

## Brief Therapy Conference

Burlingame, California

December 6 – 9, 2018



## Mindfulness, Somatic Experiencing & Ericksonian Mind Body Healing Therapy

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*Wise Mind, Open Mind:  
Finding Purpose and Meaning in Times of Crisis, Loss and Change*

Information on certain slides is this presentation are an adaption from the lectures and teachings of Peter Levine, PhD and the Somatic Experiencing Seminars & Training Programs.

Trauma lives in our bodies and minds—and so does healing. This workshop will provide tools for shifting clients away from the frozen high-alert state that results from trauma and activating the healing-conductive parasympathetic nervous system. We' all explore how the combination of Ericksonian hypnosis, Somatic Experiencing and mindfulness methods can help clients re-regulate their affective experience from negative states to those of comfort and safety.

Specifically, you will learn the following three trance and mindfulness techniques:

- Age regression, which helps clients safely move into the past to understand how current symptoms fit into the context of their history
- Age progression, which helps clients reimagine a desired future and move into it
- Peak state, which teaches clients to create a heightened sense within themselves that gives them greater access to their capabilities for power and transformation

### Definition of Mindfulness based Psychotherapy MBP

Phenomenological/view, a minimal form of self-consciousness where exists a constant structural feature of conscious experience.

Experience happens for the experiencing subject in an immediate way and as part of this immediacy, it is implicitly marked as *my* experience. It is a process oriented approach that allows the practitioner to evaluate the client to explore, note and categorize the contents of their Mind-Body experience moment by moment.

The method is called *mindful inquiry* an ongoing investigation into moment-by-moment noting of each mind moment and how it includes, thoughts, feeling, emotions and sensations.

The practice centers on the cultivation of mindful awareness with the intention to empower the client/student to gain mastery over their thoughts, feelings, emotions and physical and energetic sensations.

**It includes both cognitive as well as bodily experiential sweeping and scanning of the mind-body process with the intent to heighten awareness of what arises, exists and then falls away.**

Mindful awareness is a laser like method that includes both attention and intention to focus concentration inwardly to increase awareness of awareness. *The cultivation of the witnessing mind.*

It is a Here and Now approach that focuses awareness as a tool to develop (sati) Insight, Compassion, Wisdom and Essential Truth. We study all mind-body and energy flows to empower the client/student to transmute internal material – i.e. content (story) into cultivating the Witnessing Mind –TURYA (Process) Awareness and Presence.

**The Way of The Buddha is to Know Yourself;**

**To know Yourself is to forget yourself;**

**To forget Yourself is to be awakened by all Things.**

- Dogen

*Creation means finding the new world*

*In that first fierce step,  
with no thought of return.*

- David Whyte, "Statue of Buddha "

*Do not pursue the past  
Do not love yourself in the future.*

*The past no longer is.  
The future is yet to come.  
Look deeply at life as it is.  
In the very here and now,  
dwelling in stability and freedom.*

- Buddha

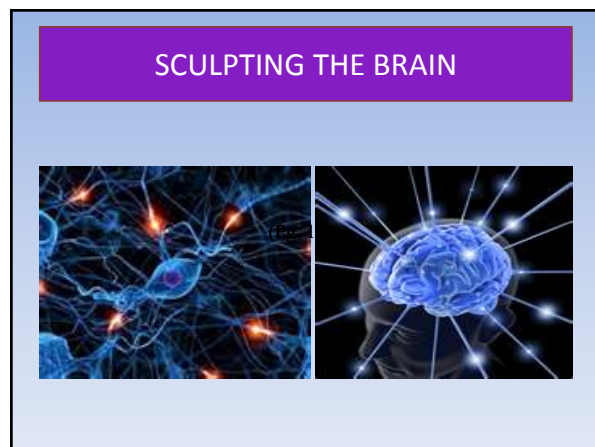
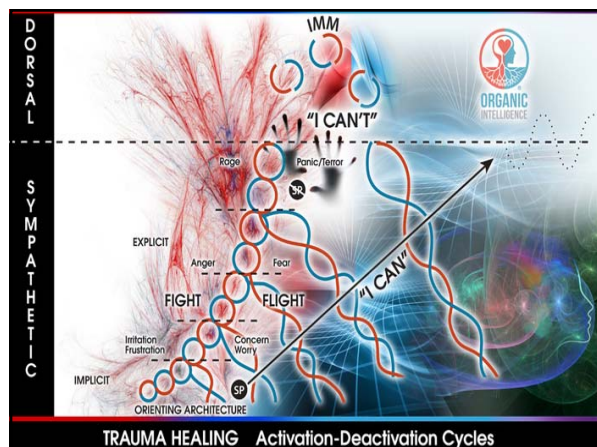
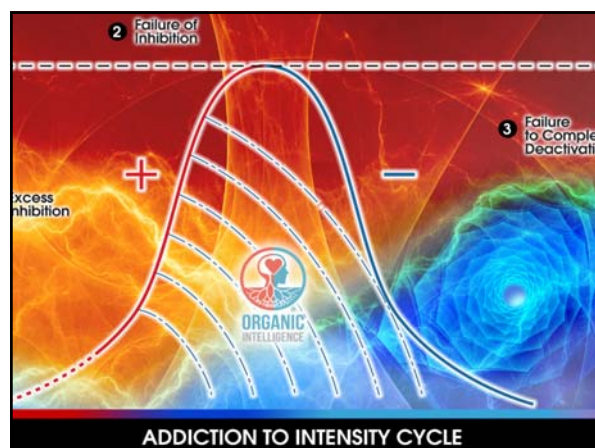
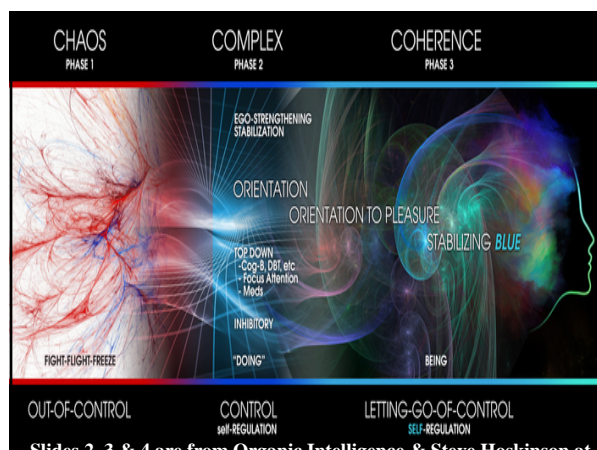
#### **\*Somatic Attunement**

People can develop more mindfulness to focus the mind to change physiology, psychology and relational beingness. The mind becomes open to change the mind as well as mood and relational process. The regulation of information and energy flow open to change the brain. A collection of neurons and neuro-pathways that become distributed throughout the brain/mind/body. A relationship-we share information and energy flows.

