



Welcome to We Make The Path By Walking

Presented by
Rebekah Demirel

We will begin soon!

- This **webinar is being recorded** and will be posted to our website within a few weeks.
- **Participants are muted** with video off.
- Take note of the ZOOM *toolbar* at the bottom of your screen.
 - **Q&A** is to ask content-related questions
 - **Chat** only goes to MHTTC staff. Please ask tech or non-content questions here
- **Certificates of attendance** will be available for those who attend.
 - We are **not able** to offer CEUs for this webinar.



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



WE MAKE THE PATH BY WALKING

PRESENTED BY

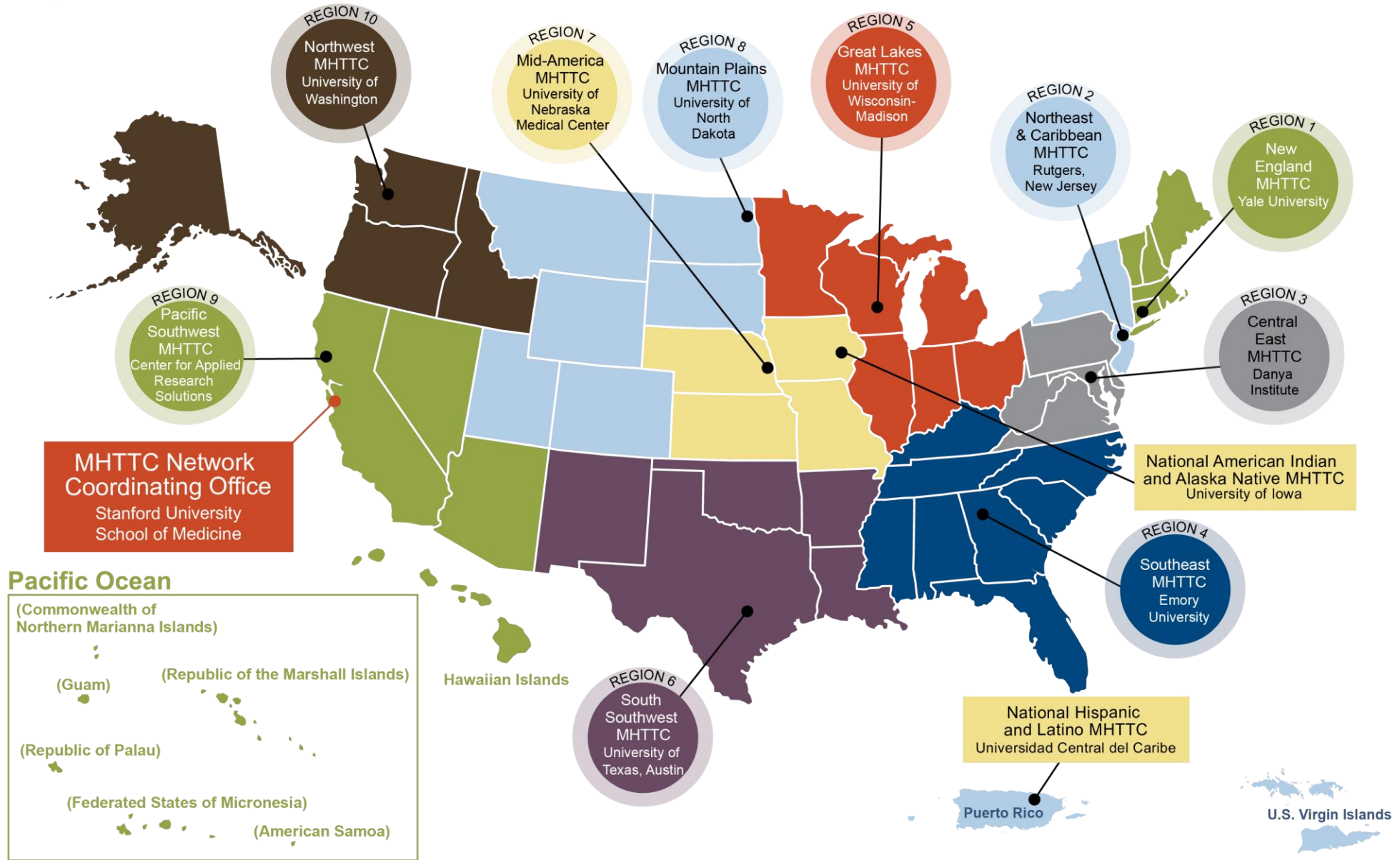
REBEKAH DEMIREL



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ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

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We use affirming, respectful and recovery-oriented language.

