



**Basics of
Trauma Resolution Treatment...
and MORE**

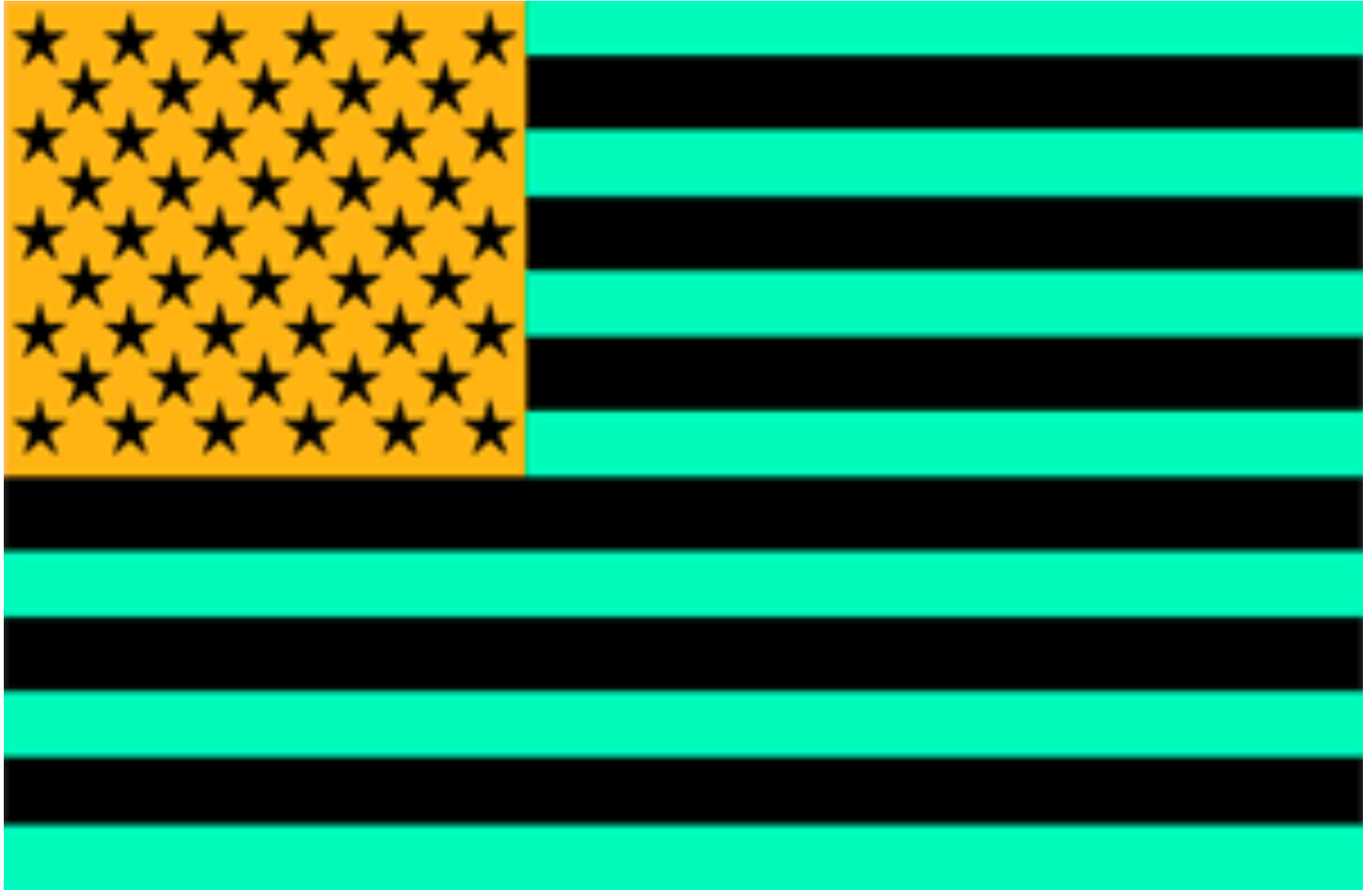
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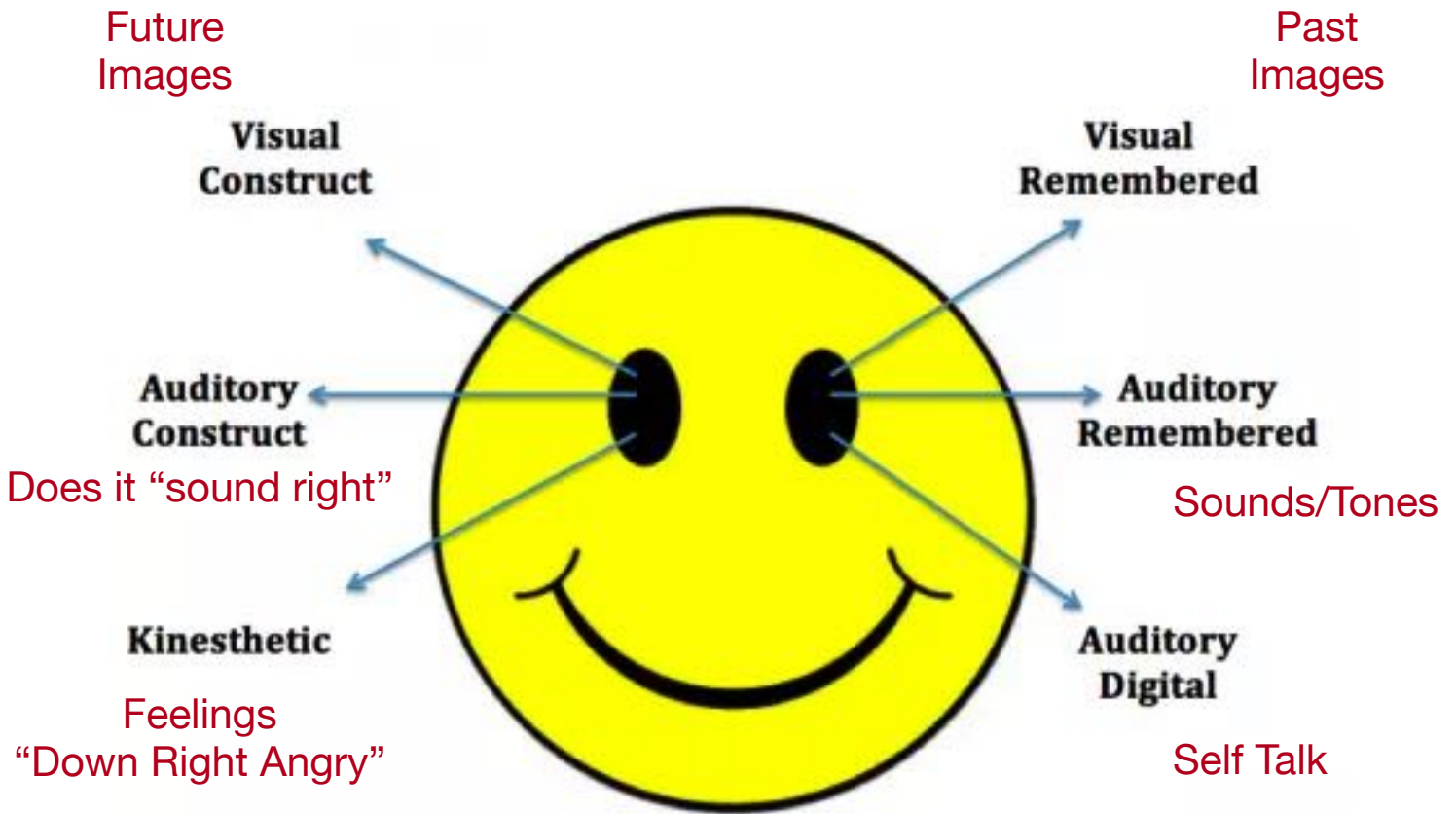
**One of the secrets
of life is that all that
is really worth the
doing is what we do
for others.**

