

PLEASE TAKE STRESS DOWN: THE STRESS SOLUTION

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HELLO, I'M KEVIN

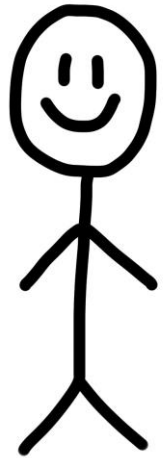


“Do the best you can until you
know better.
Then when you know better, do
better.”

-Maya Angelou

MEET STRESS

Stress / Trauma is a continuum



Post
Traumatic
Stress
Disorder

We all have it.

Hard vs Soft
Trauma¹

NOTICE WHERE STRESS ORIGINATES

-‘Jumping for joy’

-‘So excited I can’t sit still’

-‘Tension headache’

-‘I just want to curl up’

-‘I feel as light as a feather’

-‘Weight of the world on my shoulders’

-‘Made me cringe’

-‘My heart was pounding’

-‘I’m not yelling!’

-‘Lower back pain / pain in my neck’

‘THE BODY KEEPS THE SCORE’ DR. BESSEL VAN DER KOLK

“How do you turn a newborn baby with all its promise and infinite capacities into a thirty-year-old homeless drunk?”² *The Body Keeps the Score*, p.43

“I’ll have a lot to say about how trauma is held in people’s bodies.”² *The Body Keeps the Score*, p.26

“Even though the mind may learn to ignore the messages from the emotional brain, the alarm signals don’t stop. The emotional brain keeps working, and stress hormones keep sending signals to the muscles to tense for action or immobilize in collapse. The physical effects on the organs go on unabated until they demand notice when they are expressed as illness. Medications, drugs, and alcohol can also temporarily dull or obliterate unbearable sensations and feelings. But the body continues to keep the score.”² *The Body Keeps the Score*, p.46

UNDERSTANDING BOTTOM-UP

National Institute of Health:

Top-Down or Bottom-Up



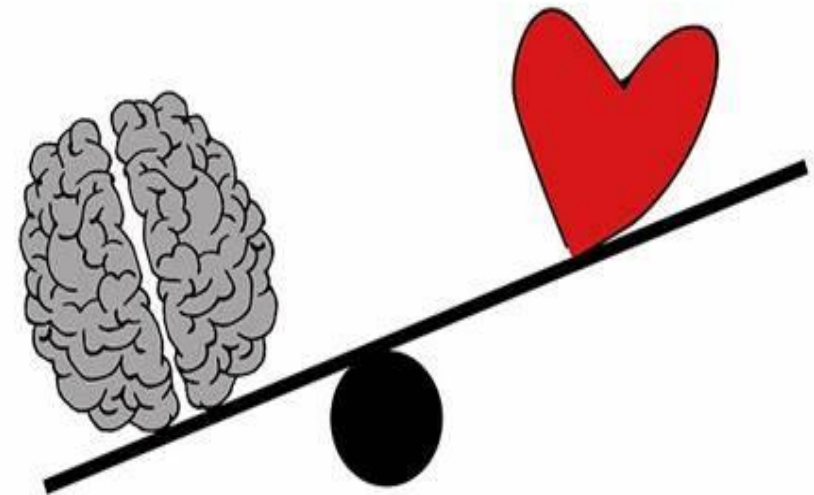
Cortex
(cognitive)

Limbic System
(emotional)

Brain Stem
(physical)

~80% afferent (body to brain)³

Why did you do that?



‘I don’t know. I was [in love].’

“Intrinsic connectivity networks (ICNs) have emerged as fundamental, organizational elements of human brain architecture.”⁴

WIDE IMPACT OF STRESS & TRAUMA

Do you, or does someone that you know, have difficulty with:

Sleep?

Appetite?

Substance abuse?

Emotional disturbance such as: anger, anxiety, depression?

