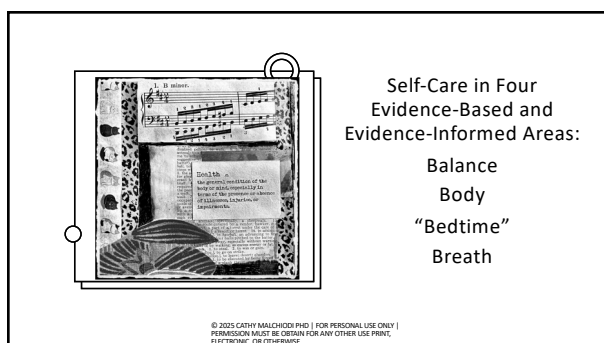
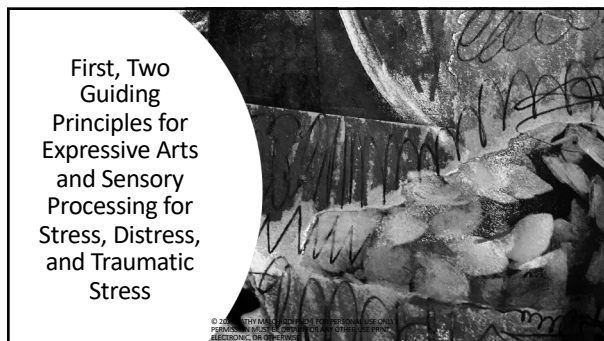




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3

A Thought About
Why Sensory-
Based and
Expressive
Strategies May
Help When It
Comes to Stress,
Distress, and
Traumatic Stress

"Trauma reduces our capacity for expression through movement, sound, enactment, image making, and play. Our job is to help people reclaim that capacity-- to manifest a full range of restorative expression and reparative playfulness."

Cathy Malchiodi, PhD
Handbook of Expressive Arts Therapy

4

We have a Window of Tolerance...
But Let's Also Envision a Circle of Capacity to Complement the Existing Model.

Trauma is not just about learning to cope with distress.

It is also about expanding the capacity for resilience, enlivenment, self-compassion, and curiosity.

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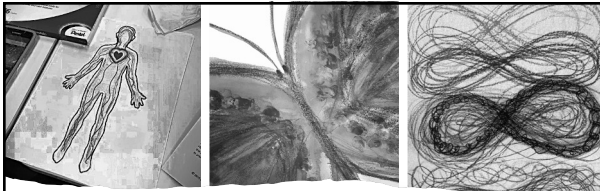
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Thinking Outside the "Ladder" to Reframe the Autonomic Nervous System

The ANS may be hierarchical, but it might be more easily explained as a dynamic circle of possibilities...

The Polyvagal Ladder (Dana, Porges, and variations)

6

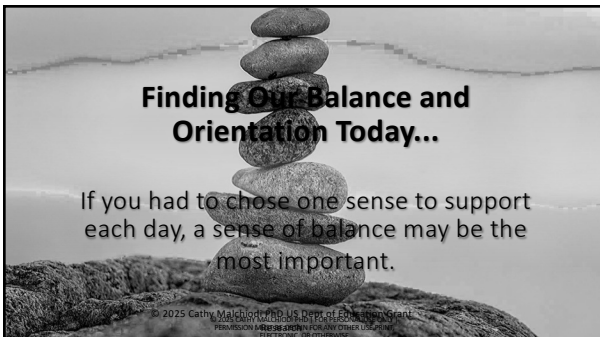


Balance

Awareness of Vestibular Function and Gravitational Security: A Key to Sensing Safety and Essential to Health and Wellness

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Finding Our Balance and Orientation Today...

If you had to chose one sense to support each day, a sense of balance may be the most important.

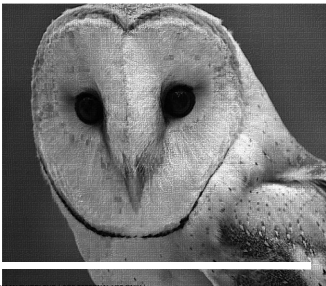
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Orienting: Be an Owl!

