

TRT_{for} Survivors



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Treatment/Speaking/Training

February 7th & 21st 1pm-4:30pm 7CE

We All Have Experienced Trauma

We all have at least a little Post Traumatic Stress

**You cannot go through the experiences that
humans go through without experiencing trauma**

Some people more than others

Some people in different ways than others

But we all have Post Traumatic Stress

The good new is that it is not a disorder its an injury

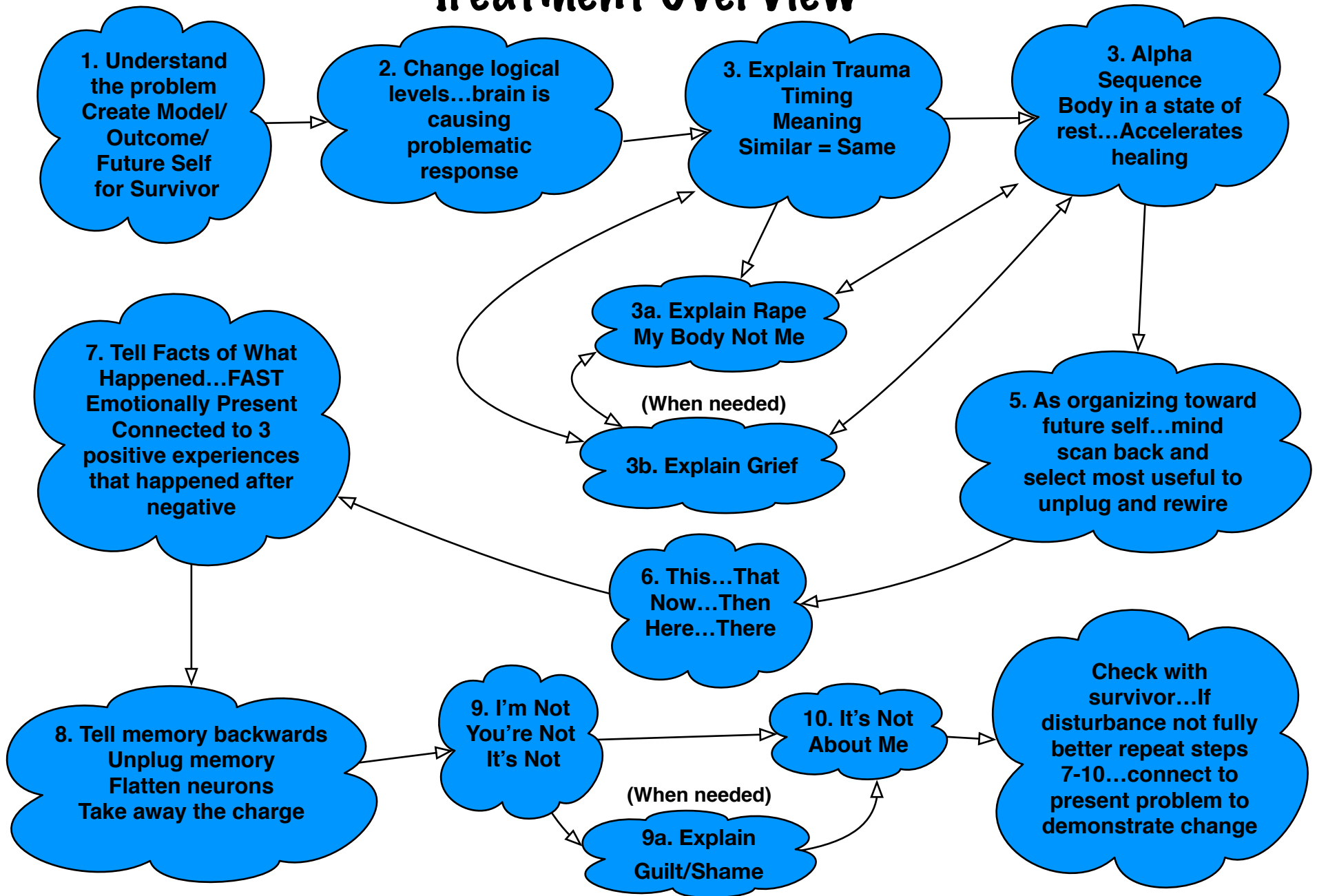
And injuries can heal!

