



Katlyn's
Healing Center

Start Healing

Learning how to heal and
recover our sense of well-being



General Information

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Beginning Notes

Thank you for making this effort to help yourself!

The goals of the presentation are to:

- **Help you gain understanding and learn new healing skills and self-care practices.**
- **Focus on experiential learning and discussion, so it may be helpful to view this presentation along with a group, supportive family member or friend.**
- **Provide opportunities to participate in exercises that are safe and supportive. You are in charge of how you participate.**
- **Cover five key lessons from the first session of our Healing Workshop to help get you started on the healing journey.**



First Lesson

1. *You're Not Alone.*



What is Empathy?

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from RSA Short: <https://www.youtube.com/watch?v=1Ewgu369Jw>



Empathy Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you have.

Some thoughts on the video:

- **Empathy** [loving human connection] **is the first thing we need** to start healing, but it may not be easy for our family and friends because it requires them to accept us as we are and stay out of judgment.
- People may want to quickly “fix” our problem, but; *“Rarely can a response make something better. What makes something better is connection.”*



Why the First Lesson?

Why is it important to feel that you're not alone?

- Because it's not easy to heal our emotional wounds in isolation. Healing from our bad experiences can only occur through good experiences.
- Difficult life experiences or trauma cause disconnection from ourselves and others, and empathetic reconnection is where healing starts.
- Those who have experienced trauma and recovery can help because, *“we know what it's like down there and you're not alone,”* (i.e. *we're here for you.*)
- For those for whom empathetic relationships are not currently available, we'll cover suggestions later on how/where to create these types of connections.



Second Lesson

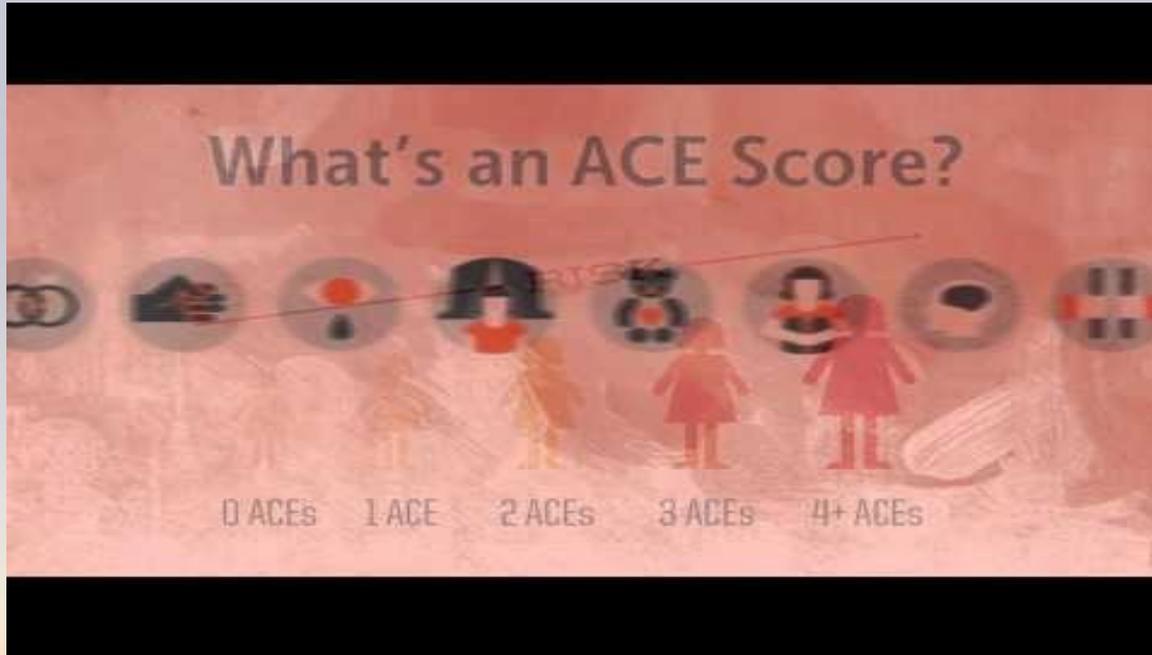
1. *You're Not Alone.*
2. *It's Not Your Fault. You're a Good Person.*



Adverse Childhood Experiences (“ACEs”) Overview

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from KPJR Films: <https://kplrfilms.co/paper-tigers/bonus-content/>



ACEs Overview Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you have.