LANGUAGE THAT IS:

**STRENGTHS-BASED
& HOPEFUL.**

**HEALING-CENTERED/
TRAUMA-RESPONSIVE.**

**INVITING TO
INDIVIDUALS
PARTICIPATING IN
THEIR OWN
JOURNEYS.**

**INCLUSIVE &
ACCEPTING OF
DIVERSE
CULTURES,
GENDERS,
PERSPECTIVES, &
EXPERIENCES.**

**PERSON-FIRST &
FREE OF LABELS.**

**RESPECTFUL,
CLEAR &
UNDERSTANDABLE.**

**NON-JUDGMENTAL
& AVOIDING
ASSUMPTIONS.**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, &
PRODUCTS.**

HOUSEKEEPING



SECURE



MUTED



VIDEO
OFF



RECORDING



SLIDES



CERTIFICATE

EVALUATION



USING CHAT



ASKING QUESTIONS



Q&A BOX

Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

SUPPORT & DISCLAIMER

- This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.
- The opinions expressed herein are the view of our presenter(s) and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA.



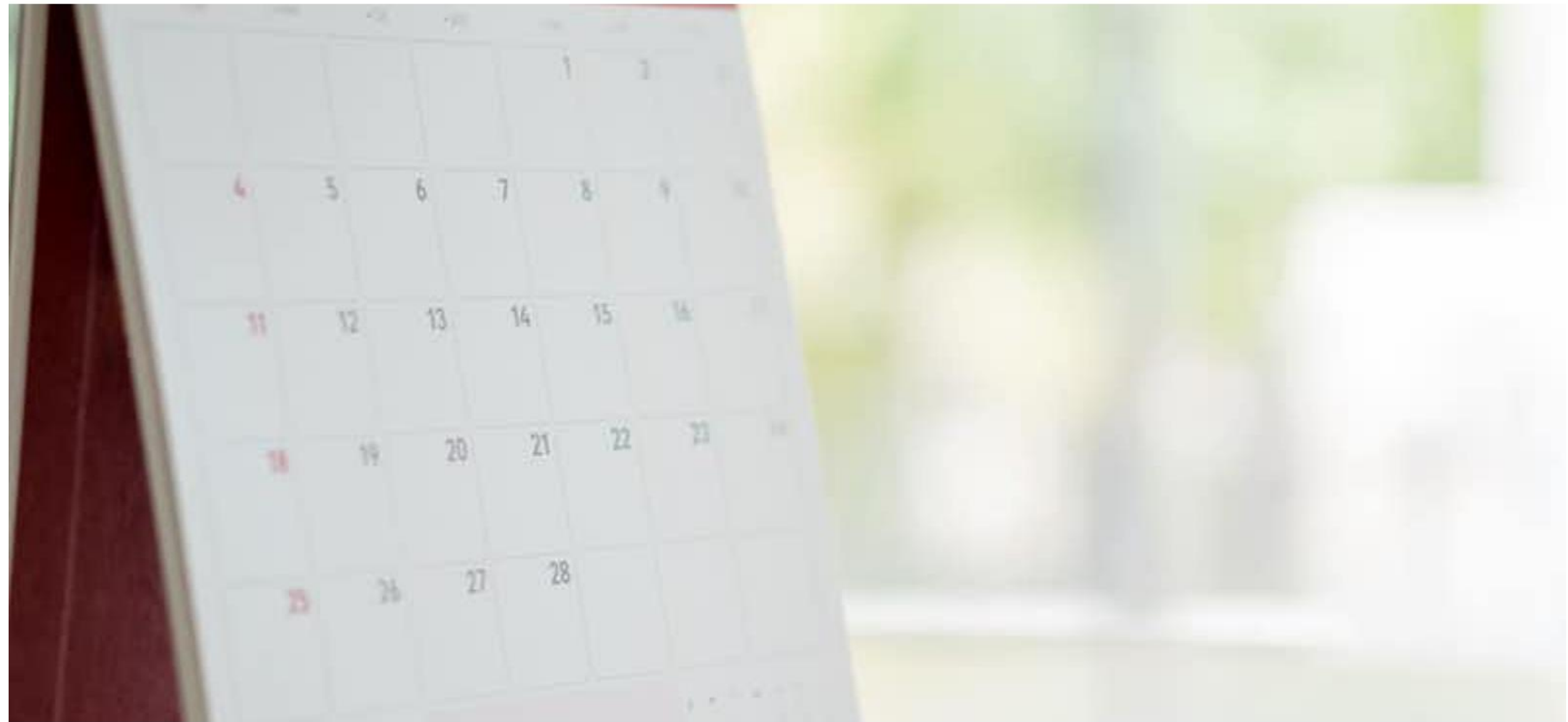
TODAY'S PRESENTER

Rebekah Demirel L.Ac. MPCC

FOUNDER & DIRECTOR

TRAUMA INTEGRATION PROGRAMS

What one word describes how you are feeling today?



A wooden boardwalk made of light-colored planks winds through a vast, grassy dune landscape. The path curves from the foreground towards the middle ground, leading the eye into the distance. The dunes are covered in tall, green grasses, with patches of sand visible. In the background, a line of trees marks the horizon under a heavy, overcast sky.

We Make The Path By Walking

**MY NERVOUS
NERVOUS SYSTEM**

WHAT WE'LL DO TODAY

- Physiology of Stress
- Psychoneuroimmunology
- Kidneys, Adrenals, Fear and Grounding
- Yin/Yang, Right and Left Brain
- EMDR, Meditation and Box Breathing

OUR NERVOUS SYSTEM

Central Nervous System (CNS)

- CNS = Brain and Spinal Cord

Peripheral Nervous System (PNS)

- PNS contains the Sympathetic and Parasympathetic Nervous Systems
- Sympathetic = **Gas Pedal**
- Parasympathetic = **Brakes**

GAS PEDAL

Sympathetic Nervous System = Fight or Flight

- Involuntary response
- Heart rate elevates, temperature elevates, pupils dilate, sweating, shaking, digestion slows, mind races, shallow breathing, difficulty relating to others