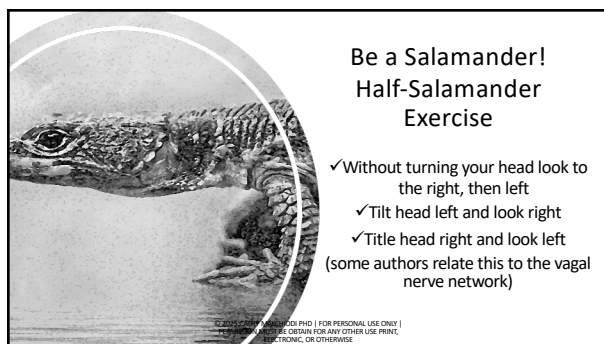
- ✓ Turn your head slowly look to the right
- ✓ Turn your head slowly to look to the left then left
- ✓ Move your body to the left and look right
- ✓ Move your body to the right and look left

(many authors have variations of this)

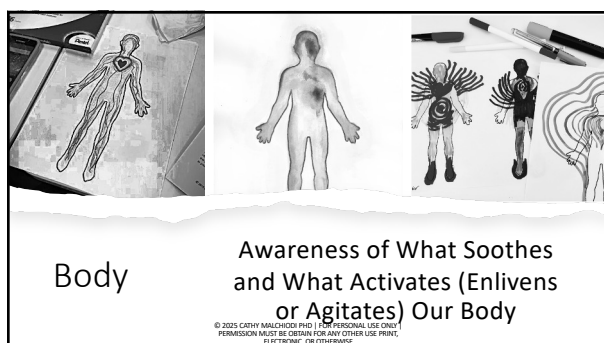


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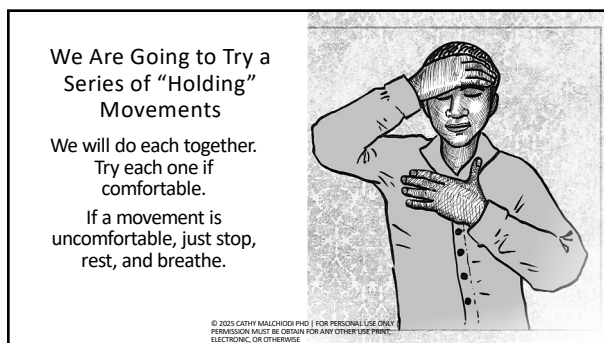
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12

Take a few minutes to write down observations.

You can use a body outline, if appropriate, to record where you felt soothing, enlivening, or other sensations.

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Let's Take a Few Minutes to share and Reflect

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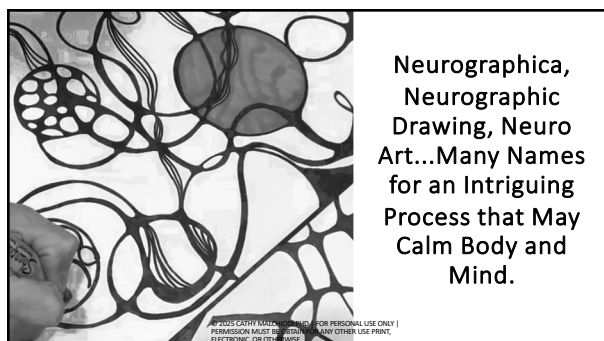
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"Bedtime"

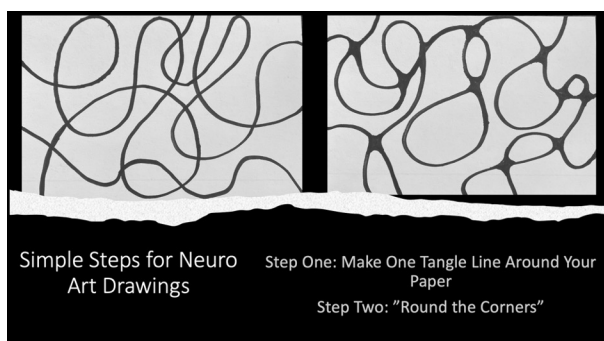
A Possible "Expressive" Way to Get a Good Night's Rest

