

When the Smoke Clears How Do We Heal?

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Roots & Wings & The Malibu Foundation

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HEALING

HEALING: the process of making or becoming sound or healthy again

Old English *hælan* "cure; save; make whole, sound and well,"

<https://www.etymonline.com/word/heal>

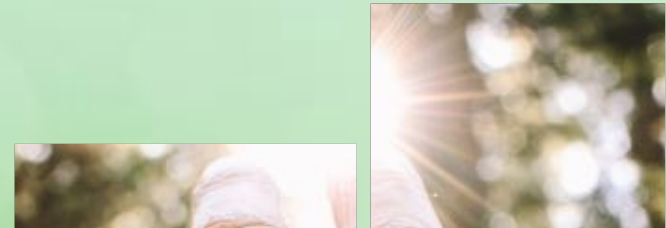
WHOLENESS

Being able to digest our life experience

“Existential vulnerability” guarantees pain

“Pain is not Pathology”

Robert Stolorow PhD



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6224348/>

▸ Healing - Building Capacity



1. **Normalize & Orient**
2. **Healing & Transition**
3. **Healing & Rebuilding**
4. **Collective / Systems**
 1. **Trauma-informed care**
 2. **Positive organizational deviance**

TRANSITION

INNER & UNDERLYING process that is common to all transitions



ENDINGS

NEUTRAL ZONE

NEW BEGINNINGS



Healthy Stress

normal & healthy development
brief increase in heartrate, mild
hormone elevation
infrequent, short-lived, mild



Tolerable Stress

activates body 's alert system,
longer lasting difficulties, but
limited exposure & protection
from relational support, brain and
other organs recover



Toxic Stress

strong, frequent, and long-lasting
prolonged activation of stress
response systems harm organs,
disrupts brain building – disease &
neurological impairment
loss, disorientation, grief, overload



Trauma

significant threat
overwhelming
shocking

derangement of the neuro-endocrine-immune response resulting in prolonged cortisol activation and a persistent inflammatory state, with failure of the body to normalize these changes after the stressor is removed

PUBLIC HEALTH CONCERN

personal experiences, genetics, environmental factors

ACES. (Adverse Childhood Experiences)

1. emotional abuse
2. physical abuse
3. sexual abuse
4. emotional neglect
5. physical neglect
6. absence of parent from divorce, death, or abandonment
7. domestic abuse
8. household member with substance abuse
9. household member with mental health illness
10. household member in prison



Relationship is key

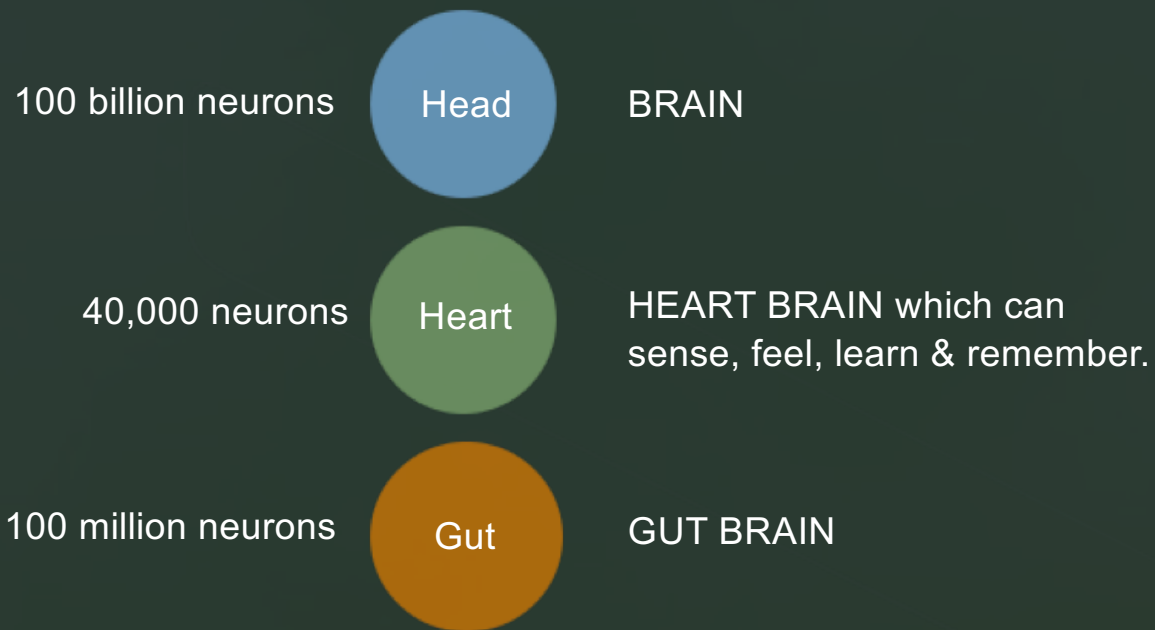


- Interpersonal Neurobiology – Rhesus Monkey experiments

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC285801/pdf/pnas00159-0105.pdf>