-Lewis Carroll



Look at the image for 60 seconds and then stare at a white wall to see the reverse image

Eye Accessing Cues



RAPPORT/EFFECTIVE COMMUNICATION

When people are like each other, they like each other. We want to cause our clients to be in connection with us so they are responsive to treatment.

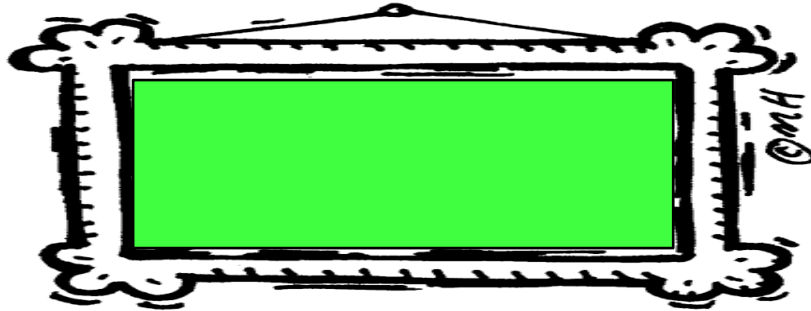
Connection is created and established through: *Mirroring, Matching, and Cross-Over Mirroring* the key elements of the individual's:

Physiology: Posture, Significant Gestures, Facial Expression & Breathing

Tonality: Voice, Tone, Tempo, Volume, Pitch, Pauses

Words: Predicates (VAK), Key Words, Common Experiences, Content Chunks

How to BE in the BEST



of MIND

1. STOP THE WORLD...BE PRESENT

Up-time / External focus

Expanded Awareness / Peripheral Vision

Little or no internal dialogue / Non-Attachment

2. MIRROR AND MATCH JUST THE IMPORTANT VARIABLES TO ESTABLISH AND MAINTAIN RAPPORT.

3. MAKE A CONNECTION Pay attention to the **SPACE IN BETWEEN** you and your client.

4. HOLD A POSITIVE INTERNAL REPRESENTATION OF YOUR CLIENT.

See your client as totally resourceful in the desired outcome. Clients are more than what they consciously know. They are more than their problems.