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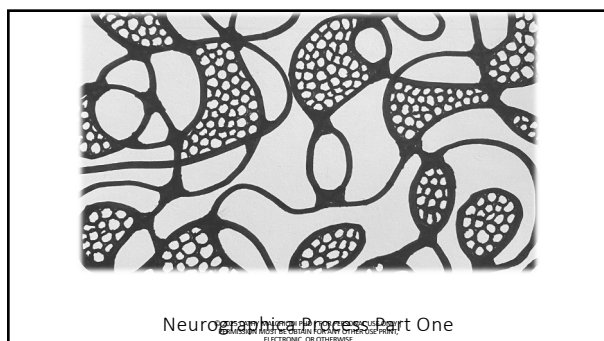
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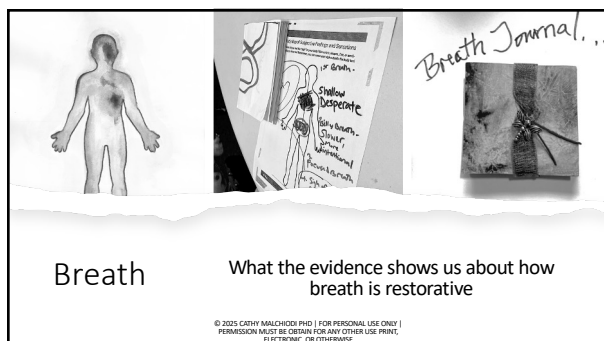
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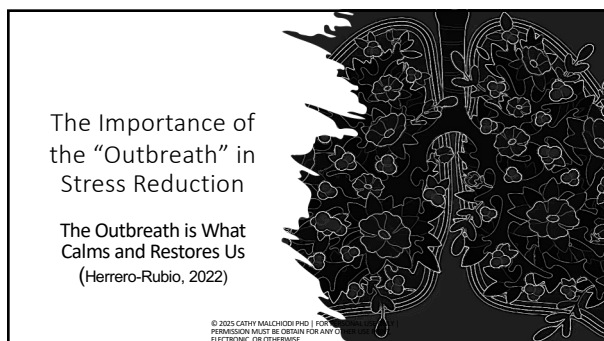
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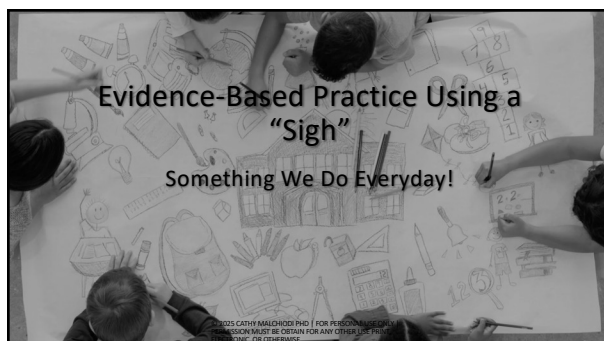
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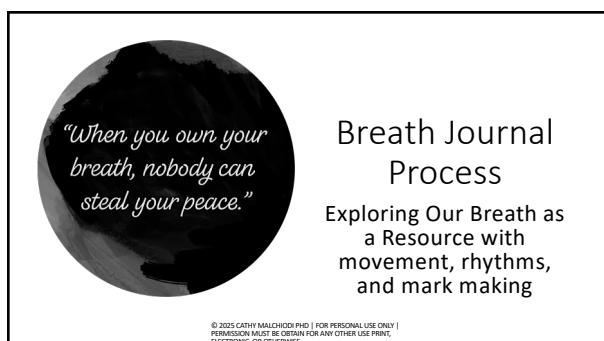
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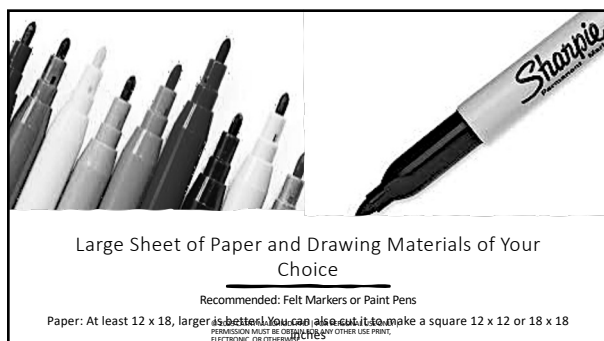
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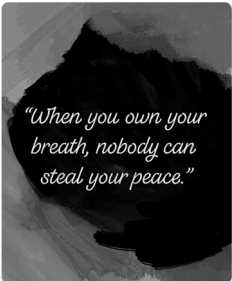
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Creating a Meandering Breath Journal from Your Paper

- First we will be folding your paper (hot dog, hamburger)
- Next we will be cutting the paper to create a meandering journal...be sure to watch carefully! It's a little tricky the first time!


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Pause to Breathe...

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Let's Take a Few Minutes to share and Reflect

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