

Connection is a
biological imperative
(Schoore 2015)

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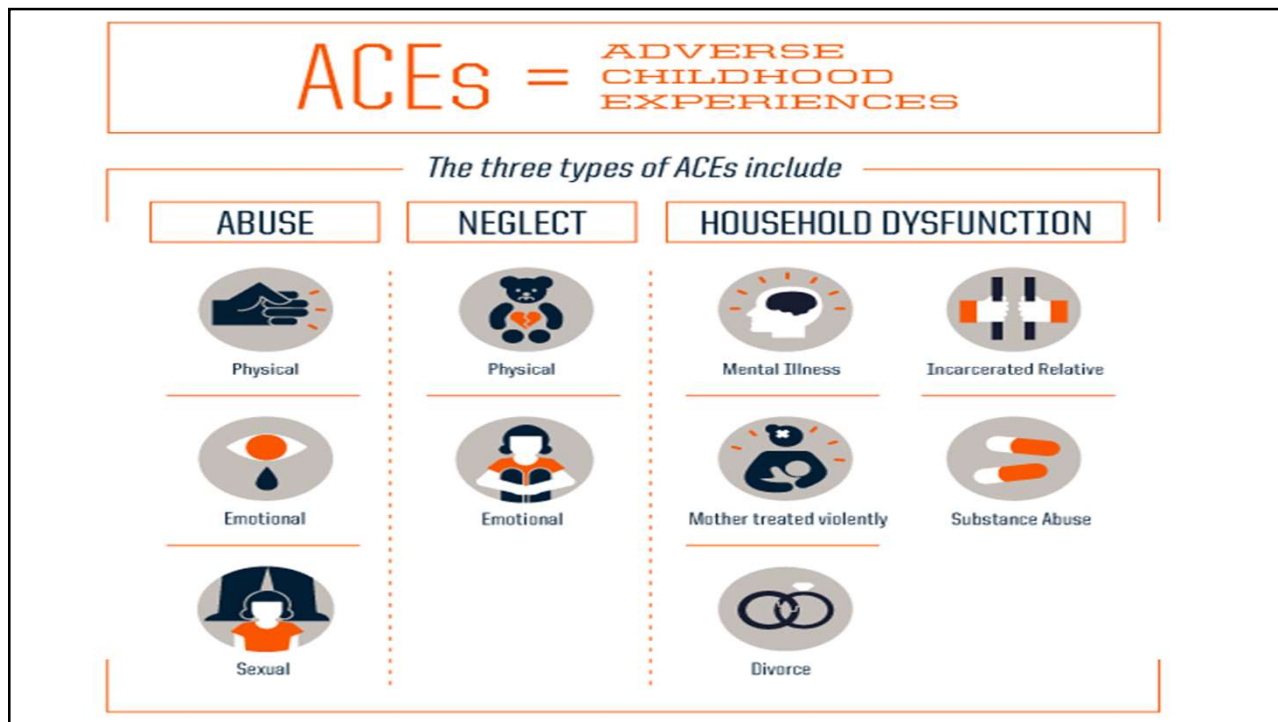


