





You Are the UN

Being a Pathway To Peace
Thursday Lunch N' Learns

WEBINAR #8:
Trauma
Relief

SCIENCE

TOOL

**WHAT'S
NEXT?**



Post traumatic stress disorder

Also called: PTSD

ABOUT

SYMPTOMS

TREATMENTS

Anxiety and flashbacks triggered by a traumatic event



What is trauma?

- An **emotional** and **physiological** response to an experience that has overwhelmed the individual's normal capacity to respond.
- Results in **impaired integration** of the experience, which instead becomes improperly stored in its component parts
- These conscious and subconscious component parts continue to **trigger** the stress response system, even after the experience is over

- **Secondary traumatic** stress is the emotional duress that results when an individual hears about the firsthand **trauma** experiences of another. Its symptoms mimic those of post-**traumatic** stress disorder (PTSD).

Diagnosis of PTSD may affect persons following:

- 1) Direct exposure, witness to, close relational connection to exposed, first responder

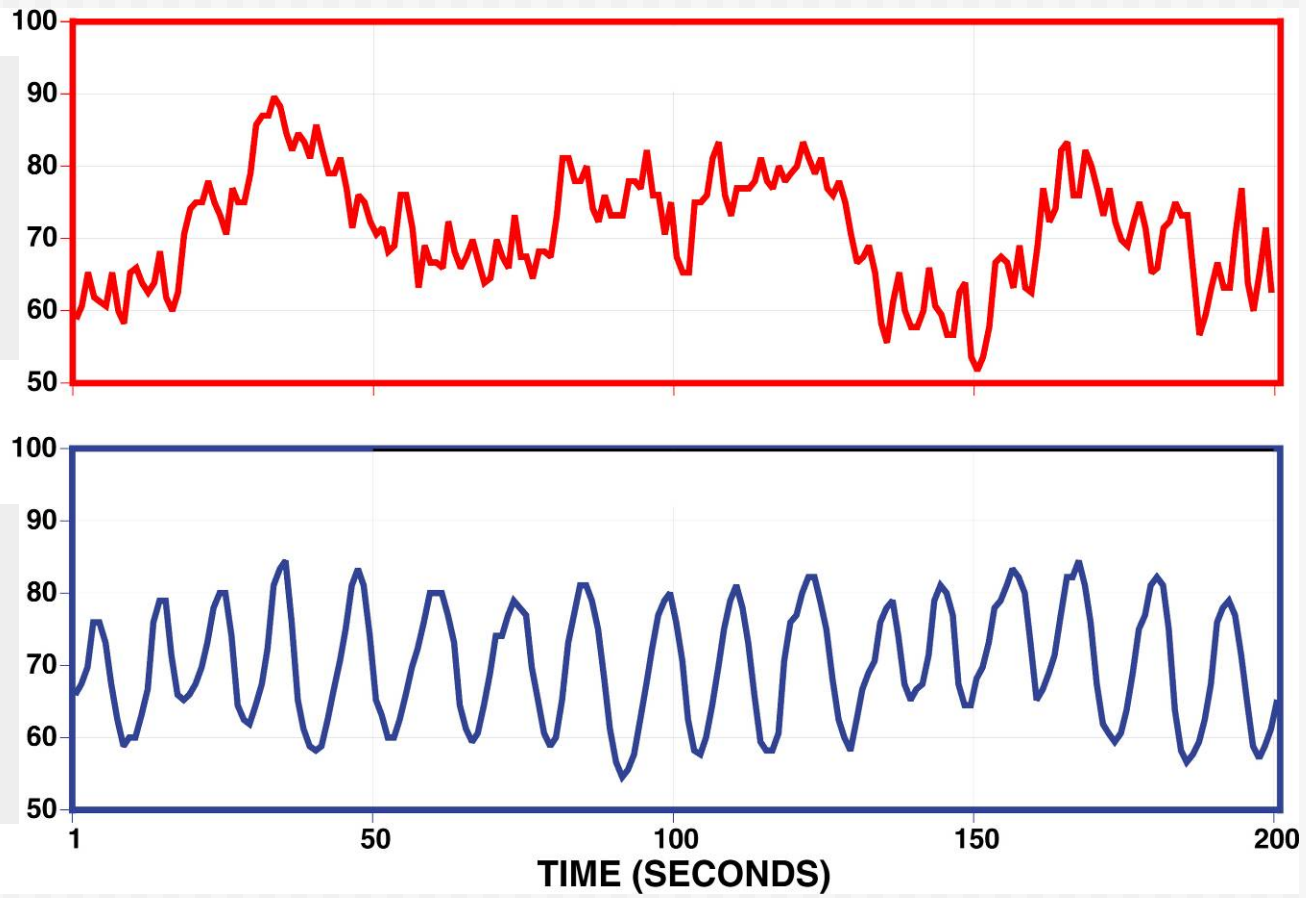
And include symptoms of:

- 1) Re-experiencing event
- 2) Avoidance behaviors
- 3) Negative thoughts or feelings
- 4) Trauma-related arousal