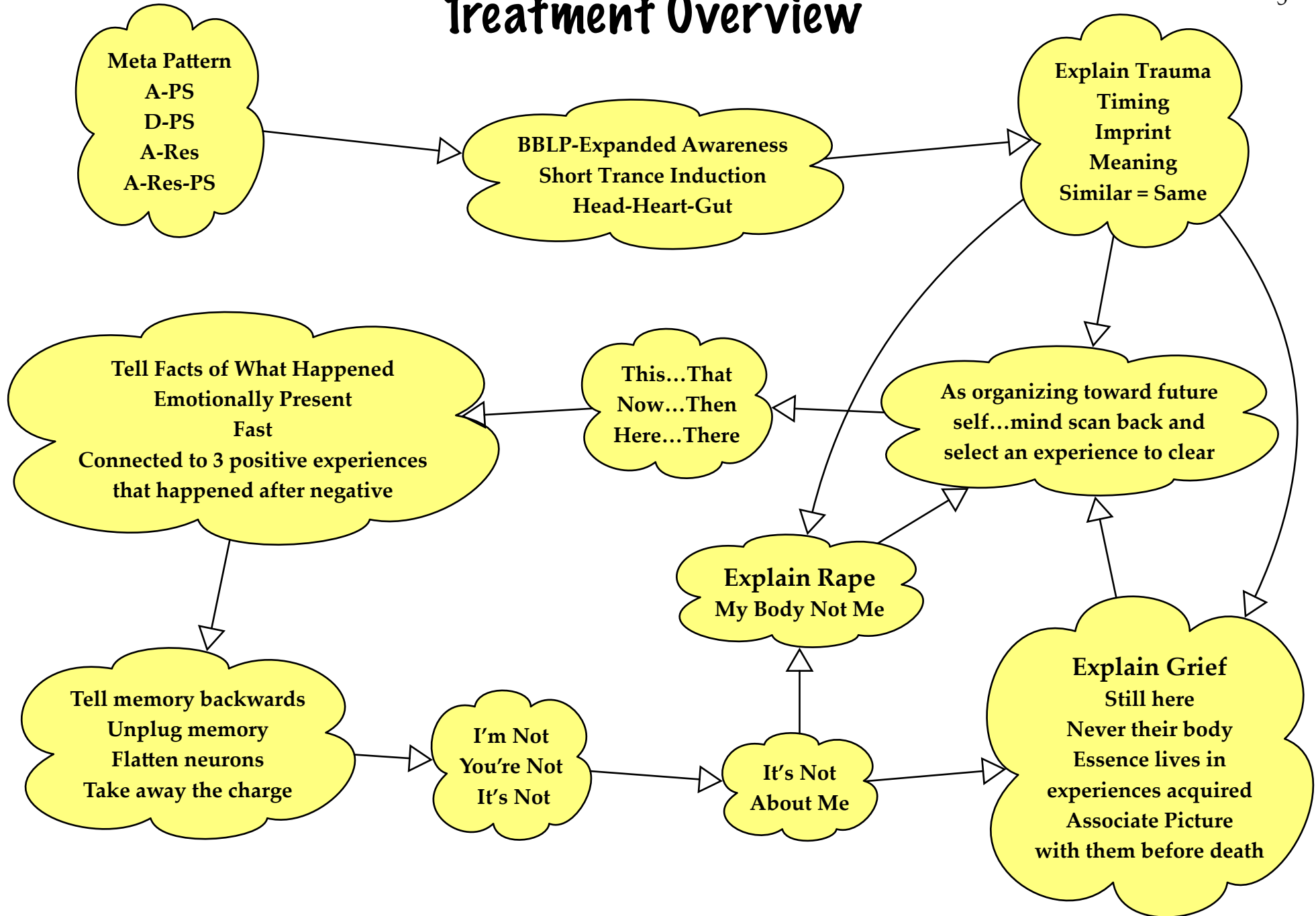
5. HAVE AN IDEA OF HOW YOU WANT THE CLIENT TO BE! Know your outcome and partner with them towards reaching those goals.

6. BE FLEXIBLE. The person with the most flexibility will be the controlling element in the system. When you haven't got the outcome you want, change your behavior, not your outcome. Limitations point to possibilities

7. USE YOUR SENSES WITH PRECISION. To reach your outcome you've got to know whether you're getting closer to it or further away. Learn to read feedback. Failure is only feedback.

8. TAKE ACTION NOW. Ask HOW and not why.

Treatment Overview



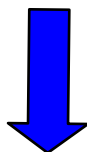
Remember if you are unsure or out of now....ask "What's Happening Now?" or "How's your body feeling?"

Meta Pattern (of NLP)

The process of directed change at any level

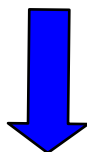
Associate to the Problem State

What is the problem? What do you want to work through?



