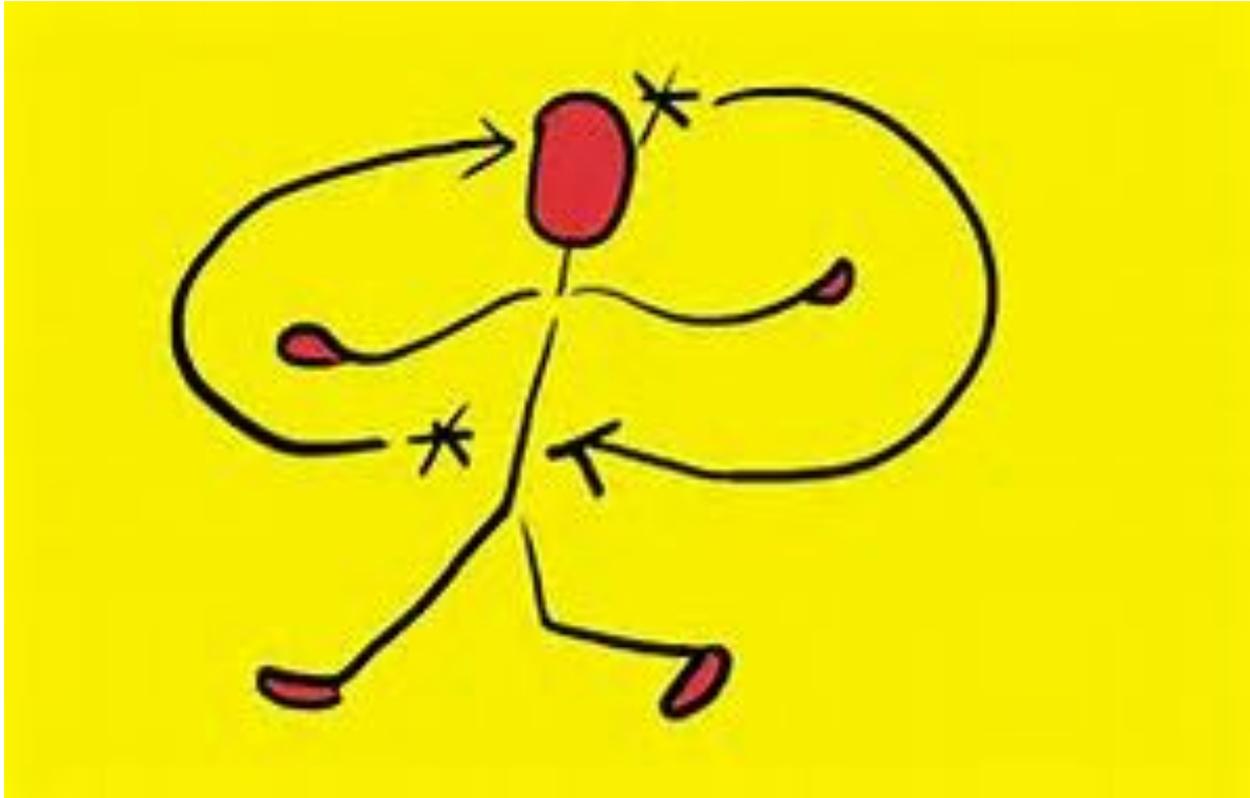
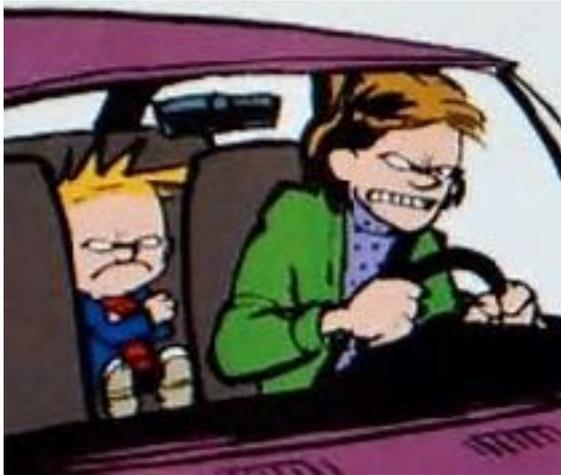