- Attachment - We learn from family & culture
- Bearing witness to stress, fear, anxiety, sadness
- Self – Other – Environment

Healing - Wholeness

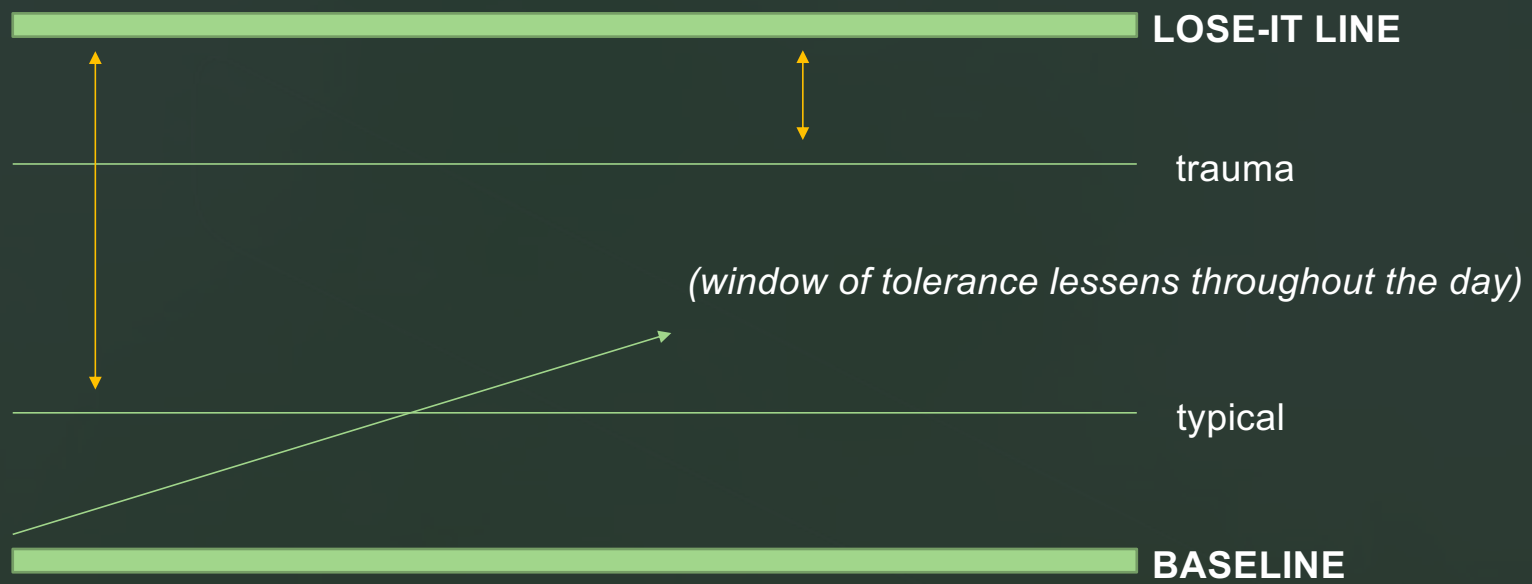


<https://theminfulnesssummit.com/sessions/head-heart-gut-check>

Nervous System



Window of Tolerance



GOAL – Expand Resilience Window through self-regulation



PTSD – Post-traumatic Stress Disorder

Avoidance Symptoms

Intrusive Memories

- Flashbacks or Upsetting dreams
- Recurrent memories or ReExperiencing

Changes in Emotional Reactions

- Overwhelming guilt or shame
- Easily startled or frightened
- Sleep disturbances
- Difficulty concentrating
- Always on guard for danger
- Irritability
- Angry outburst
- Aggressive behavior
- Self-destructive behavior

Negative Changes in Thinking and Mood

- Negativity about yourself and others
- Lack of interest
- Difficulty maintaining relationships with others
- Memory problems
- Emotional numbness
- Inability to experience positive emotions



EMDR – Eye Movement Desensitization & Reprocessing

- Unfreezing what has been Frozen in the nervous system
- Neural Networks
- Memory Networks
- STABILIZATION – PROCESSING – INTEGRATION

*Integration the essential mechanism of health as it promotes a flexible and adaptive way of being that is filled with vitality and creativity. The ultimate outcome of integration is **harmony**. The absence of integration leads to chaos and rigidity (Dr. Dan Siegel)*