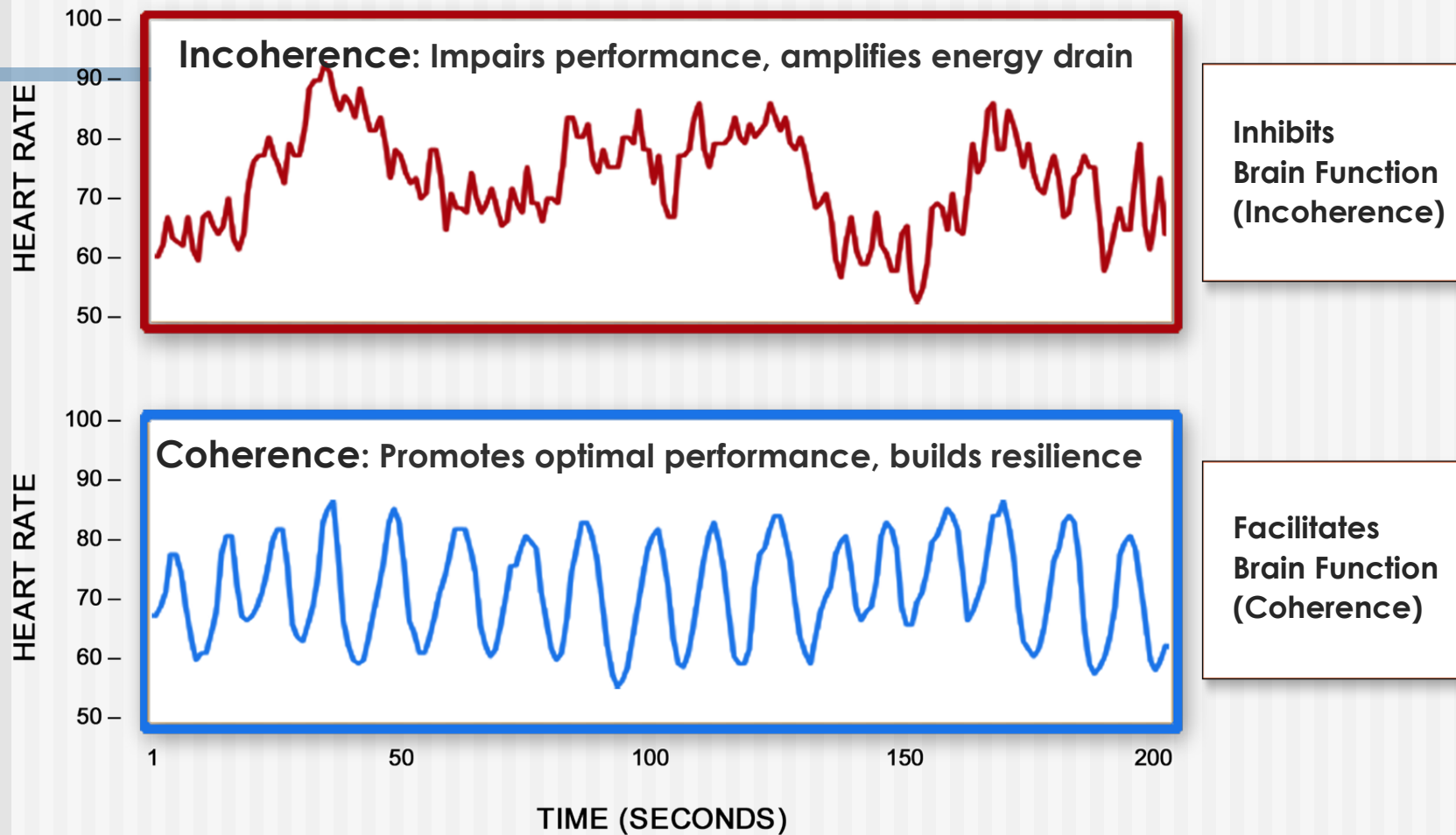


Warning signs

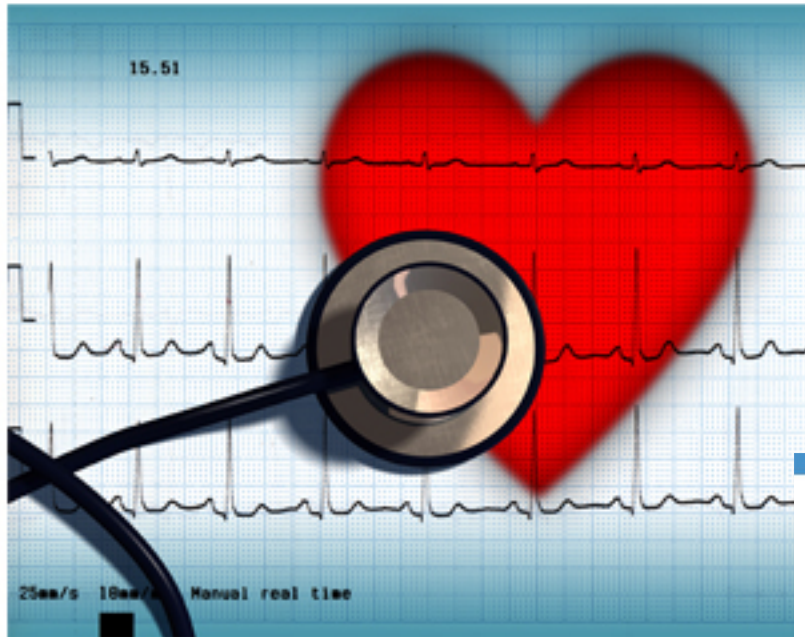
- Loss of focus and mental clarity
- Lack of ability to relax and sleep
- Loss of self esteem
- Feeling tired and on edge, anxious
- Impaired Social Emotional Connection
- Impaired Self Regulation and Impulse Control (addiction)



Emotions and Heart Rhythms



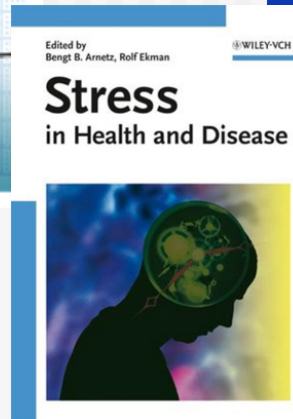
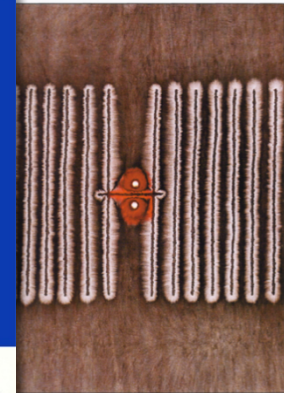
Published Research



AMERICAN COLLEGE OF CARDIOLOGY

ALTERNATIVE THERAPIES
IN HEALTH AND MEDICINE
A PEER-REVIEWED JOURNAL - JUL/AUG 2010 - VOL. 16, NO. 4
FOUNDATIONS OF HEALTH AND WELLNESS: A SPECIAL ISSUE ON COHERENCE
COHERENCE BRIDGING PERSONAL, SOCIAL AND GLOBAL HEALTH—A REVIEW
COST EFFECTIVENESS/COHERENCE • PTSD/COHERENCE • ADHD/COHERENCE
APPLICATION OF COHERENCE • CONVERSATIONS/MAE-WAN HO, PHD