**YOU PASS
THE HUMAN TEST**

ACEs TELL IT LIKE IT IS

Correlation among experiences and mental illness

As overviewed by Dr. Bessel van der Kolk²

ACE score of 4 or more

- **More than 50%** reported a learning or behavior problem as a child
(compared to 3% of those with a score of 0)
- Chronic depression in adults rises to **35% in men**, and **66% in woman**
(compared to an overall rate of 12% for those with a score of 0)
- **7 times more likely** to be an alcoholic
(than adults with a score of 0)

ACE score of 6 or more

- The likelihood of IV drug use is **4,600% greater**
(than a score of 0)
- About a **5,000% increased likelihood** of a self-acknowledged suicide attempt
- **15% greater chance** to be currently suffering from any of the ten leading causes of death in the United States
- **Twice as likely** to suffer from cancer

The Body Keeps the Score, pp 144-148

BY THE NUMBERS

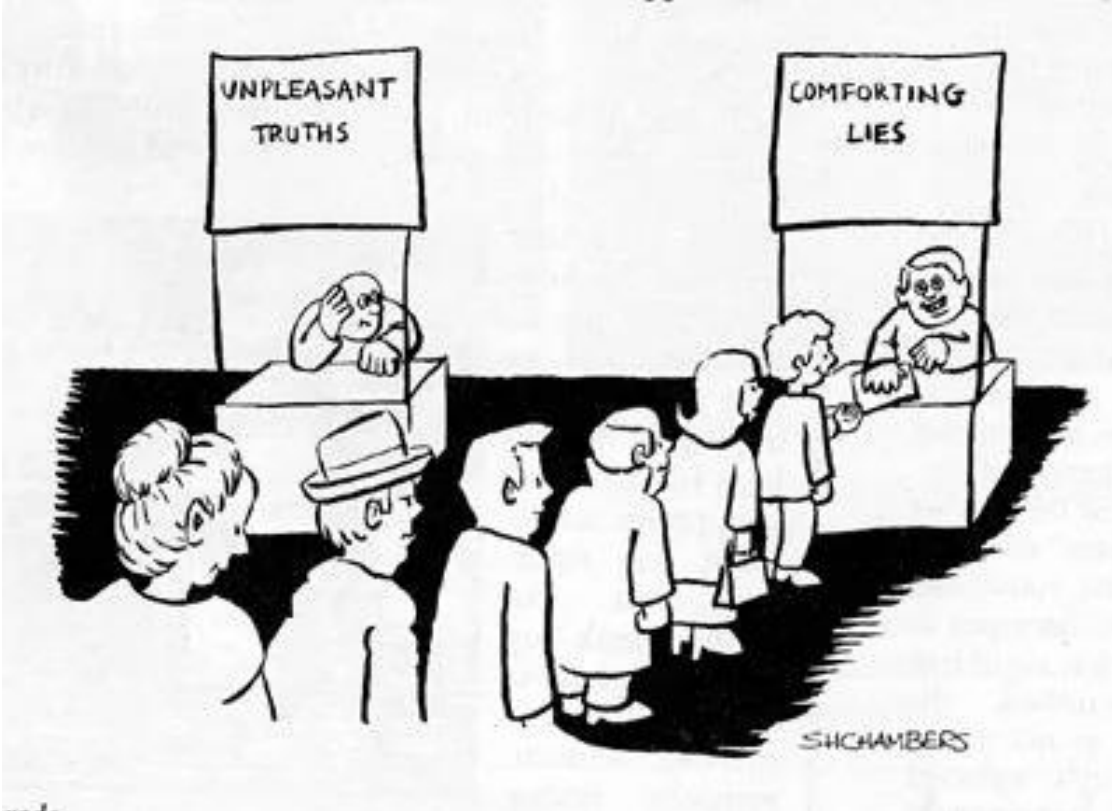
“Consider the case of antidepressants. If they were indeed as effective as we have been led to believe, depression should by now have become a minor issue in our society. Instead, even as antidepressant use continues to increase, it has not made a dent in hospital admissions for depression.”² *The Body Keeps the Score*, p.37

According to the CDC: “Preventing ACEs could reduce a large number of health conditions” including:

- Up to 1.9 million cases of heart disease
- 2.5 million cases of overweight/obesity
- 21 million cases of depression⁵



LOOKING IN THE MIRROR



“Drugs cannot ‘cure’ trauma; they can only dampen the expressions of a disturbed physiology. And they do not teach the lasting lessons of self-regulation. They can help to control feelings and behaviors, but always at a price – because they work by blocking the chemical systems that regulate engagement, motivation, pain, and pleasure.”²

The Body Keeps the Score, p.224

“And yet after thirty years and millions upon millions of dollars’ worth of research, we have failed to find consistent genetic patterns for schizophrenia – or for any other psychiatric illness, for that matter.”²

The Body Keeps the Score, 151-152

“The brain disease model takes control over people’s fate out of their own hands and puts doctors and insurance companies in charge of fixing their problems.”² *The Body Keeps the Score, p.37*

WHEN IS IT TIME FOR CHANGE?

Previous Director of the National Institute of Mental Health (NIMH), Dr. Insel, two years after stepping down:

“While I think I succeeded in getting lots of really cool papers published by cool scientists at fairly large cost – I think \$20 billion – I don’t think we moved the needle in reducing suicide, reducing hospitalizations, improving recovery for the tens of millions of people who have mental illness.”⁷

Dr. Insel: [The country’s mental health crisis is] “not a research problem, it’s an implementation problem.”⁸

DIAGNOSIS – TREATMENT - CURE

Studies propose that up to:

81% of the general population, and

98% of Community Mental Health Center clients

experienced a traumatic event at some time in their lives.⁹

And **69%** of people in a psychiatric hospital had been found to have been repeatedly exposed to trauma for some length of time.¹⁰

Yet **ONLY 7%** received a PTSD Diagnosis¹⁰

The number of traumatic events is **negatively** correlated with **physical** and **mental** health **functioning**.⁹

After increasing screening rates for PTSD, they did increase the rate of PTSD diagnosis, however:

“the rates of actual PTSD treatment services provided did not change.”⁹

DIAGNOSIS – TREATMENT - CURE

“Diagnostic reliability isn’t an abstract issue:

If doctors can’t agree on what ails their patients,
there is no way they can provide proper treatment.

When there’s no relationship between diagnosis and cure,
a mislabeled patient is bound to be a mistreated patient.”²

The Body Keeps the Score, P. 165

Bessel van der Kolk, MD

WE ARE HERE

“The Nation is in the midst of an unprecedented
opioid epidemic.”¹¹

The growing mental health crisis in the United States:

9-8-8

has been enacted to be the National Suicide Prevention
Lifeline effective July 2022¹²

“Although there is growing acceptance that recovery needs to be one of the key domains of quality in mental health care, the implementation and delivery of recovery oriented services and corresponding evaluation strategies as an integral part of mental health care have been lacking.”¹³

WE CAN DO THIS

“There is an increasing focus on the impact of trauma and how **service systems** may help to **resolve** or **exacerbate** trauma related issues.”¹⁴

“With appropriate supports and intervention, **people** can **overcome traumatic experience**.”¹⁴

Substance Abuse and Mental Health Services Administration
(SAMHSA)

WE NOW UNDERSTAND

“Bessel van der Kolk, MD, is arguably the world’s leading expert in the treatment of trauma.”¹⁵

“After trauma the world is **experienced with a different nervous system.**”² The Body Keeps the Score, p. 53

“If **an organism is stuck in survival mode**, its energies are focused on fighting off unseen enemies, which leaves no room for nurture, care, and love.”² The Body Keeps the Score, p. 76

“Traumatized people **chronically feel unsafe inside their bodies**: The past is alive in the form of gnawing interior discomfort.”² The Body Keeps the Score, p. 96

“Patients respond to stress not by noticing and naming it but by **developing migraine headaches or asthma attacks.**”²
The Body Keeps the Score, p. 97

“Trauma victims cannot recover until they **become familiar with and befriend the sensations in their bodies.**”² The Body Keeps the Score, p. 100

BOTTOM-UP

“One only has to read the most basic of the literature on the function of the **brain**, the **nervous system**, and the **physiology of stress** to understand that **the mind and body are undeniably linked**.”¹⁶

1994

Communication is Bi-Directional, however, is approximately **80% afferent**³ (body to brain)

WE NOW KNOW: BOTTOM-UP

“We need strategies so clients can ‘unlearn’ the **nervous system’s** response to stress and trauma.”