The Mind regulates and process's how energy and information flow to the brain.

#### **• A FULL SPECTRUM INTEGRAL MIND BODY HEALING TREATMENT APPROACH**

- Integrating Somatic Experiencing, Contemporary Gestalt –Relational & Ericksonian & Mindfulness Based Approach's
- Attention, Awareness to the Breath,
- Attention to the Nervous system
- Tracking Chaos, Coherence , Congruence
- Blue state (healing vortex) Red State (trauma vortex)
- The Pendulation Process and Titration of activation and deactivation, waves of charge and discharge
- Release then Healing & Integration
- Afflictive Factors of Mind/Body Healing Transforming Destructive Emotions utilization of Buddhist psychological antidote remedies.



### Vipassana-(insight)

- Aim and Sustain-Shamatha the practice for clear seeing-insight into the mind itself.
- Openness to what is
- Observation of self experience
- See mind with objectivity
- The mind is not the totality of the self
- Learn the experience of mind stabilization
- Learn to study and observe the Process of Mind
- To arrive at the true experience of Self

Long term Meditation Mindfulness Practice, Calming practice turns out to be calming physically with, heart and breathe rate slows body metabolism, less anger, fewer heart attacks (Stanford research Institute.)

“Change in skills of attention and awareness changes in internal states body/mind/energy. You can manifest inner steady awareness.”

Richard Davidson-University of Madison  
Keck Research lab

To Change your Brain learn to Change your Mind. To change your Mind learn to change your Brain.

**The Mind can learn to do ANYTHING!**

- **Amygdala;** almond shaped, because amygdale means almond and hence their name center of emotions.
- **Insular Cortex;** or the insula (word origin = island), is not part of the prefrontal lobes; insular cortex (which lies beneath the operculum [Latin for lid] formed by sections of the frontal, parietal and temporal lobes) is anatomically sometimes thought of as a lobe itself (an island of cortex).

### Insular Process –

Empathy dependent on Awareness of Self - increase muscle of empathy:

- **Mind Strength-Wise Mind, Open Mind,** by: Ronald Alexander

Insular  
Process



### five core brain areas:

Memory  
Attention  
Speed  
Flexibility  
Problem  
Solving



We study and observe mind thought, bodily sensations as energy flows – over time one becomes more mindful of both what is the structure of mind as well as to attend to content, purpose and function.

**This inquiry eventually leads one towards enlightened liberation or mindful insight thereby allowing one to arrive at core wisdom as well as having developed the capacity to have stronger "Mindstrength" an ability to become more fluid and flexible and less reactive in mastering daily experience.**

**You're curious, nonreactive, demonstrate active kindness, compassionate, and accepting of the present experience, whether it's positive (wholesome), negative (unwholesome), or neutral. Creative flow STATES occur here in the main part of the house of self.**



Change occurs through acceptance of what is by attempting to not change, fix or repair what is lacking or missing. (in Zen there is no sense of a Self (Big) that is broken) in western psychology we do repair the personal I (Small) sense of self.

**Thereby, the paradoxical theory of change comes into focus "that change occurs not when we try to become what we are not but when we accept what we are" Arnold Beisser M.D.**

▪ **Three Factors of Mind- Roots of Buddhist Psychology-Abidharma text-** all qualities of mind/body experience can be divided between.

- 1. Wholesome (Positive)
- 2. Un-Wholesome (Negative)
- 3. Neutral

### **Nine Clinical Attitudes of Mindful Presence**

1. **Acceptance** – This attitude involves acknowledging, understanding, and appreciating things as they are and feeling kind, friendly, and warm toward ourselves and others. An attitude of acceptance ensures that the client does not feel judged by the therapist/coach/yogi/healer/sage.
2. **Openness** – An attitude of openness involves a deep understanding of the nature of change as impermanent and helps us to greet change with compassion for ourselves and others and a willingness to discover new insights.

3. **Allowing** – An attitude of allowing is related to acceptance and openness. With this attitude, we can simply allow things to be as they are, with no need to try to let go of whatever is present. This helps the guide/therapist to remain present with the client's present feeling state and lead the client in mindful inquiry rather than trying to change or fix the feeling state. To mindfully assist the client to be present in their body and in the room.

4. **Beginner's mind** – An attitude of beginner's mind allows us to see things as new or fresh, as if for the first time. It awakens our curiosity so that we drop the assumption that we already know all there is to know about a familiar situation or set of circumstances. Kleinian psychoanalyst Wilfred Bion coined the phrase "thoughts without a thinker" to describe the experience of being fully present, free of inherent preconceptions. When we engage in beginner's mind, we enter a space that quantum physics refers to as a "super positional field". It is a space of pure potentiality where creativity is able to unfold.

5. **Non-striving** – An attitude of non-striving is free of grasping to what one doesn't have and free of aversion to change or to what arises in the moment. Non-striving means being present rather than focused on what might be. A non-striving attitude allows the therapist/coach/yogi/healer/sage to be present in the relationship yet maintain the potential for countertransference.
6. **Non-judging** – An attitude of non-judging involves impartially observing any particular thought, feeling, or sensation rather than judging it as good or bad, right or wrong, fair or unfair.

7. **Patience** – An attitude of patience involves the capacity to listen deeply with kindness, acceptance, and respect. The therapist's patience creates space for the client and therapist to conduct a deeper inquiry that can lead to essential insights and, ultimately, transformation.
8. **Empathy** – Empathy was defined by psychologist Carl Rogers as the ability "to sense the [patient's] private world as if it were your own." (FN: Rogers, Carl. "The interpersonal relationship: the core of guidance.")



9. **Self-Compassion** – An attitude of self-compassion involves self-love without self-blame or self-criticism. The therapist's self-judgment, worries, or perception of failure when therapy is difficult can impede the ability to cultivate a healing presence.



## The Eight Stages of Mindful Inquiry are the following:

### 1. Concentration Training:

Concentration training is the development of the skill of awareness via focusing on whatever is the object of attention, whether it is the breath, mantra, body (sensory awareness) taste, smell, sound, emotion, or thought. Concentration training is also known as Satipatanna training (*Sati* is the Pali word for insight).

2. **Cultivation of the Witness - TURYA**- the witness mind is the observing ego, that aspect of consciousness that with increased awareness training can comment moment by moment in a mindful manner on what is occurring and can see the self before it reacts to empower the self to be active and not reactive. Gurdjieff and Ouspensky Master and student assignment of witnessing awareness in Petrograd.



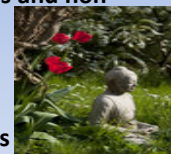
3. **Categorization** - Once noted, experiences are categorized, and the individual becomes aware of reoccurring patterns of thoughts, feelings, and sensations and observes cycles and waves of mind-body activity, including affective flow. Emotions are recognized as having three components: 1.sensation, 2.thought, and 3.reactive feelings. Categorization is especially helpful for discovering hindrances of the mind such as anger, lust, jealousy, and so on. It's important to be aware of these patterns and hindrances and observe them.