The American Journal of Cardiology

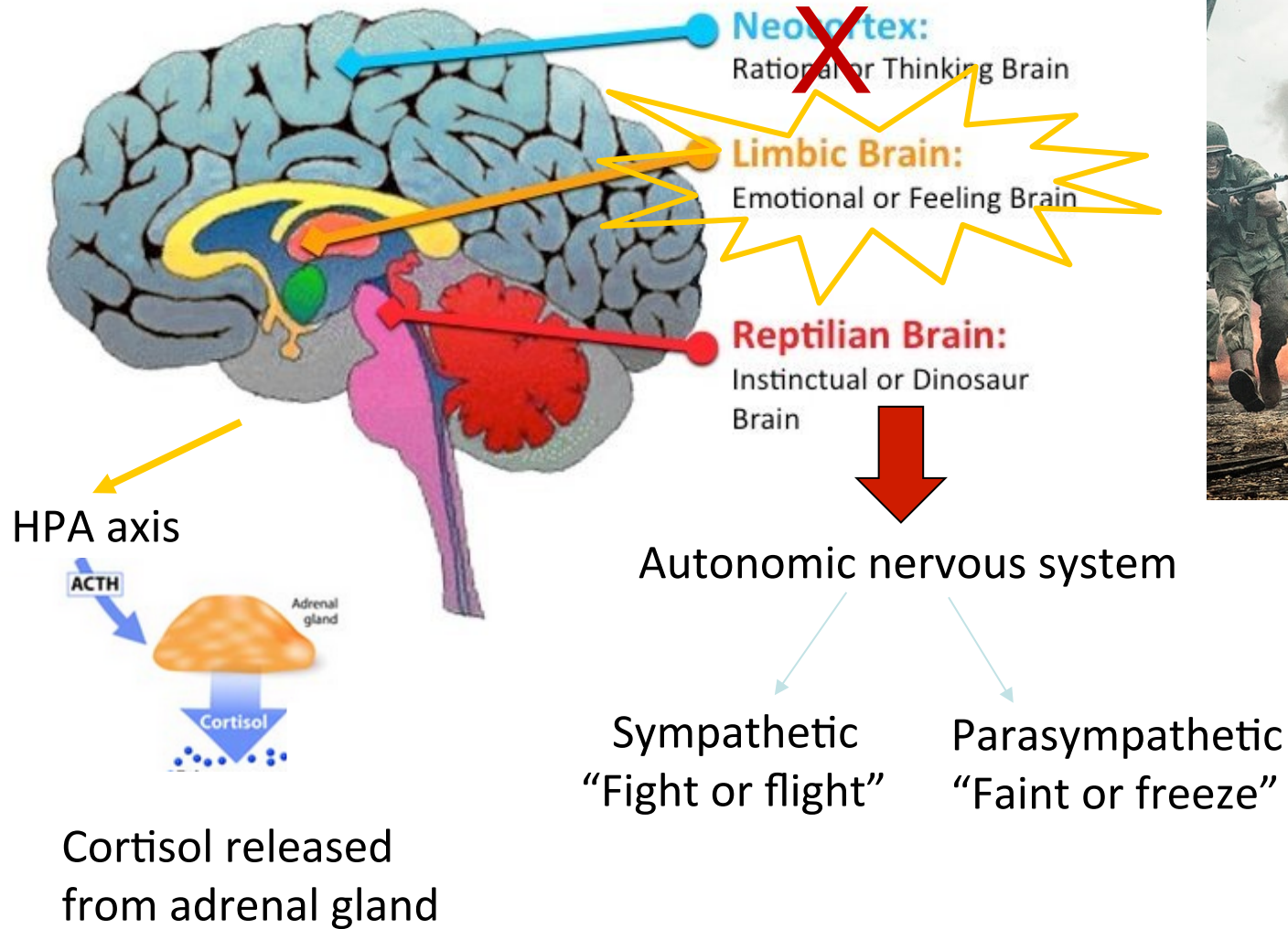


NOVEMBER 15, 1995

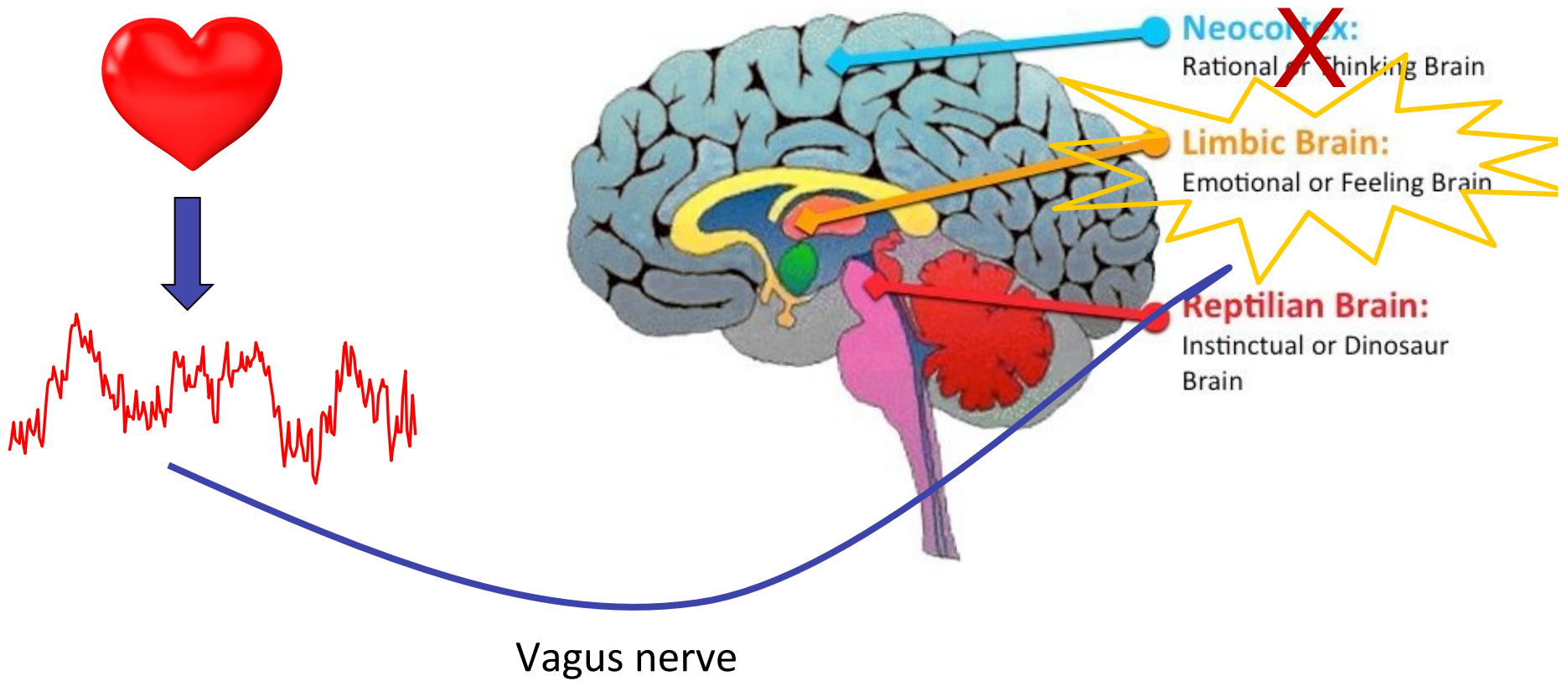
Coronary Artery Disease	993	Methods	1059
Hydronephrosis and Conduction Disturbances	1040	Brief Reports	1064
Acute Heart Failure	1045	Case Reports	1099
Pericardial Heart Disease	1049		

