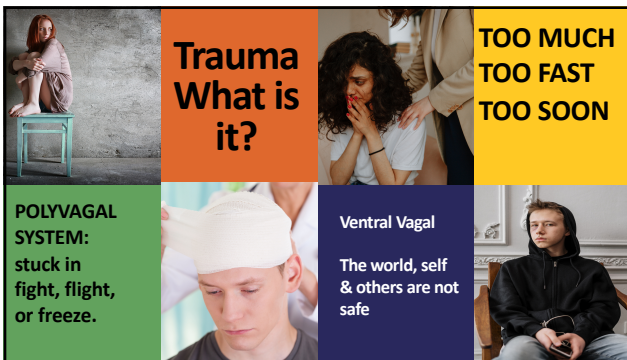
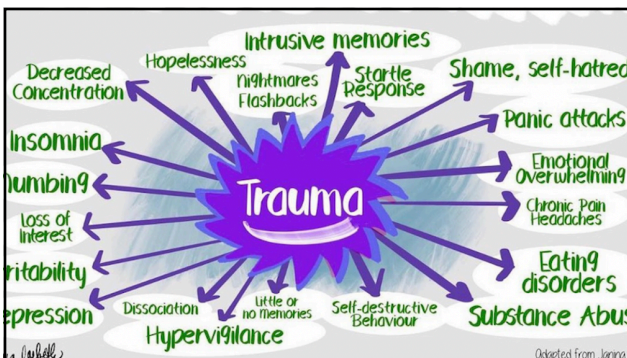




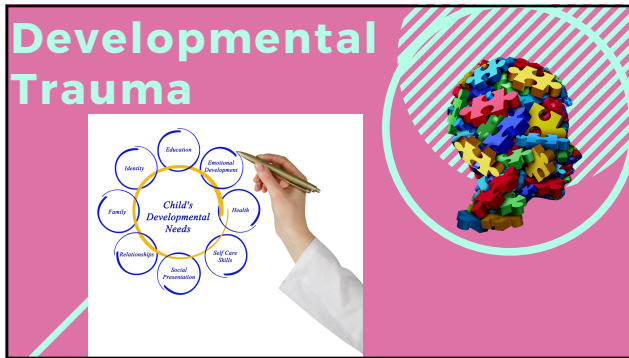
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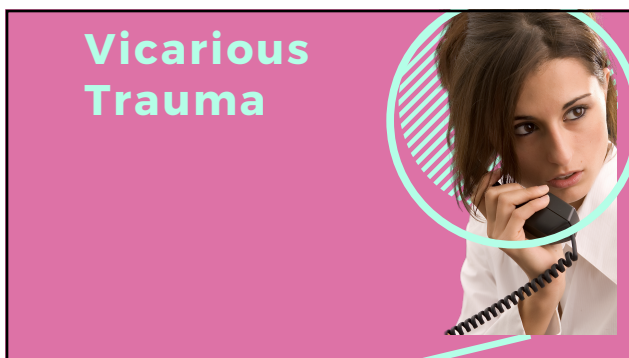
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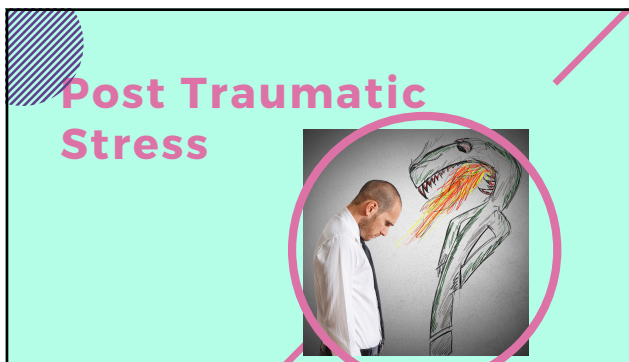
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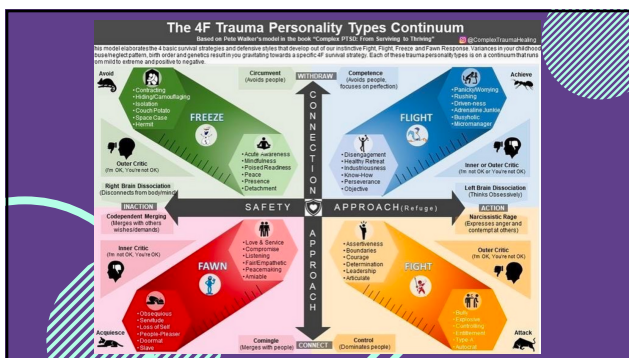
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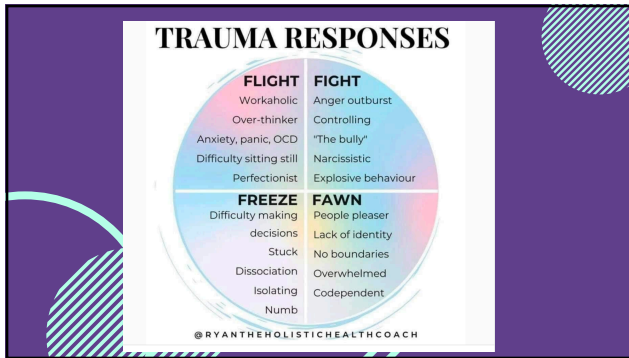
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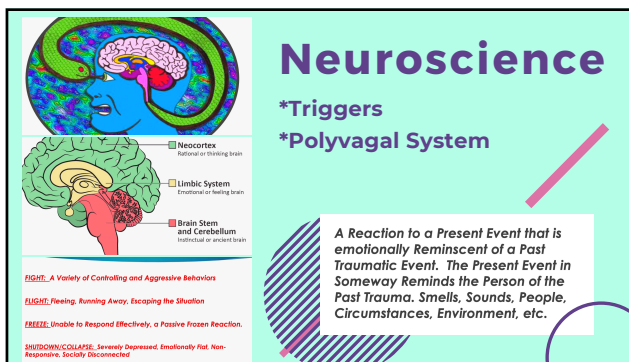
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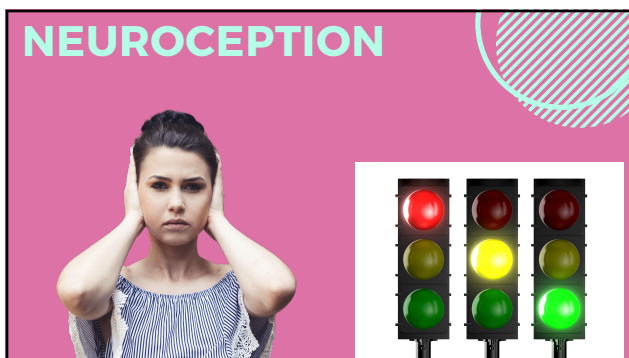
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12