Some thoughts on the video:

- Our brain is a “social organ,” shaped by our environment, both as a child and adult. Our health depends on our environment, which we do not control as a child and have limited control as an adult. (*“It’s not your fault.”*)
- Just because bad things happened to us doesn’t mean we’re a bad person.
- We are profoundly impacted by the pain we experience. But we all start out as innocent children and that essence remains. (*“You’re a good person.”*)



ACEs Resources

ADVERSE CHILDHOOD EXPERIENCES(ACEs) SUMMARY & EFFECTS: ACE FACT SHEET

I. Adverse Childhood Experiences (ACEs) Studies

The adverse childhood experiences (ACE) studies show that trauma in childhood increases risk for chronic disease; ¹ fractures and injuries; depression, anxiety, PTSD and other mental health conditions; a greater risk of giving birth prematurely; and other life challenges.² These problems also affect future generations. A [Kaiser-CDC study](#) with over 17,000 participants identified this connection. Results have been reproduced in other studies with different populations ³ and a continuation of the original study with over [400,000 patients](#).

The key point from this body of research is that the effects of childhood trauma are not just psychological. Trauma alters brain development, function and structure; autonomic nervous system regulation; physiology, stress responses ^{4,5}, and gene function (epigenetics) ⁷. The [American Academy of Pediatrics](#) has used this and other research to develop a new policy ⁴, [assessment tools](#), and a [trauma toolbox](#) for primary care. For more info: [WHO](#), [CDC](#) ⁸, [RWJ](#), [PBS](#) ⁹, [NPR](#) ¹⁰, [New York Times](#) ¹¹, [CBS 60 minutes](#), and news site [ACES Too High](#).

II. ACEs Increase Risk for Mental Illness, Major Causes of Death & More ^{12,13}

ACEs increase risk for major causes of death in adults including smoking, alcohol abuse (7X greater risk of abusing alcohol), use of illicit drugs (10X), suicide attempts (12X), promiscuity, obesity, physical inactivity. ACEs also increase:

- risk for chronic illness, cancer, fractures, heart / lung / thyroid / autoimmune (more on [website](#)) ¹
- ADHD & behavior problems in kids ^{12,13}; premature birth, greater challenges / difficulties in parenting
- anxiety, depression, PTSD, self-harm , suicide, low life satisfaction, poor academic achievement
- unintended pregnancy & paternity, intimate partner violence, increased number of marriages
- injuries, intentional and not ie motor vehicle accidents/shootings/stabbings ¹² & criminality ¹⁴

III. ACE Score: 1 point per category experienced before 18 yo for max of 10 ²

The ACE questionnaire asks about exposure to 10 specific types of trauma from 0-18 years of age. Original Qs were drawn from areas in public health for which national programs were being developed in the 1990s. Other types of trauma also increase risk (accidents, unsafe neighborhood, etc). 1 point for any event per category:

- | | |
|--|---|
| 1 _ Physical abuse (Stats: 1 in 3,5 Americans) | 6 _ Loss of a parent from divorce or separation |
| 2 _ Sexual abuse (1 in 5) | 7 _ Violent treatment of mother (1 in 10) |
| 3 _ Emotional abuse (1 in 9) | 8 _ Member of household mental illness (1 in 5) |
| 4 _ Physical neglect | 9 _ Member of household jailed (1 in 30) |
| 5 _ Emotional neglect | 10 _ Member of household substance abuse (1 in 4) |

Resources are widely available to help better understand the ACEs research and calculate your own ACE score. The *“Adverse Childhood Experiences (ACEs) Summary & Effects: ACE Fact Sheet¹,”* shown here is one such resource. There’s a companion document that addresses ACEs and chronic illness.

Why the Second Lesson?

Why is it important to learn that it's not your fault and you're a good person?

- Because guilt and shame are powerful emotions that get in the way of healing. So we need to begin letting them go to start the healing process.
- When we've experienced childhood or adult trauma/adversity, our ability to think rationally and make conscious choices can be negatively impacted through no fault of our own.
- Changing the question in our mind from, *“What is wrong with me?”* to, *“What happened to me and how can I get better?”* is a key step in opening up to the possibility of healing, which we all deserve.



Third Lesson

1. *You're Not Alone.*
2. *It's Not Your Fault. You're a Good Person.*
3. ***What You Feel is Normal...***
...given what you have experienced.



Effects of Trauma

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from Phoenix Australia: <https://vimeo.com/132773892>



Effects of Trauma Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you have.

Some thoughts on the video:

- The way that trauma survivors feel is normal, given what they've experienced.
- Trauma does not cause any fundamental illness or disease. It is an injury from our environment that can be healed.