Elsevier Medical, Inc., a Reed Elsevier Medical Publishing Company

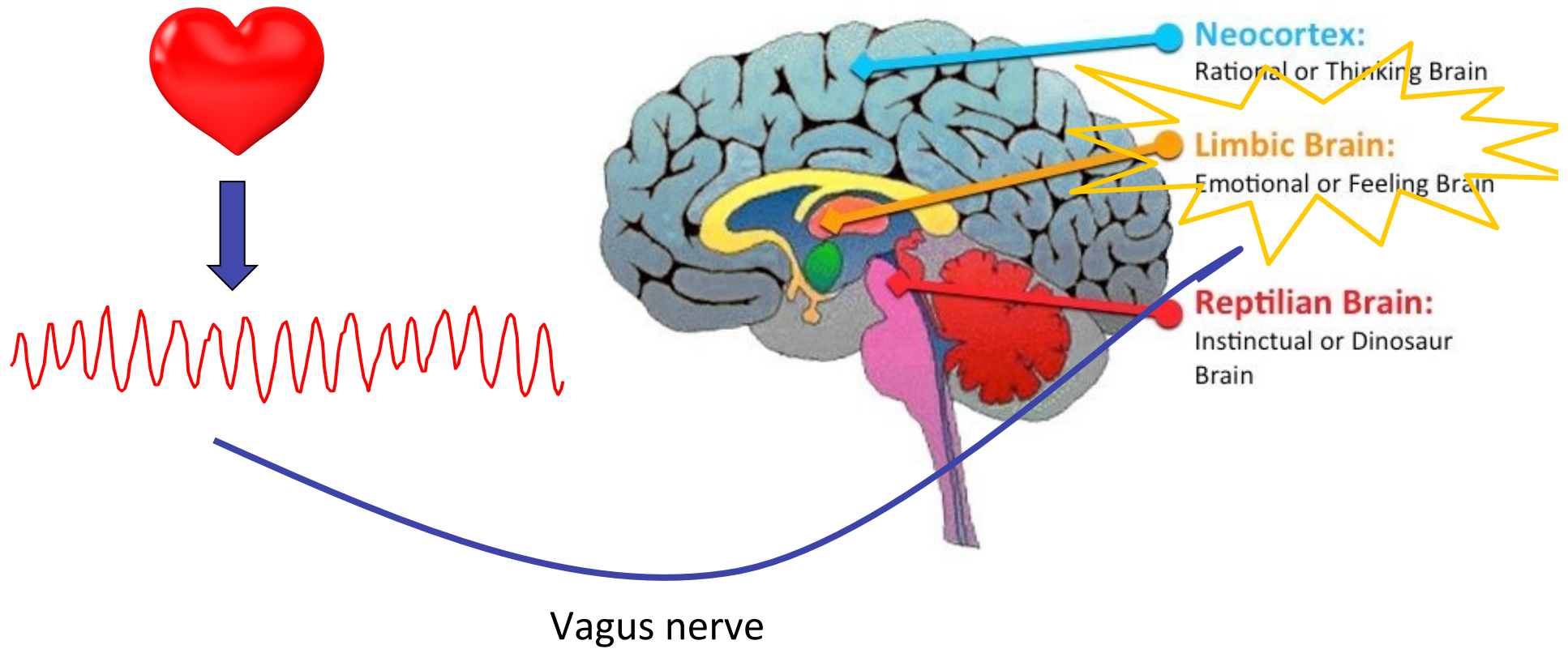
The Stress Response System



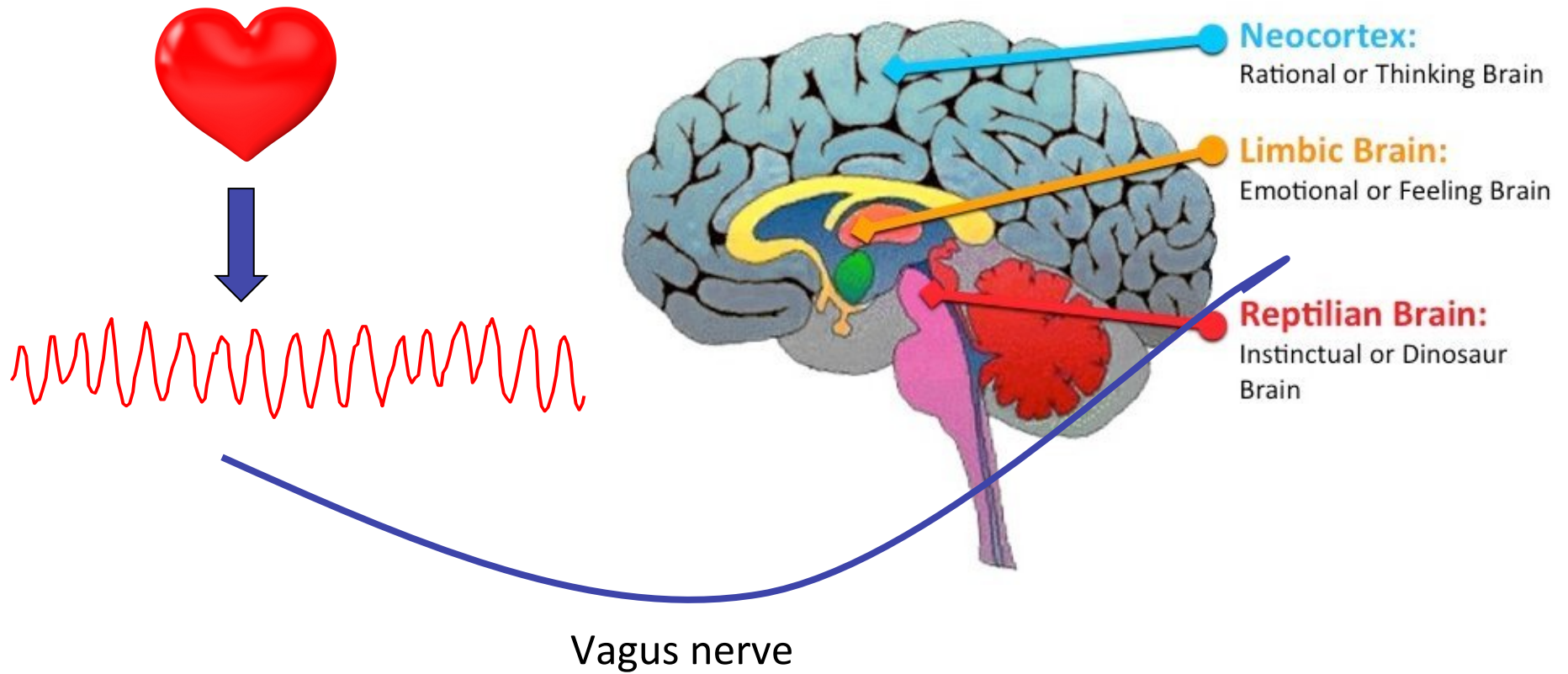
Incoherent heart rhythms



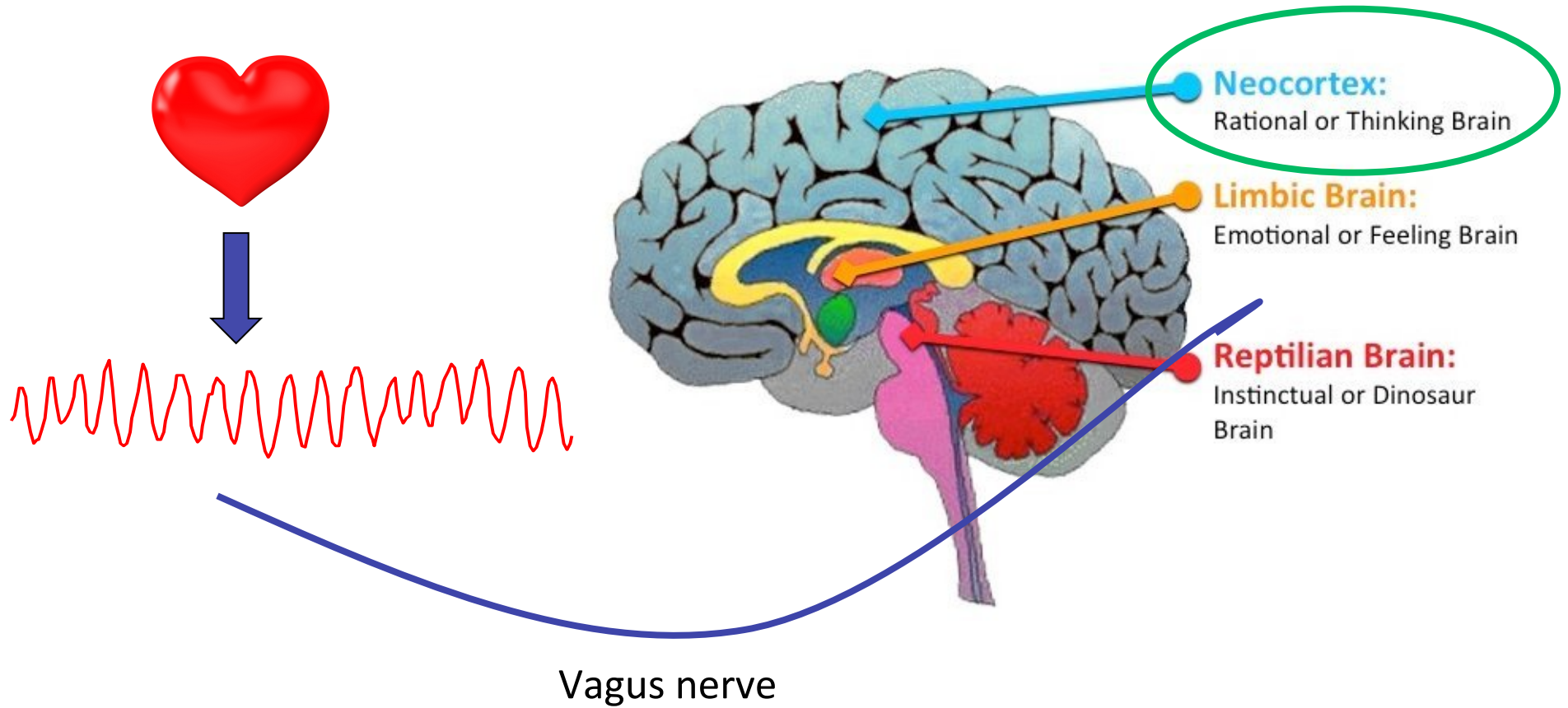
