

Book Club: The Body Keeps the Score part 2 by Dr. Bessel van der Kolk

Parenting with ABA Members CE Event

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What is trauma?

"Involves exposure to an event or series of events that adversely affects functioning and well-being"

What does trauma-informed mean?

Trauma-informed doesn't refer to the traumatic event that happened in the past for the client- but how it affects their functioning TODAY.

How does traumatic memory differ from typical memories?

What is interoception?

Our awareness of our subtle sensory, body-based feelings
How we understand our bodies' sensations
Collection of senses perceiving the internal state of the body

What are some of the benefits of mindfulness?

Has been shown to have a positive effect on:

- immune response
- blood pressure
- cortisol levels

And decrease the activity of the amygdala (brain's smoke detector) that sends into fight or flight



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What are the 2 distinct forms of self awareness?

Self across time

Self in the present moment

language-based

based in physical
sensations

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What does EMDR stand for?
Eye Movement Desensitization & Reprocessing

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What happens in EMDR therapy?

- A form of trauma-focused cognitive behavioral therapy specifically developed for reducing the power of traumatic memories.
- A trained therapist guides person to think about trauma while moving their eyes back and forth, left to right.
 - Or other bilateral movements
- Over time, this helps the brain reprocess the memories so that they no longer cause as much pain.
- Movements similar to REM sleep
- PTSD treatment sanctioned by the VA

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Why is yoga recommended for traumatized people?

- Connect to the body
- Bottom-up regulation
- Train heart rate variability
- Present moment awareness through breath
- Interoception training

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What is the premise of IFS/ Internal Family Systems Therapy?

- The mind is like a family made up of unique members
- Separate confusing stories into separate entities
- "How do you feel toward that part of you?"
- Self-as context- the observer self



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What is creating structures in psychomotor therapy?

- Physically choose people to represent the people from your past.
- Set them in a spot, give them words to say, move them around, and interact with them.
- Leader prompts things like- "Now choose someone to be your ideal parent here today. What would they say?"

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What is neurofeedback?

Neurofeedback therapy is a noninvasive procedure that measures a patient's brainwaves and provides the patient with real-time feedback about how the brain is functioning. It's a type of biofeedback, which is a mind-body technique that aims to help patients gain voluntary control over certain body functions that are typically involuntary (such as heart rate, muscle contraction or brainwaves). Biofeedback uses electronic instruments to convey to the patient certain physiological processes happening in their body that they are typically not aware of.

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What are some of the ways neurofeedback can be beneficial for traumatized individuals?

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Why is theater often recommended for trauma survivors?

References (with hyperlinks)

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