WHAT WE CAN DO ABOUT IT

- “The body is physically restricted when emotions are bound up inside. People’s shoulders tighten; their facial muscles tense. They spend enormous energy on holding back their tears – or any sound or movement that might betray their inner state. **When the physical tension is released, the feelings can be released.** Movement helps breathing to become deeper, and as the tensions are released, expressive sounds can be discharged. The body becomes freer – breathing freer, being in flow.”²

The Body Keeps the Score, p. 216

- “You can tell equilibrium has been restored **when the physiology calms down.**”²

The Body Keeps the Score, p. 112

THE TECHNIQUE I SUPPORT PEOPLE WITH

Tension/Trauma Releasing Exercise (TRE)®

TRE® is supporting underserved and vulnerable populations around the globe including: children, adolescents, adults, 1st responders, military personnel, those with medical conditions, & following natural disasters, and traumatic events.^{17, 18, 19, 20, 21}

Swedish Special Forces Soldier demonstrates TRE – before & after:²²

<https://youtu.be/YJL-l3Dbk2Y>

Polyvagal Explanation of TRE (Interview with Dr. Stephen Porges):²³

<https://youtu.be/NPaj3QgcyAU?t=1355>

BOTTOM-UP BENEFITS: BODY, EMOTIONS, MIND

Example of Average Ratings Using the TRE® Technique

| | PHQ-9 (symptoms of depression) | BAS (symptoms of anxiety) |
|----------|-----------------------------------|------------------------------|
| Avg Pre | 19.8 | 40.3 |
| Avg Post | 4.3 | 6.2 |

Average pre and post PHQ-9 and BAS ratings for those I worked with in 2021 prioritizing use of the TRE® technique, in most cases with 12 appointments or less.
Clients were male and female, 18 years of age or older, diagnosed with a Serious Mental Illness (SMI), and several with a coexisting Drug & Alcohol Diagnosis.

A WORKING UNDERSTANDING OF TRE®

AS A BOTTOM-UP APPROACH

“There are certain **muscle patterns**, associated to certain **Central Pattern Generators**, associated to that **emotional expression**. The **insula** is an intrinsic part between the brain shifting from knowing how I feel and what I experience, and going to do something about it. The insula is a part of the ‘**Salience Network**’ which is a part of a certain mechanism called the ‘**Intrinsic Connectivity Network**’ in the brain, and that has a **really important function in determining how stable you are emotionally or mentally**.²⁴

Dr. Ricardo Cassiani Ingoni
Neurophysiologist on TRE®

MOVING FORWARD

“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

John C. Maxwell

Dr. Cassiani Ingoni (Neurophysiologist) on TRE:²⁵

- “[TRE is] a very specific training protocol with significant potential of inducing functional long-term changes in neuro-muscular crosstalk.”
- “Repetition is a key factor.”
- “Repetitions within a very short time-span allow the cellular changes to become permanent by inducing new gene transcription and consolidation of the molecular changes at the level of neuronal cells or population of cells. Thus, a high number of repetitions of certain patterns of coupled muscular and neuronal activation – such as the ones induced by TRE – very quickly achieves and consolidates changes at the muscular cell level, the neuronal level, and of the whole neural pathways which might underlie the “holding” of a “physical” tension pattern.”

Shake it off Naturally pp 8-9

THANK YOU BEING HERE

Today's Objectives:

- 1) Convey an understanding of the impact of stress and trauma.
- 2) Recognize the importance of a Bottom-Up approach to treating Trauma symptoms.
- 3) Share the benefits that a Bottom-Up treatment approach may have not only in a mental health clinic, but also with people's lives.

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