Coherent heart rhythms



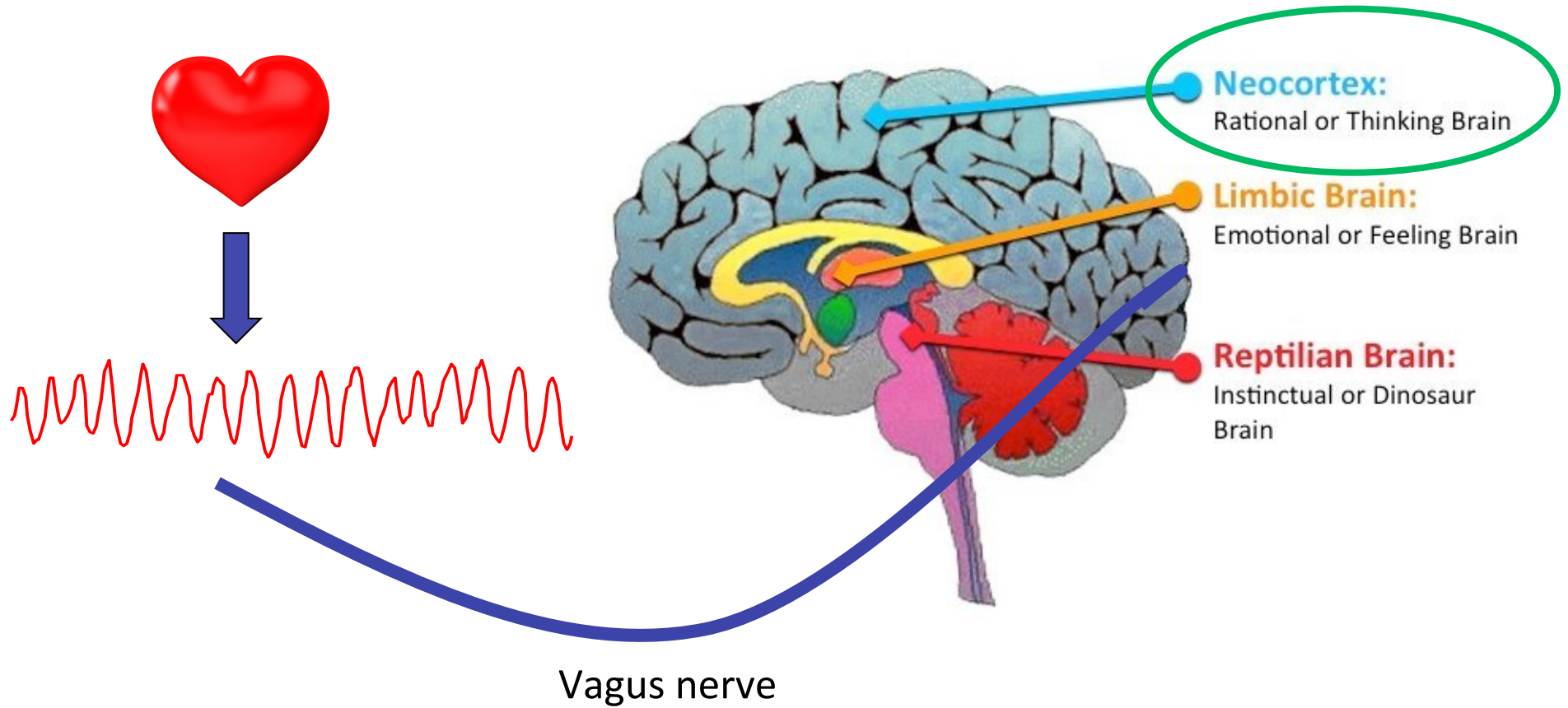
Coherent heart rhythms



Coherent heart rhythms



Coherent heart rhythms



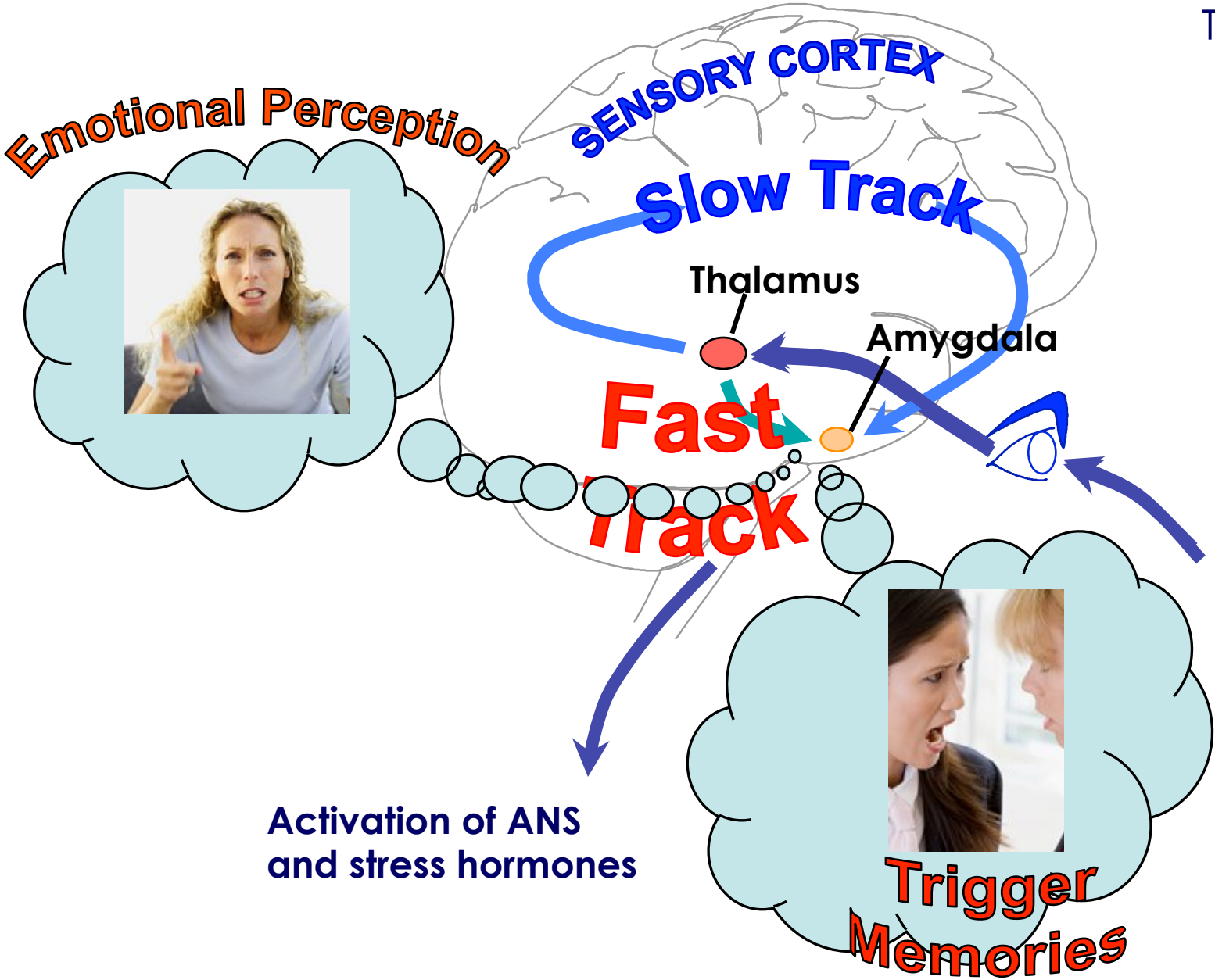
Vagus nerve

Important for:

