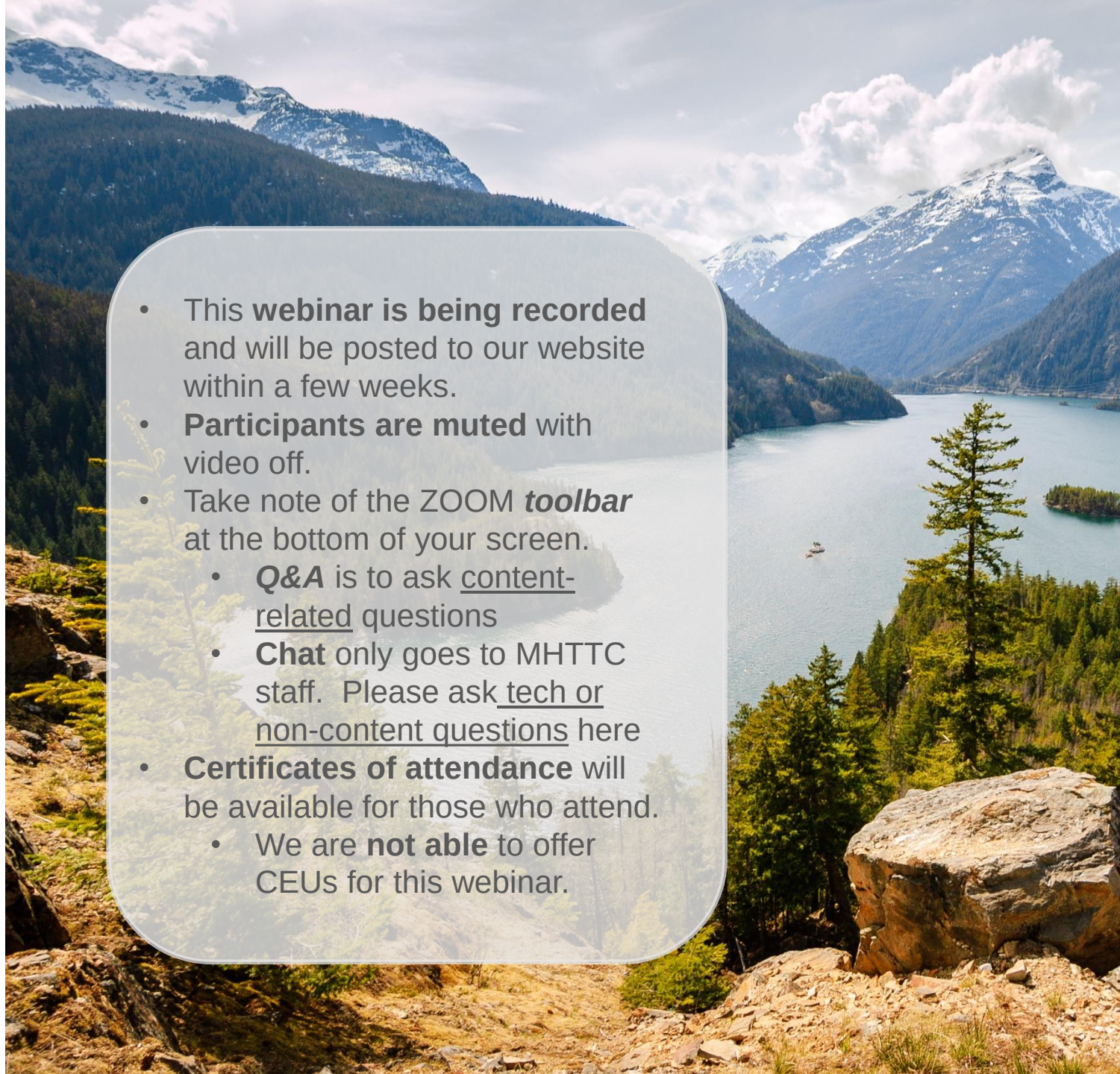
Northwest (HHS Region 10)
MHTTC
Mental Health Technology Transfer Center Network

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 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.

UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

SAMHSA
Substance Abuse and Mental Health Services Administration

MHTTC Network

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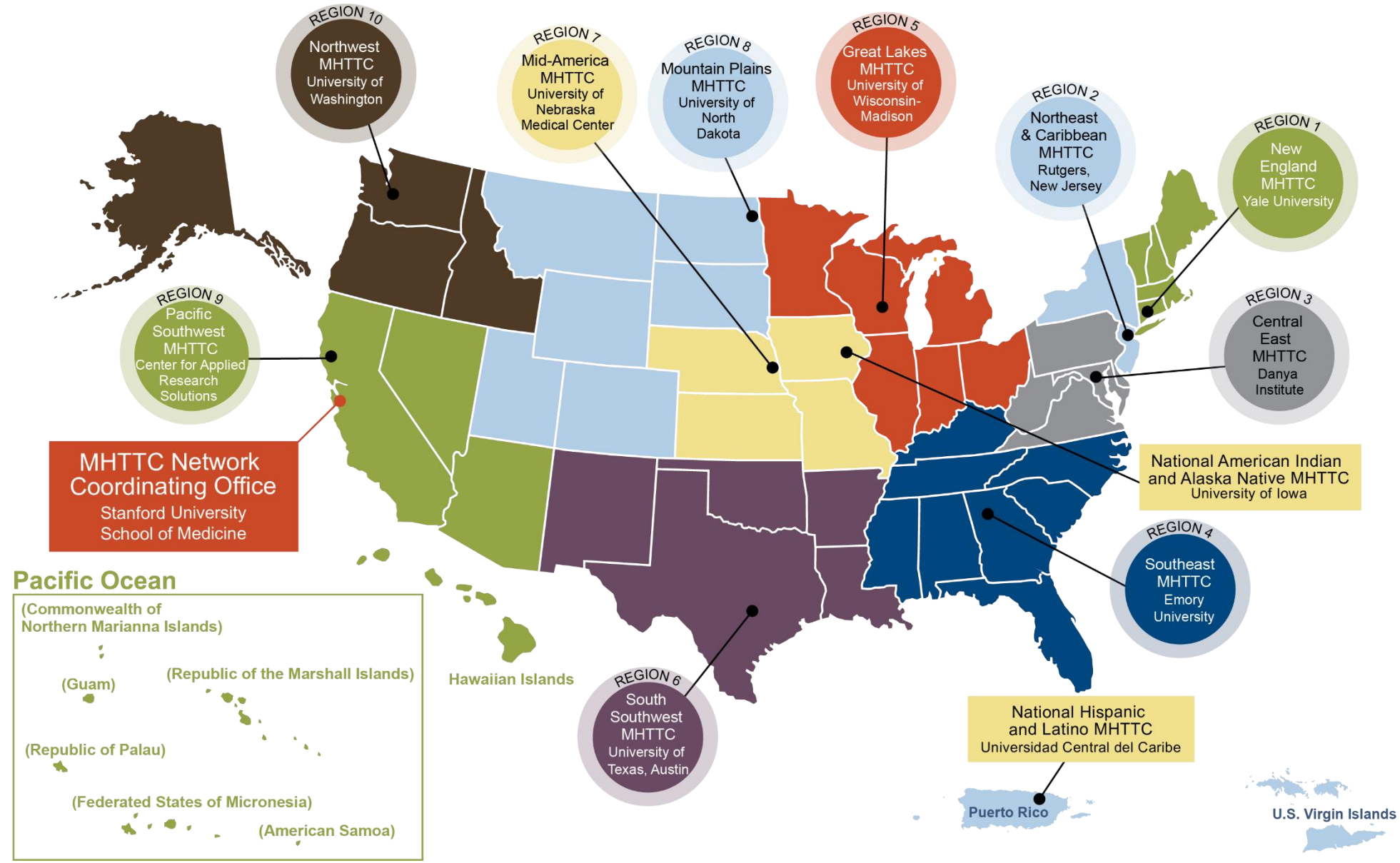
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

TRAINING, ONLINE
COURSES & RESOURCES

REGION 10
Northwest MHTTC
University of Washington

mhttcnetwork.org/northwest

UNIVERSITY of WASHINGTON
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Northwest (HHS Region 10)

MHTTC Mental Health Technology Transfer Center Network

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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.**

Adapted from: https://mhcc.org.au/wp-content/upload/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

LAND ACKNOWLEDGEMENT

The Northwest MHTTC honors the many cultures and lands across our region spanning Alaska, Idaho, Oregon, and Washington.

We want to acknowledge that the Northwest MHTTC, based in Seattle, sits on the traditional land of the Duwamish and Coast Salish peoples past and present.

We honor with gratitude the land itself and the people who have stewarded this land throughout the generations.

