

# Packing Your Carry-on

ESSENTIAL TOOLS FOR HEALING FROM PTSD

WELCOME, WITH GRATITUDE FOR YOUR ATTENDANCE,  
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US!




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# OBJECTIVES

- To review basic information about PTS
  - To provide tools to manage PTS
  - To practice using the tools
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# OUTLINE

Grounding

What is PTSD

Trauma Responses

Triune Brain: Hand Model

Vagus Nerve

Importance of Packing your Carry-on

Titration and Pendulation

4 Elements Tool


Ball and Rock Tool

Conclusion

Questions



# **GROUNDING: SETTLING IN AND SETTLING DOWN**

- **Post-traumatic stress (PTS) pulls us away from the present**
  - **We learn, connect, and perform better when we are fully present**
  - **Grounding to the present time and place is important to help manage PTS**
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# GROUNDING



# WHAT IS PTSD?

(PCL-5 BASED ON DSM-5 CRITERIA)

**Traumatic event:** Actual or threatened death, serious injury, or sexual violence

## Four criteria of symptoms :

1. Intrusions
2. Avoidance
3. Negative alterations in mood or cognitions
4. Arousal and reactivity

**Clinically significant stress or functional impairment.**

# PHYSIOLOGY OF PTSD: The Triune Brain

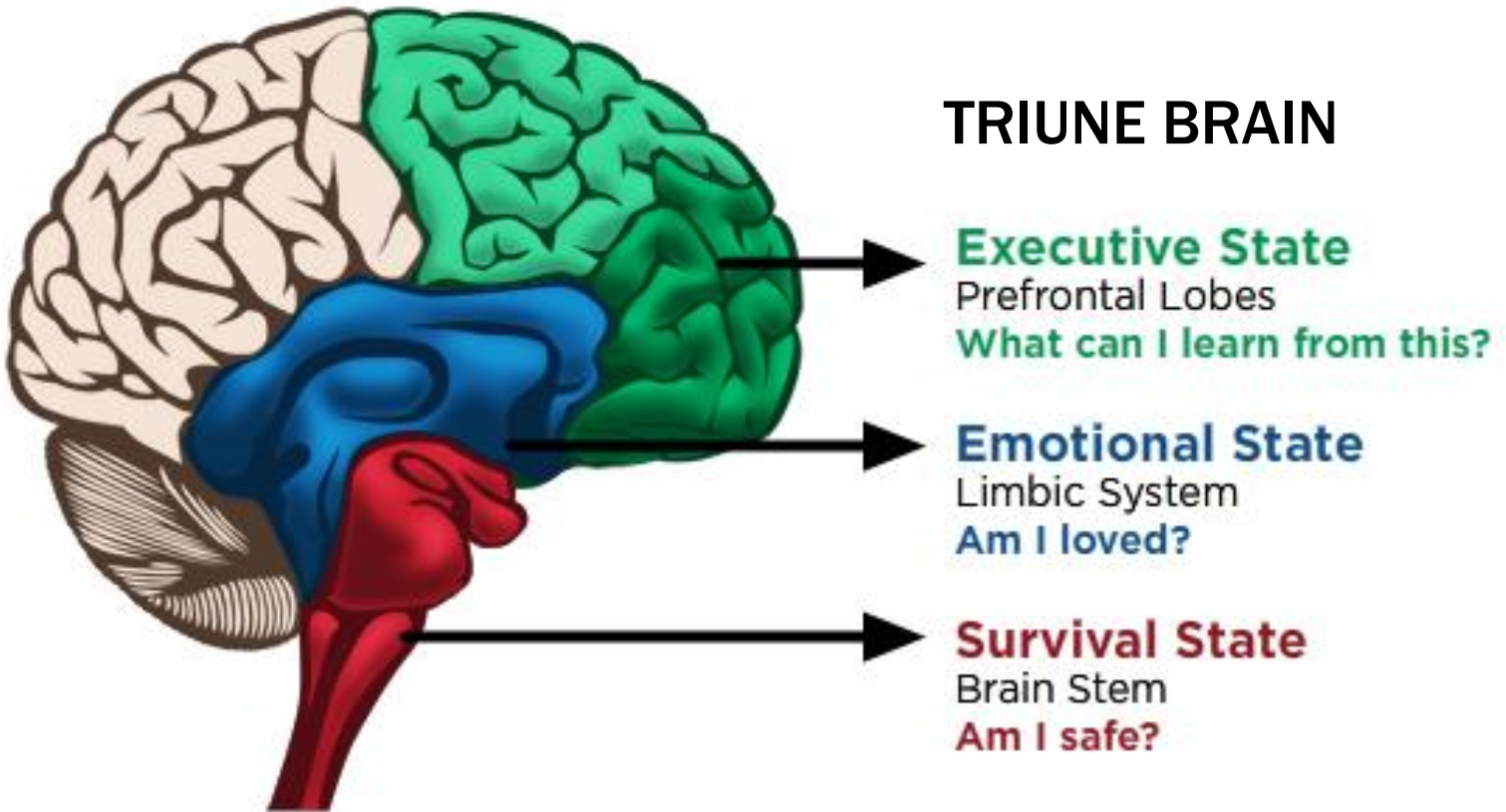


IMAGE RETRIEVED FROM CONSCIOUS DISCIPLINE  
OGDEN, MINTON, & PAIN (2006)  
SIEGEL (1999)