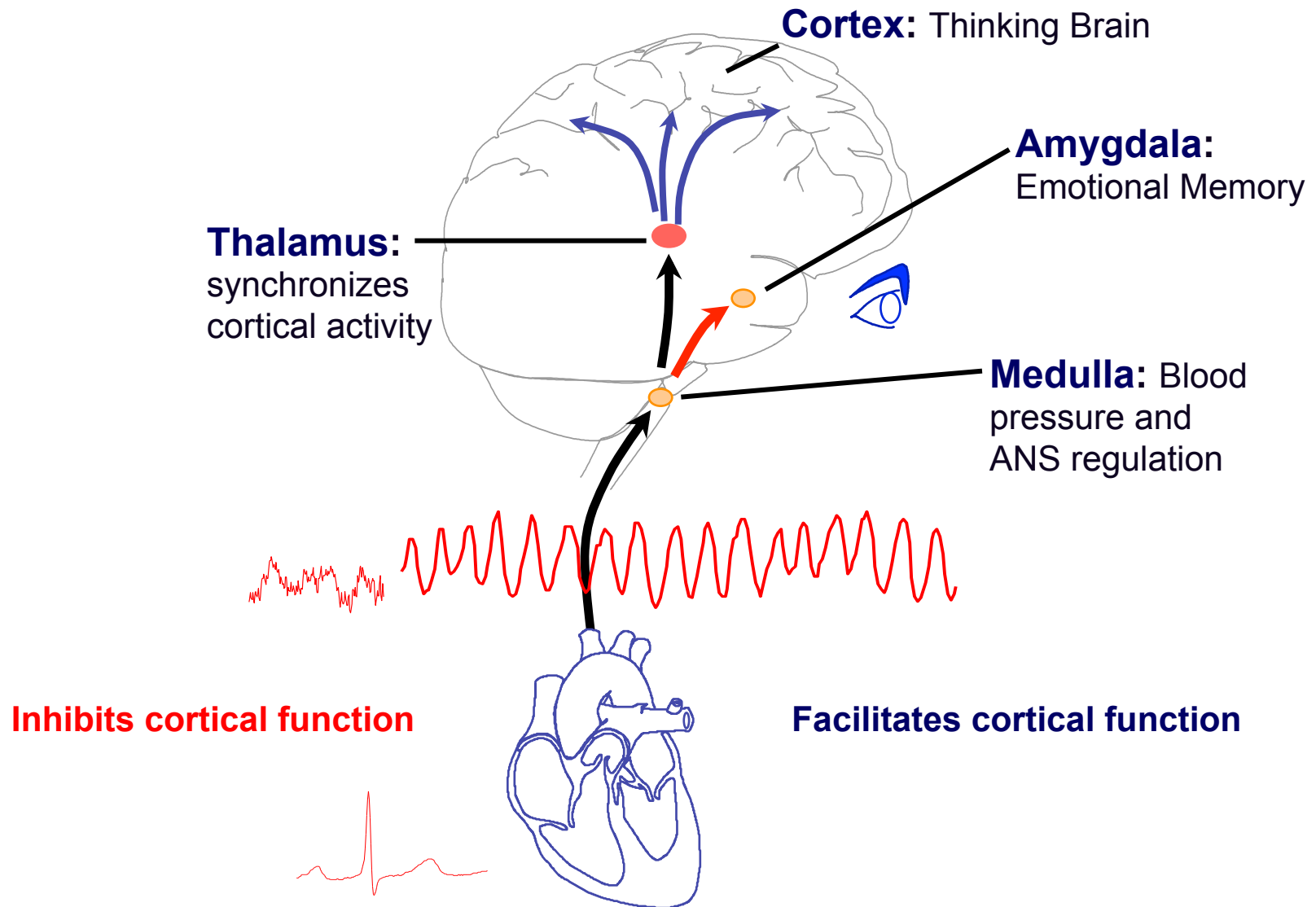
- Restorative sleep
- Proper digestion
- Fighting infections
- Controlling inflammation
- Social emotional connection

