCTIONS (Stress & PTSD, Borderline.)

from www.thinkbody.co.uk

HEALING

SURVIVAL PATTERNS
(FIGHT-FLIGHT-FREEZE- FEIGN DEATH)



CORE INTEGRATION
ESSENCE

FRONTAL CORTEX

- **Orbito frontal Cortex: POSTPONED REWARD**
 - Inhibits impulse
 - Postpones reward
- **Dorso-lateral: PLAN OF ACTION**
 - Priorities
 - Curiosity
 - Plans + Concepts
- **Ventro-medial: EMOTIONAL MEANING**
 - Emotions are bestowed with meaning
- **Anterior cingulate: AWARENESS**
 - focus on self
 - Integration
 - cognition

Based on Bessl van der Kolk, MD (seminar notes)

CORE ENERGETICS APPLICATIONS & LEARNING OBJECTIVES

1. TRAUMA
2. STRESS IN THE FACE OF HELPLESSNESS
3. DEFENSIVE ACTION
4. FIGHT, FLIGHT, FREEZE & FEIGN DEATH
5. EMOTIONAL MEMORY
6. KINDLING
7. THE THERAPIST AS REGULATOR OF EMOTIONS

TRAUMA REPAIR

Reverting from Flight Fight & Freeze
.....to Social Engagement!

1. **ACKNOWLEDGEMENT** (VALIDATION)
2. **UNDERSTANDING** (INTENTION & IMPACT)
3. **REGRET** (SINCERE APOLOGY)
4. **LEARNING** (PREVENTION)
5. **REPAIR** (RESTITUTION & LETTING GO)

Based on Bessl van der Kolk, MD (seminar notes)

NEUROPLASTICITY

How We Are Shaping Our Brain

DEFINING NEUROPLASTICITY

WHEN THE BRAIN
PHYSICALLY CHANGES
DUE TO NEW EXPERIENCES

7 EXPERIENCE

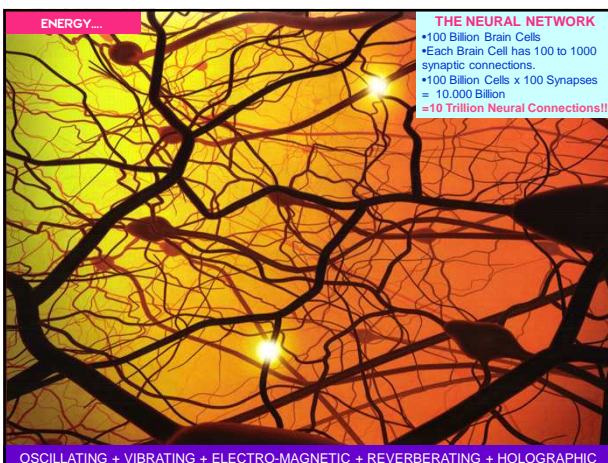
CONSCIOUS
INTENTION

THE POWER & PROMISE OF NEUROPLASTICITY

THE BRAIN
PHYSICALLY CHANGES DUE TO:

- NEW EXPERIENCES
- INTENTIONAL EFFORT
- NEW SKILLS LEARNED
- FOCUSED ATTENTION
- CONCENTRATION

Based on Daniel Siegel, MD



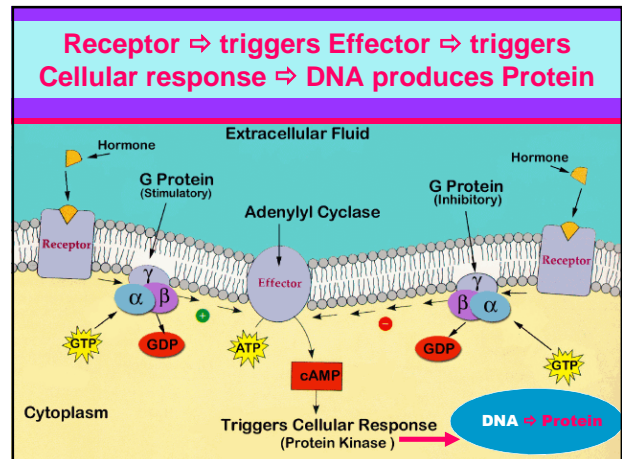
Mechanisms of Neuroplasticity

- IMPLICIT MEMORY VS PROCEDURAL MEMORY
- REPETITION DRIVEN BY TRIGGERS
- KINDLING = SENSITIZING
- PROCEDURAL LEARNING
- WE CONSTANTLY BUILD & DELETE NEURONS
- “EMPHATIC” REPETITION ENCODES ADAPTIVE RESPONSES