# THREE BRANCHES OF THE VAGUS NERVE

SOCIAL ENGAGEMENT (Optimal Arousal)

Range of Emotions

*"I am safe."*

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FLIGHT or FIGHT (Sympathetic)

Feeling too Much

*"I am in danger."*

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IMMOBILIZATION (Parasympathetic)

Feeling too Little

*"I'm going to die."*

# HELPFUL TOOLS

## OPTIMAL AROUSAL

Enhance access to resources through practice of tools, and cultivating healthy relationships.

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## HYPERAROUSAL

Reduce arousal through grounding, centering, containment, calming imagery for *relaxation*, soothing, supportive relationships, positive self-talk, yoga, exercise.

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## HYPOAROUSAL

Increase Arousal through grounding, time and place orientation, centering, movement, warming up, imagery for *energy*, focusing outwards, soothing, supportive relationships, positive self-talk, yoga, exercise.



# 4 ELEMENTS: EARTH, AIR, WATER AND FIRE

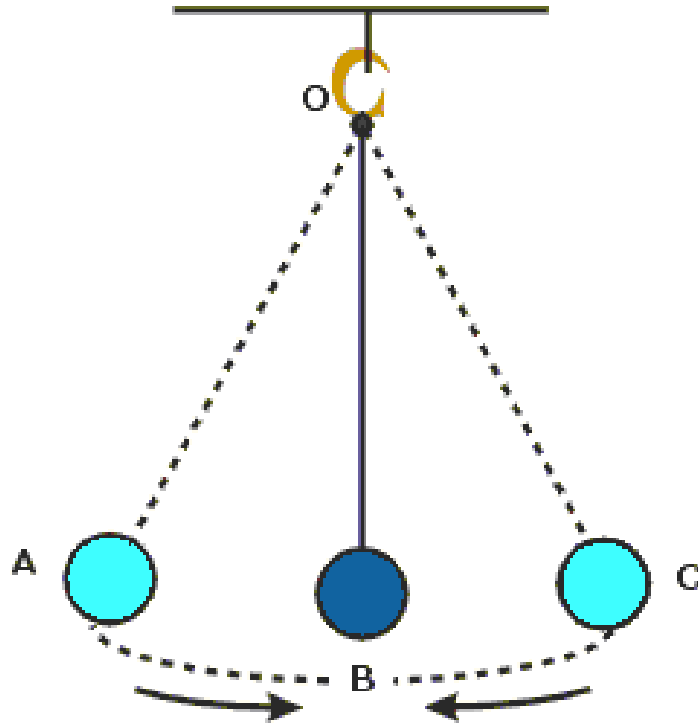


# TITRATION

- Controlled reaction, as in chemistry
- Necessary in order to not overwhelm the system
- Staying within the window of optimal arousal



# PENDULATION




- Pendulate between disturbance and optimal arousal
- Accesses resources
- Empowers the person

**STRESS  
REDUCTION AND  
CALMING: BALL  
AND ROCK  
INTERVENTION**



BOON, STEELE, & VAN DER HART (2011)