Emotional Memory

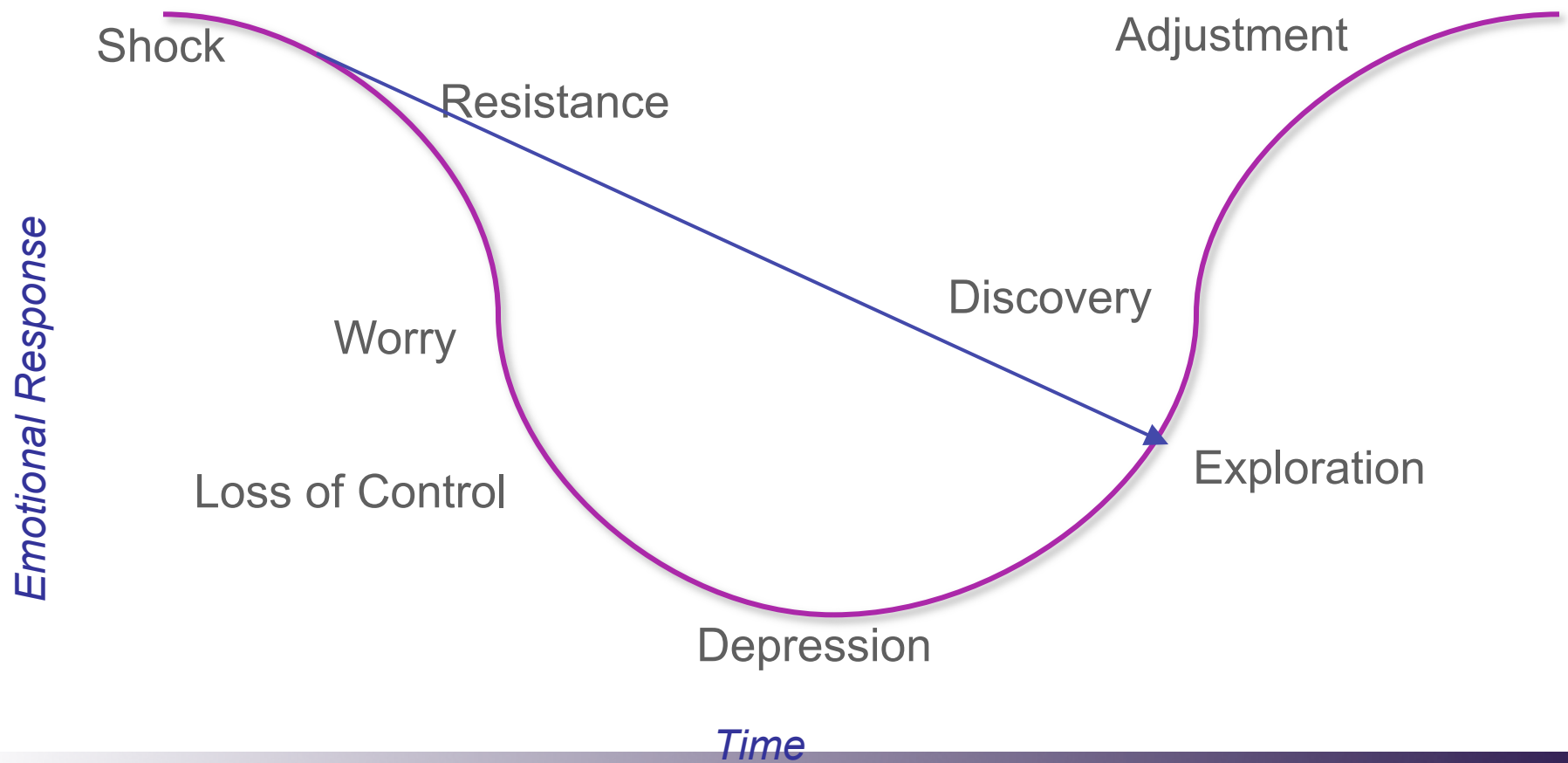
Two Pathways

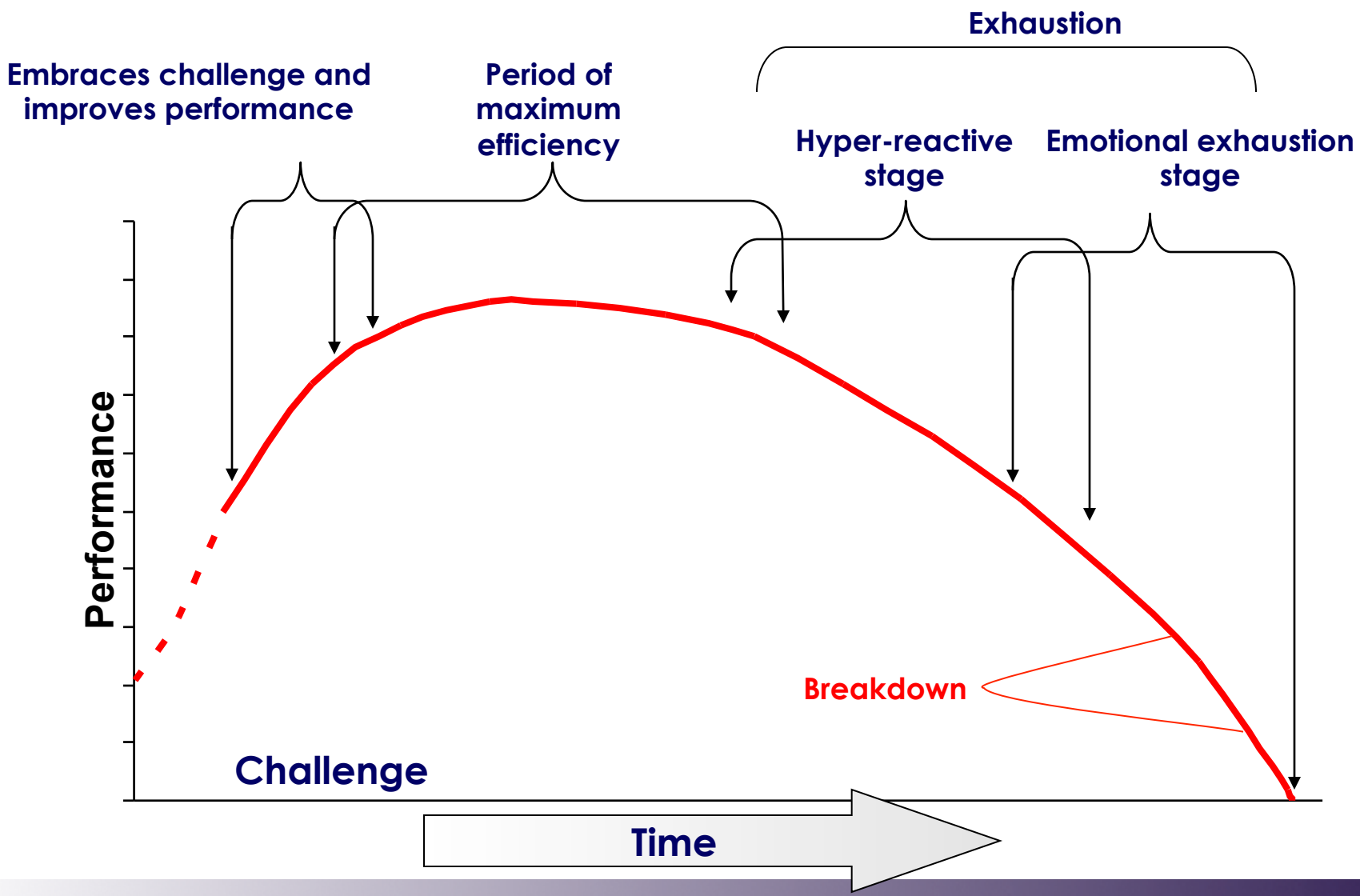


Instant Messaging System



The Change Curve





Heart-Focused Breathing™ Technique

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Quick Step: Heart-Focused Breathing