- Body is in preparation for survival mode to run or fight and nothing else

BRAKES

Parasympathetic Nervous System has the job of helping the body to rest, digest and heal

- Deep and restful sleep, healing, good digestion, relaxing, feeling happy, breathing deeply, clear thinking, creativity, optimism, easy interpersonal communication

SYMPATHETIC NERVOUS SYSTEM STIMULATION

- Activated in response to a threat.
- The threat can be **real or perceived** and the nervous system will **respond the same way**.
- So, thinking about a threatening situation causes the same bodily reactions by the SNS being stimulated as an actual threat.
- **Our bodies don't know the difference!**

ZEBRAS DON'T GET ULCERS

“Let’s say you’re a zebra, and a lion has leaped out... (zebra runs for its life) and for a zebra, stress had an extremely short if potentially deadly span; it was ‘three minutes of screaming terror’ after which the animal was either dead or once again roaming the Savannah and feeling safe.”

Robert Sapolsky



Humans don’t discharge our stress, we internalize it...

STRESS TRIGGERS

- Sights, sounds, smells, etc. are “familiar” and a memory is “triggered” in the mind and translated into emotions like anger, fear, sadness
- Emotions stimulate the nervous system
- Fight or flight response is stimulated, whole body reacts
- Mind reacts to body sensations and a loop of reaction continues...

BOX BREATHING

- Ancient technique for calming, centering
- Settle in and breathe normally through nose
- Exhale fully and breathe in for five counts
- Hold for five counts (gently)
- Exhale for five counts
- Hold for five counts (gently)
- Repeat three to five times

NORMAL STRESS RESPONSE

- **Adrenaline** is produced in our adrenal glands located on top of our kidneys
- When it is released by a threat (or the perception of a threat) a cascade of bodily functions happens to allow us to **run or fight**

AND SOMETIMES THE GAS PEDAL GETS STUCK “ON”

When stress is chronic and there is too much constant stimulation of the **SNS** and not enough rest and relaxation (**PNS**) the adrenal glands start producing excess **cortisol**.