Trauma changes the Question

It is no longer what is wrong with you?

It's: What happened to you?

Treatment Overview



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

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

Physical Wounds Heal



Why don't Emotional Wounds Heal?



- 1. Brain emotionally doesn't know its over**
- 2. When it happened the brain froze the experience and doesn't know it's over. Logical brain does but emotional brain doesn't.**
- 3. Get good new in: It's over...No longer exists, You Survived, You made it through it, You're ok**

Ask the Right Questions

What do you want our time to get accomplished?

What do we want to get better for you?

What do you want to work through

What do you think would be useful for me to know to better understand?

How do you know?

NEVER ASK..."HOW DID THAT MAKE YOU FEEL?"

Ask clarifying questions/Avoid curiosity questions

From what you've said so far, what haven't I understood?

Is there more I should know before beginning to assist you with this?

What else would be useful for me to know to really understand?

What made that disturbing?

What am I missing?

In order to change...Must have handles on the problem

Understand the problem construction

Know how you want the client to be...

When you know your desired outcome it guides what you say and you will be more effective

Be purposeful in your sessions

Generic Outcome State

I'm seeing you (raise left hand to show where) who used to have that problem/feeling now wouldn't be able to get it. Its been cleared, gone...

The you I'm seeing is free, emotionally present, connecting to what is happening, dealing with things with more flexibility and experiencing more joy. This is the you I'm seeing...

You don't have to SEE THIS YOU, just like me...The question isn't how IT'S GOING TO HAPPEN...The question is would it be ok?

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Changing logical levels of problem...

You cannot solve a problem at same level in which it was created

11

Most people coming in for treatment tend to be at the effect of their environment...

Ex. This happening made me feel that way...When he did X, I felt Y...

A great reframe is to have them realize that what caused them to feel the way they did was something their brain did to them even if it did it to them in response to environment....



When lion approaches zebra most people think it is the lion that is making zebra scared...Of course...Let's look at it slightly different because its actually when zebra SEES, SENSES, FEELS, SMELLS, or THINKS lion is approaching its actually the zebra's brain, not lion that makes zebra alert, motivated, stronger (scared). Yes brain of zebra is doing it in response to lion approaching...but it's zebra brain....Lets just say your brain has been making you feel bad...It gives us more power to adjust things...

Model of Future Self

In order to get anywhere we need to know where we are going.
Describe a model of the future self you are envisioning for the survivor. Really see the future self...Put meaning and feeling into the description so survivor can envision it with you.

Here are some end states:

No longer troubled by what happened

Emotionally Present

Remember what happened but no longer causes negative response

Light

Confident

Energized

Present

Comfortable

Flexible

Clear

Outwardly Focused

Joy

Peaceful

Free

Connecting

Quiet

Ease

Calm

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WHY TRAUMA STICKS

- **Timing... Past, Present, Future...Body is always in NOW**
- **Impression**
- **Attached Meaning**
- **Similar and Same Confusion**

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?

Healing Emotional Wounds

1. Keep the person Emotionally Present (**KEY**)
2. Focus on only one experience at a time. (Even if it happened many times)
3. Focus on the event itself rather than the effect it has had.
4. Have the participant go through facts of the event fast (One minute or less)
5. End with any positive experience that happened after negative experience
5. Run the memory in reverse to unplug the charge
6. Install the new belief...Its not happening. That experience no longer exists

Alpha Waves-Transition to Deeper Brain Processing

Alpha waves act as a conduit to allow a free flow of information from lower to higher and higher to lower brain wave frequencies.