4. **Investigation** - is looking deeper into what is being experienced in the moment. To investigate requires curiosity and a willingness to explore an experience no matter how uncomfortable. When investigating, we bring awareness to the sensation of the feeling that arises in us, note it, and observe it with fresh eyes. We find the courage to investigate because we trust that the unconscious is ultimately leading us toward healing, creativity, and self-awakening, even if the path to those goals involves discomfort.

5. **Open Mind** - Open mind is the state of expanded awareness in which thoughts, feelings, and sensations have space to appear and disappear without our being pulled into generating feelings and thoughts about them. In open mind, we do not identify with anything that begins to arise during the process of mindful inquiry. We are able to access our core of creativity and tap into a deep internal reservoir of creativity for healing, resiliency, growth, and transformation. We do this by first noting what is arising then letting go in order to mine for the gold!

**6. Wise Mind (wisdom)** - Wise mind, or wisdom, is a stage of mindful inquiry in which the mind is empowered to observe before reacting. In Wise Mind, it is easier to make choices that are in synch with *brahmaviharas*, Sanskrit for “sublime attitudes” of loving kindness, compassion, empathetic joy, and equanimity. In wise mind, we experience a sense of order, and harmony with all actions and reactions. We act as a Bodhisattva, an awakened being who does no harm and brings compassion, healing, and transformation. Wise mind is also the essence of the Mindful Psychotherapist/coach/yogi/healer/sage. According to positive psychology, we can attain enhanced creativity and optimism, as well as a greater sense of possibility; both therapist and client, teacher and student are able to access these once in the state of wise mind.

**7. Equanimity** - Equanimity is a balanced state of mind and body. We retain a sense of calmness, coolness and non reactivity.



“Aequus” a latin word means level or equal, calm, self composure in a difficult situation.

- **8.View-** in Dzogchen an advanced form of Tibetan Buddhist practice - concentration meditation is known as Shamatha practice, the cultivation of concentration and absorption leading to a state of expanded consciousness known as the VIEW! When we sit in the view not only have we dropped the narrow egoic view of small mind but also we have dropped into WISE MIND! RIGPA IS ATTAINED. Ripga means Wisdom and BIG VIEW.



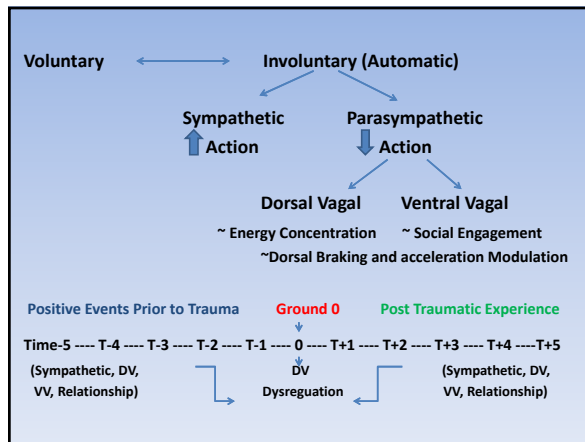
Mindfulness naturally cultivates increased sense of empathy, attunement in relationships, compassion and deeper sense of love for self and other.

**This we call deep wisdom.  
RIGPA**

2 of 2

**Mindstrength:** is the ability to very quickly and easily shift out of a reactive mode and become fully present in the moment, experiencing the full force of your emotions even as you recognize that they are temporary and will soon dissipate. **Mindstrength:** gives you mastery over your thoughts and feelings, opening your eyes to whether the products of your mind are useful tools for self-discovery or merely distractions. The more you cultivate mindfulness, the easier it is to stop running away from difficult feelings; to make the choice to break out of denial, stagnation, and suffering; and to act with mindful intention. Cultivating mindfulness is similar to working out in a gym, but instead of building muscle, you're building what I call **Mindstrength**

*From: Wise Mind, Open Mind  
By Author Ronald Alexander PhD*



## SIBAM

S – Sensory  
I – Imagery  
B – Behavior  
A – Affect  
M – Memory

### Activation

- Stabilization
- Titration
- Orientation
- Containment
- Attunement
- Resonance
- Threshold
- Witness
- Boundaries
- Sensory Protective Response
- Coherence


### Deactivation

- Joining
- Gestures
- Noticing
- Postures
- Impulse
- Intuition
- Attention
- DVC / VVC
- Override
- Supportive Touch
- Coupling

## Coupling Dynamics

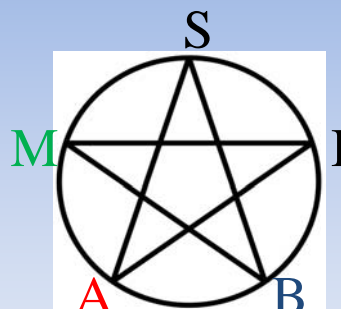
When different elements of SIBAM become too connected or over-associated, they are **over-coupled**. When different elements of SIBAM are disconnected or fragmented, they are **under-coupled**.

OVER 

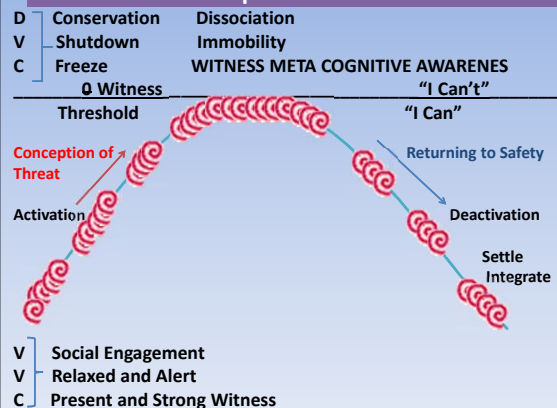
UNDER 

HEALTHY 

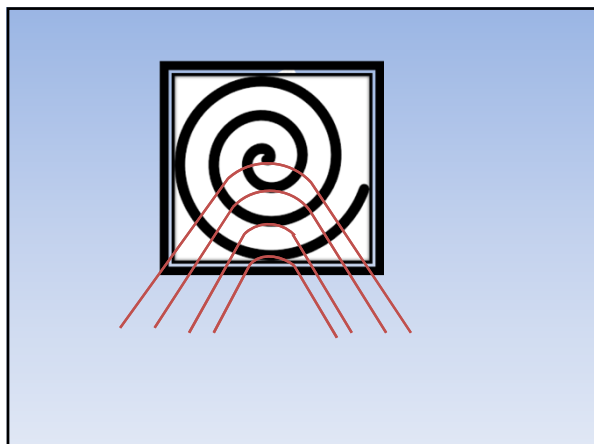
## Sensory Imagery Behavior Affect Memory