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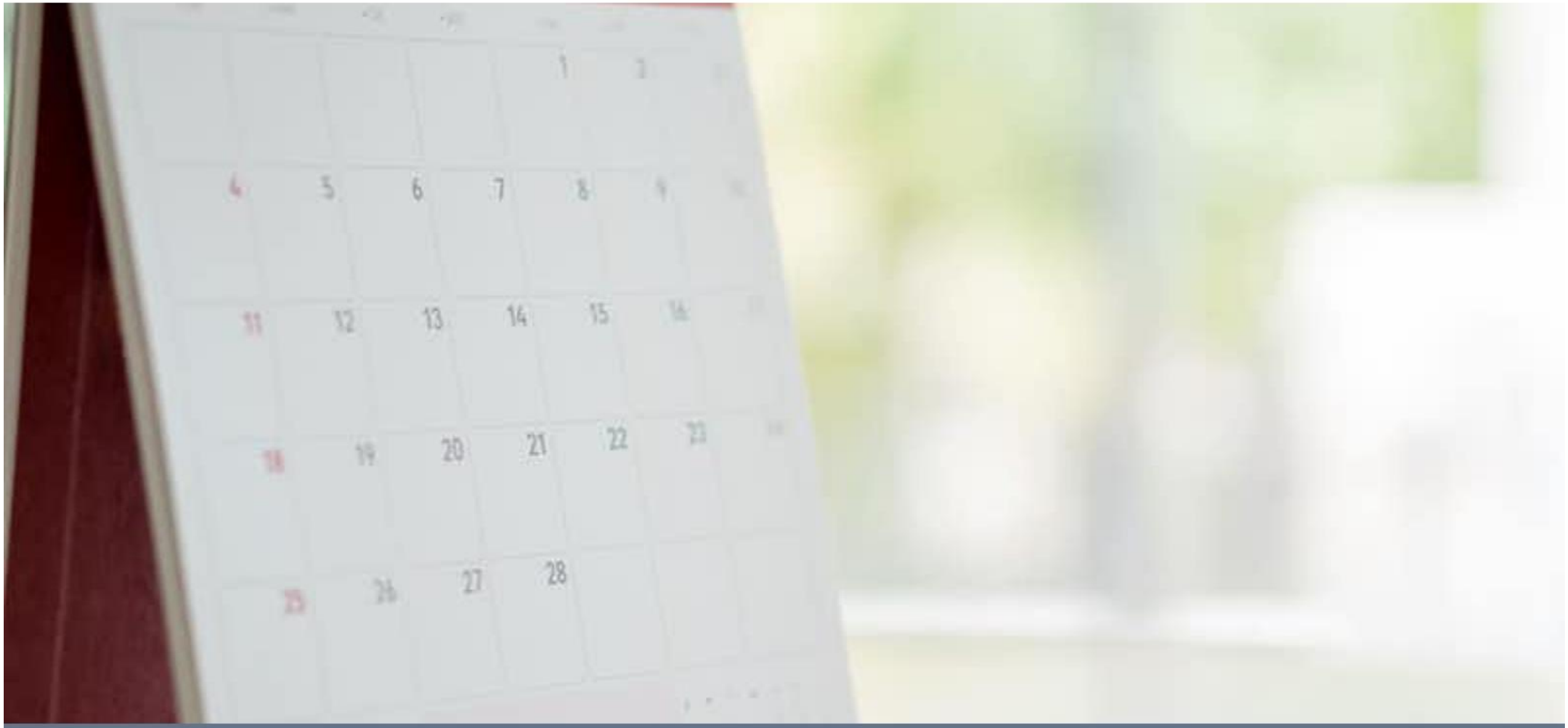
TODAY'S PRESENTER

Rebekah Demirel L.Ac. MPCC

FOUNDER & DIRECTOR

TRAUMA INTEGRATION PROGRAMS

What one word describes how you are feeling today?



Start the presentation to see live content. For screen share software, share the entire screen. Get help at **pollev.com/app**

We Make The Path By Walking
Care Without
Carrying

WHAT WE'LL DO TODAY

- **Explore** our beliefs about caring
- **Notice** how we feel caring for ourselves and others
- **Discover** more effective ways to care for ourselves while we give care to others

Alternate Nostril Breathing

- Extend just your thumb and little finger, tuck the other three into your hand
- Plug your right nostril with your thumb and gently draw in breath through your left nostril
- Close your left nostril with your little finger
- Exhale out your right nostril

- Inhale through your right nostril while closing the left one with your little finger, release the little finger and gently exhale through the left nostril. Do five to ten rounds, slowly and gently.

Taking Inventory

- What do I believe about caring for myself and or others?
- Where did these beliefs come from?
- How do I behave, treat myself and others when I believe my thoughts?