PRESENCE – Stop – Observe – Align - Allow

Self	Others	Environment/work
More intentional Slower Less effort Better focus WHOLENESS (range) Maturity / EI More joy More energy	Quality communication More engaged More authenticity More honesty Less avoidance Less reactivity	Better focus Better time management Re-engaged/motivated New perspectives

"We have to face the pain we have been running from. In fact, we need to learn to rest in it and let its searing power transform us."
--Charlotte Joko Beck



CHILDREN & FAMILIES

WAYS TO HELP MOST CHILDREN RECOVER

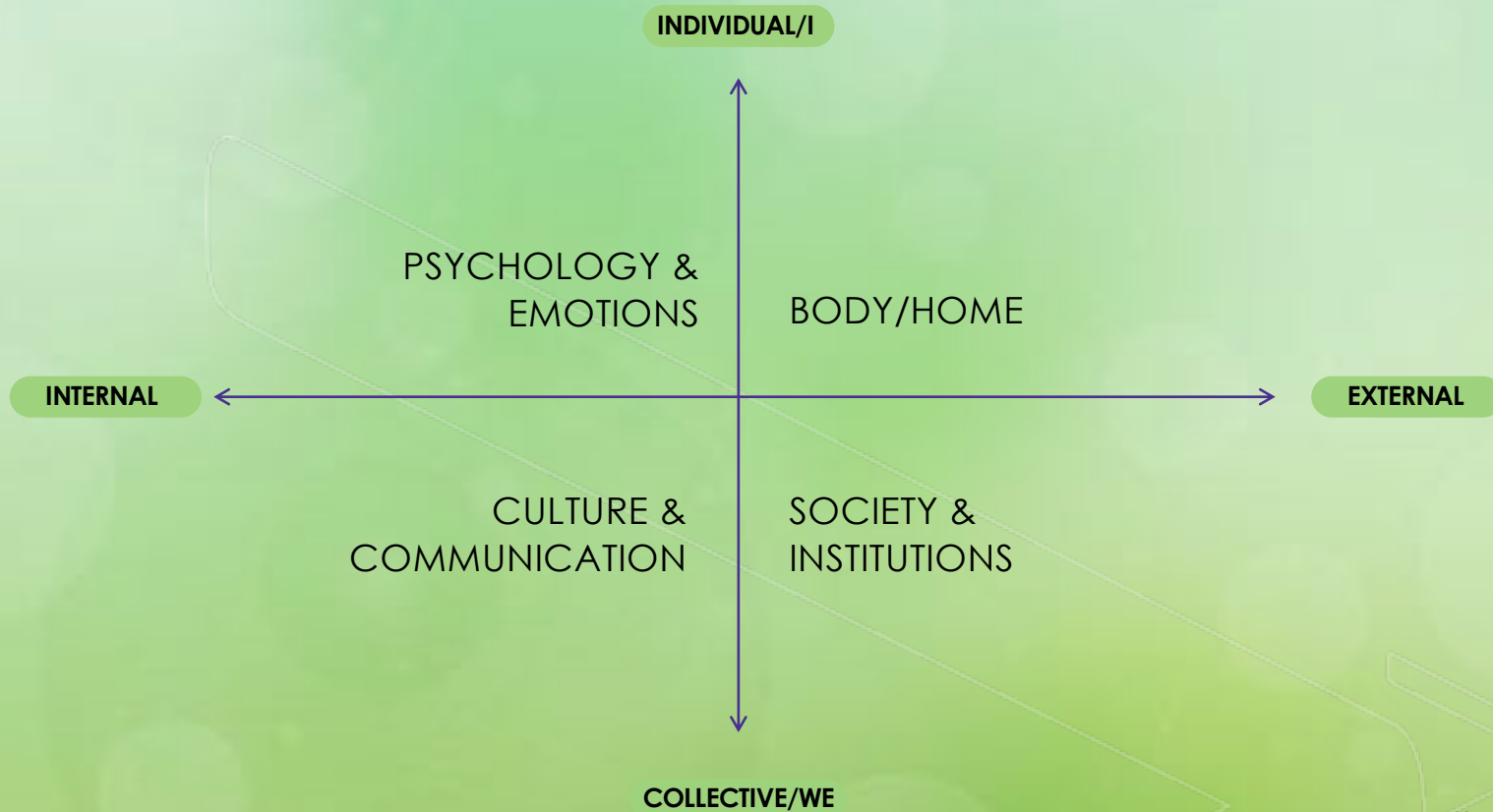
having a normal routine,
staying connected to friends and family,
eating healthy,
exercising,
resuming leisure activities,
proper sleep and
avoiding media or online coverage of aftermath damage and distress.

helping others in need and identifying things to be grateful for can also help to maintain a positive perspective

<https://neurosciencenews.com/natural-disaster-psychology-teens-7586/>



Integral Psychology



Ken Wilber, 2013

IDENTITY

Each individual is...