This is an effective process to calm beta waves and encourage the opening to deeper brain processing. Remember all conventional brainwaves are cycling at the same time, but we may not have access or conscious awareness of the information which hangs out at different brainwaves.

Alpha Sequence

1. Lower jaw, rest tongue at bottom of mouth
2. Progressively slow and deepen your breath
3. Open the field...Expand Awareness
4. Close your eyes & Float up above like bird soaring

Uses:

1. Body into a state of rest and deepening the state
2. Interrupting patterned behavior
3. Integration
4. Neuroplasticity homework



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.



Backwards-Reverse the Point of View

31

Memories are remembered from beginning towards end...and when its traumatic stopping at worst part

**When you go backwards with a memory it
Unplugs the memory & Takes away the charge**

1. Connect client to 3 positive experiences that occurred after the trauma.
2. Go from positive experiences through the trauma backwards in reverse to before the trauma happened.
3. It will be the first time their brain has experienced this way and will begin the rewiring process.
4. Ask the client as we went backwards through the event what do you notice now in terms of how you feel. Always bring client back to how they feel now as they think about the experience...

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

26

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 putting your hair in a pony, say, "I'm not putting my hair in a pony."

Rachel- [laugh]

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

Rachel- He's not putting 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.



Change the Meaning

Practitioner: From here, the adult “you” realizes that experience had nothing to do with you. Repeat after me these four words: **IT’S... NOT... ABOUT... ME**

Client: **IT’S NOT ABOUT ME**

Practitioner: That's Right...Say it again more intently

Client: **IT’S NOT ABOUT ME**

Practitioner: Close your eyes, picture the earlier you just after negative experience happened. Educate the earlier you with what you know now. Its Finished, It No Longer Exists, Its Not About Me, Let earlier you know about Positive Experience that happened after negative experience. Notice what happens to the earlier you face? Send your consciousness back into “younger you”. Grow up from there. Grow up with this experience. Grow up with this light.

Practitioner Attitude -Get the Good News In!

1. Survival is victory. The war is over. You won. You have more wisdom, more power and more credibility. Your roots are deeper. Your branches are more flexible. The water is sweeter because you were thirsty.
2. Sympathy is poison. Avoid making the survivor feel like a victim
3. Avoid expressing anger at the perpetrator.
4. Do not encourage forgiveness. Understanding precludes forgiveness and eliminating perceived threat would eliminate anger.

Remember the only reason the person is troubled is because an aspect of the emotional part of the brain hasn’t gotten the good news that past negative experience is finished. That it no longer exists.



Frozen Grief

Why does grief get frozen?

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. Brain froze the moment of loss.

Something is incomplete. Something should have been said or done and now there is no chance of doing so.

Conflict with being ok. Pain is proof of how much they mean to me.

Dissociated picture of loved one without client in it.

What can be done about it?

Change the perception. Ice-water-gas...H₂O is H₂O

Einstein said energy + matter = physical existence. Second law of thermal dynamics...energy cannot be destroyed... it transforms

Eliminate the idea that the person has stopped being. What our senses tell us is not true. The body is where they were, not who they are.

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.

Bring the client into connection with the loved person. Associate picture of client with loved one before the death.

Unplug the moment of loss (TRT process)

Tools to rewire TRAUMA

Find out about positive experiences that followed the traumatic event even if they happened much later. Tell the story so that it makes it clear that participant was on the way to the positive experience when going through the trauma.

Trigger feelings of confidence by using patterns of association. Trigger these feelings while going through the telling of the past event.

Make sure you maintain connection as your participant describes the trauma.

Tell the participant to stay emotionally with you in the present while relating details about the past event. The participant should continue to repeat describing the event until she can do so without emotional disturbance.

Resolve conflict. Sometimes clients want to get better but it is not fully ok for them to get better b/c what getting better would mean about what happened...Grief example, Assault example

If the participant has trouble remembering the trauma, ask them to make it up. Everything that did happen and everything that did not happen is not happening. All of it is in the “not” box. Making it up takes away the reassurance and the actual event is likely to come to mind. Remember all memory is a re-construction.