Window of Tolerance

Hyper-aroused: What gets me here? How can I come down?

What keeps me self-regulated:

Hypo-aroused: What gets me here? How can I come up?

The diagram illustrates the Window of Tolerance, a concept from trauma-informed care. It shows a central 'COMFORT ZONE' where one is 'EMOTIONALLY REGULATED' and has the 'ABILITY TO SELF-SOOTHEN' and 'ABILITY TO REGULATE EMOTIONAL INTENSITY'. Above this is the 'HYPER-AROUSAL' state, characterized by a 'Fight/Flight Response' and symptoms like racing heart, sweating, and panic. Below is the 'HYPO-AROUSAL' state, characterized by a 'Freeze Response' and symptoms like numbness, dissociation, and feeling overwhelmed. A cartoon character is shown painting a pink line on a green background.

13

The diagram shows a ladder with seven rungs representing different states of consciousness. From top to bottom: Ventral Vagal (Safe, Social), Sympathetic (Mobilized, Fight - Flight), and Dorsal Vagal (Immobalized, Collapsed). To the right of the ladder are three boxes labeled 'FLOW', 'CHAOS', and 'DARKNESS'. The 'FLOW' box corresponds to the top two rungs, 'CHAOS' to the middle rung, and 'DARKNESS' to the bottom two rungs. Text descriptions and quotes are provided for each state.

Ventral Vagal
Safe
Social
I am...OK
The world is...welcoming, filled with opportunity

Sympathetic
Mobilized
Fight - Flight
I am...crazy, toxic
The world is...unfriendly, scary, exploding

Dorsal Vagal
Immobalized
Collapsed
I am...unloveable, invisible, lost and alone
The world is...cold, empty, uninhabitable

Flow: flow, connected, warm, open-hearted, curious, engaged, capable, organized, passionate, at ease
Chaos: out of control, too much, confusing, overwhelming, angry, confrontational, ready to run
Darkness: dark foggy, fuzzy, silent, out of focus, cold numb, hopeless, helpless, shut down, disconnected

14

Private Logic

The slide features the title 'Private Logic' in a stylized font. Below the title is a photograph of two hands pressed against a glass surface, with the fingers spread. The background is a light blue gradient.