## Perception of Threat







## Definitions of the Self

**False Self - Real Self - Core Self - No Self**

**No Self - No Mind - Dropped Off Body Self ZEN**

**Aqual Theory**

EGO – I - Role	You - It
We	Its

- Wise Mind – Wisdom, Knowledge, Truth
- Open Mind – Creativity FLOW STATE
- Open Heart and Awareness

## Somatic Experiencing

**DVC**  
Dorsal  
Vagal  
Center

- ❖ Freeze
- ❖ Contraction-Restriction of flow
- ❖ Immobility
- ❖ Disassociation – Negative / Positive

**CNS**  
Central  
Nervous  
System

- ❖ Action, Doing
- ❖ Self Protection

## Somatic Experiencing (cont'd)

**VVC**  
Ventral  
Vagal  
Center

- ❖ Present here & now
- ❖ Engaged-Social
- ❖ Bonded – Attachment
- ❖ Relaxation

**DVC**



**Constricted**

**VVC**



**Expansive**

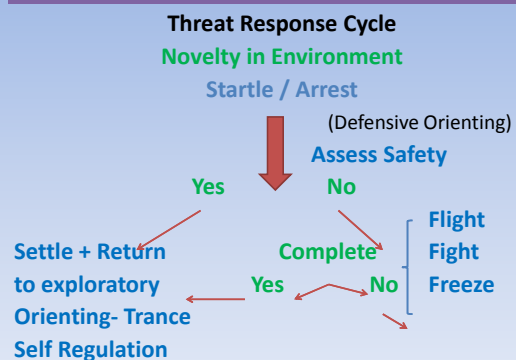
**Open Hearted Awareness**

## 7 Things We Do in Somatic Experiencing

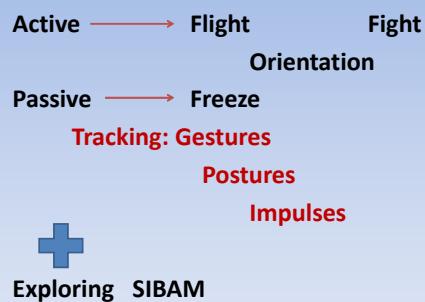
1. Listen
2. Follow
3. Direct
4. Containment
5. Stimulate
6. Inhibit
7. Integrate

Chaos Phase One	Containment Phase Two	Coherence Phase Three
Rigid	Orientation (Witness)	Letting go of Control
	Stabilization	
	Top Down	
	Activity - Yoga, Mindfulness, etc.	Self
Chaos	Witness Control Self	Bottom Up Surrender Integration

## Defensive Orienting Response



## Self Protection Responses



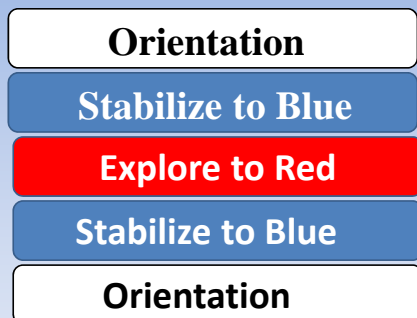
## Cycles of Activation, Deactivation, & Pendulation

SNS – Sympathetic Nervous System	
PNS – Parasympathetic Nervous System	
Titration	DVC/VVC
Containment	Witness
Regulation	SPR-self protective R
Attunement	Trauma Vortex
Resonance	Counter Vortex
Threshold	Coupling SIBAM

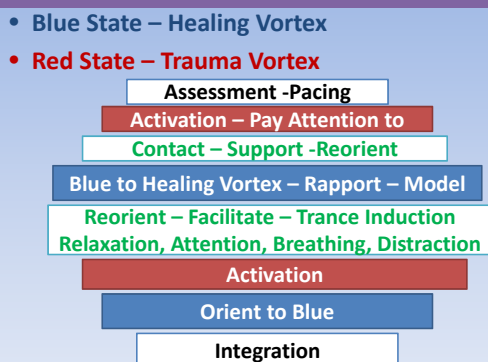
## WHAT WE TRACK

Sensation –Pendulation- Titration  
Observe / Witness  
Activation / Deactivation  
Energy Wells  
SIBAM  
Resources  
Self Regulation  
Orienting  
Coherence

## The Tracking Sandwich



## Tracking Counter and Trauma Vortexes



### Definition of Self

- Blue State-Safety & Comfort
  - Reorientation-Facilitate Wave- Trance Induction
  - **Red State - Activation**
- ↓ Engage Unconscious Mind
- ↓ Activate Inner Creative Resources
- Explore Trauma Vortex Pain & Suffering-  
Reorientation-Facilitate Wave to Blue

### Buddhist Model of Afflictions

In Buddhist psychology, we recognize three categories: emotions, feelings, and thoughts: positive (**wholesome**), **neutral**, or negative (**unwholesome**). Anything with an unwholesome quality causes suffering, so we try to remedy or replace these destructive, afflictive thoughts and feelings with their wholesome counterparts. We call this the **antidote model** for mind body healing.

When afflictive thoughts arise, you don't have to continue your narrative of suffering. Instead, you can stop, observe what you're thinking, and ask yourself, "Is this true?" You can consider the evidence that it is and weigh that against the evidence that it isn't, keeping in mind that extreme statements are almost certainly distortions.

*Excerpt from "Wise Mind, Open Mind"*

### Naturalistic Trance Tools

Trance: Open – Free – Spontaneous – Metaphor

Direction – Pre or Post Hypnotic Suggestion

You Will

You Are

You Can

Structures to Facilitate Trance:

Eye Fixation 3 Points of Attention-my eyes, your hands, breath

VS

**Authoritarian: Staircase – Elevator Lift**

Up Down Mountain

Up Down Staircase

Crystal Ball technique

### Naturalistic Induction

Capture – Locate

Fine Tune People's Attention & Awareness

**Posture & Support: Resources to Link & Couple**

Posture	Support
Ordinary Awareness	Decreases tension, stress, anxiety
To Base of Brain to Top of Spine	Activation / Red State
10th & 11 <sup>th</sup> Vagus Cranial Nerve – Exit Ear	Increases Blue State
Metaphor / Story	Parasympathetic
Nature – Leaves, Tree, Grass, Earth	Assessment: *DVS *VVS
Theory – Unconscious & Conscious Mind	Breathing, Language Natural Shift – <b>Paradoxical Theory of Change</b>

### Building a Naturalistic Metaphor

- Trance Induction
  - Eye Focus-where do your eyes wish to focus?
  - Building a Metaphor (Nature)
  - Engage Unconscious Mind
    - Curiosity to Explore
    - Unconscious - Experience
- ↓ Access Inner Resources
- Receive – Support, Comfort, Safety, Time
- Deepening – Breath, Support, Resources
- Comfort – To Go Inside – To Deepen
- I wonder what your unconscious would like to  
EXPLORE NOW

### Trance Process For Inner Exploration

- Accept or Change or Not Change
  - Create or Shift or Not Shift
  - Reframing Negative Symptoms from Pain to Healing Meaning & Positive Learning
  - Make a Decision with Unconscious Mind
  - Connection to Core Self – to Essence – to Higher Order in Cosmos
- Transformation**
- Project into New Future or Deepening NOW
  - Acceptance of what is NOW emerging!
  - Tracking Coherency Mind Body Energy Healing

## TRACKING

- Look for what state client is experiencing
- States are not sequential but arise and flow
- Our task to is to follow then lead
- States to Track in any session:
  1. ORIENTATION-to here and now, environment, self and other- pay attention to and orient.
  2. ACTIVATION-notice emergence of bodily sensations-emotions, feelings.

