



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

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 ***toolbox*** at the bottom of your screen.
- Use **Q&A feature** to ask questions, which are answered at the end of the presentation.
- **Chat** is for technical issues.
- **Certificates of attendance** will be available for those who attend.
- We are **not able to offer CEUs** for this webinar.



UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

SAMHSA
Substance Abuse and Mental Health
Services Administration



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Funded by Substance Abuse and Mental Health Services Administration

WE MAKE THE PATH BY WALKING

PRESENTED BY

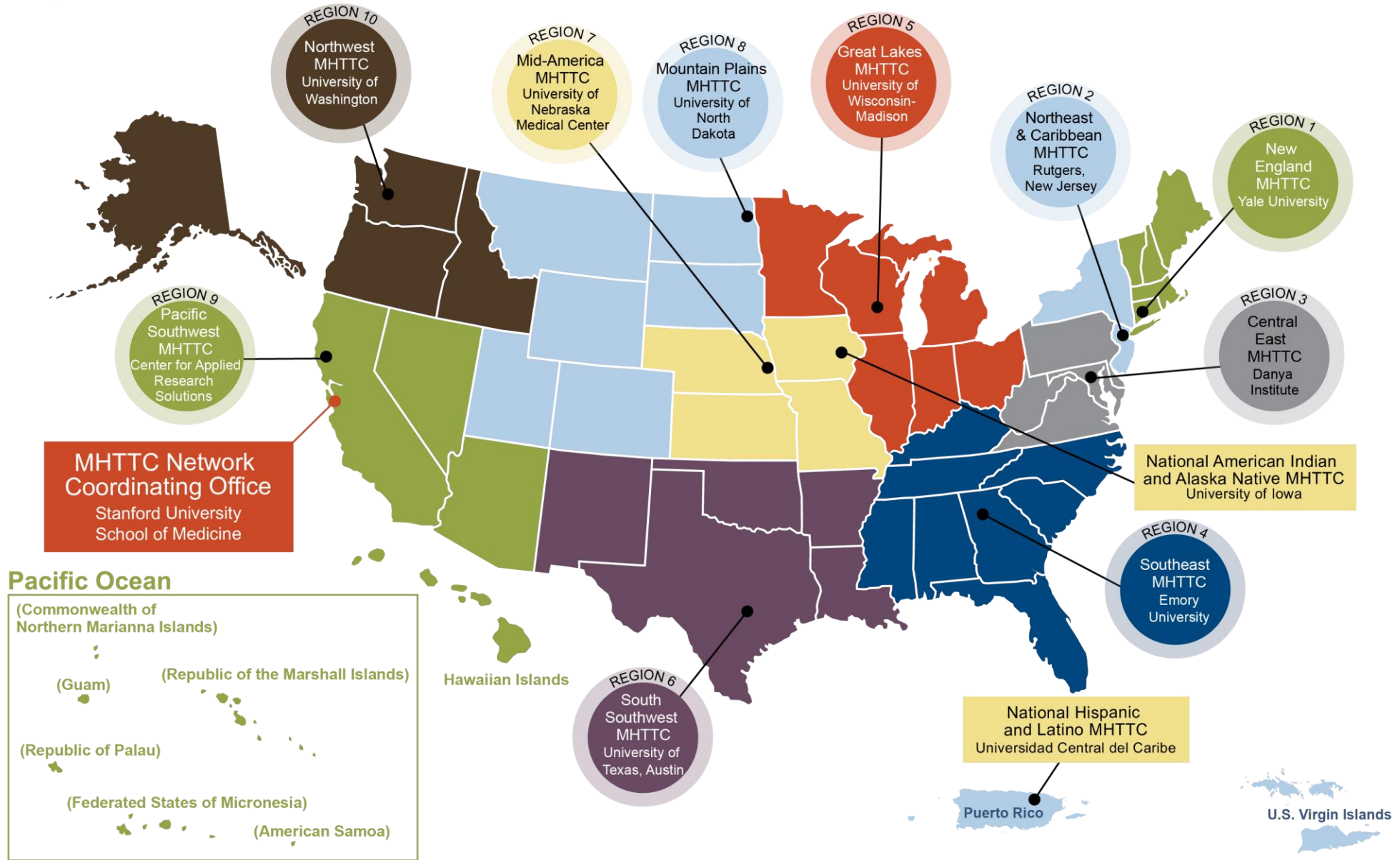
REBEKAH DEMIREL



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ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

TRAINING,
ONLINE COURSES &
RESOURCES



mhttcnetwork.org/northwest



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We use affirming, respectful and recovery-oriented language.

THAT LANGUAGE 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



ASKING QUESTIONS



Q&A BOX

Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

USING CHAT



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.



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TODAY'S PRESENTER


Rebekah Demirel L.Ac. MPCC

FOUNDER & DIRECTOR

TRAUMA INTEGRATION PROGRAMS

A close-up, slightly angled view of a calendar page for April 2024. The calendar is white with a red header. The days of the week are abbreviated at the top: SUN, MON, TUE, WED, THU, FRI, SAT. The dates are arranged in a grid. The text 'How are you feeling today?' is written in a large, white, sans-serif font across the middle of the calendar. Below it, 'April 30' is written in a similar font. The background is a blurred indoor setting with a window showing greenery outside.