15



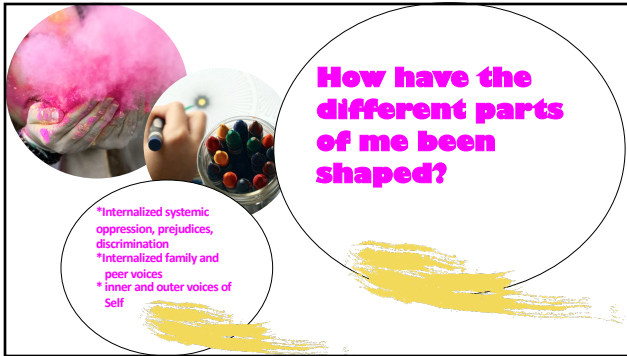
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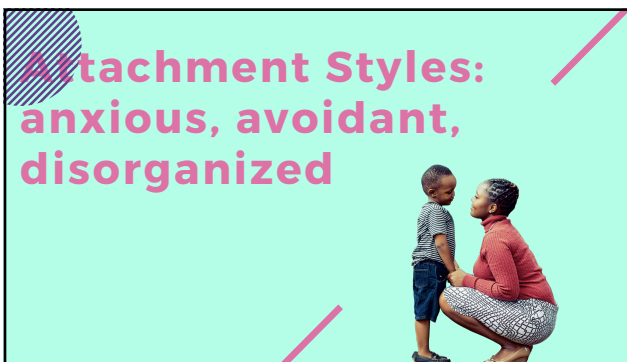
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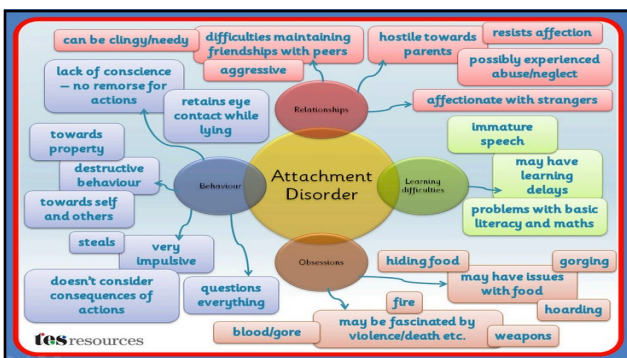
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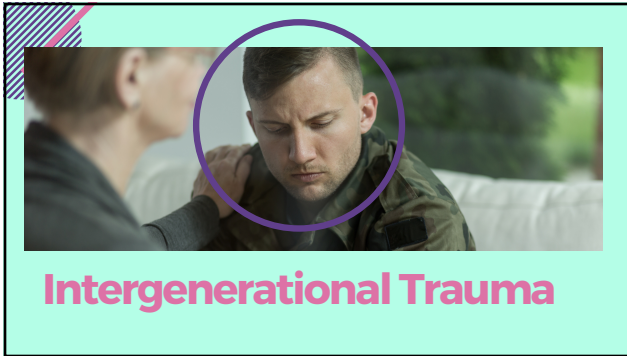
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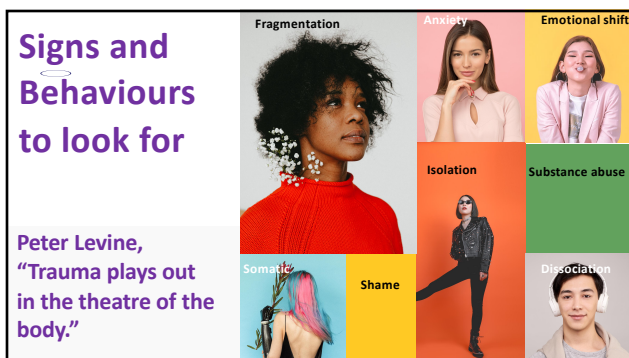
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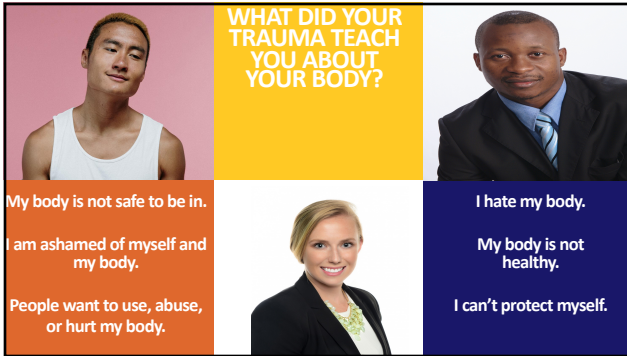
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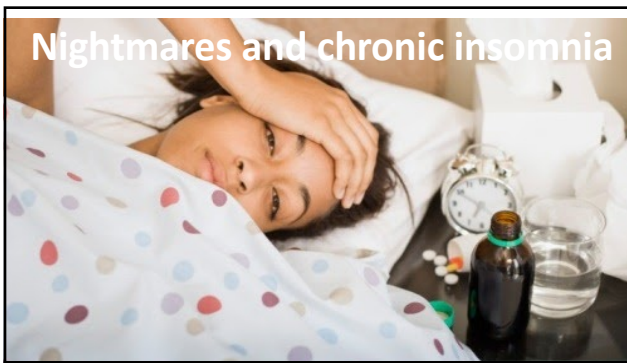
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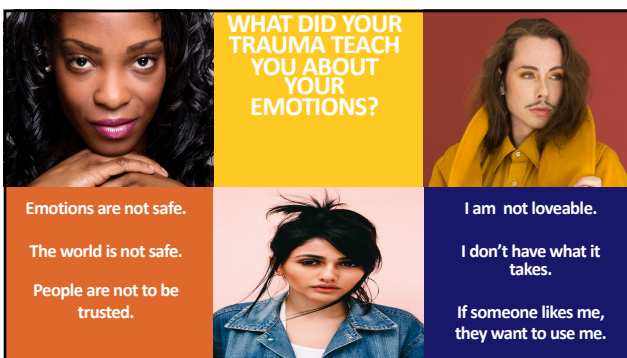