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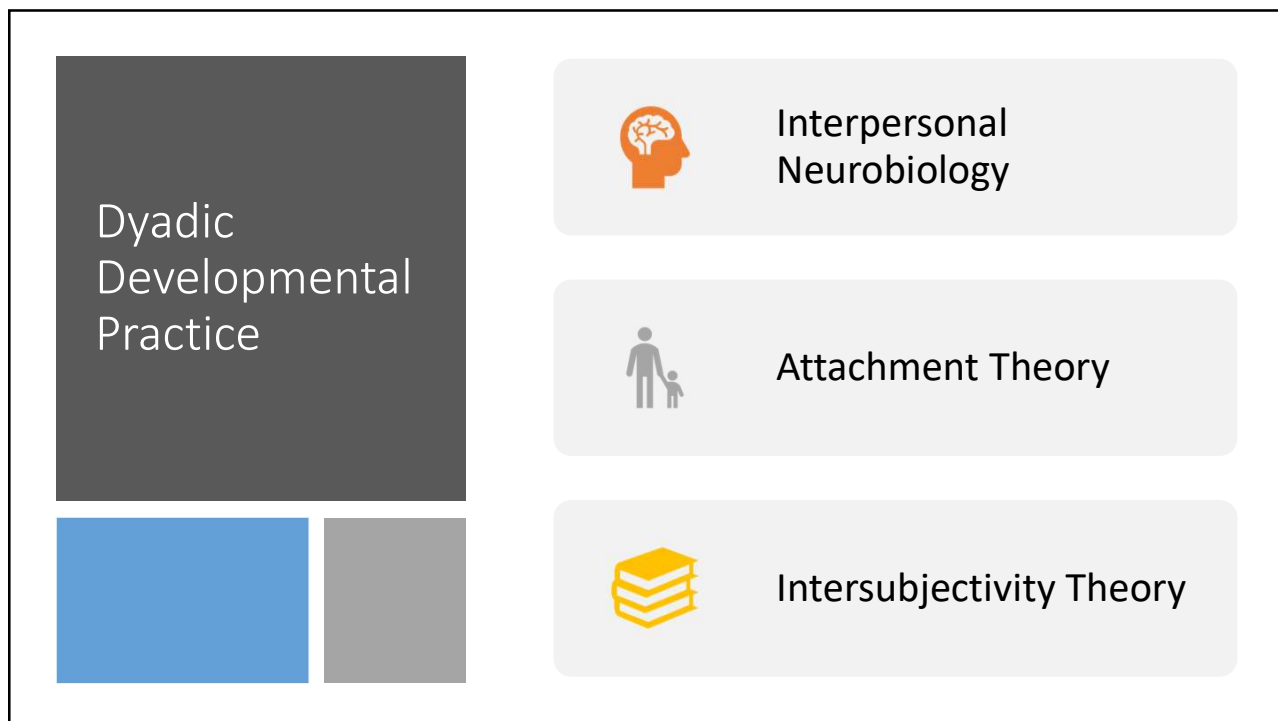
BRENE BROWN