CORTISOL AND LONG-TERM STRESS

- Cortisol is a specialized hormone used by the body to heal
- When too much is produced for too long, it has the opposite effect:
 - Breaks down the immune system
 - Causes hormonal irregularities
 - Causes autoimmune and vascular disease

PSYCHONEUROIMMUNOLOGY

- Mind/emotions
- Nervous system
- Endocrine system (glands)
- Immune system

All connected!

WHEN THE BODY SAYS NO

“How may stress be transmuted into illness? Stress is a complicated cascade of physical and biochemical responses to powerful emotional stimuli. Physiologically, emotions are themselves electrical, chemical and hormonal discharges of the human nervous system. Emotions influence – and are influenced by – the functioning of our major organs.”

Gabor Maté



HOW DID I GET THIS WAY?

- Stressful childhood (ACES)
- Ancestral trauma (Epigenetics)
- Stressful event(s)
- Stressful work (we do because we can)
- Lack of support

LEFT BRAIN/ RIGHT BRAIN

- **Left Brain** is associated with intellect, reasoning, calculating, analytical thinking
- **Right Brain** is associated with creativity, artistic perception, collaboration, flexibility
- Physiologically, the **right side of the brain controls the left side of the body** and the **left side of the brain controls the right side of the body.**

EMDR

Eye movement desensitization and reprocessing (EMDR) is a form of psychotherapy developed by Francine Shapiro starting in 1988 in which the person being treated is asked to recall distressing images; the therapist then directs the patient in one type of bilateral stimulation, such as side-to-side eye movements, to unfreeze the nervous system response to trauma.

EMDR MEDITATION

- Sit down with feet flat on the ground, close eyes, long breaths, place hands palm up on your lap.
- *Negative belief* or experience rests in your *right hand*, close hand. *Positive belief* or experience rests in your *left hand*, close hand.
- Eyes (closed) move back and forth between your hands, following with the belief as your eyes move side to side, finishing in the center.
- Open right hand and left hand and let it fly away.

YIN YANG

YIN

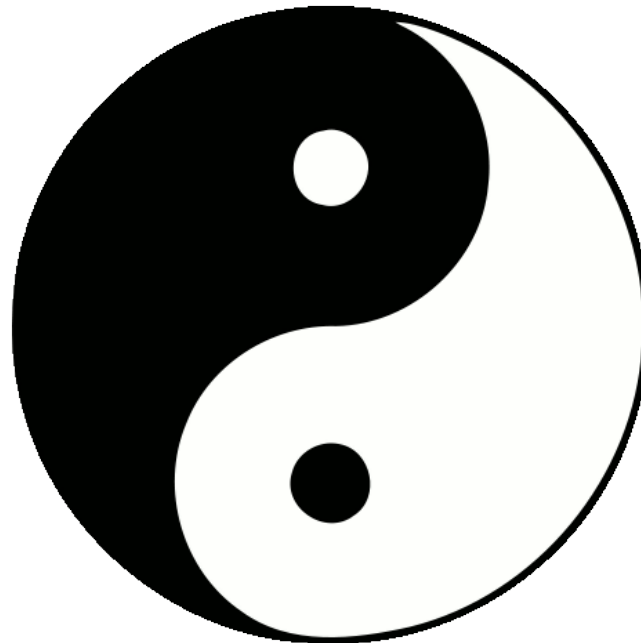
Feminine

Winter

Moon

Rest

Quiet



YANG

Masculine

Summer

Sun

Activity

Loud

KIDNEY/ADRENAL SOOTHING

- Water, Fear, Winter, Black
- Breathe in black or dark blue to kidneys
- Exhale: “Cher Ooo Eee”
- Rub the ball of your foot at night with oil
- Massage your kidneys
- Take time out each day 5-7 pm for “kidney time” to relax, enjoy, laugh
- Reduce stimuli and check in with silence

GETTING BACK TO YOU

- We can feel lost in the midst of being busy with life.
- Checking in with ourselves often is the best way to stay aware of our needs.
- Your clarity helps others. They feel it!

QUESTIONS & DISCUSSION



YOUR FEEDBACK IS IMPORTANT

Post-event surveys are **critical** to our work!

Your feedback helps us to improve and develop future programming.



LET'S CONNECT!



mhttcnetwork.org/northwest



<https://bit.ly/NWMHTTCNewsletter>



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THANKS FOR JOINING US!
See you next time.