After you have eliminated the impression, you can eliminate distorted and disturbing meanings that the mind has attached to the traumatic event. You can eliminate meanings but it is often easier to replace them. You don't have to worry about what things actually mean because things don't mean anything.

Survival is victory. The war is over. You won. You have more wisdom, more power and more credibility. Your roots are deeper. Your branches are more flexible. The water is sweeter because you were thirsty.

Stay positive. Continue to let your participant know what a good job they are doing.

Make sure participant is in connection with you before looking into the past. Maintain connection as participant describes the trauma. Be positive and appreciative.

Tools to rewire TRAUMA (continued)

People are more affected by the *meanings* their minds attach to experiences than the actual event itself. These meanings are disguised as the actual event and because of this; people think the meaning actually happened.

Help your client to understand why it happens that painful experiences can continue to exert a negative influence on feelings and behavior instead of looking to the past to understand current problems. Clear the negative effect that past events continue to have in order to obtain desired change

Sympathy is poison. Avoid making the survivor feel like a victim. Avoid expressing anger at the perpetrator.

Explain that the event does not cause the feeling. The mind attaches a meaning to the event. The meaning that the mind has attached causes an emotional response. The emotional response associates with previous emotional responses and the meaning associates with other meanings from one's personal history and all of these factors combine to form one's emotional response.

Utilize protective tools to keep the client from being re-traumatized. View the trauma on a small screen far away out of focus and in black and white connected to a positive experience that happened later while being connected to you.

If the client has trouble remembering the trauma, ask her to make it up. Everything that did happen and everything that did not happen is not happening. All of it is in the not box.

Challenge and eliminate ideas that are causing disturbance. Why feel embarrassed now about something that happened then? You did everything you could do at that time because you did what came to you to do.

When there is anger eliminate perceived threat. Show participant that what they did really did make sense at that time. Surviving trauma is something to be proud of. Surviving trauma improves strength and flexibility

That's Right

**What's
Happening...**

NOW?

**How's Your
Body Feeling?**

Uncovering Transformative Language

Nod your Head

Pronouns:
You...Him/Her

Temporal Prepositions:
Now...Then

Spatial Prepositions:
Here...There

Covert Tense Change: "BEEN"

One of the most powerful tool you can use
and you can practice it in all of your conversations

What if?

Slide: The use of a word or phrase that changes the identity/personalization of the statement.

Relating
Feeling
Thinking
Realizing
Take
Understanding

Representational Systems: VAKOG

Voice Locus: Where do you project your voice and the effect
Just like in Real Estate...The most important factor is...LOCATION

Make Troubling experience:
Smaller, Lower, increased Distance,
Flat, B&W, moving around it,
perspective change, perceptual
positions