## **CARRY-ON MESSAGES**

- **Traumatic stress can overwhelm our natural capacity.**
  - **Unprocessed memories pull us from our present experience.**
  - **Tools help us manage PTS symptoms and heal.**
  - **Practice helps make tools more available when we need them.**
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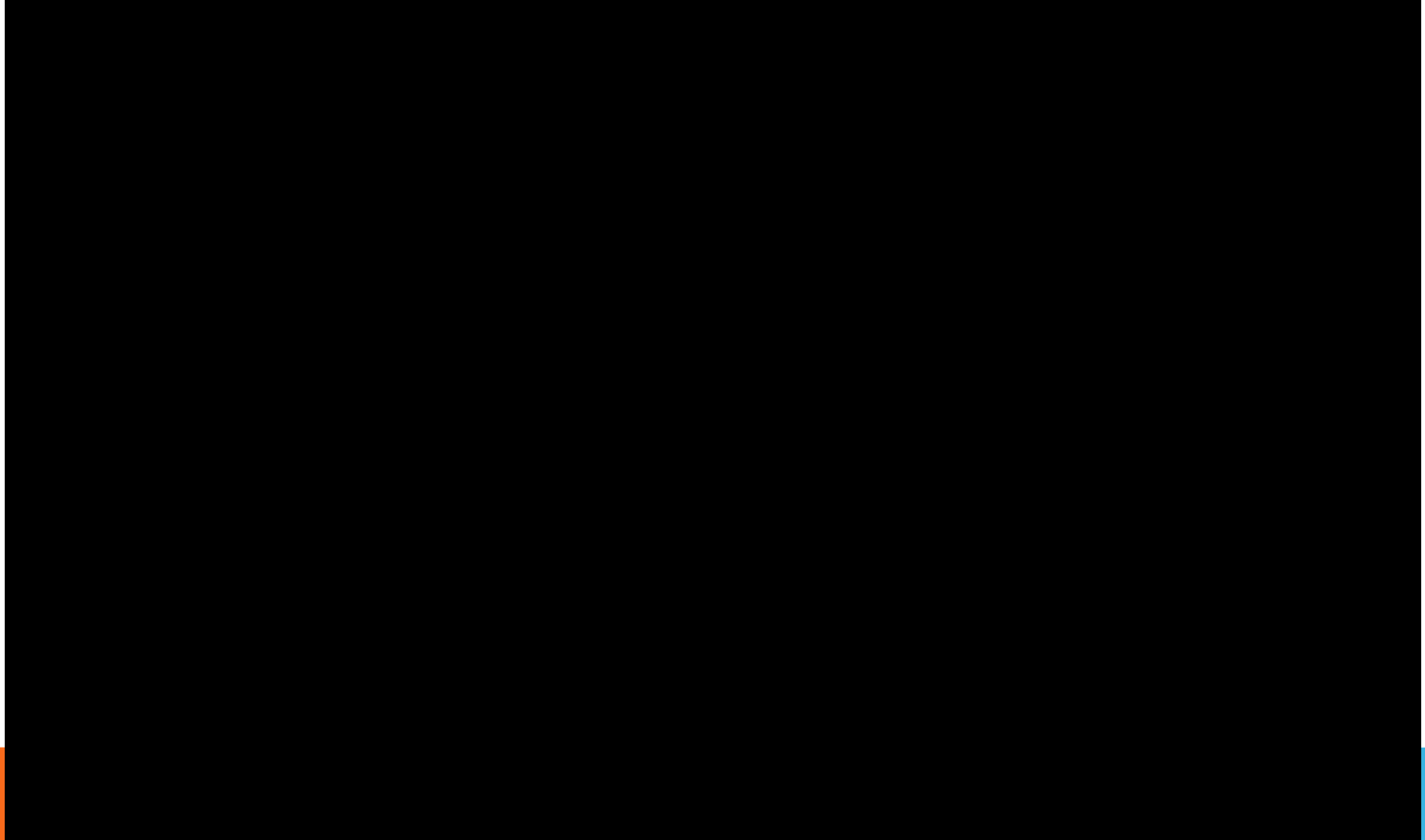
**“...Find out where joy resides,  
and give it a voice far beyond  
singing...”**

– Robert Louis Stevenson



# **POWER PSYCHOLOGY SERVICES INC.**

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[WWW.POWERPSYCHOLOGY.WIX.COM/HOPE](http://WWW.POWERPSYCHOLOGY.WIX.COM/HOPE))**



**QUESTIONS?  
COMMENTS?**



# FREE APPS

## **Breathe2Relax App**

Breathe2Relax is a portable stress management tool which provides information on the effects of stress on the body. As well, it includes instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. It was developed by the National Center for Telehealth & Technology.

## **CBT-I Coach App**

Sleep problems are very common for people with posttraumatic stress disorder (PTSD). The CBT-i Coach mobile app is based on the CBT for Insomnia in Veterans Manual. Please view the app for a full list of project partners. CBT-I has been shown to be helpful for both Veterans and civilians.

## **PTSD Coach Canada App**

This App was initially developed by US Veteran Affairs and the Canada version is offered to you by VAC, DND, and CMHA and is helpful for anyone suffering from traumatic stress.

# HELPFUL WEBSITES

**Anger Management** [www.angriesout.com](http://www.angriesout.com)

Dr. Lynne Namka, of Talk, Trust, & Feel Therapeutics, provides many resources for individuals and families.

**Atlas of Emotions** [www.atlasofemotions.com](http://www.atlasofemotions.com)

Dr. Paul Ekman & The Dalai Lama

**Centre for Clinical Interventions Workbooks** [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

The Centre for Clinical Interventions (CCI) (of Western Australia) has workbooks on depression, anxiety, perfectionism, procrastination, bipolar disorder, disordered eating, panic, health anxiety, assertiveness, self-esteem, worry, body acceptance, distress intolerance and social anxiety/shyness.

**MARC UCLA Mindfulness Meditations** [www.marc.ucla.edu/body.cfm?id=22](http://www.marc.ucla.edu/body.cfm?id=22)

The Mindfulness Awareness Research Centre at the UCLA provides free access to mindfulness meditations. Be sure to check the link at the bottom of the page for access to additional meditations. If meditating is new for you, start with the shorter breathing and body scan exercises. Remember you can meditate with your eyes open, especially if hypoarousal is a concern.

**National Center for PTSD.** [www.ptsd.va.gov](http://www.ptsd.va.gov)

There are plenty of resources on this site.

**Shapiro, E. (2012). 4 elements exercises for stress reduction. (Earth-air- water-fire) .**

[www.emdrresearchfoundation.org/toolkit/four-elements.pdf](http://www.emdrresearchfoundation.org/toolkit/four-elements.pdf)

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