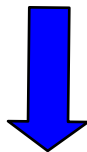
Dissociate from the Problem State

How do you want to be different?
How would you be if you no longer had that issue in your life?



Associate to Resource States

What is it like...?
How do you know you're...?



Associate Resource States to the Problem State

As you are feeling (resource) think about that problem...

Trance...Forming Fear

Most of the elements below are designed to transform fear and other sympathetic states –which are usually at least part of most presenting issues.

The idea here is to use levers that effect the lower centers of the brain to short-circuit the biochemistry of fear.

There are a number of other maneuvers, but these are some of the easiest ones to use with a little bit of practice.

Jaw Drop

Stimulates vagus nerve to shift breathing (undoes freezing response)

Relax tongue

Stimulates satiation response -parasympathetic nervous system
Diminishes self talk

Deep Breathing 1:2 ratio

Stimulates brain stem
Pushes out Co2 to increase oxygen for higher cortical processing

Peripheral Vision/Spacious Awareness

Stimulates both brain stem/prefrontal cortex to dampen amygdala (amplifier of states)

Self-moving and object of attention still frame

Shifts impulse from central to basal nucleus of amygdala, which reverses freezing response.

Short Trance Induction

Explain to client...then do it with them

Sit with both feet on the floor

Look up with your eyes not with your head

Picture/ Think (symbolic activator)

Take a long slow breath in....

Great that is the first part.

Explain to client...then do it with them

Next same exact thing except after the inhale, exhale...

Look up and out

Picture (symbolic activator)

Take a long slow breath in...and then exhale

Great

Explain to client...then do it with them

Next same thing this time on the exhale, close your eyes

Look up and out

Picture (symbolic activator)

Take a long slow breath in...and then as you exhale, close your eyes...now open your eyes

Excellent

Explain to client...then do it with them

Next same thing this time when eyes are closed, keep them closed for just a few moments **and** bring your awareness into your breath...

Look up and out

Picture (symbolic activator)

Take a long slow breath in...and then as you exhale, close your eyes...keep your eyes closed and bring your awareness into your breath. **As** you are noticing breath **your** awareness **causes** your breathing to become slightly different than how you automatically breathe) Excellent take a deep breath in...exhale and open your eyes

What did you notice in the few short moments your eyes were closed?

Next do the same thing...

Look up and out

Picture (symbolic activator)

Take a long slow breath in... and as you exhale close your eyes...keep your eyes closed and become aware of your breath. As you are aware of your breathing you might notice other things...like sounds in the room **and** that you can be aware of all of that while **you're unconscious** is organizing toward symbol. Now take a deep breath in...exhale and open your eyes.

What did you notice in the few short moments your eyes were closed?

We will do the same thing again...

Take a deep breath in...exhale close your eyes...become aware of your breath, Notice how it feels to be sitting in the way you are, the sounds you are hearing both in and out of the room simultaneously **you're unconscious** is organizing toward symbol. **Since** your body knows how to heal itself, therefore everything that needs to happen is happening on its own...from the inside...**while** you rest...

Just like when going to a garden store and buying a package of seeds...you know the seeds inside don't look anything like the picture on the package...yet as we plant those seedlings in the ground, cover them up and water the top layer, something is happening under the surface, at a level we can't see... but we know something is happening at a deeper level...and that even much more will continue to happen underneath the surface before we ever see it. You're unconscious is responding toward (symbolic activator) at a deeper level without you having to do anything at all...It is all happening now while you rest which means the next time you close your eyes it will be even easier to drop down inside even deeper to a sense of peace, clarity, and easy flowing energy...Now begin to sloooooowly find your way back up towards where you can open your eyes...

Look for physiological shift...Ask how is your body feeling now?

Give any advice, suggestions and ways to improve while they are in this resourceful state...

The Brains & The Vagus Nerve



Vagus Nerve -Stephen Porges, PhD, Polyvagal theory

- Evolved with the development of Head Brain.
- Connects Gut, Heart and Head Brain
- Within the Brain it connects reptilian, mammalian and primate brains
- It is stimulated by:
 1. Dropping the jaw
 2. Deep Breathing

Head Brain (Cephalic Brain 50-100 billion neurons) Dopamine

- 3 different parts (reptilian, animal, intellectual)
- 2 hemispheres (Left-dominant, Right-subdominant)
- Cognition/Sensory Perception
- Imagination/symbolism
- Meaning-making