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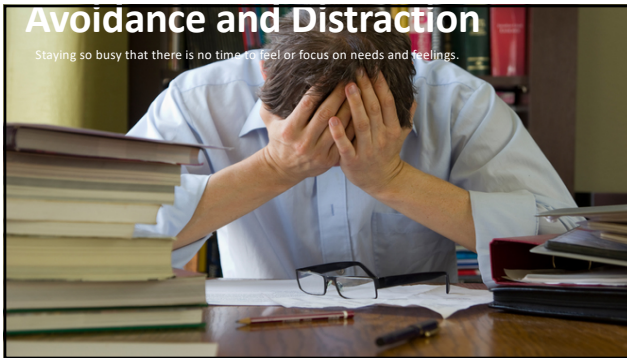
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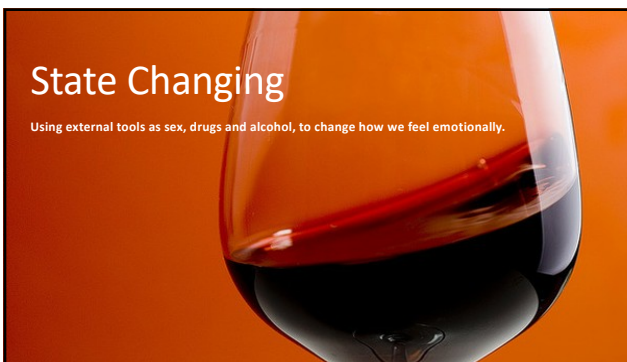
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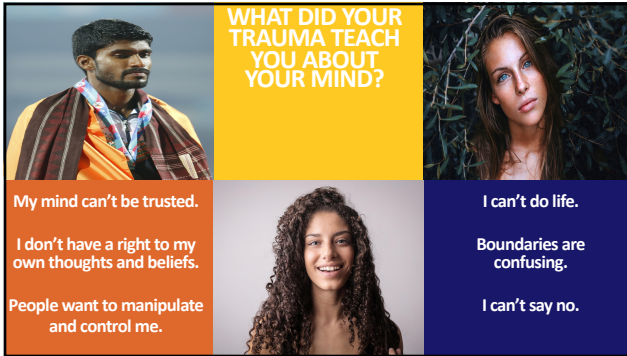
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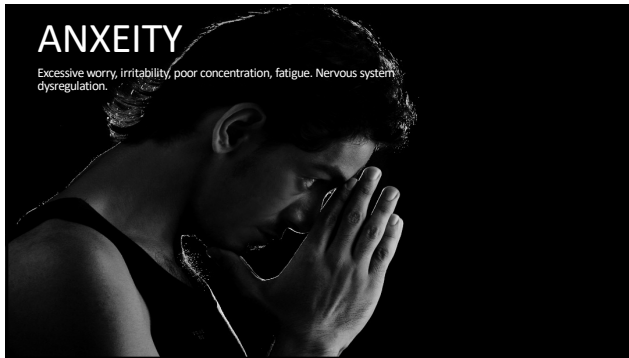
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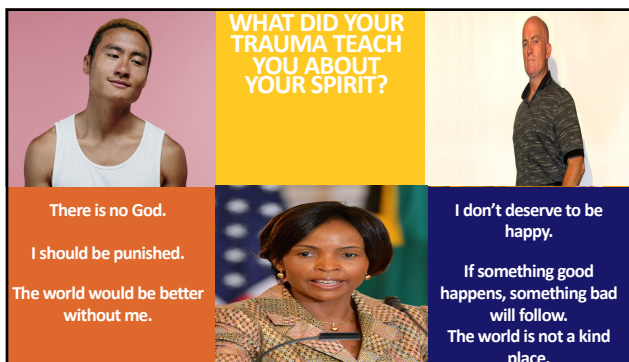
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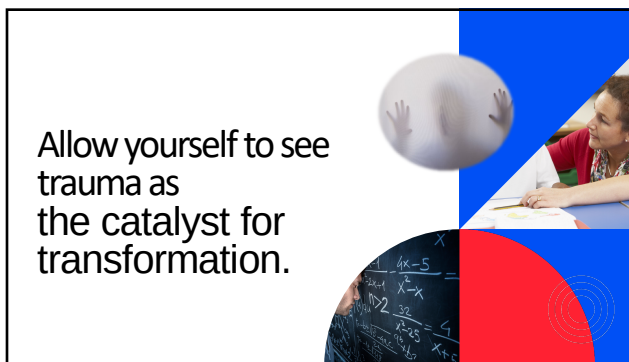
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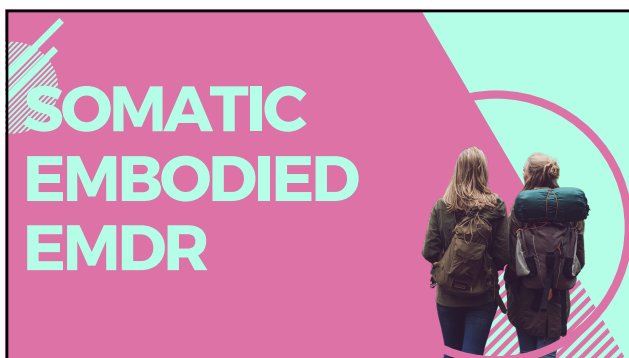
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Narrative Therapy