How are you feeling today?
April 30

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 green and yellowish grasses, with patches of sand visible. In the background, a line of trees marks the horizon under a heavy, overcast sky with grey clouds.

We Make The Path By Walking

**Walking the
Path We Make**

TODAY

- Exploring how we walk through life
- Asking what we value and why
- Finding meaning through adversity



4, 7, 8 Breathing

- Yogic exercise, known to reduce stress, anxiety, headaches, asthma, anger
- Sit quietly, exhale all air from lungs
- Slowly and gently inhale through nose for four
- Hold for seven
- Exhale forcefully through mouth for eight
- Do three cycles



What Now?

- What is all this for?
- What have I learned?
- What do I do now?



CYNICISM

- Pessimistic, deeply distrustful, having a sneering disbelief in sincerity, integrity, good
- I feel justified in being cynical when I have often been disappointed
- I feel or express cynicism when I am angry, defensive and or feeling protective of my stance



Anger Has Purpose

“The purpose of anger is to let us know there’s an obstacle to our wellbeing, and to energize us to act. While natural and necessary for survival and thriving, this powerful energy often possesses us and leads to suffering.”



Tara Brach

Making Change Happen

- “If you don’t like something, change it. If you can’t change it, change your attitude.”



Maya Angelou

The Most Important Thing

- What's the most important thing in life to me?
- How much of my time and attention do I give to that most important thing?
- Do I have regrets? What are those? Can I change something now?
- What makes my heart sing?



Safe Here Now

Sit quietly, feeling whatever sensations are in your body. Breathe deeply in and out through your nose. Eyes can be open or closed

- Begin tapping with finger tips on the spot between your eyebrows saying, “I am safe here now. I am safe here now”
- Breathe and do three cycles
- Begin tapping on your chest over your heart “I am safe here now...”
- Breathe and do three cycles
- Begin tapping just below your navel “I am safe here now...”
- Breathe and do three cycles
- Take some quiet time to let it settle

Squeezing The Richness From Life

- What do I look back at and what do I look forward to?
- Who do I thank and who do I blame?
- What's wrong with the world and what's right with the world?



Wild Self

“The doors to the world of the wild Self are few but precious. If you have a deep scar, that is a door, if you have an old, old story, that is a door. If you love the sky and the water so much you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door.”

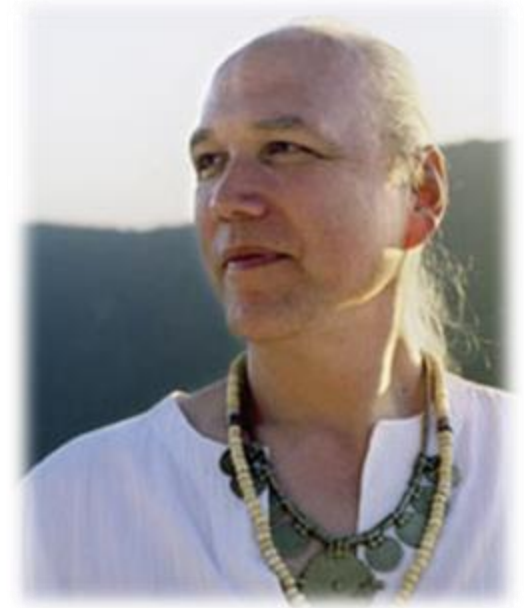
Clarissa Pinkola Estes



A Life Worth Breathing

“When we are in pain we can become self-centered and myopic.

When we heal we become more sympathetic to the pain and welfare of others. It is our gift to others to heal ourselves.”



Max Strom

Reverse Breathing

Do this ancient Taoist exercise once a day to strengthen abdominal muscles, strengthen immune system, relieve stress, increase lung capacity

- Sit comfortably, allowing your jaw to relax and spine straight, close your eyes
- Inhale and as you do so gently draw your abdomen inwards, toward your spine
- Now as you exhale, let your abdomen expand outward naturally. Repeat the process 5-7 times

Ben and Biao – Root and Branch

- Everything starts - **root**
- Everything manifests - **branches**
- Wounds (trauma) to our souls are **roots**
- How we behave or manifest our trauma is the **branches**



Living This Life...Without Regrets

“Looking for myself outside of myself became my addiction and like all addictions, I kept coming back to it time and time again, because it almost worked.”

“My beliefs became a template I projected on the world. The evidence I looked for was my reality.”

“What if all those things I did are what got me here?”



When I Am Among The Trees

*When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."*



Mary Oliver

6, 1, 8 BREATHING

- Longer exhale than inhale activates Vagus nerve.
- Vagus nerve communicates with Sympathetic Nervous System (fight or flight response) to down regulate and calm.
- Vagus nerve also upregulates Parasympathetic Nervous System response (calm, digest, communicate, heal).



We are never prepared for what we expect

James Michener

Risking Delight

“We must risk delight. We can do without pleasure, but not delight. Not enjoyment.

We must have the stubbornness to accept our gladness in the ruthless furnace of this world.

To make injustice the only measure of our attention is to praise the Devil.”



Jack Gilbert

A Song For You

- In the spring I take a deep breath
- In the summer I'm lookin' for a ride
- In the fall it's all about leavin'
- And in the winter I stay inside



Tret Fure

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.