## TRACKING (cont'd)

- 3. GROUNDING-suggest they ground their body or use your body foot against there's. Hand touching their arm, shoulder, back of neck, hip, stomach, side, outer thigh or joints.
- 4. ORIENTATION-back to here and now
- 5. ACTIVATION-add breath DISCHARGE
- 6. TITRATION-attention to waves, flows of shuttling between states to safe state.

## TRACKING (cont'd)

- 7. GROUNDING or ORIENTATION to Now
- 8. RESOURCE STATE work to embody the state in the body
- 9. CONTAINMENT-grounding & orientation & Titration
- 10. Track Coherency separate parts for joining
- 11. COMPLETION riding out the wave of discharge or need to ground, contain, titrate allow the nervous system to **SETTLE** !

## TRACKING (cont'd)

- 12. INTEGRATION: Stage where client is teaching both you and self about something that they have learned, healed, shifted, discovered, transformed or come to compassionate acceptance.
- All stages need TIME and lots of TIME key is in the slowing down the pace!

## Ten Steps for Mind Body Healing

1. Where in the clients body does the energy flow?
2. Where (What ? & How ?) does this client hold on to emotional, energetic material?



What does he/she need to do with the body to let go?

## Ten Steps for Mind Body Healing (con't)

3. Where in the body are the emotions, sensations alive? Where and how do they deadened their feeling, emotions and sensations?

Where is **Fight, Flight**  
Or **Freeze** occurring?



### Ten Steps for Mind Body Healing (con't)

4. Track pain and symptoms to healing resolutions. Let the client become aware through focus on the breath of his/her state of nervous system being aroused. Process of **Activation** follow flow! **RED!** Let it settle down by using the breath to cool down sympathetic arousal to parasympathetic quieting. The Process of Deactivation or return to **BLUE!**



### Ten Steps for Mind Body Healing (con't)

5. Healing is STATE DEPENDENT using memory and learning. Activate Hippocampus-Prefrontal cortex brain region –Left to Right shift Assist the client to shift to altered states of consciousness through mindfulness meditation, guided hypnotic trance or deep relaxation induction.



### Ten Steps for Mind Body Healing (con't)

6. Somatic Experiencing approach is for making a bridge to feel safety and comfort. It is important to create safety and comfort for the client. Have you ever felt totally safe before? “How about a person you feel totally safe with past or present?” “Can you imagine yourself feeling totally safe in a certain place or situation?” Past, present, or future using imagination if needed.

### Ten Steps for Mind Body Healing (con't)

7. Create a **Safe State** then like a pendulum suggest client shift (Pendulant) to the **Healing Vortex BLUE**. Then after **embodiment of resource state** suggest they shift to the **Pain state RED** (symptom, trauma or painful memory track in the body or simply wait and watch them shift! Safe State  $\longleftrightarrow$  Shift to (**TRAUMA VORTEX**) **RED**- Pain, Trauma, remembering memory in the body most important etc. (We don't stay in the pain state too long. After a couple of minutes, move back to the safe state.) **BLUE** Keep the process of shuttling back and forth consistent and regular with the breath. Shuttle between healing and trauma vortex - **Blue** to **Red** to **Blue** etc. Adapted from Dr. Peter Levine “Waking the Tiger”

### Ten Steps for Mind Body Healing (con't)

8. Use Ericksonian hypnosis to conduct deep internal exploration. Create a hypnotic trance induction such as imagine your eyes are getting heavy and as your focus on the back of your eye lids YOU can **Learn To Go Into A Trance Right Now**. That's right, deeper and deeper more and more relaxed as you open your unconscious to explore what is **INSIDE!** To explore and learn about the nature of what's inside our unconscious mind!
- KNOWN      STATE      UNKNOWN STATE**
- NEW HEALING STATE!**
- EG. Explore the connection between the pain in the shoulder and utilize your unconscious to make inner and outer connections for new learning and new and novel mind-body healing.

### Ten Steps for Mind Body Healing (con't)

9. Engage the unconscious of the client to tap into the **creative inner resource** for promoting new learning and new healing.
10. Integration. Suggest to the client to begin to integrate what has been learned, explored or discovered into the new healing state with him/herself. When ready suggest they return to consciousness with this new learning or new mind-body healing Feeling refreshed and revitalized.

### AXIOMS FOR HEALING SOMATICALLY

1. Holding on vs. Letting Go/Possibility vs Limitations
2. Denial --> Acceptance
3. Contraction
  - ↓
  - Congestion
  - ↓
  - Stagnation
  - Freeze
  - Blocked --> Inhibited energy flow
  - Open --> Flowing Streams. Fluid system
4. Expansion
  - A. Surrender B. Acceptance
  - C. Change D. Healing Energy Flows
5. Clinging to Past or Opening to present or orienting to the Future.
  - Inventing--> New Future- Imagination

**FUTURE PACING**

### AXIOMS FOR HEALING SOMATICALLY (cont)

Inventing--> New Future – Imagination - **FUTURE PACING**

Working through and Resolution

Project into the future 1 day --> 1 week --> 1 year --> 2 years --> 3 years --> 10 years in the future

\*See, \* Hear, \* Feel yourself in the desired Future Healing State.

Enter into a new future and experience new feelings of yourself in the present – future experience.

### AXIOMS FOR HEALING SOMATICALLY (cont)

**Definition of Emotion: 3 Components**

1. Thought
2. Feelings
3. Sensation

### AXIOMS FOR HEALING SOMATICALLY (cont)

**Meditation Structure**  
Go into/explore /Or let go  
Witness: Observe awareness of awareness  
Pair Attention with Intention-Meta Cognitive Awareness

Process of Noticing:

- Thoughts- Ideas
- Beliefs
- Feelings
- Sensations
- Emotions
- Images
- Waves of energy
- Allowing
- Acceptance
- Being With what IS

### SOMATIC BREATHING PATTERNS

1. **Breath In through the nose, Out through the nose=Calming Breath**  
Good for anxiety, frustration, irritation, impatience.
2. **Breath In through the mouth, hold breath for count of 5, breath out through the mouth.** Good for cooling down emotions. Releases anger, meanness, rage.
3. **In through the nose, out through the mouth-Balancing Breath**  
Good for high level of fear, letting go of the past fear and dropping fear and anxiety about moving into the future.  
Breath one long deep breath in and hold the breath for 7 counts then breath out one long deep breath hold breath out for 2 counts begin again. Check in with Client every 2 minutes define any fears that are arising!