Taming the Tiger Within: 10 Body Based Techniques to Change Behavior



Elia Vecchione, PhD
Leo Vecchione, MA
Michael Vandenberg, MA

The Stages of Treatment



Stage 1:
Regulate



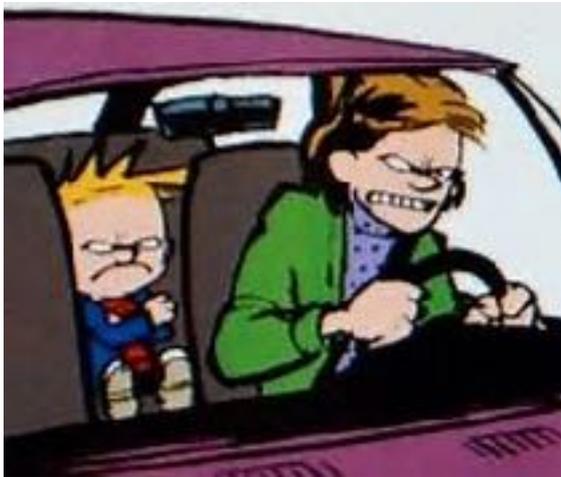
Stage 2:
Relate



Stage 3:
Reason

“Doing trauma treatment without a stage model is unethical.

