

wellness
THROUGH
mindfulness

ONLINE EVENT

TRAUMA INFORMED MINDFULNESS

Led by Dr. Paula Fayerman

Thursday, December 1, 2022

7:00 – 8:30 p.m.

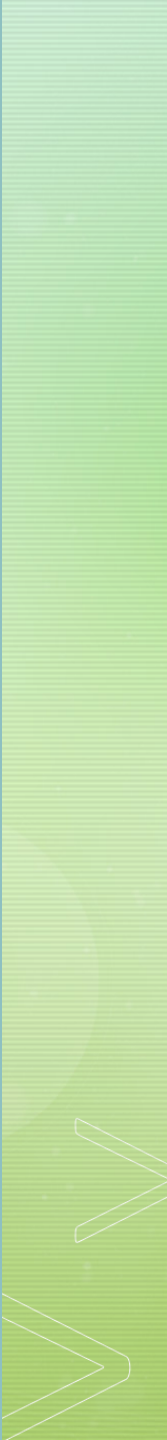
Mindfulness asks us to bring non-judgmental open awareness to what is arising. If past experiences of trauma arise during meditation we may shut down, dissociate or become agitated.

This presentation is a brief overview of shock and trauma, trauma sensitive mindfulness practices, including some methods to stabilize our mindfulness practice.

wtm.thebreathproject.org



*Please take care
of yourselves....*



Mindfulness and Meditation Practice

Open nonjudgmental caring awareness/attention to present moment events

Can be beneficial for people who have experienced trauma. Learn to be with symptoms of trauma without getting activated.

Can stimulate trauma symptoms and cause destabilization

If you know you have PTSD and are practicing mindfulness please also have the care of an experienced trauma therapist.

What is Trauma?

Any experience that is stressful enough to leave us feeling helpless, frightened, overwhelmed, or profoundly unsafe is considered a trauma.”

-Pat Ogden, psychologist and creator of the Sensorimotor Psychotherapy

Unable to integrate or process the experience leaves the trauma or shock in the body/mind leading to physical, emotional and cognitive symptoms that can manifest many years after the event.

“Too much, too fast, too soon.”

Different People Affected Differently!



Whole system involvement

Physical body

Posture, muscles, bones, joints, fascia, endocrine system (hormones)

Emotions

Thoughts

Beliefs/cognitions

Breathing

“Energy”

Teaches us NO SEPARATION between “body” and “mind”

Types of Traumas

- Single incident
- Societal/Historical/Multigenerational
- Developmental/Childhood

Attachment Theory



Photo by: Kim Ruoff

Adverse Childhood Experiences





Triggers

- A Trigger can be anything that sparks a memory of a trauma, or a part of a trauma.
- We may not have a conscious memory or image!
- Triggers are a nervous system response
- If we can start to recognize triggers we can also start to heal!
- Traumatic responses do not happen on a cognitive level.
- Triggers happen in our sympathetic and parasympathetic nervous systems, in our brain, body, emotions, and may be outside of conscious control.
- Disconnection between frontal cortex and mid brain/brainstem.



Anything can be a trigger

Body positions

Sights, sounds, smells

Being touched in certain areas

Feeling ignored, abandoned, rejected

Internal sensations

- We can be triggered in meditation and mindfulness practice!

Triggered Responses

“Hyperarousal”

activated and in a fight/flight mode?

anxiety, anger, irritability, panic, shame, blaming, startled, shocked, yelling, defensiveness

“Hypoarousal”

Immobilized in a collapse of tonic immobility- the freeze response

depression, withdrawn, guilt, feeling lost, abandoned, isolated, numb, lack of interest, hopelessness, tonic immobility or collapse

Dissociation

checked out, spacey, out of body, not feeling yourself, disconnected

Regression

retreating to an earlier developmental stage. Voice, body posture or actions may change.