What We Believe About Caring

- If I don’t do it, no one will
- If it hurts, I must be doing it right

- I have to hold on to it- Letting go means I don’t care
- My suffering is a measure of how much I care

What We Believe About Feeling Good

- Feeling good is selfish and shows I don’t care
- Feeling good is privilege and I shouldn’t…
- Feeling good is shameful when others are hurting

Five Elements Meditation

Wood, Liver, Anger, Green, Spring – Shshshsh!

Fire, Heart, Manic Excitement, Red, Summer – Ha!

Earth, Spleen, Worry, Yellow, Late Summer – Hoo!

Metal, Lungs, Grief, White, Autumn – Seeha!

Water, Kidneys, Fear, Black, Winter – Cherooee!

S. Rebekah Demirel
www.traumaprograms.com 2021

Quality Versus Quantity of Caring

- I don’t have time to care
- I’m sick of caring
- I don’t care
- Why should I care?

How We Take Care Of Ourselves

- What do I do at the end of my day?
- I can handle it
- Whatevs…
- Denying our needs

Receive and Release

- Front door/Back door
- Holding and Carrying
- Flexibility/Resilience
- Long term wellness

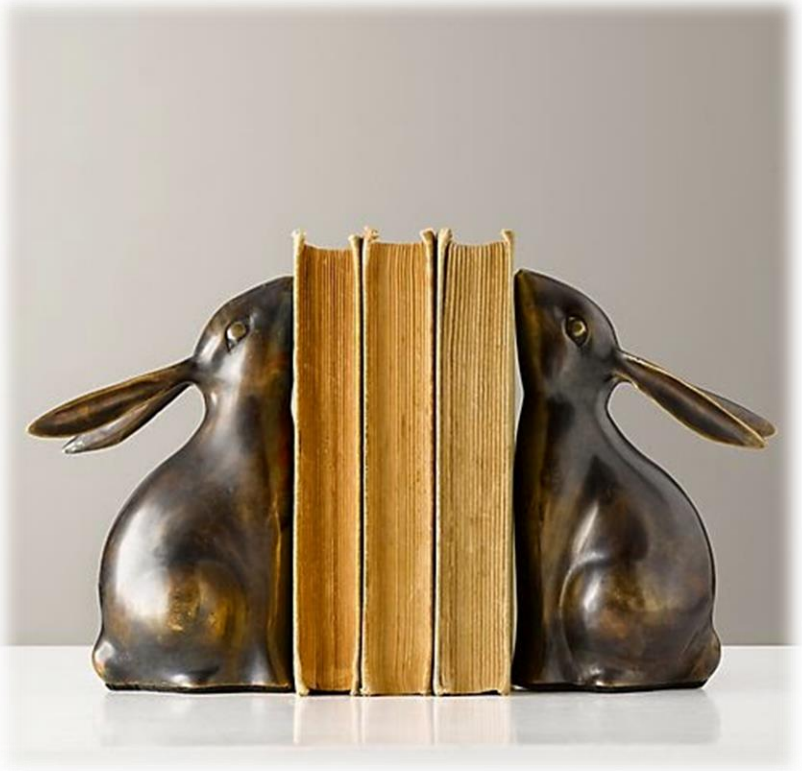
Feeling Fully/ Resting Fully

"*You have to get dirty with your emotions. Meditation allows us to feel them, live them, and taste them completely.*"

Pema Chodron

Bookends For Each Day

- Support, structure
- Boundaries, consistency
- Goals
- A way to measure healing



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.

S. Rebekah Demirel
www.traumaprograms.com 2021

A Different Perspective

"*You are not Atlas carrying the world on your shoulder. It is good to remember that the planet is carrying you.*"

Vandana Shiva

Trauma Integration

- **Safety** – What do I need to feel safe?
- **Willingness** – Willing to feel
- **Awareness** – Thoughts, feelings
- **Noticing changes** – What is different?
- **Continuing** the cycle of healing

Acupoints For Focus

Yin tang: on forehead between brows

Li 4: on hand between web of thumb and finger

St 36: on lateral leg three inches below knee

Kd 1: below ball of foot

I Give Myself Permission

- To say No, Yes, I don’t know
- To be tired
- To be angry
- To be fed up
- To be sad
- To be happy
- To put down my load

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QUESTIONS & DISCUSSION

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YOUR FEEDBACK IS IMPORTANT

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

Your feedback helps us to improve and develop future programming.

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LET'S CONNECT!

mhttcnetwork.org/northwest

https://bit.ly/NWMHTTCNewsletter

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@NorthwestMHTTC

THANKS FOR JOINING US!
See you next time.