-Robert T. Kinscherff



Stage 1:
Regulate



Stage 2:
Relate

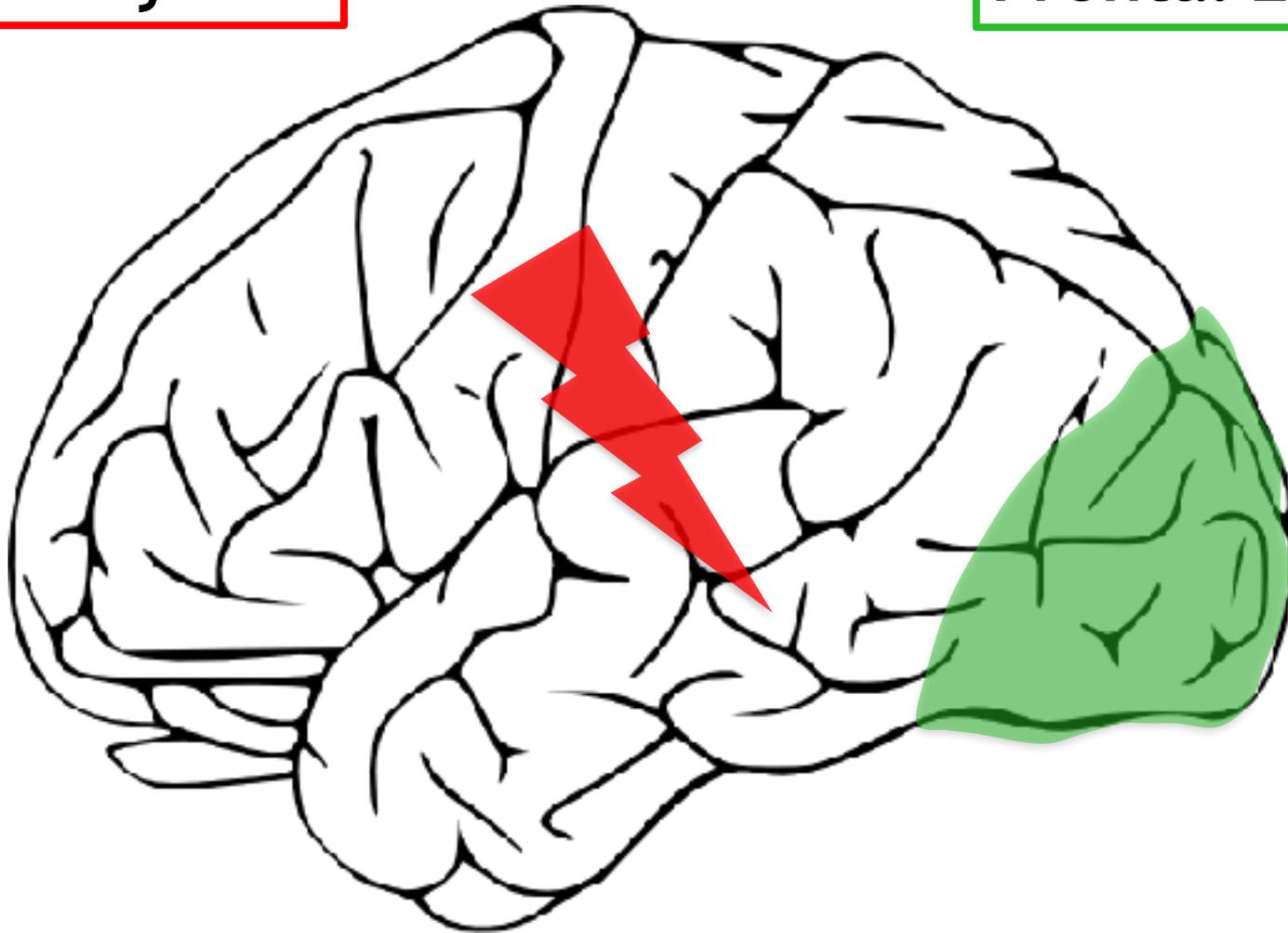


Stage 3:
Reason

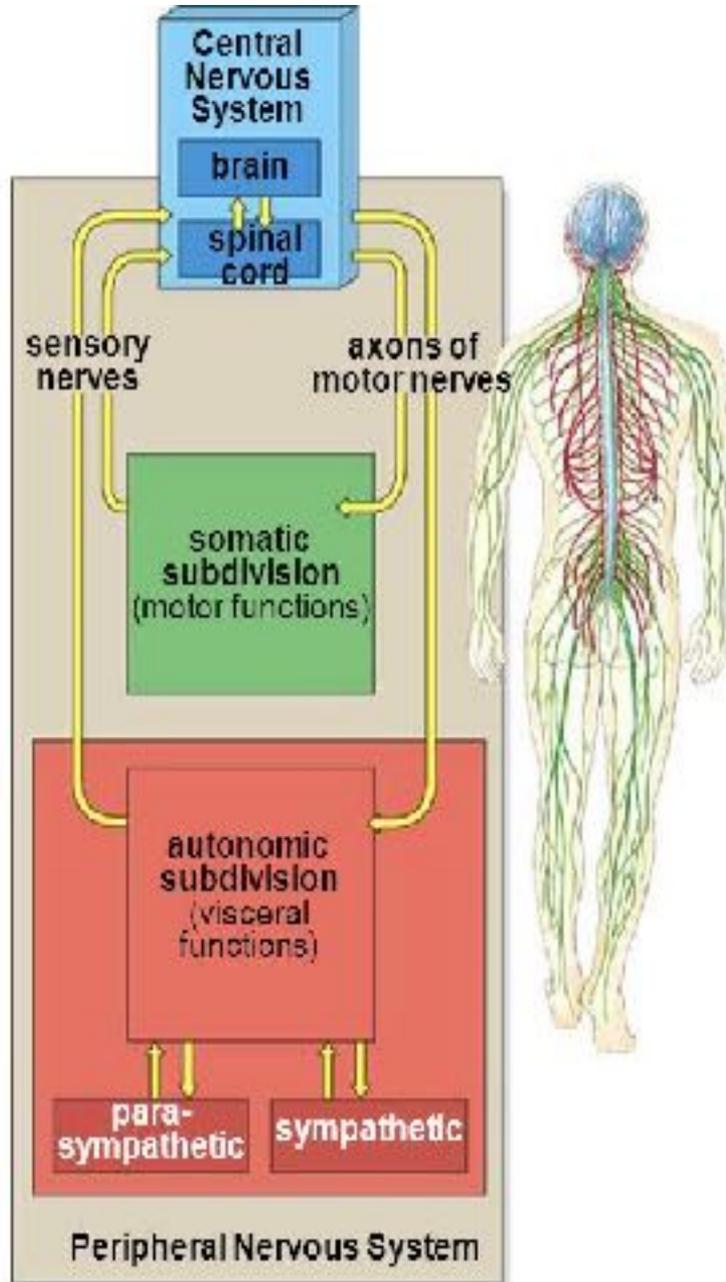
Functions of the Brain Systems

ACTION!
Limbic System

Thinking
Frontal Lobes



AFFERENT



EFFERENT





II. THE SELF, ONLY THROUGH BEHAVIOR

The Autobiography of the Self,
is inscribed by experience,
on the brain, the body, and the central
nervous system,
and told and retold through its only
language, behavior.

What did people do before Valium?