Why the Third Lesson?

Why is it important to learn that what you feel is normal?

- **Because survivors' feelings can be intense and can lead us to doubt our ability to ever recover.**
- **Sometimes those around us want us to “get over” these intense feelings before we are ready.**
- **Learning that our intense feelings are normal (to protect us from further harm) shows us that we are injured but not broken,....**
- **...and lets us know that we are not alone,...and that peers who have experienced recovery from trauma can help us.**



Fourth Lesson

1. *You're Not Alone.*
2. *It's Not Your Fault. You're a Good Person.*
3. *What You Feel is Normal...*
...given what you have experienced.
4. ***You Can Learn Skills to Help Yourself Feel Better***



Using Our Breath to Feel Better

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from Mindful Schools: <http://www.mindfulschools.org/inspiration/just-breathe-julie-bayer-salzman/>



Using Breath Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you may have.

Some thoughts on the video:

- The children were learning to pause and use their breath to calm themselves before dealing with the situation that had upset them. This learned skill helped them feel better.
- The ability to make this conscious choice, instead of emotionally reacting, leads them to better outcomes.



Self-Compassion Exercise

Feel free to participate in this “Self-Compassion and Soothing Touch” meditation by Neil Tranter or just observe. It will last about 3.5 minutes.

To listen to the meditation, click on the hyperlink below. When complete, return to the PDF presentation.

<https://www.youtube.com/watch?v=p4RnVUg-UFY>



Self-Compassion Exercise Review

How did that feel?

- Feel free to consider the question and write down any thoughts you may have.

Some thoughts on the exercise:

- Offering ourselves kindness and compassion can seem awkward at first, but the practice is essential to our healing (It may take time to experience.)
- Touch can be soothing to our body. We have the ability to self-regulate our body/mind with breath and touch (with practice.)



Resilience Skills Review

Digital Resilience Cheat Sheet *

9 Quick Ways to Stay Calm Under Pressure

1. Put Your Hand on Your Heart

Simply place your hand over your heart, feel its beat, and breathe deeply. Aim for at least 20 seconds. This will release oxytocin, which helps regulate and calm your fight-flight-freeze system.



1. Put Your Hand on Your Heart
2. Hug Your Best Friend (loving connection)
3. Remember a Time When You Felt Safe
4. Write It Down (journaling)
5. Repeat a Helpful Slogan
6. Name the Emotion (self-awareness)
7. Reframe Your Red Lights
8. Take in the Good (gratitude)
9. Take a Self-Compassion Break

*See handout from www.nicabm.com²



Why the Fourth Lesson?

Why is it important to learn skills to help yourself feel better?

- **Because when you start to feel better, you grow in confidence that healing is truly possible.**
- **And when your better feelings are the result of your own choices and actions, you learn by experience that you have the ability to make things better.**
- **...Plus you probably wouldn't be here (or viewing this presentation) if you didn't want to feel better 😊**



Fifth Lesson

1. *You're Not Alone.*
2. *It's Not Your Fault. You're a Good Person.*
3. *What You Feel is Normal...*
...given what you have experienced.
4. *You Can Learn Skills to Help Yourself Feel Better.*
5. ***Healing is also Normal...***
...with Understanding, Support, and Practice.



Healing from Trauma

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from KPJR Films: <https://kplrfilms.co/paper-tigers/>



Paper Tigers Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you may have.

Some thoughts on the video:

- The teacher was able to provide the loving connection the students needed, *“You have to unconditionally love them”*
- The teacher was able to let go of blame and judgement, *“Their behavior might be out of their control”*
- The student’s healing started with loving connections and feeling safe; young woman says, *“I got a team”*



Oprah on Trauma-Informed Care

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from *60 Minutes*: <https://www.youtube.com/watch?v=dF20FaQzYUI>



What Does Oprah Teach Us?

- When Oprah asks Dr. Bruce Perry, a leading expert on childhood trauma, the difference being able to overcome traumatic childhood experiences, versus not being able to, Dr. Perry says the answer comes down to something simple: *“relationships.”*
- Then Oprah cuts to the heart of it; *“What he really means is love. He's a scientist. He's not going to use the word 'love.' But it really is about how you are responded to, valued, trusted and loved by those around you.”*
- Oprah's biggest lesson: People need to stop asking, *“What's wrong with you?”* and instead ask, *“What happened to you?”*



Why the Fifth Lesson?

Why is it important to learn that, “It’s normal to heal”?