Hypoarousal



Hyperarousal



Staying in the Window of Tolerance

HYPERAROUSAL

High Energy, Anxiety, Anger, Overwhelm, Hypervigilance, Fight/Fight, Chaotic

Window of Tolerance

Grounded, Flexible, Open/Curious, Present, Able to Emotionally Self-Regulate

HYPOAROUSAL

Shut Down, Numb, Depression, Passive, Withdrawn, Freeze, Shame

Ready to Learn
happy, calm, alert, curious, trusting



When doing a Meditation/Mindfulness Practice

- Recognize are you hypo or hyperaroused
 - Are you in the Window of Tolerance
 - Are you spaced out/dissociated?
- Bringing AWARENESS to your situation is the first step!

Bring yourself into
Window of Tolerance

Open your eyes!!





Bring yourself into Window of Tolerance

- Orient to your location and time!
 - Directions
 - Objects/colours/sounds in the room
 - Walls/doors/ceiling/floor
 - Connect with all five senses
 - Orient to your body position, feel feet on the floor, feel bottom on the chair

Bring yourself into Window of Tolerance Does Breath work for you?

- Extending the exhale if feeling agitated
- Extending the inhale if feeling drowsy
- Hand on belly- feel the breath
- 4-7-8 Breathing



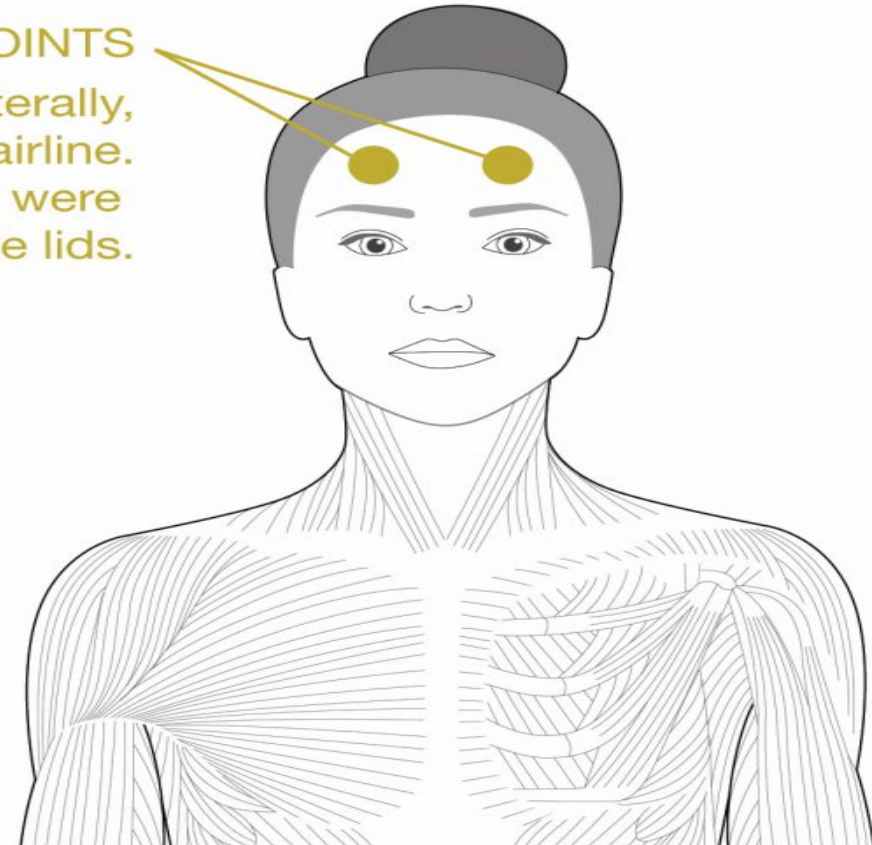
Bring Yourself into the Window of
Tolerance

Touch

Forehead touch

NEURO-VASCULAR HOLDING POINTS

Hold the frontal eminence bilaterally,
between the eyebrow and hairline.
Hold very lightly, as if you were
touching your eye lids.