Heart Brain (Cardiac Brain 40 million neurons) Oxytocin

- Emotion
- Relational
- Values

Gut Brain (Enteric Brain 400 million neurons) Serotonin

- Self-Preservation
- Core Identity
- Traction/Mobilization

Brain Coherence Exercise

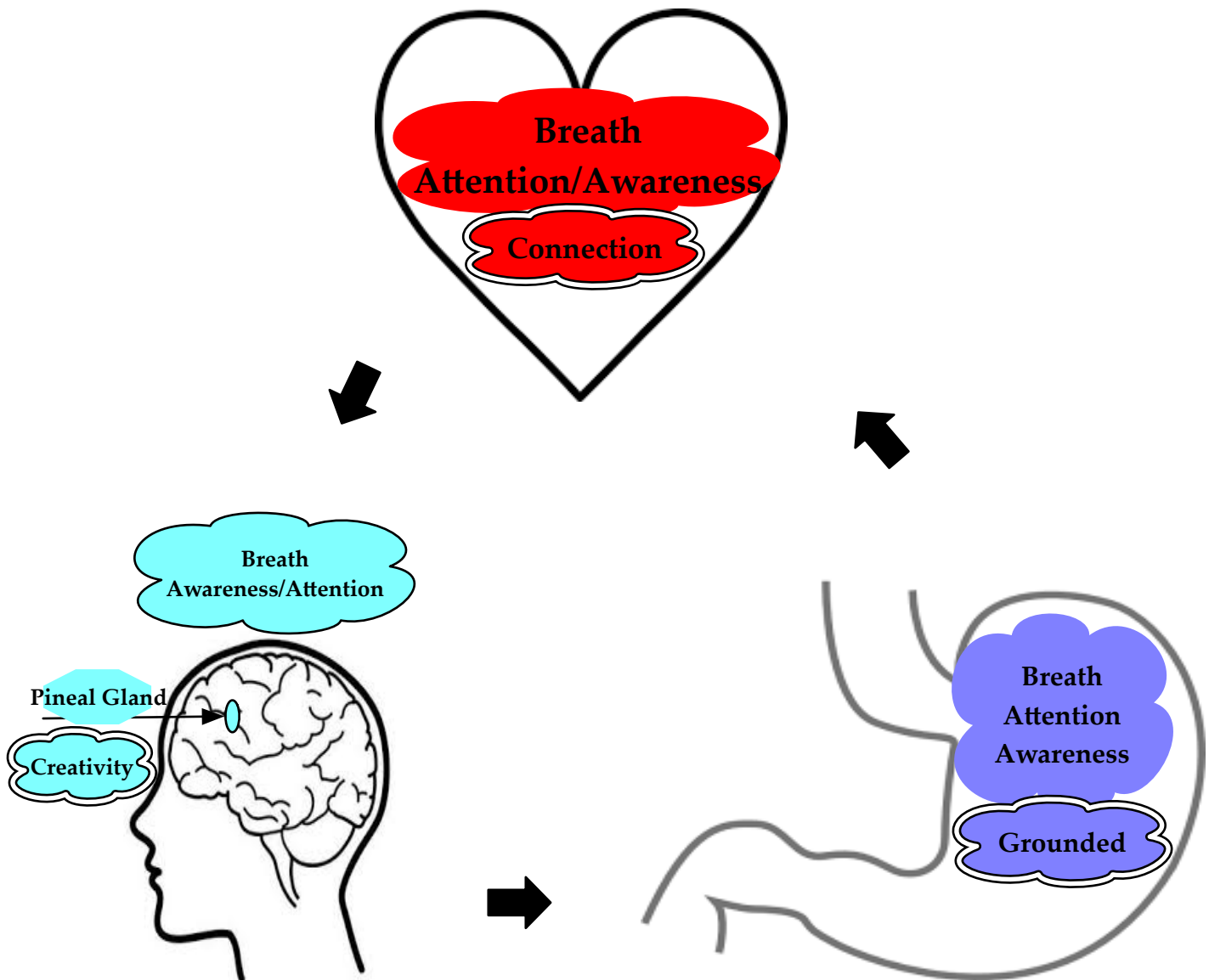
Be in a state of Expanded Awareness

Breathe slightly deeper and slower than you normally do

Breathe in and out from heart

Breathe in and out from Head (pineal gland)

Breathe in and out from gut (belly)

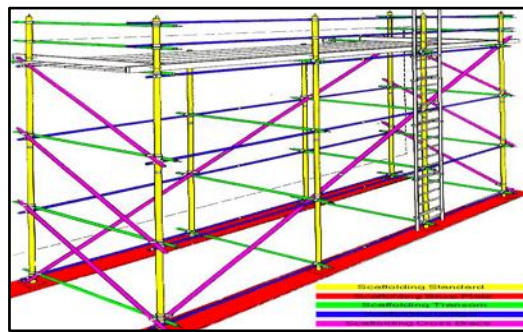


Embodied Cognition

Every concept/abstraction is rooted in a primary, sensory-motor experience...which occurred before language...which now lives below language...Unconsciously.

Our higher mental processes are built upon areas of specialization; basic sensory-motor experiences, then linkages are created as we experience the world. –
George Lakoff & Mark Johnson

Scaffolding



Spatial distance and psychological distance. Bargh 2008
The greater the distance, the less intense emotional response.