HOW STORYTELLING AFFECTS THE BRAIN

NEURAL COUPLING
A story activates parts in the brain that allows the listener to turn the story in to their own ideas and experience thanks to a process called neural coupling.

MIRRORING
Listeners will not only experience the similar brain activity to the speaker, but also to the speaker.

DOPAMINE
The brain releases dopamine into the system when it experiences an emotionally-charged event, making it easier to remember and with greater accuracy.

CORTEX ACTIVITY
When processing facts, two areas of the brain are activated (Broca's and Wernicke's areas). A well-told story can engage many additional areas, including the motor cortex, sensory cortex and frontal cortex.

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WHY DOES CREATING HELP?

EXPRESSING RELEASING SENSORY EXPERIENCE

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Internal Family Systems

Image by: AYAN MAKHERJAE

Components	Illustrative Examples	Role in the System	IFS Therapy Goals
Core Self	 <i>Core Self / Adult</i>	Cautious, Compassionate, Creative, Confident Self. -In more polarized system parts generally don't trust Core Self leadership and vision.	-Differentiate Core Self from other blended parts. -Empower Self leadership of the system. -Empower inner harmony and reduce polarization between parts.
Exiles	 <i>Terrified, Proud, Abused, Hypnotic</i>	Hold disowned and painful feelings and trauma memories. -Mostly child and teen parts.	-To be acknowledged, unburdened, reassured and nurtured by Self. -To stop hijacking the system.
Managers	 <i>Inner Critic, Angry Protector, The Workaholic</i>	Suppress and contain Exiled parts. Protect the system and focus on daily living tasks.	-Let go of extreme rules. -Adapt role to present day needs and work under Core Self leadership. -Move functioning of Core Self.
Fire Fighters	 <i>Drugs/Alcohol, Suicide Risk</i>	Use extreme measures to distract, dissociate and numb the system when Exiles are triggered.	-No longer needed to perform their extreme roles.

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Forms of Post Traumatic Growth

49

WE FEEL OUR EMOTIONS LIKE WAVES ON THE OCEAN

50

BOUNDARIES
having healthy relationships

51



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