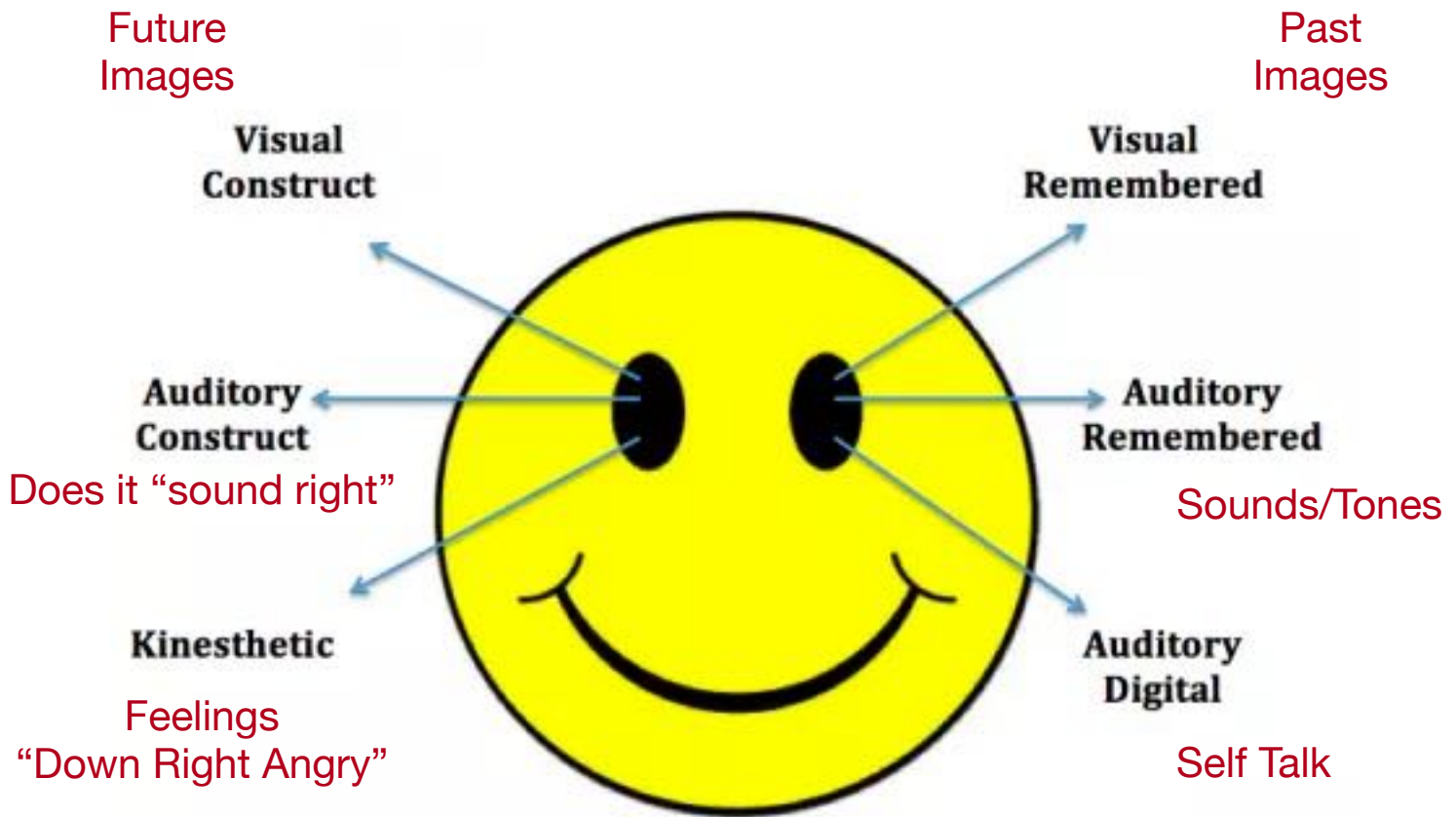
Embedded Command:

Remember THAT happening THEN

Training

Exercises

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

Eye Accessing Elicitation Exercise

This is a simple list of clean questions and statements to provoke the listener to move their eyes as they are internally accessing different sensory modalities.

Visual Consolidated/Remembered:

What was the color of your first car?
What was the brightest color of clothing you wore recently?
Where is the smallest mirror in your house.
What does it look like?
Which is the largest door in your home?

Visual Constructed:

What would a giraffe with purple hair look like?
What color hair will you have 20 years from now?
What would an elephant with pink polka dots look like?
What are you going to be doing tomorrow? Next week? Next month?

Auditory Tonal Consolidated/Remembered:

Listen in your mind to your favorite song.
Tune into the sound of the ocean.
Which is louder, a car door slamming or your front door ! slamming?
Sing the Star Spangled Banner to yourself.

Auditory Tonal Constructed:

What would an elephant sound like in a wind tunnel?
What would a whistle sound like in space?
Internally hum a tune that you're making up for the first time.