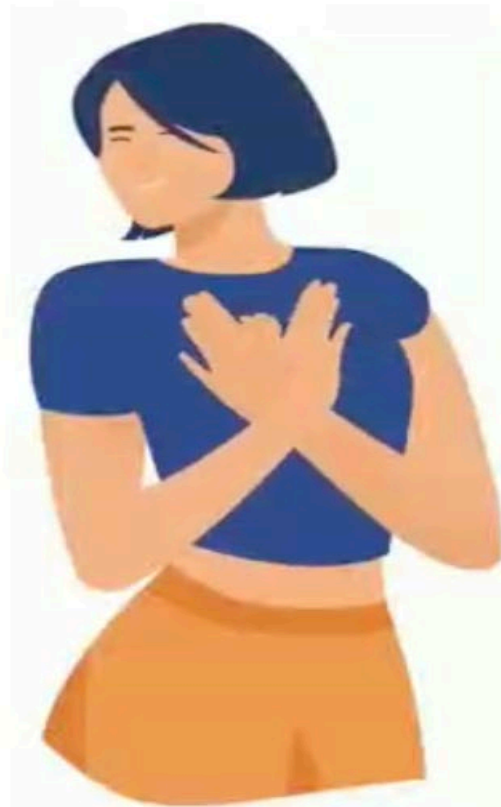


Calming Hug



Butterfly hug

Butterfly Hug Technique



1

Interlock your thumbs over your chest, & flap your palms steadily like a butterfly.

2

Breathe slowly and deeply while noticing your thoughts & body. Notice the sounds & aroma around.

3

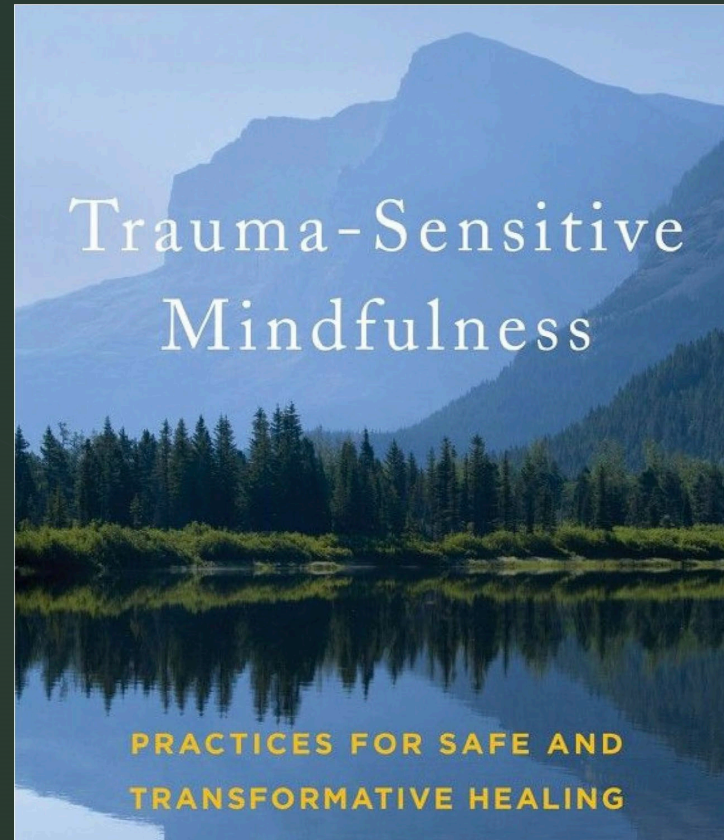
Continue flapping your palms while observing these thoughts, without any judgment.

Healing Happens in Relationship!

- Find the connections and people that will help you
- Learn to bring yourself back into the window of tolerance over and over again, stabilize!
- Go very slowly and gently
- Self compassion for all you have been through and for all the healing you are engaged in

Trauma Sensitive Mindfulness

By David Treleaven



Thank you!