PERSONALITY

Like no other person (unique)

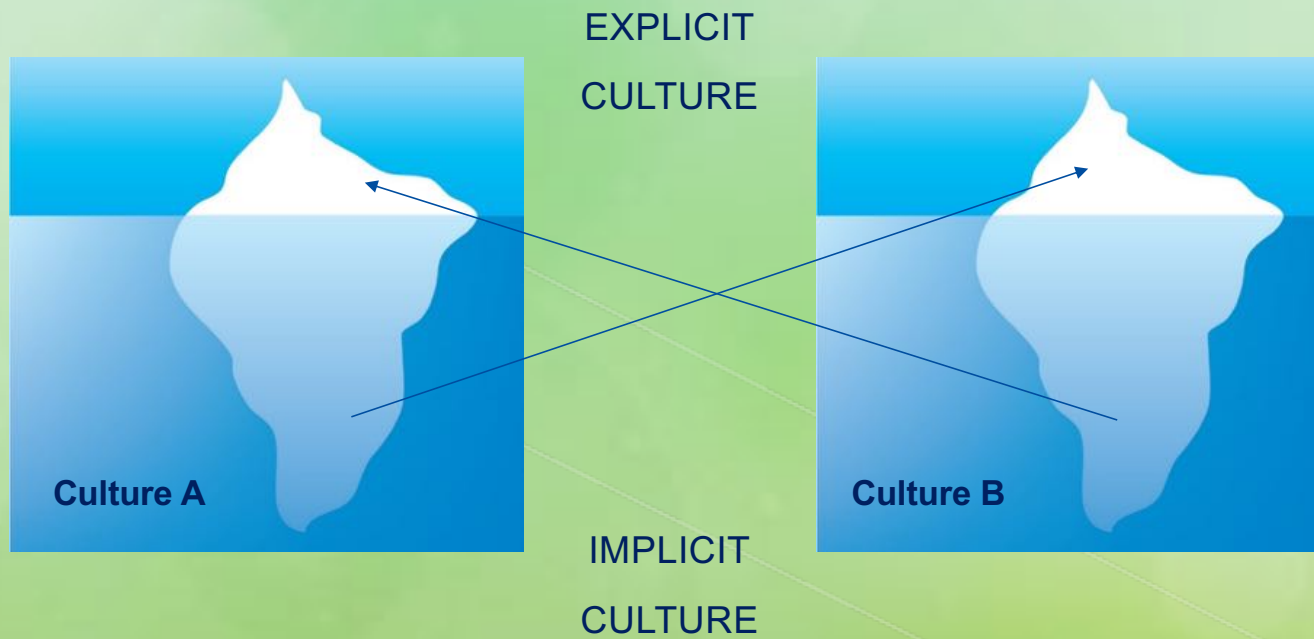
CULTURE

Like some people in some ways (code/program)

HUMAN NATURE

Like all people in some ways
(biology & psychology)

MULTI-CULTURAL COMMUNITY





OUR COMMUNITY

- Social & Emotional Intelligence - curiosity
- Mirror Neurons - Heartmath
- Social Trust –BELIEF in honesty, integrity and reliability of others

***“When people believe they matter & belong
Cooperation is strong.”***

SYSTEMIC RESPONSE TO TRAUMA



- Organizations & Response – help or hinder
- Can Retraumatize
- Insurance, First Responders, City Permitting Process, Real Estate

POSITIVE LEADERSHIP STRATEGIES FOR EXTRAORDINARY PERFORMANCE

POSITIVE ORGANIZATIONAL DEVIANCE

	NEGATIVE	EXPECTED	POSITIVE
INDIVIDUAL			
	Illness	Health	Vitality & flow
ORGANIZATIONAL			
finance	Unprofitable	Profitable	Generous
effectiveness	Ineffective	Effective	Excellent
efficiency	Inefficient	Efficient	Extraordinary
quality	Error-prone	Reliable	Flawless
ethics	Unethical	Ethical	Benevolent
relationships	Harmful	Helpful	Honoring
resilience	Rigid	Coping	Flourishing

K. Cameron, 2008

Healing

CARE

Self-care

Talk to Someone – put words to your experience & feelings.

Ensure a relationship with a buffering adult.

COURAGE

Expand Window of Tolerance (present vs exit)

GROW

Explore the Other Side of the Situation

ART – Non-harmful expression

Anger is secondary (fear, stress, anxiety)





MALIBU STRONG

01 What kind of community do we want to create?

02 When people matter and belong, cooperation is strong.
(Janine Driver)

03 Where are you?
Endings / Neutral Zone / New beginnings

COMMUNITY



The best time to plant a tree was 20 years ago,
The second best time is now.

CHINESE PROVERB