Temperature and appraisal of other. Kang, Williams, Clark Gray Bargh, 2010
Warm stimulus in hands-perceive other's as warmer
Cold stimulus in hands-perceive other's as colder

Light and emotional response and evaluation. Meir, Robinson, Clore, 2004
Lighter stimulus-positive, Darker stimulus-negative

Up and down and emotional response and evaluation, Clark 1973
Up is good. Down is bad.

Key to pay attention to for change work

Space = Location, up-down, near-far, foreground-background, left-right

Containment = In-out, container-contents, full-empty

Movement = Momentum, speed, source-path-goal, still/moving

Embodied Metaphor & Internal Representation

It's all piling up on me

It's all stacking up on me

It feels like I have a huge
elephant on my chest

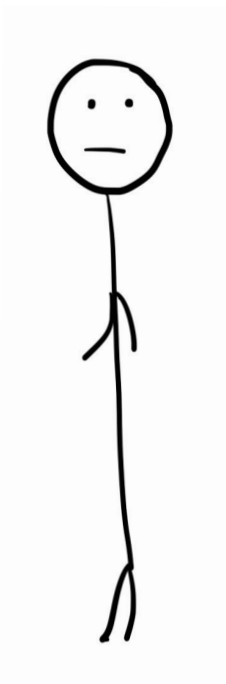
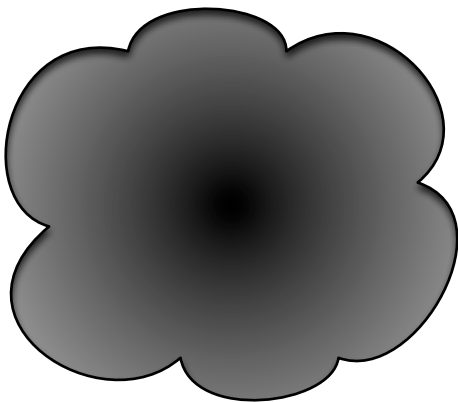
Even when I am at home it
feels like my parents are
putting things on me

It feels like people are throwing
dirt on my grave



Embodied Cognition

The Solution: Do the Opposite of IR



Cl: Unconscious deep breath:
It feels like I can breath

DrQ: That's right it looks like a small ant...And how is your chest feeling?

Cl: *It all looks like a small ant*

DrQ: What happens to the stuff on the ground when you are in the plane and you look out the little porthole

DrQ: That you would rise up above it, like a plane going up in the air

DrQ: What would happen if we got you out from underneath all of it?

Use the Meta Pattern to manage the process!

Keep Counseling in “NOW”

Change can only occur in now

It shifts habits of attention and punctuates experience

To create trance and its benefits by creating space and slowing things down



Listen Literally

Thought is ultimately embodied

Sort for sensory-based terms which is the language of the unconscious mind



“Talk” to the Body

½ second before conscious thought

The body is most closely connected with unconscious processing

The body is always in now



Glide on the Natural Tendencies of the Nervous System

Neuroplasticity

Re-consolidation

Non-linearity/Recursion

Spacially Shifting Attention

Beyond

Over

About

Up

Above

Apart

On top of

Far

Between
Against
Across
Opposite
Along



In back of

Behind

In front of

Left

Right

Aside

below
down
beneath
under

Near

Toward

NOW

Then

Here
This
in
inside



*There
That
out
outside*

Neuroplasticity



What you experience in life, on purpose or not, creates **PHYSICAL** changes in your brain. This is called Neuroplasticity. The neural networks in your brain are like the muscles in your body; the more you exercise them, the bigger, stronger, more sensitive, and efficient they become.

Paying attention to any specific neural connection keeps the associated circuitry open and dynamically alive. Rapid, repeated observations not only stabilize transient chemical links (**Quantum Zeno Effect**), but eventually, can alter physical changes in the brain's structure. - *Stapp and Schwartz 2005*

Attention and Focus stabilizes brain circuitry

Neurons that fire together tend to wire together

Your brain is constantly re-wiring itself

Everyone's brains are wired differently

Your brain is an organ. It is physical. It is different from "mind" which is **attention** and **intention**, both of which are non-physical. The non-physical can change the physical. (**Brain is different than you**)

Babies and young children are the model for how we learn (active testing). We can recognize and imitate (model) because of **MIRROR NEURONS** scattered throughout different parts of the brain. 30% of brain cells are mirror neurons.

Neuroscience of Transformation

A problem can only exist as a problem in a field of everything else that is not the problem



“Part”-Neural network with sufficient functional boundary thresholds that it remains largely dis-integrated from the rest of the nervous system.

When enough other neural networks are lit-up at the same time as the neural network associated with the problem, neuroplasticity occurs: the problem loses its definition which allows for a free flow of communication with the rest of the nervous system



In this sense it doesn't have to matter whether the new neural nets are “meaningful”, just that they are lit-up at the same time as the problem, so neuroplasticity can occur. The brain will re-interpret the new combinations of neural connections to create meaning.

What if we got
it wrong?



~~They have feelings trapped inside
Processing gets the bad feelings out
I need to be sympathetic
They just need to learn how to let it go
Encouraging introspection and self analysis
They are being resistant to change~~

Memory Reconsolidation

Memory is an active, synthetic process. –Carl Prebrum

Our experience of past and future is a construction.