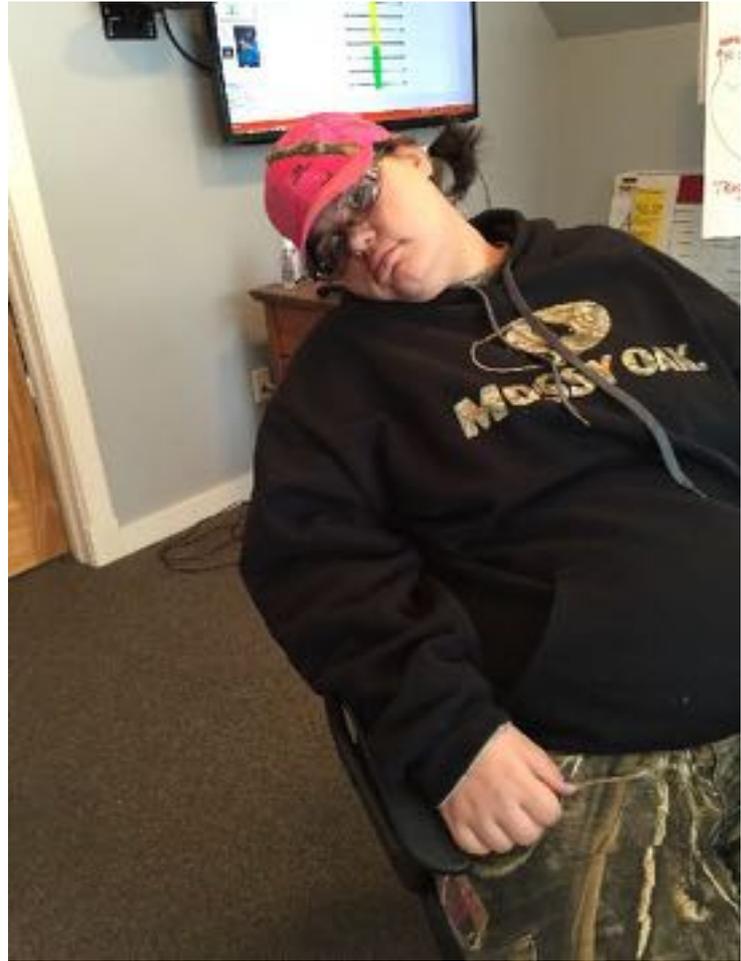






Body Techniques that change Behavior.







Continuum of Action & Commitment

Low

- Medication



Medium

- Tapping, power posing, singing, dancing, meditation, etc.



High

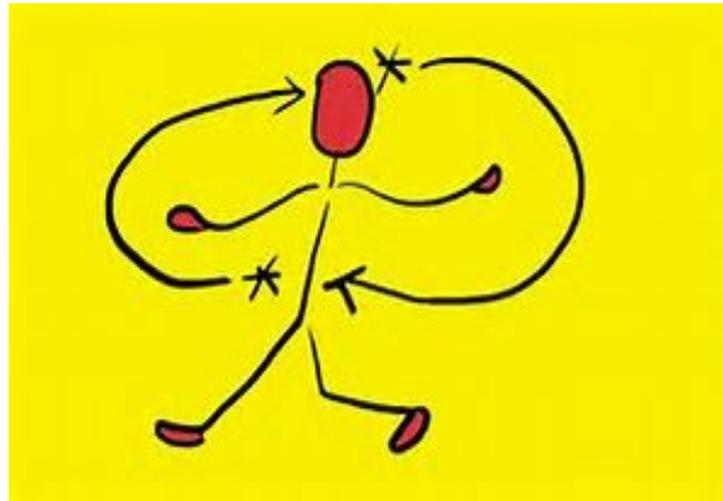
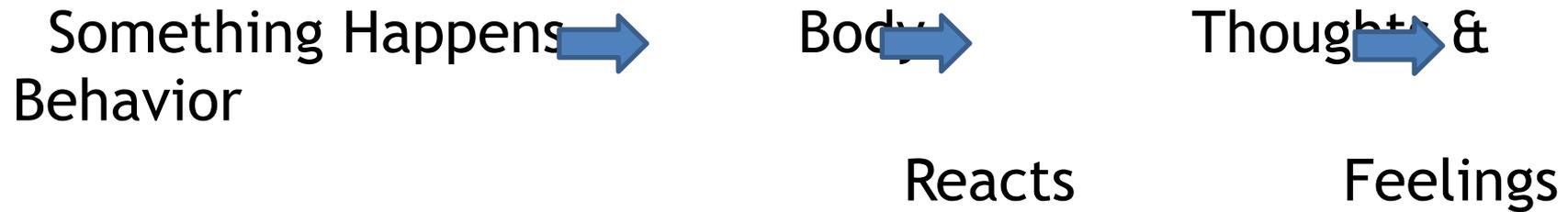
- Exercise, yoga, neurotherapy, etc.



Every Act of Self Improvement is an Attack on the Self



The Basics of Human Behavior





We don't run because we are afraid.
We are afraid because we run.