### SOMATIC BREATHING PATTERNS

4. **In Through the mouth, Out through the mouth= Heating breath**  
Good for the person who is feeling nothing, who is split no feeling.  
Good for increasing/intensifying emotions.  
Energy of very faint anger.  
In (count 3) to the stomach, in ( count 3) to the lungs, hold (for 3-5) out (3) from the lungs, out (3) from the stomach.
5. **Charging Breath** In and out the lungs place your fingers folded at your clavicle. Rapid and fast paced breath for creating heat and building a charge to move sensation into feelings.
6. **SITALI BREATH** – Curl tongue breath in through the mouth 5 counts hold 2-3 then relax tongue breath out 5 count through mouth a **COOLING BREATH!** Body heat and hot emotions like anger, rage etc.



### Structure of Work with Patient

1. Attention to eyes-Mirror Neurons  
Connective -attachment styles –  
Secure/ambivalent/avoidant/disorganized  
Contact/Presence: Transference/Counter-transference
2. Attention to Breath  
Notice Pattern
  - Where Breath Present? Where is Breath Absent?
    - ❖ Abdomen
    - ❖ Chest -Throat
    - ❖ Not Breathing-where?
  - Engage Breathing Patterns
    - ❖ Suggest Breath to open up flow!


### Structure of Work with Patient (cont)

3. Shuttle Between building up release-charging-discharging-Slowing  
Down-containment, titration, grounding,
4. Settling of Nervous system Parasympathetic response (**BLUE**)
  - ↓
  - Containment-Nervous System needs to go into  
A state of Settling
  - Exploration- underneath the Sensation- Affect  
Defensive Core
  - Pain Body + Nervous System
5. Arriving to the Somatic Impasse provide lots of TIME and take  
plenty of TIME for the clients process. At **IMPASSE** wait, allow,  
accept.

### Structure of Work with Patient (cont)

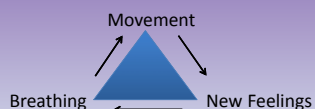
6. Arriving to the Somatic Impasse
  - ↓
  - Paradoxical Theory of Zen Change \*\*\*\*change occurs through  
Acceptance of what is! rather than what is not!
  - \*Counter Intuitive- Zen & Mindfulness-Compassionate  
Acceptance of what is and what is not.
  - \*Utilization Principle-Symptom as the Solution  
Defensive orienting response – Layers-Structures  
Re Frame Defensive Blocks and De-framing
  - ↓

### Structure of Work with Patient (cont)

7. Arriving to the Somatic Impasse  
Cooperation Leads to Joining
    - \* Mistrust-----Trust
    - ↓
    - Cultivation Positive Ego State (safe state BLUE)
    - Imagine & Connect: Positive Image
    - State of Safety & Comfort & Trust
    - Support with comfort to go deeper or to quiet and settle nervous  
system
    - access for containment, titration or discharge
    - Shuttle 1-2 Minutes
- (Healing Vortex BLUE)  RED ( Pain, Trauma Vortex)
- Trust Safety + Comfort

### Internal Resource State

1. Where in your body do you feel it?
2. Anchors-process of using Touch: joints, arm,  
shoulder or shoulders, thigh, knee, stomach, top of  
chest --> Body
3. Anchors Positive Internal state + Physical Resource-  
of Comfort



### Internal Resource State

4. Integration Suggestion
  - New Learning's - Present + Future Experience
  - SHIFT-----> Reflection of Internal Mind Body Healing
  - Connection
  - Change
  - Release
  - Transformation & Mind Body Healing  
New Opening-New Possibilities
5. Grounding Exercises for the Patient
  - Movement – walk slowly around the room
  - Notice Colors and objects in the room
  - Eye Contact with the therapist
  - Holding, Touching and Anchoring using physical touch
  - Sensory Phenomena-looking out at nature



### **“Wise Mind, Open Mind” River of Time Exercise for Time Line Therapy**

- Start in the moment cross over the bridge of the River of Time Walk upstream find a spot to lay down -go back in Five year increments asking about any experiences of trauma, pain, suffering, abuse or medical anesthesia experience or near death experience
- Begin the process of mindful meditation, and after a time, envision yourself standing alongside a river, the river of your life. The moving waters are your own vitality, or life force, moving forward continually despite all that happens on the riverbank.

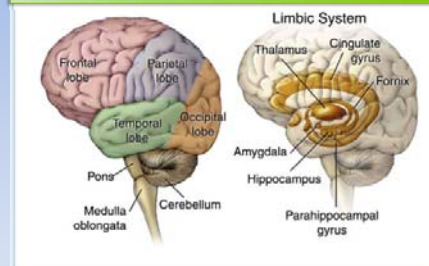
### **River of Time Meditation (con’t)**

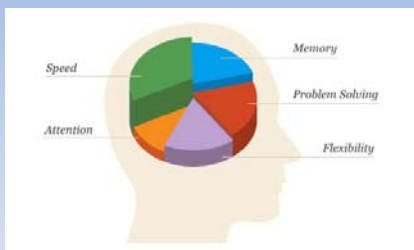
- Pick a point along the riverbank and walk upstream toward it, moving into the past. This is a place in your life where you experienced a regret, loss, crisis, or trauma. Take a seat on the riverbank, and as you gaze at the passing waters, breathe deeply. Watch yourself go through this past painful event as if you were watching an old home movie. Breathe out the constricted energy that has long held the pain, regret, or trauma inside of your body. Observe as it begins to flow out of you. When this life event has finished unfolding, look into the eyes of your younger self and say, ***“It’s okay. Everything will be healed downstream, I promise.”*** Reassure your younger self until you feel that the turbulent feelings have calmed. Bid your younger self good-bye, and then turn and walk the other way, downstream, feeling the vital power of the river alongside you.

### **River of Time Meditation (con’t)**

- Experience yourself opening to the future with a fresh and renewed sense of hope and possibility as you move forward, releasing and healing your past. If your internal movie held an old regret, such as never finishing a project that meant a lot to you or dropping out of college in your very last semester, now see yourself picking up where you left off, taking action and finally completing this task. Experience the exhilaration and the wonderful sense of renewal that arises in you as a result.
- Observe your healed, future self. Look into the eyes of this future self and ask, ***“What wisdom can you share with me?”***
- Listen closely to the answer. Listen as your future self reassures you that you’re in the process of healing even now. Feel this self imbue you with courage, strength, and love.