Every access is a (re)construction.

Is Memory More Like a File Cabinet or a Blender Running without a Lid?



Information coming into your brain is split into fragments that are sent to many different areas of your brain. When you remember something you are re-constructing fragments from many different areas. **Content** is stored in different areas of the brain.

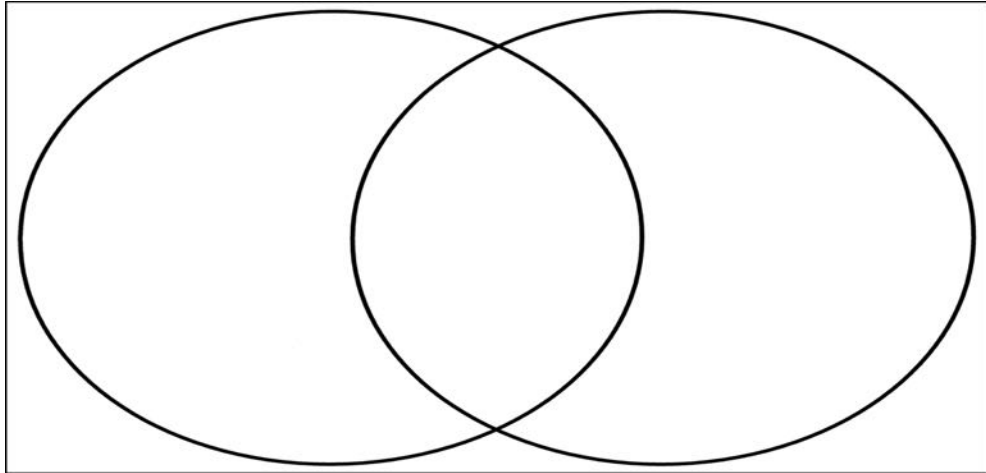
The brain was built first for survival of the species, so it has a **negativity bias** in that it remembers what's **wrong** more easily and deeply than what is pleasant and positive. In addition, the more elaborately you encode a memory during its initial moments, the stronger it will be. This is why trauma has such a lasting effect. (VAKOG)

Game Changing Discovery for Therapists

Each time you bring a memory into conscious awareness it becomes as plastic, malleable, moldable as it was when it was first encoded. Whatever is happening in the current context will be re-consolidated into the “memory” when it goes back into long-term stores. This means **we can change how the memory/trauma is coded in the brain** and heal those emotional wounds!

What is TRAUMA?

Any experience that although the experience itself is finished, having gone through it has continued to affect the person in a negative way



The brain is an organ and it wants to learn something as quickly as possible and make the learning automatic as quickly as possible.

Therefore, the brain unconsciously creates filters to reinforce that story. Those filters will either Generalize the story so it's applicable towards many other similar experiences or will Delete or Distort experiences that don't match the person's story.

STUFF & OUR RESPONSE TO STUFF

What if it's not the stuff that causes feelings, but instead the Brain's response to stuff? If you are not happy, you can change stuff or move on to other stuff. What if we can change your Brain's response to stuff which provides an additional point of adjustment and therefore more flexibility. You can change the way you think, feel, or act in response to stuff. You can change the way you act upon stuff. Additional flexibility provides you with additional power.

WHY TRAUMA STICKS

1. Timing (Past, Present, Future...Body is always in NOW)
2. Impression
3. Attached Meaning
4. Similar = Same

WE WANT TO CLEAR THE EFFECT IT HAS HAD AND UNPLUG THE BRAIN'S RESPONSE TO THE THOUGHT OF THE EVENT.

Where is the traumatic event?

How to Access the Trauma Whether Remembered or Repressed

There are two ways for the client to access the negative experience. One is to backtrack. Therapist says to client: "As you're feeling (state/emotion/ kinesthetic) go ahead and let it transport you back to the event or series of events that when healed will resolve this issue."

The second is to ask the client's brain to travel back to the neurological root cause/driver. It may not be the earliest in terms of time, but it is the primary representation that is driving the problem and as it is resolved will have a ripple effect clearing other similar experiences.

Clear Trauma / Memory Reconsolidation



1. As you're organizing toward future self & to free energy, let you're unconscious scan back through experiences that were negative and bring to your attention A specific experience to clear.

2. Emotionally present with me

Here....There

This...That

Now...Then

3. More fun than that

4. This *IS* what's happening and That *ISN'T*

5. Working on shared mutual goal both excited to get to (Future Self)

6. One minute or less

7. If that happened then, there are many things that have happened after that...that were better than that (snap to anchor toward eye accessing up left/construction)

8. Go through the memory fast...keep participant with you

9. Run in reverse (Unplug memory, Flatten neurons, take away the charge)

10. As we ran it in reverse, what do you notice happened to the feelings?

I'm Not, You're Not, It's Not

Jason- Because your brain is getting that it's not happening. Now here's the other thing our brain works at patterns of association, so kind of like you know that you remember putting your shoes on earlier today, but if I said to you Rachel stop putting on your shoes, you'd go I'm not putting on my shoes.