- Because we need to believe we are not defined by what happened to us, but rather that we have the capacity to fully heal and get our old (or better) selves back. **There is nothing fundamentally “wrong with you.”**
- Once you begin to experience the healing effects of human connections, where you are **“responded to, valued, trusted and loved by those around you,”** then you can begin to trust that **“It’s normal to heal.”**



What You Can Do to Start Healing

- The most important thing you need to start healing is a supportive human connection(s). You need someone willing to be present, caring and patient.
- If that person is not available in your circle of family and friends, you may try reaching out to a social service organization, support group, peer-counselor, or therapist **you feel comfortable with and can trust.**
- **Even though support is very important, your safety is still the first priority.**
- Along with a supportive human connection, you need a simple practice you can begin on your own to help you feel better by calming your anxious mind, easing your painful emotions and increasing your intentional capabilities.
- This brings us to mindfulness practice...



The Power of Mindfulness

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from AsapSCIENCE: <https://www.youtube.com/watch?v=Aw71zanwMnY>



Power of Mindfulness Video Review

What did you notice?

- Feel free to consider the question and write down any thoughts you may have.

Some thoughts on the video:

- The simple practice of mindfulness can have so many positive health effects. Mindfulness is like physical therapy for the brain that benefits the whole body.
- **As fear and stress release, healing flows naturally to the mind and body (like any other healing we experience).** But starting a mindfulness practice can be challenging and there is no set timetable for healing. It takes the time it takes.



Mindfulness Practice Benefits

Mindfulness practice exercises the parts of our brain that are responsible for rational thinking, self-regulation, planning, and decision making, which:

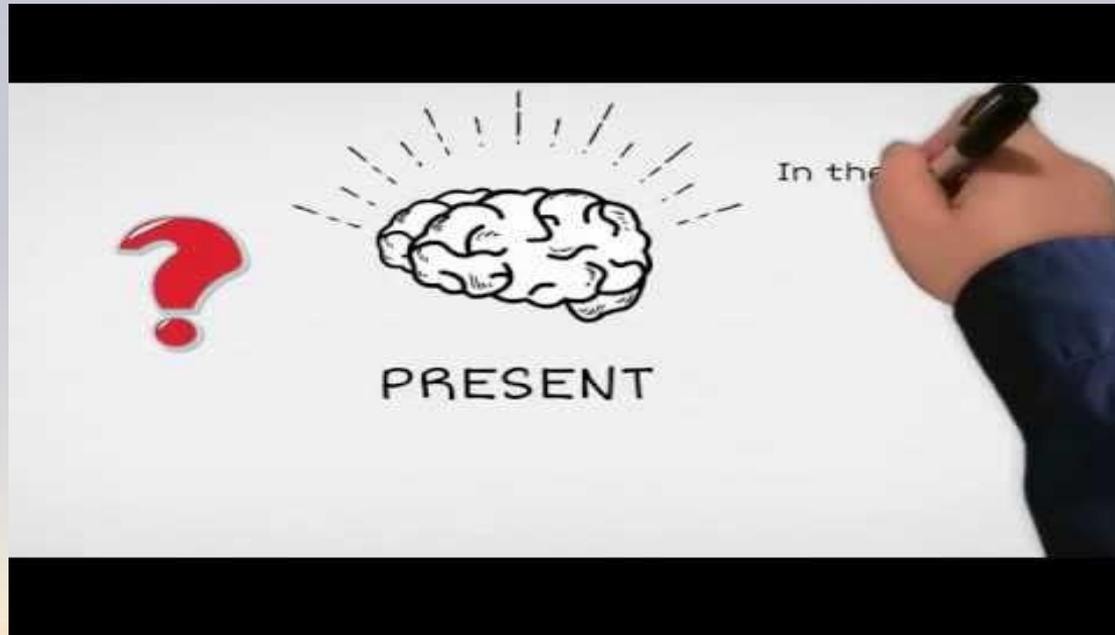
- **Reduces emotional reactivity (better emotion regulation)**
- **Reduces fear and anxiety (more peace of mind)**
- **Increases ability to manage emotional triggers**
- **Increases ability to manage stressful events**
- **Decreases incessant mental chatter (“monkey mind”)**
- **Increases self-awareness, compassion, and self-acceptance**
- **Improves physical health, reduces physical pain**



How to Start Mindfulness

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from AnimateEducate: <https://www.youtube.com/watch?v=mjtfyuTTQFY>



Mindfulness Practice Suggestions

- We recommend that beginners start with 1–5 minutes of daily mindfulness practice. A pleasant voice to guide you (like Neil Tranter) can also be helpful. There are good apps available, such as Insight Timer (free) or Headspace.
- Consistency of practice is the most important criteria to realize the benefits. There is no way to “fail” at mindfulness practice or do it wrong. The purpose is only that we notice something to increase our mind and body awareness over time.
- If mindfulness practice feels difficult, then mindful actions such as nature walks, writing, and creative arts can be equally helpful.
- Mindful practices increase our self-awareness and intentional capabilities over time, which when combined with self-compassion, leads to healing. Journaling, which is also mindful practice, can help us to retain this self-awareness.