Auditory Digital:

Recite the pledge of allegiance to yourself.
What do you say to yourself to psyche yourself up?

Kinesthetic:

What does it feel like to float in the water?
Feel the warmth of the sun on your face.
What does it feel like to put your hand into a bucket of ice cold water.
How does the texture of a carpet/rug you have in one room with another one in your house. What do they feel like?
How did you feel the last time you made love?!

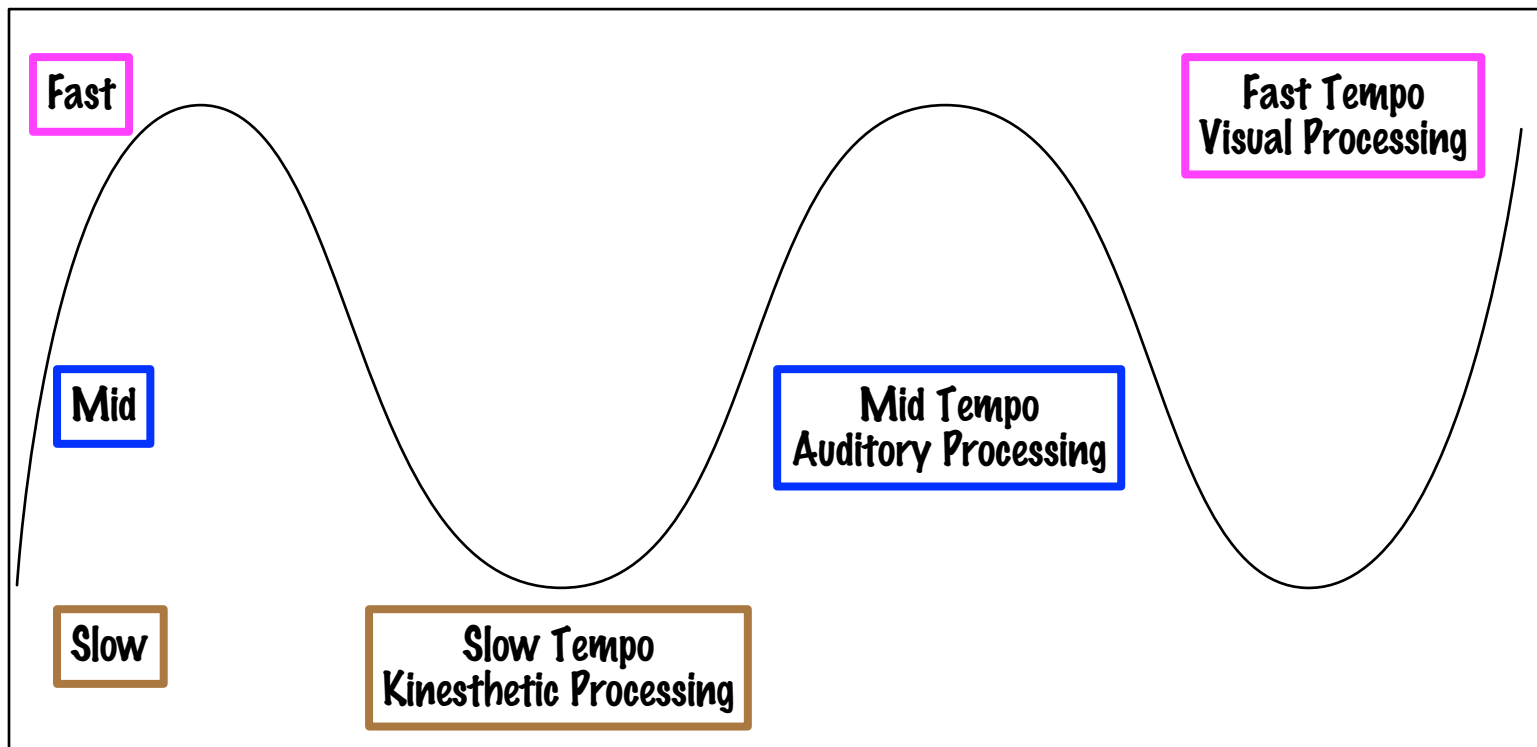
*If the person you are observing does not access, then ask more detailed questions until you can detect eye accessing movements. Use questions that require comparison and contrast and this will evoke more internal processing.