Rachel- Right.

Jason- Because you know that there is a clear difference between remembering, doing it, and doing.

Rachel- Right.

Jason- So remember getting dressed, putting your shoes on, "Rachel stop putting your shoes," say, "I'm not putting on my shoes."

Rachel- I'm not putting on my shoes.

Jason- Well stop putting on your pants, say, "I'm not putting on my pants."

Rachel- I'm not putting on my pants.

Jason- Well stop me from putting on my shirt, say, "You are not putting on your shirt."

Rachel- You're not putting on your shirt.

Jason- Well stop him from putting his hands on you, say, "He's not putting his hands on me."

Rachel- He's not putting his hands on me.

Jason- Well you stop pu/ing your hair in a pony, say, "I'm not putting my hair in a pony."

Rachel- [laugh]

Jason- Well then stop him from pu/ing his hands on your throat, say, "He's not pu/ing his hands on my throat."

Rachel- He's not pu1ing his hands on my throat.

Jason- Well then stop that from happening, say "That's not happening."

Rachel- That's not happening.

Jason- Yeah so then where is it, say, "It no longer exists."

Rachel- It no longer exists.

It's NOT about ME

Jason- That's right, which is what we want to be getting in. To that part of your brain that didn't know. Third thing with that, that earlier you felt, even though you knew differently, that some of him doing that had something to do with you. But as we look at it later, future, we know that him doing that had a lot to do with whatever the hell was going on with him. It's not really about you. Make sense?

Rachel- Yeah.

Jason- Right! So repeat these four words after me. Here we go, "it's not

Rachel- It's not.

Jason- About me.

Rachel- About me.

Jason- It's not.

Rachel- It's not.

Jason- About me! Right! It's not about me, right! Good! Now close your eyes.

Rachel- It's not about me.

Jason- Picture that earlier you back then just after it's over and she's left. Let her know it's finished, completed, defeated, that no longer exists. Let her know that him doing that and everything to do with something being her off with him it's not about me so that she gets it. Then let her know about playing with the kids on the playground. Let her know about talking to her sisters. Let her know about that cup of coffee so that she gets it and she does what do you notice happened in the earlier years, days?

Rachel- It's not near as bad as it was.

Jason- Oh, it's not near as bad as it was. Right, yeah, because even as you think about that particular time.

Rachel- It's not near as clear as it was either.

Jason- Oh, it's not near as clear. It's not probably located. So, if it actually went further away and became more fuzzy, how does it feel now?

Rachel- Better.

Jason- Oh, it does, doesn't it? Hmm

Rachel- Yep.

My Body is NOT Me

If we were to come back one year from today, 99.99999% of the sub-atomic particles that make you up wouldn't be here

No cells within your body today are the same as when it happened, yet you're still you so we could say you have a body, but you are not your body

You have thoughts...brain generated...but you are not your thoughts

You have feelings...but you're you regardless of how you feel

Things you do and thing you've done...but you are not what you do

If you are not what you do, thoughts, feelings, body...we have a weird question...what are you?

Think of a time in life when outdoors in nature and you see something that is beautiful...What is it? And when you look at it you feel a sense of peace and excitement...what if awareness was drawn in toward the center where you are peaceful and excited....Hands draw in closer to the fire...its not the flames hotter but I'm becoming more aware of the heat. The light at the center is you and this light can't be touched hurt or harmed...

So repeat after me...I have a nose...I have 2 elbows...I have 10 fingers...I have 10 toes...I am not my fingers...I am not my toes...I am not my elbows...I am not my nose...I have a vagina...I am not my vagina...My vagina is mine...My vagina is not me...So he messed with my stuff...and it hurt my feelings...and it changed my thinking...and it hurt my body...but he never touched my essence...he never touched who I really am. He never touched this light...He never touched me...He messed with my stuff...But he **NEVER** got me...Because who I am can only be touched with love and respect.

Stuck Grief

Why does grief get stuck?

- It shouldn't have happened
- Someone is to blame
- Positive feelings are not accessed in thinking about the loved person
- There is a feeling that the loved person is still suffering...Still dying Suffering in the after life
- Something is incomplete. Something should have been said or done and now there is no chance of doing so
- Dissociated picture of loved one without client in it

What can be done about it?

- Change the perception of internal geography and identity
- Eliminate the idea that the person has stopped being. What our senses tell us is not true. His body is where he was, not who he is.
- Bring the client into connection with the loved person.
- Ask the grieving person to describe the loved person. Always use the present tense when referring to the loved person. Always use the past tense when referring to the loved person's suffering.
- What you get from being with someone is the experience. The experiences you have acquired can never be lost. The experiences you have not had cannot be lost either. Therefore, loss is impossible. Put it in context with all of the other experiences acquired in being with that person that are ongoing...the essence.
- Associate picture of client with loved one before the death.