### **PRE-FRONTAL CORTEX**





### Flexibility to bring mind back when distracted.

- Less reactivity with arising of emotions.
- Less aversion, clinging of negative thoughts.
- Greater concentration – the brain becomes quieter with less activity. There is a general principle with the skilled brain – whether it's a monk, swami, golfer or chess player. Use less energy to do a better job.

We study and observe mind thought, bodily sensations as energy flows – over time one becomes more mindful of both what is the structure of mind as well as to attend to content, purpose and function.

**This inquiry eventually leads one towards enlightened liberation or mindful insight thereby allowing one to arrive at core wisdom as well as having developed the capacity to have stronger "Mindstrength" an ability to become more fluid and flexible and less reactive in mastering daily experience.**



Change occurs through acceptance of what is by attempting to not change, fix or repair what is lacking or missing. (in Zen there is no sense of a Self (Big) that is broken) in western psychology we do repair the personal I (Small) sense of self.

Thereby, the paradoxical theory of change comes into focus "that change occurs not when we try to become what we are not but when we accept what we are" Arnold Beisser M.D.

## Stages of Trauma

- 1. T minus 1 -Tminus 2, what was the last time you experienced feeling cohesive, whole and intact?
- 2. Ground Zero 0- moment of impact of Trauma
- 3. T plus 1-first moments after Trauma shock-dis-regulation-fracture of self experience First responder
- 4. T plus Two 2-Awareness of Self Dislocation and need to relocate and reconnect to the Self
- 5. T plus Three 3- need for Therapeutic intervention
- 6. T plus Four 4-working through process of healing and re-stabilization of Self Experience
- 7. T plus Five 5- integration of Positive Resources

### Process of Clearing Trauma:

•Core → **Identify EVENT -negative thought, feeling, belief, sensation, energy, symptom or complex of Trauma.** (going from Symptom to Solution-Resolution)

•Create a bridge to a healing space / cultivation of the safe state.

•**Enter an Altered State of Consciousness** –Mindfulness meditation or Trance state- (State Dependent Learning)

•**Identify the Negative afflictive emotion.** Fearful Sensation. **Positive Antidote Remedy – Create a positive healing state, Think, Feel, Image.** Cultivate a positive Sensation in the body and anchor it in the body at a specific place. **Process of embodying the antidote remedy.** The antidote remedy must be embodied via the breath as well as imagined in the mind and then connected and grounded in a specific place within the body. **This is a Resource state.**

Embody the Positive Antidote both in the mind space as well as within the body resource state!

<b>Negative</b>	<b>Positive Antidote</b>
Anger →	<i>Love, Kindness, Compassion, Equanimity, Tranquility</i>
Hate →	<i>Love, Embracing, Acceptance, Tenderness, Forgiveness</i>
Desire →	<i>Satisfaction, Equanimity, Contentment</i>
Envy →	<i>Inspiration, Admiration, Appreciation</i>

Fear →	<i>Safety</i>
Pain →	<i>Flow</i>
Dissociation →	<i>Re-Association</i>
Mistrust →	<i>Trust</i>
Hold On →	<i>Let Go</i>
Contraction →	<i>Expansion</i>
Discomfort →	<i>Comfort</i>

• Frustration →	<i>Patience, Forgiveness, Tolerance</i>
• Emptiness →	<i>Fullness, Sated, Wholeness</i>
• Sad →	<i>Happy, Joy, Free</i>
• Grief →	<i>Acceptance, Vitality, Completion</i>
• Emptiness	<i>No Self</i>

• Unworthy →	<i>Worthiness, Actualized, Deserving</i>
• Self Critical →	<i>Compassion, Acceptance, Confirming, Affirming</i>
• Alone →	<i>Together, Oneness, Unity, Joined, Connected</i>

### Mindfulness and the Cartography of Affliction and Freedom

• (FEAR)	• (NO FEAR)
• SEPARATION	• ONENESS
• SELF	• No SELF
• ISOLATION	• UNITY
• ABANDONMENT	• CONNECTION
• CONFUSION	• CLARITY
• DEPRIVATION	• ABUNDANCE
• ANGER	• FORGIVENESS
• ILLUSION OF CONTROL	• LETTING GO-SURRENDER
• SUFFERING	• BLISS

Whatever increases, decreases, limits or extends the body's power of action, increases, decreases, limits, or extends the mind's power of action. And whatever increases, decreases, limits, or extends the mind's power of action, also increases, decreases, limits, or extends the body's power of action.

– Spinoza (1632-1677)

## DEFINITION OF A TRANCE

It is a process for learning to be together and alone with yourself in a variety of ways as you experience yourself shifting, drifting and tumbling down slowly into the middle of **KNOW WHERE**.



## Five Stages of Ericksonian Mind/Body Healing Trance

1. Activation - Curiosity-Wonder
2. Transitions Conscious- Unconscious
3. Trance - Access Inner Resources
4. Identify Bridges Working Through Stage  
Inner Dynamics/ Transitional Links to Healing
5. Integration Change, Healing
6. New Learning's Shifts, Transformations

## TRUSTING CORE TO ACTIVATE

----->Trance for Inner Resources

### STEPS TO EXPLORE TRAUMA

1. IDENTIFY TRAUMA, MOVE FROM SYMPTOM ---->TO SOLUTION for INNER HEALING
  - Underlying Affect States, Feelings, Emotions Contours of Affects
  - Flows and movements of energies/Expansion/Contractions/Blocked/Fluid
  - Flows and movements of thoughts as mind/moments/solid or fluid/flowing
2. PACE WITH COMFORT, TRUST, SUPPORT
3. SUPPORT PROCESS TO "STRUGGLE", is a learning Process that you can heal/shift!

4. SUPPORT PROCESS TO GO "INSIDE" AND "EXPLORE" UNCONSCIOUS FOR LEARNING, TRANSFORMATION/ DISCOVERY/ ALLOWING/ UNCOVERING/  
----->PROCESS OF MIND/BODY HEALING UTILIZATION OF CREATIVE UNCONSCIOUS.

5. FACILITATE PROCESS OF UNCONSCIOUS RECEIVING FROM CORE RESOURCES.
6. INTEGRATE HEALING WITH MIND/BODY/ ENERGY COMMUNICATION.
7. YES, YOUR UNCONSCIOUS IS LEARNING TO HEAL RIGHT NOW as you TRUST AND ALLOW!