Voice Variability

Fast = Urgency, Sympathetic Arousal

Mid = Most comfortable for teaching and learning...Parasympathetic "relaxed alert"

Slow = Trance states...parasympathetic...time to process



Volume: Loud or Soft

Pitch & Inflection: overall tone

Pace & Rhythm: how fast or slow you articulate the words

Emphasis: word and syllable stressed

Attitude: The same word or phrase can take on radically different meanings

Pause: For emphasis, effect and mood

Voice Variability Exercise

Here are seven sentences you can use to practice vocal variety. Say each sentence several times, each time using different pitch, rhythm, and word emphasis

1. Why aren't you all lying on the beach in Hawaii right now?
(Try this as if you were angry, then as if you were motivating a team)
2. How many of you paid all of your income tax last year?
(How does the sentence change if you emphasize the word "all")
3. What would you do if you knew you only had one month to live?
(Say this in a slow, measured tone. Then repeat it at a faster pace, emphasizing the words "one month.") See the difference
4. This occasion will go down in history
(There are two interpretations to this statement: the "occasion" might be a happy one, or it could be a day of infamy. Convey the two different meanings using pitch volume, and attitude.)
5. I'm going to tell you how you can make \$25,000 in 25 minutes
(Pauses can make this sentence quite effective. Where would you put them?)
6. I was told two years ago I had three months to live
(Emphasis can bring out the contrast between the words "two years" and "three months.")
7. Let me tell you how I won the lottery!
(Use all the tools to vary this sentence in as many ways as possible)

Covert Tense Change and Slide Exercise

I am depressed and I don't think I'll ever feel really happy again

I left my sister there and its my fault that is why I am a bad person

I just want to understand...why do I always do that to myself

I don't want to be so anxious and irritable all of the time

I am so worried I am going to go into this situation and do or say something that would be completely embarrassing

I can't do that because I'll mess up other people will think I am a loser

People always think I am weird

I am anxious and irritable and depressed all the time. I just don't like myself

No matter how hard I try, I just can't seem to get ahead

I'll never be able to get the job I want

I get down on myself because I know I can do better

Role play:

One person take on role of client the other practitioner

Run through a mock scenario using the covert tense changes and slides.

Then switch roles (5 minutes each)

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 than the **container**.

The Game Changing Discovery for Therapists

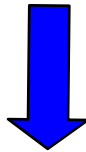
Each time you bring a memory into conscious awareness it becomes as plastic, malleable, moldable as it was when it was first encoded. Whatever is happening in the current context will be re-consolidated into the “memory” when it goes back into long-term stores.

Meta Pattern (of NLP)

The process of directed change at any level

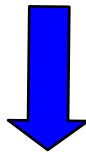
Associate to the Problem State

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



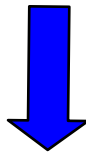
Dissociate from the Problem State

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...

Use the Meta Pattern to manage the process!

Keep Counseling in “NOW”

Change can only occur in now

It shift 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

Hypnotic Loop For Training

Because you're learning...Processes inside...Naturally improving
you're skill...consciously realizing even more to know unconscious
NOW transforming all that you are

Because you're learning processes...inside naturally improving your
skill consciously...realizing even more to know...unconscious now
transforming...

All that you are because you're learning processes...inside naturally
improving...You're skill consciously realizing...even more to know
unconscious...Now transforming all that you are because...

Your learning processes inside...Naturally improving your skill
consciously...realizing even more to know unconscious now...
transforming all...

that you are because you're learning...Processes...
inside naturally improving you're skill consciously realizing...
even more to know unconscious now...transforming all that you are