Slowing down: reflect, acknowledge and accept feelings and thought, choose one's way

Attempts to return to ok-ness

Coping efforts: numb, dissociate, isolate, use drink/drugs/food/sex, self-harm, blame oneself or others

Often leads to downward spiral
TRIGGER SCALE

1. Uncomfortable feelings and warning signs in mind and body
2. Anxiety, fear
3. Flashbacks, despair, suicidal thoughts

Triggering event

OK
Modulation & Resources Worksheet

Body Signs
1.
2.
3.

What resources help you when you’re hyperaroused?
1.
2.
3.
4.

Hyperarousal

Your Window of Tolerance
Optimal Arousal Zone

Hypoarousal

Body Signs
1.
2.
3.

What resources help you when you’re hypoaroused?
1.
2.
3.
4.
Parallel Lives

Here & Now

Something Happens

There & Then

Triggered Material Explodes Into Current Moment

AAAGGGGHH!!!

Result: There & Then is "NOW"
Perpetrator

LISTEN & WAIT

FEEL & EMPATHIZE

Victim

ACTION & VOICE

Rescuer
3 Brain Model and Soothing
(Part 2 of 2)

Adapted from: Psychoeducational Aids for Working with Psychological Trauma
Janina Fisher, 2009
3 Brain Model

(Part 1 of 2)

Human Brain

Mammalian Brain

Reptilian Brain

Adapted from: Psychoeducational Aids for Working with Psychological Trauma
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