## Steps For Clinical Trance

- Trance or Mindfulness Induction
- Focus of Attention-where do your eyes want to focus? 3 Points of attention- Hands, Eyes, Breath
- Cultivate a safe space-Ego State
- In Imagination or Inside of the Body- past/present/future
- Use of Breathing to Deepen relaxation and enter trance

## Induction Example

- Shift, drift, tumble down slowly into middle of KNOW Where
- Attention - non verbal patterning - establish non verbal rapport-MATCH BREATH PATTERN
- Develop eye fixation and focus on eyes Focus by looking at my eyes or go inside to the back of your eye lids and rest
- Use voice temporality & tonality - with resonance - pauses, silences and tempo-tracking skin color changes in farcical tone

### Induction Example (con't)

- Keep underling beat / rhythms/Use of the Frame drum
- Develop focused attention use of eyes/ your eyes/my eyes/inner I
- Welcome both positive and negative experiences - integrate both during the induction
- Utilization Principle-All is good

### Trance As Story Telling

Definition of Problem as Solution-Reframe  
Trauma to Resource-Strength, Courage

- Theme of trance: nature – nurture-  
Overcome Empower
- Metaphors use of Story and Language  
facilitate new learning DE-potentate  
conscious mind for unconscious activation

### Stages of Rapid Trance Induction

- Attention - hands / eyes –  
forehead/breath/sounds
- Safety and comfort
- Curiosity and wonder - engage to go  
inside
- Process of deepening breath and  
comfort

- Past / Present / Future orientation
- Future pace the problem: see, hear, feel,  
experience yourself without the problem in  
the future. one month, one year, three  
years!
- Who do you see, feel and hear yourself  
becoming! See your self ahead in the future  
trauma resolved who are you what do you  
feel in your body sense of self
- Suggestion to STAY the SAME or to CHANGE  
or NOT TO CHANGE!

- Process of unconscious search
  - How will your unconscious assist you to  
learn, grow, shift, transform, heal,  
resolve, breakthrough, make a decision,  
discover something new, open into new  
inner space?
- Ratification - Post Hypnotic Suggestions:  
when your return you may ask you  
unconscious mind if it would like to  
communicate your experience with your  
conscious mind?
- Re-entry - Time for integration

### Practice Trance Inductions

- Practice Trance Inductions Methods
  - Eyes open / closed - Eye focus
  - Eyes on the back of the eye lids
  - Three point attention: Eyes, Hands, Voice
  - String around 1st finger - hand levitation  
use of balloon
  - Hands 6-8 inches apart - energy field  
induction
  - Waking dream



### **The Language of Change Hypnosis**

- What are you interested in?
- What would you enjoy experiencing?
- What are you curious about?
- What are you experiencing / not experiencing?
- What would you like to experience or not experience?

- **Language is both a Concrete and Symbolic instrument in the process of change. Therapist as Artist originator for unique happenings to bring forth!**
- **The Map is not the Territory (Gregory Bateson & Field Theory) as we move from one STATE to another!**

- **State Dependent learning (Ernest Rossi) the function of Altered States of Consciousness in new learning and healing! Molecular Brain Mind Molecules of Emotion and Healing.**
- **We utilize Language as a Metaphor for Healing Change**

### **Metaphorical Language for Deepening**

- Hope to occur – Be Happy to - Be Willing to Like /not like– Desire - Hoping for / not Hoping for!
- Allow – Imagine – Envision -Entertain – Probe/Look more deeply into- Examine Parts / A Part of?
- What are you Interested in Discovering? Not Discovering?

- **What are you Curious about or do you wish to Explore?**
- **Are you wanting to Entertain, Probe, Examine → Parts or Total Whole?**
- **Can you Imagine seeing the Total Picture? What is the next piece of the puzzle you can imagine choosing to place in your healing process?**

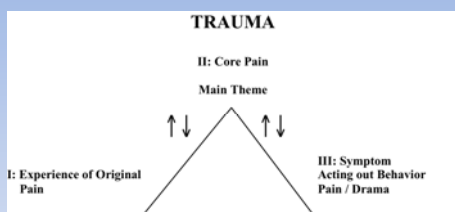
- **As you imagine seeing and feeling the Change as it's manifesting or coming into the foreground from your unconscious mind!**
- **What is it Shifting or Transforming from the Background and or towards the Foreground?**

### Finish With! or Move On From!

- What do you want to Build? Create? Bring forth as a Possibility
- Cultivate / Go forward / Proceed towards / Grow into what's next? / Death - Rebirth / Letting go into the unknown and discovering something fresh and original!

### Regression: Process to Heal or Locate Trauma

- Affect Bridge
  - I. Positive Emotions
  - ii. Negative Emotions
- Cross over the Bridge River of Time with a positive affect follow river upstream



### Energetic Outcome

- Disrupted – Imbalanced
- Blocked – Feelings sense of immobilized bodily flows
- Split Off – Frayed qualities of psychic experience-distracted and or dissociated/Come into Integration

- Body Parts Frozen – Rigidity
- Numbing – Lack of Awareness
- Positive flow state – Important to locate sense of well being in the body
- Negative – Can't Feel or Feels Empty (no sense – sation)

- Active Absence
- Flattens Entire System – Quality of deadness – non-aliveness
- Blocks Communication – Poor Relationship

- Immobility → Function / Expression  
↓ Immune System →
- Retroflection – Turning off Emotion Feeling & Sensation
- Need to identify affect then-Identify the Introject: what is core belief?
- Inwardly → Repression

- Micro
- Macro → Suppression  
Process Confusion – Dullness,  
Lacks Vitality, Fire & Passion
- Micro → Shut Down of Open Flow in Mind Body System  
↓
- Increase of Cortisol – Fight / Flight – Stress – Skews Perception – Sympathetic Nervous System is turned on

### Work to Create a Shift

Therapist needs to create a Quiet State for Mind Body Healing:

- Breath, Meditation, Trance Awareness of Mind Body States
- Lowering of Stress Barrier - Quiet State evocation of Relaxation state
- Healing – Mind Body Healing state of parasympathic activity

- Language is both a Concrete and Symbolic instrument in the process of change. Therapist as Artist originator for unique happenings!
- The Map is not the Territory (Gregory Bateson & Field Theory) as we move from one STATE to another!

- State Dependent learning (Ernest Rossi) the function of Altered States of Consciousness in new learning and healing! Molecular Brain- Mind- Molecules of Emotion (Candace Pert) Polypeptides and 2<sup>nd</sup> brain Healing.
- We utilize Language as a Metaphor for Healing Change

### Insight, Capacity of the Mind for Creative Mental Time Travel/Past-Present/Future.

Endel Tulving( researcher)

- **Self Knowing Awareness:** Mindful Awareness of Now
- **Past and Future Awareness**
- **Aspects of Narrative Awareness:** Waking up Mindfully
- **Trait identification** what I like, what I dis-like  
this is: **Self-Knowing Awareness-** Fundamental to secure attachment parents need to have Deep Understanding of their self.

*My quest is paradoxical; the distant truth  
I seek lies hidden in the motivation that  
sends me searching; though it impels me  
outwards towards the world, I must find  
a way to bend it back upon itself, and  
make it illumine its origin.*

- Allen Wheelis

*You lose your grip  
and then you slip  
into the Masterpiece.*

-Leonard Cohen, "A Thousand Kisses Deep"