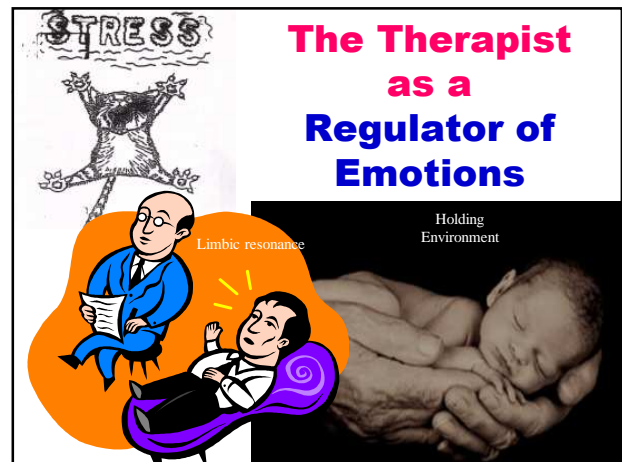
NEUROPLASTICITY IN THERAPY

BUILDING NEW OR DELETING NEURONS

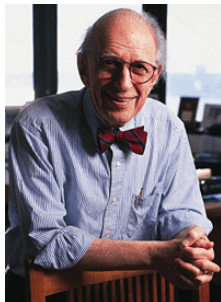
- 1) **STIMULATE**
- 2) **REPEAT** SPECIFIC STIMULUS
- 3) **FOCUS** ATTENTION
- 4) **BLOCK** OLD PATTERNS



EPIGENETICS THE MECHANISM OF HOW OUR BELIEFS INFLUENCE OUR GENES



Eric Kandel



- Nobel Laureate 2000 for understanding "explicit" memory
- Experiences create new synapses.
- Experiences "hard wire" via trigger proteins (CREB) expressed by DNA.
- Behavior influences Biology
- Thoughts **shape** nervous system & brain structure

THERAPEUTIC TOOLS UTILIZING NEUROPLASTICITY

- Dropping content
- Heightened awareness
- Empathic attunement
- Interrupting neural circuits
- Disrupting patterns
- Noticing instead of narrating
- Intensive repetition
- Therapist Emphasize mindfulness

CO-CREATING A NEW BRAIN

- STIMULATE POSITIVE SENSATIONS
- REPEAT SPECIFIC SUPPORTIVE PATTERNS
- FOCUS YOUR ATTENTION ON NEW VISION
- INHIBIT OLD PATTERNS & DECREASE OLD RESPONSES
- INTENSELY REPEAT NEW, MORE ADAPTIVE RESPONSES

CHOICE = ENGAGING THE POSITIVE WILL

NEGATIVITY BIAS & POSITIVE EMOTIONS

- SENSITIVITY OF AMYGDALA IS DEPENDENT ON SITUATION
- EXPERIENCE DEPENDENT NEUROPLASTICITY
- LEARNED OPTIMISM
- EPIGENETIC EFFECT

THE POWER OF INTENTION SPEAKING FORCEFULLY WITH EMOTION

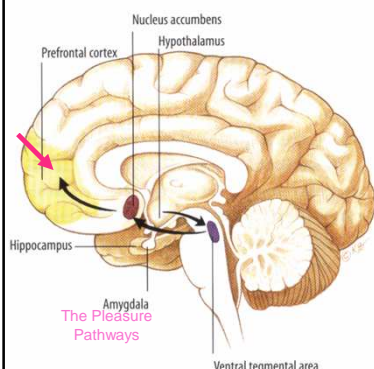
ONLY
REPETITION WITH FOCUSED ATTENTION
ON POSITIVE OUTCOME
ACTUALLY RESULTS
IN PHYSICAL CHANGE

**A
THERAPIST
IS A
CHANGER
OF BELIEFS**



John Pierrakos, MD

The Pre-Frontal Cortex



WILL

**Choosing
Attention
Focusing
Meditation**

?

**MASK, LOWER SELF,
PAIN & HIGHER SELF**



THE MASK



CORE ENERGETICS

APPLICATIONS & LEARNING OBJECTIVES

1. HOW WE ARE SHAPING OUR BRAIN
2. THE THERAPIST AS A REGULATOR OF EMOTIONS
3. THE POWER & PROMISE OF NEUROPLASTICITY
4. EPIGENETICS
5. CO-CREATING A NEW BRAINWILL
6. THE POWER OF INTENTION
7. A THERAPIST IS A CHANGER OF BELIEFS

LOWER SELF



THE END

© ALL COPY RIGHTS: KUNO BACHBAUER 2013

WWW.CORECONSTELLATIONS.COM

301-762-5866

KUNOBALIVE@AOL.COM

THE MODIFIERS