- *“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”*

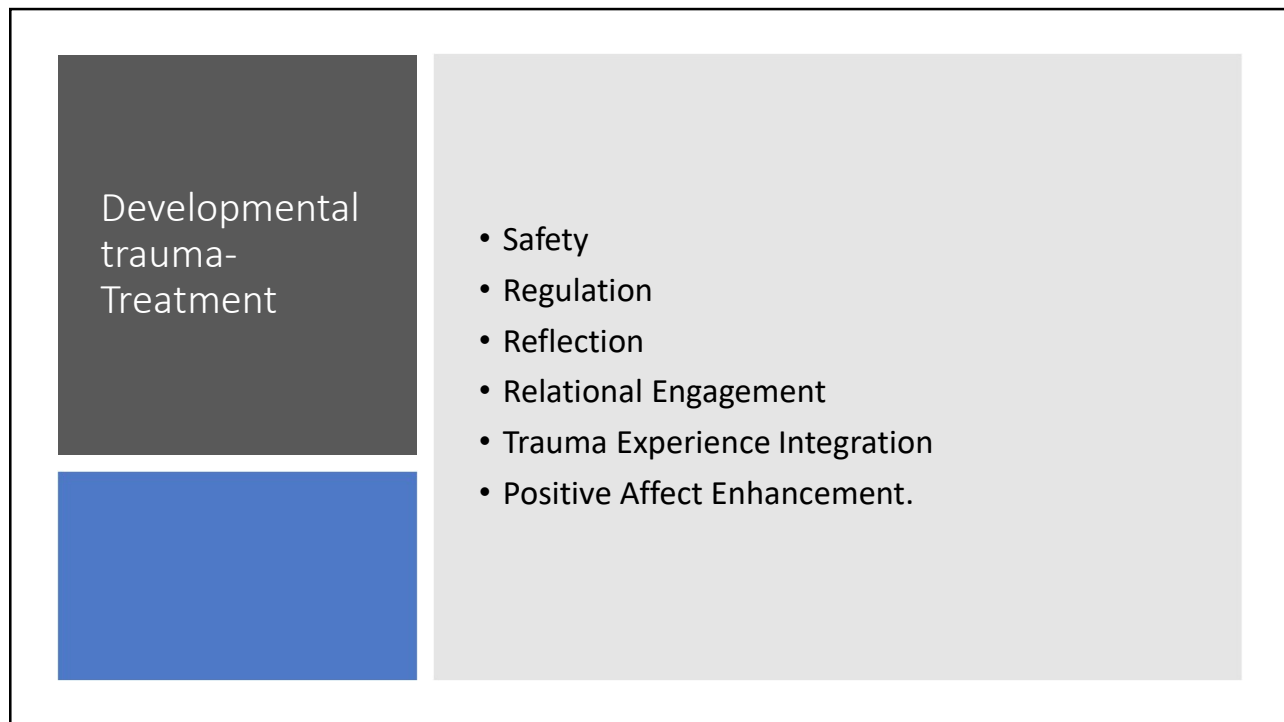
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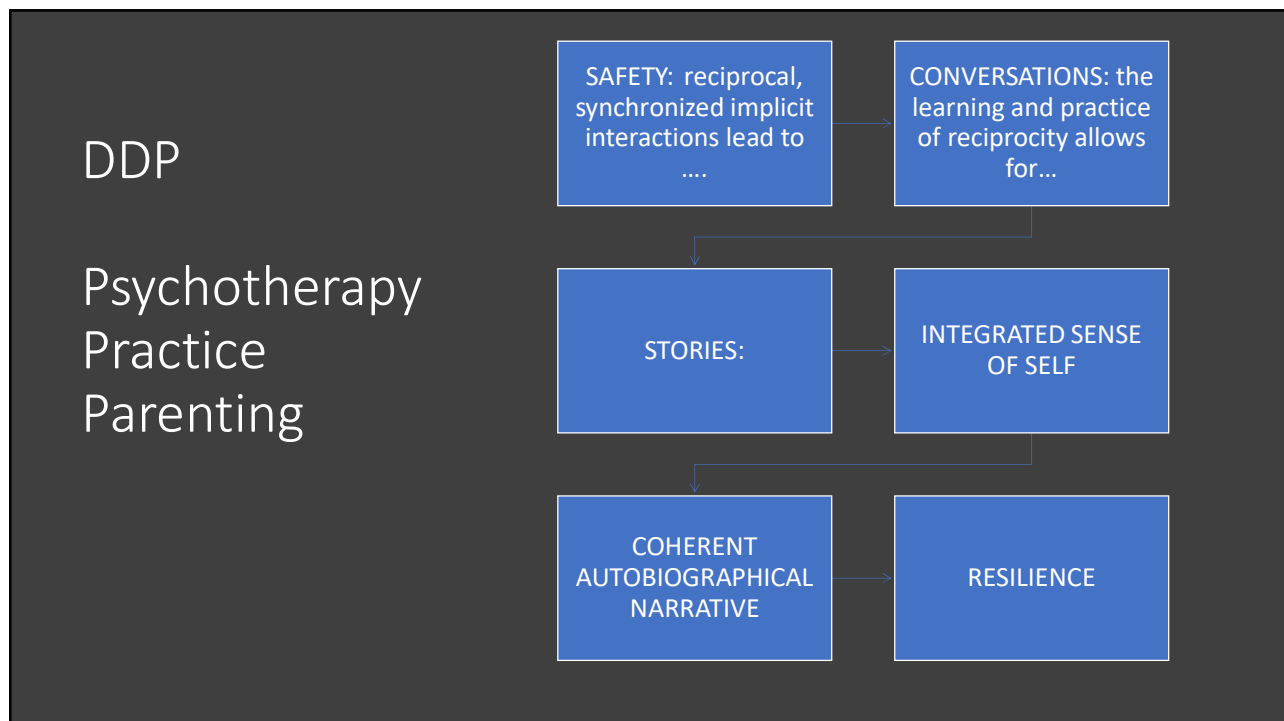
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FEELING
SAFE IS
CRUCIAL



The image features a dark grey rectangular box on the left containing the text "FEELING SAFE IS CRUCIAL" in white, uppercase letters. Below this box are two smaller colored rectangles: a blue one on the left and a dark teal one on the right. To the right of these elements is a photograph of a large group of skydivers in various colorful suits, arranged in a large circle against a clear blue sky.