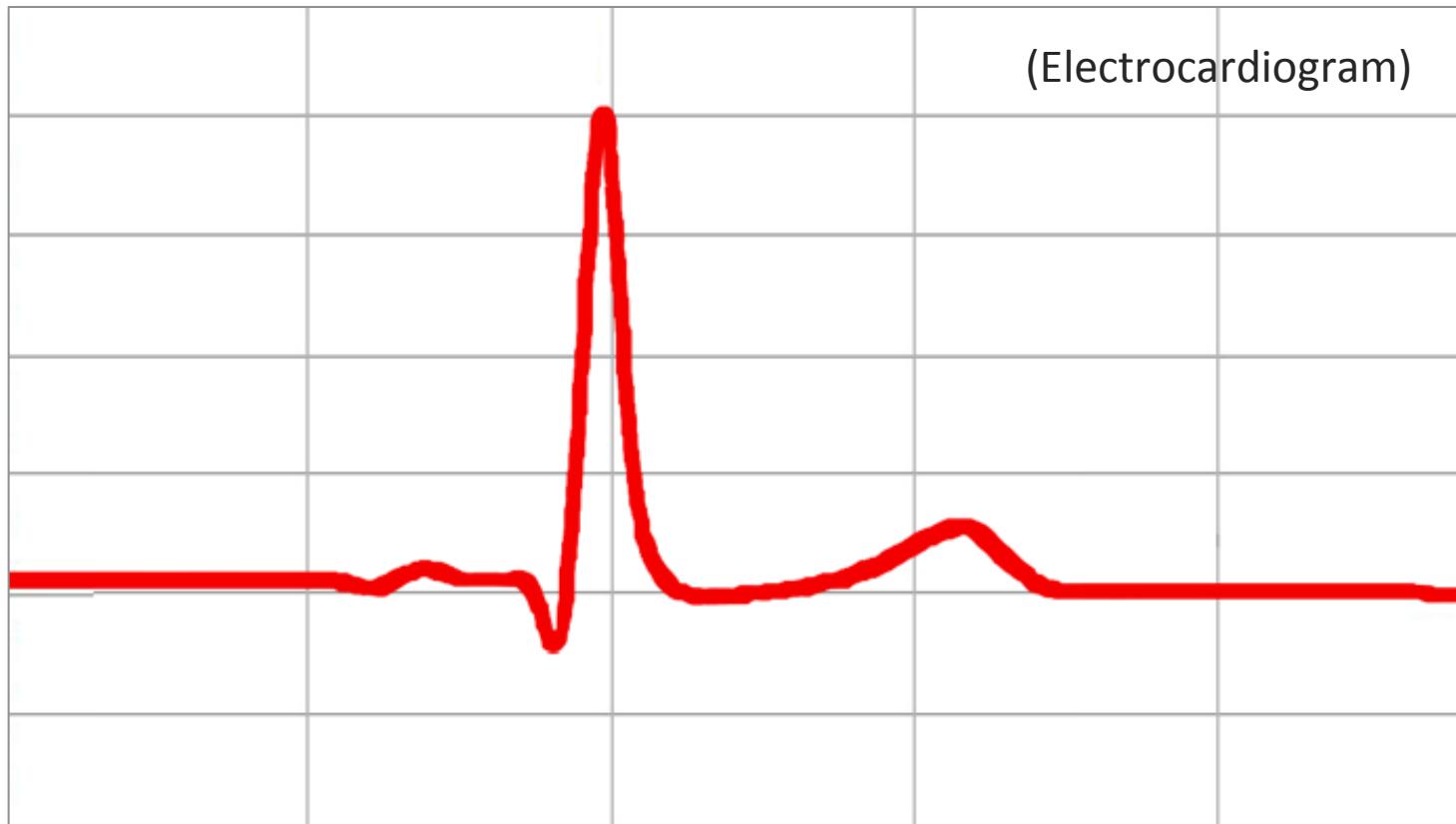
Neutral Tool

Heart focus

Heart breathing



The Electricity of the Heart

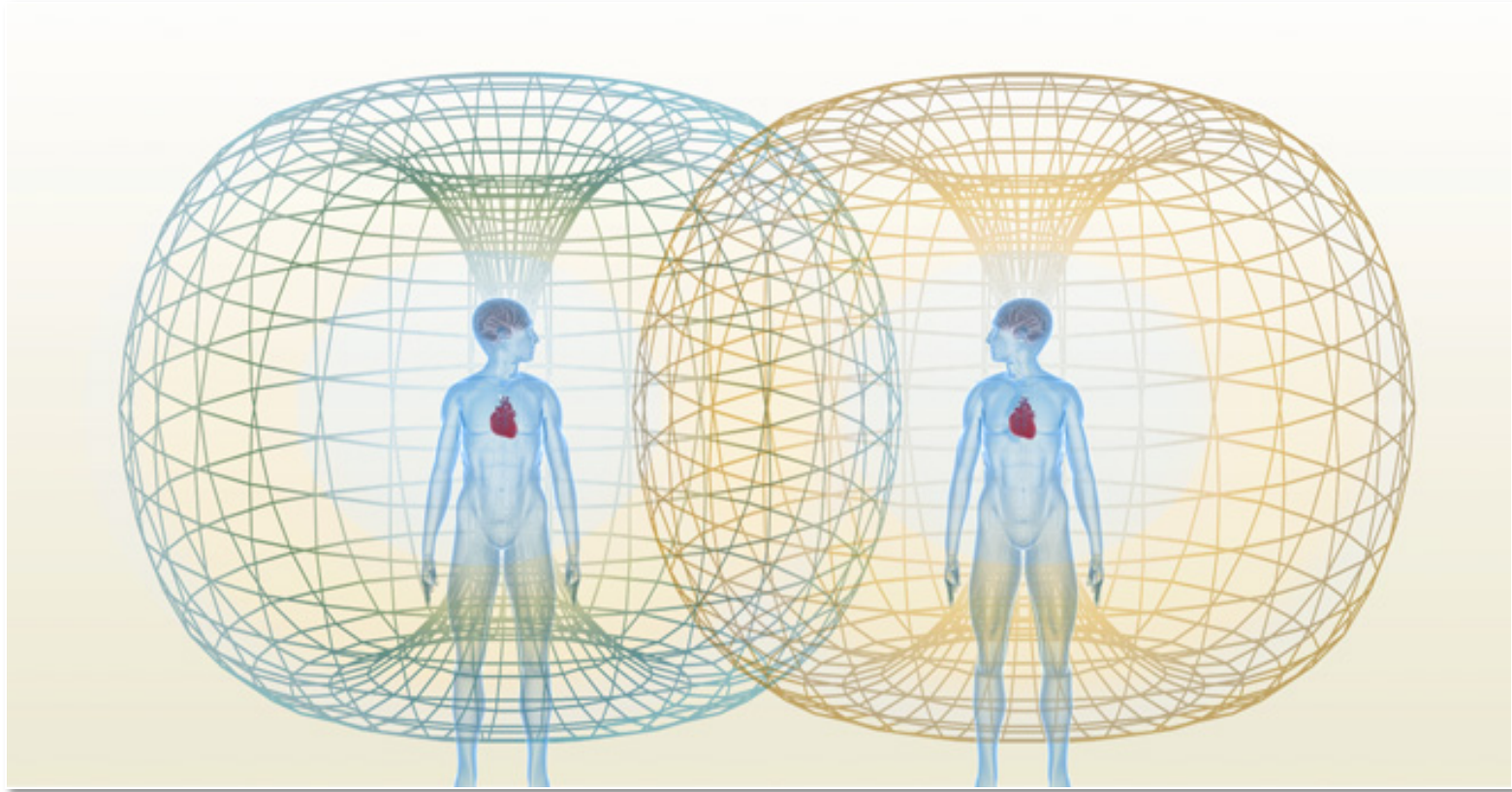




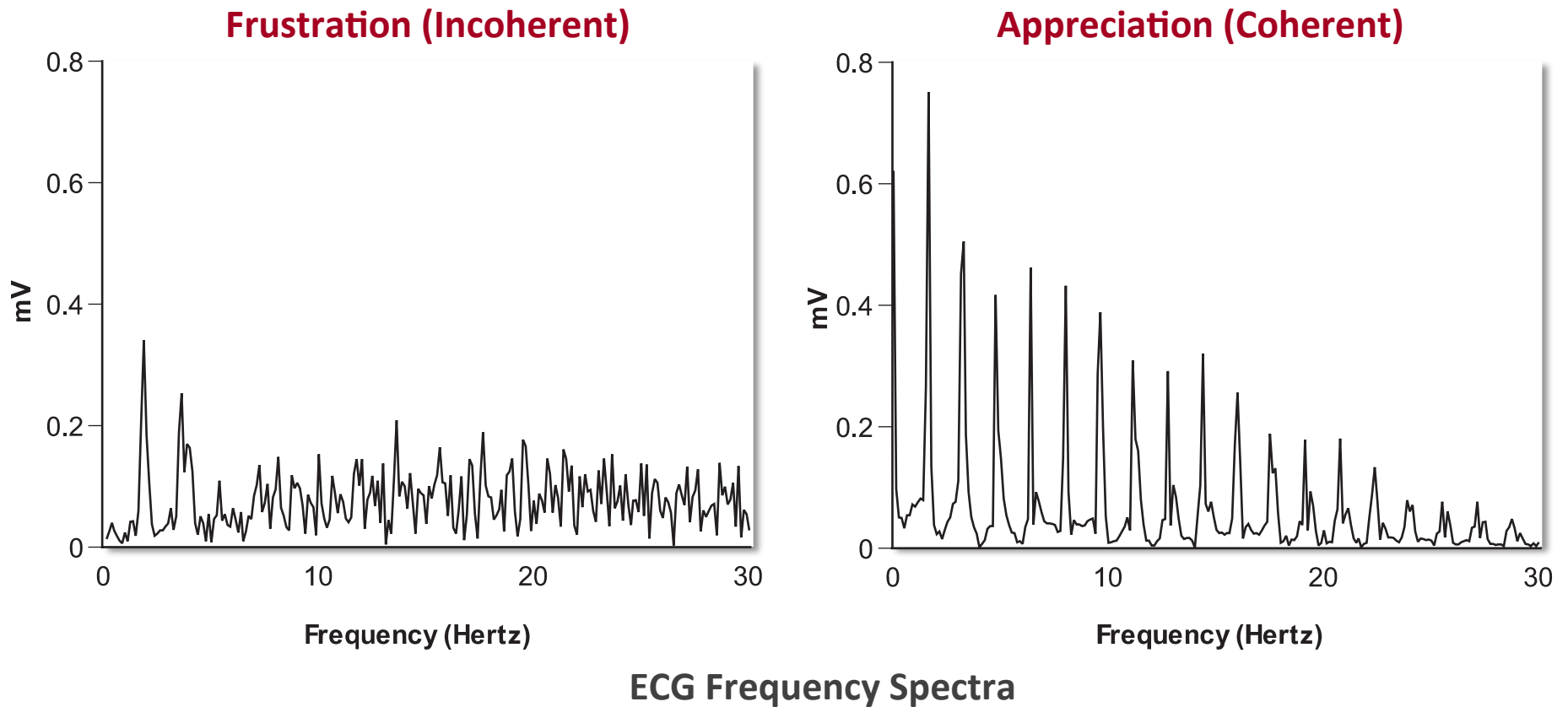
The Electromagnetic Field of the Heart



Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



The Heart's Magnetic Field Acts as a Carrier Wave



Trauma relates to projecting the *past* onto the *future* and the *physiology of fear and defense*

A key to healing trauma is to be able to *presence* the nervous system- (using techniques like tapping, auto-regulation of heart rhythms, acupuncture, etc)



Quick Coherence® Technique

Step 1:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

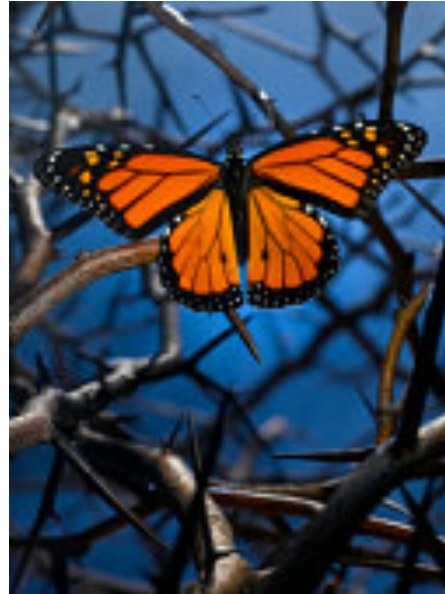
Quick Coherence Technique

Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Transforming Overcare: True Compassion



How do I know its Overcare?

Ask yourself:

- “Is my care stress reducing?
Or stress producing?”
- “Is my caring regenerative?
Or draining my energy?”



Types of Overcare

- Attachment
- Expectation
- Over-identifying
- Sentimentality
- Worry, protectiveness
- Sympathy/self pity
- Indignation, righteousness
- Perfectionism



True Care

- Energizes
- Empowers
- Listens
- Allows us to see outside the box and find solutions
- Enhances mental clarity and vision
- Resolves conflict
- Inspires hope and proactivity

What Compassion is Not

- Sympathy
- Empathy
- Fixing, solving
- Overcaring
- Draining





“HeartMath was the most powerful weapon I had in Iraq, and the only weapon worth bringing back home with me.”

Jake Kubetz, United States National Guard

Compassion

*If you want others to be happy,
practice compassion. If you want to
be happy, practice compassion.*

The Dalai Lama





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