Mindfulness Benefits II

Donna Jackson Nakazawa client interview³: *“Mindfulness has been life changing for me. I have been to many therapists who’ve helped me to analyze my feelings, but no one had ever said that it was possible to simply let my thoughts pass, so that I could experience the freedom of seeing that I am not my thoughts.”*

- **Comment:** When we think of how much time we can spend tormented by our thoughts of the past and future, it becomes clear how powerful it could be to *“experience the freedom of seeing that we are not our thoughts”*



Mindfulness – Changing Perspective

To view the video, click on the hyperlink below. When the video is complete, return to the PDF presentation.

Video from Headspace: <https://www.youtube.com/watch?v=iN6g2mr0p3Q>



What's Needed to Complete the Healing Journey?

This workshop teaches a simple (but not easy) prescription for healing:

- **Safety** – move out of danger (1st precondition)
- **Connections** – need caring, supportive relationships (2nd precondition)
- **Understanding** – knowledge of your condition and what's needed to heal, which is the focus of this initial workshop presentation (1st healing step)
- **Practice** – setting positive intentions for yourself and taking positive action, like practicing mindfulness (2nd healing step), which then leads us to....
- **Positive Experiences** – which help ease the emotional pain and restore your peace of mind over time (this is what healing feels like)



The Healing Practice Leads to Happiness

The healing journey leads to happiness by itself over time. **Happiness is a state of being that follows from the healing practice** when we feel:

- **Safe** ...free from threats and able to meet our basic human needs
- **Connected** ...lovingly connected to ourselves and others
- **Empowered** ...able to create positive life experiences while skillfully managing difficult life experiences
- **Purposeful** ...able to create and express a life purpose that excites us and gives us a reason to live and experience each day to the fullest.



LAUGH to be Happy

Happiness is a state of being that also comes from becoming more:

- **Loving** ...toward ourselves and others.
- **Accepting** ...toward ourselves and others.
- **Understanding** ...of ourselves and others.
- **Grateful** ...for our life and our blessings.
- **Humble** ...knowing our limitations and not putting ourselves above others.

The remainder of this workshop focuses on teaching the **LAUGH** principles along with healing practices that help us overcome the emotional pain from bad experiences and create good experiences (i.e. go from healing to happiness).



Happiness is a Natural State of Being

Happiness comes when we let go of fears and our painful past, in order to reconnect with the pure, innocent, loving, and peaceful nature that still exists within all of us.

This is where the healing practice takes us. Back to our peaceful, joyful, and loving human nature.



Reminder of Today's Lessons

- *You're Not Alone.*
- *It's Not Your Fault. You're a Good Person.*
- *What You Feel is Normal...*
...given what you have experienced.
- *You Can Learn Skills to Help Yourself Feel Better*
- *Healing is also Normal...*
...with Understanding, Support, and Practice.



Closing Thoughts

- Your suffering is not your fault... there is nothing fundamentally wrong with you... and your emotional wounds can be healed.
- Your sense of self-competence, your power, and your well-being can be restored and hopefully even enhanced.
- New understandings we gain from this workshop are important, but **we need to experience these truths to come to know them. So healing and recovery take work (i.e. a consistent practice).**
- **The wounds from our difficult experiences can only be healed by better experiences. With safety and loving support, each of us has the power within to make the healing journey. We just need to exercise it! 😊**



References

1. Veronique Mead, MD. (2018). *Adverse Childhood Experiences (ACEs) Summary & Effects: ACE Fact Sheet*. Retrieved from <http://www.acesconnection.com/blog/ace-fact-sheet-to-give-your-doctors-patients-and-beyond-free-download>
2. National Institute for the Clinical Application of Behavioral Medicine, NICABM. *The Resilience Cheat Sheet: 9 Quick Ways to Stay Calm Under Pressure*; from on-line course, *How to Help Clients Build Resilience*; <https://www.nicabm.com/>
3. Donna Jackson Nakazawa. (2015). *Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal*. New York, NY: Atria Paperback.