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Developmental
Trauma
Disorder
impairs:

- Attachment
- Biology
- Affect Dysregulation
- Cognitive Functioning
- Dissociation
- Behavioural Controls
- Self-Concept

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Polyvagal
Theory –
Stephen
Porges

Reminders



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Trauma is physiological not
psychological

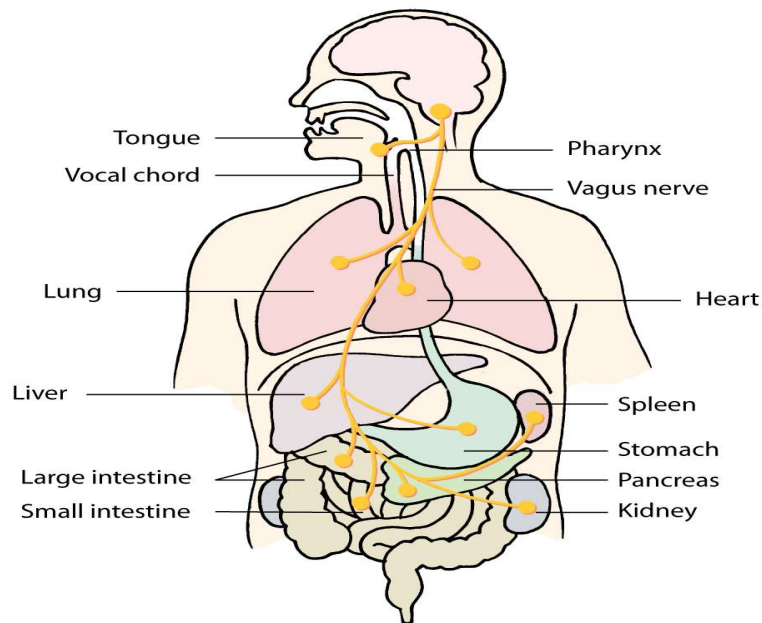
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autonomic nervous system states allow for

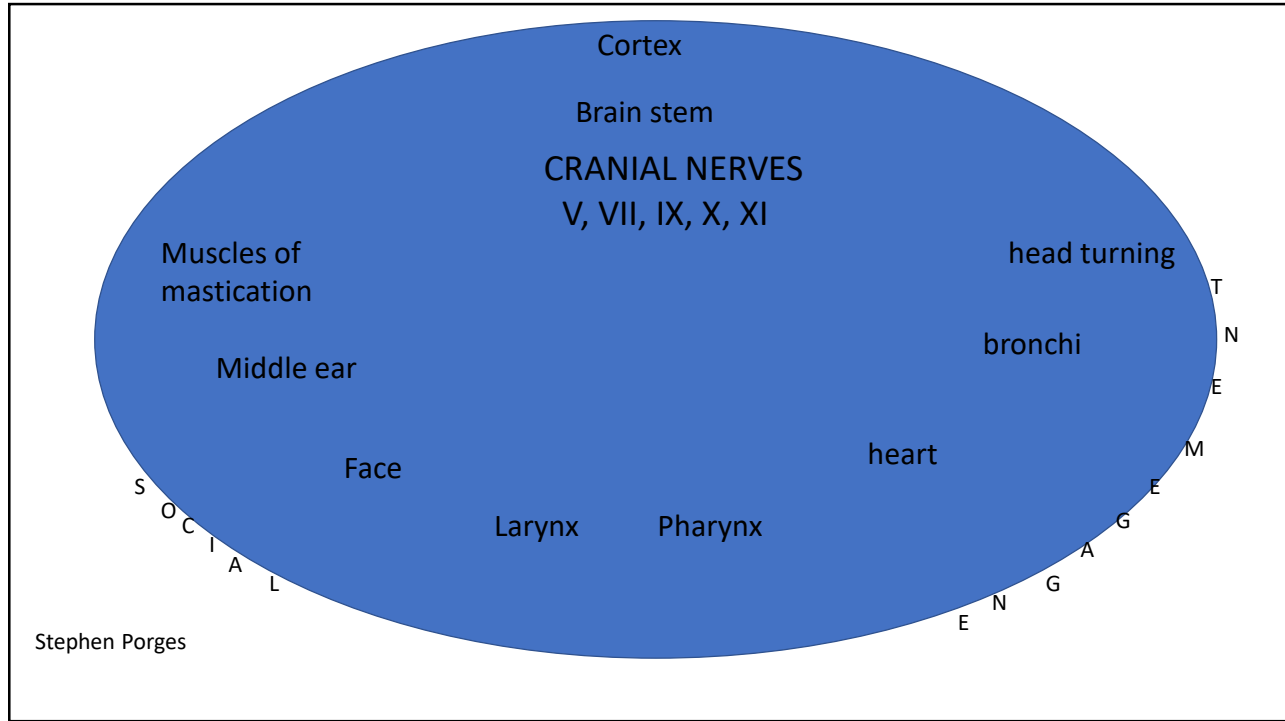
Social
strategies

Defensive
strategies

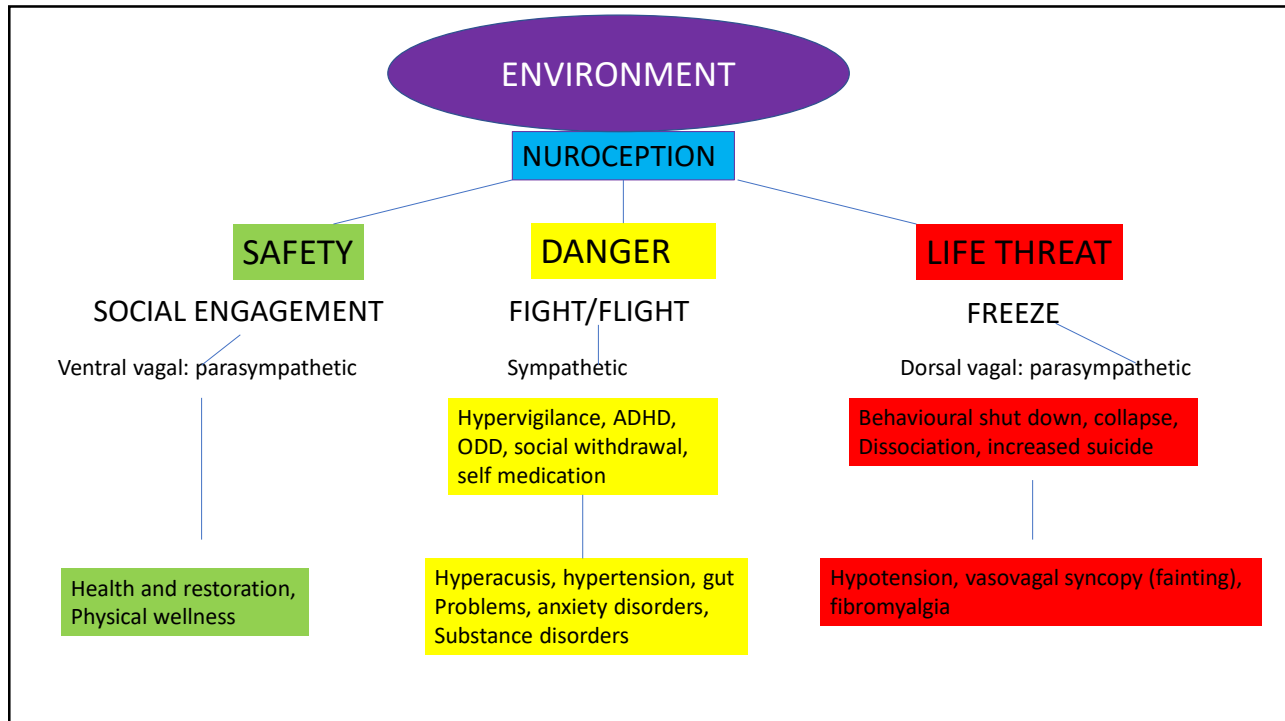
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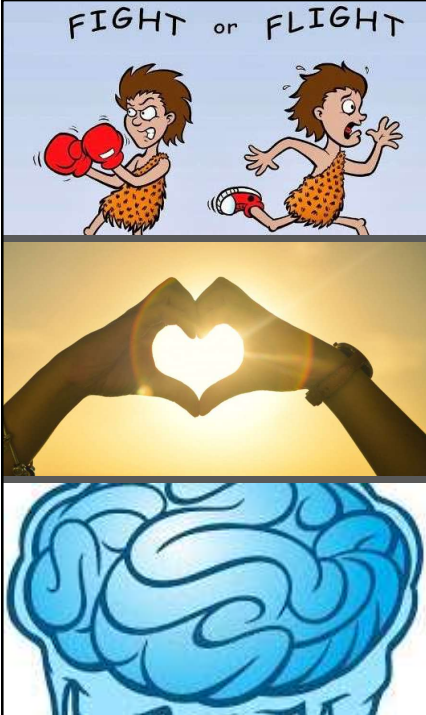
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FIGHT or FLIGHT

Safety mediates which state we are in

- Social Engagement (SAFE)
- Mobilization: fight or flight (DANGER)
- Immobilization: freeze (LIFE THREAT)

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Social engagement - safety

When we detect safety, socially engaged behaviours are spontaneous and emergent – NOT VOLUNTARY

Therefore they can't be taught. Can learn rules of social engagement but can't learn friendliness, eye contact, vocal prosody.

To promote social engagement must change physiological state

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face

- Upper face: associated with signs of safety – muscles around the eyes. Eye gaze soft
- Lower face: anger and aggression
- State changes refocuses where we look.
- Still Face: completely disorganizing
- Still Neck: also disorganizing if people don't move their head.

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Face-heart connection

- Core of social engagement system: our face reflects our polyvagal state
- As faces lose their safety cues, the vagal brake comes off the heart → increased heart rate to allow for mobilization.
- Vagus nerve also innervates the lungs to aid in mobilization

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Trauma,
autism,
depression,
BPD,
Schizophrenia
.... All share...

- Difficulty feeling safe
- Auditory hypersensitivity
- Flat facial affect
- Lack of vocal prosody
- High heart rate/low vagal tone