The Physiology of Relationships



Experiment

Baseline-Events of the day-Conflict



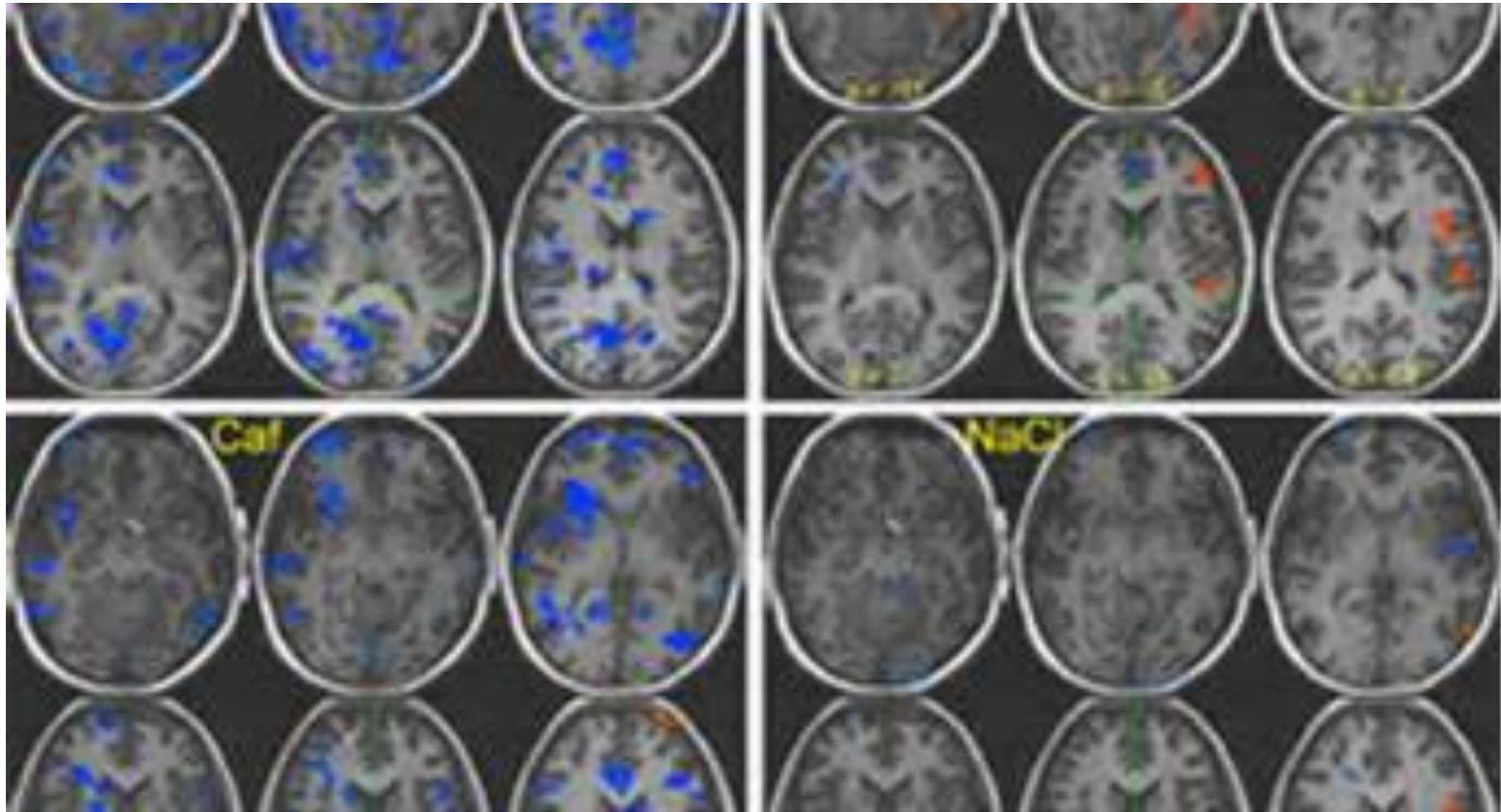
80% Current & Future Satisfaction Predicted by Physiology



Single simple measures of physiology (heart rate) predict satisfaction over 3 years



“The more aroused (physiologically, not sexually) the subjects, the more satisfaction declined”



Child Abusers' Responses to Infant Smiles and Cries

Ann M. Frodi and Michael E. Lamb

University of Michigan

FRODI, ANN M., and LAMB, MICHAEL E. *Child Abusers' Responses to Infant Smiles and Cries*. *CHILD DEVELOPMENT*, 1980, 51, 235-241. 14 child abusers and a matched group of non-abusers watched videotapes of crying and smiling infants. Their psychophysiological responses were monitored throughout the session. After each videotape, the subjects described their emotional responses on a mood adjective checklist. The crying infant elicited heart-rate acceleration and increases in skin conductance and diastolic blood pressure from both groups, although the abusers experienced greater increases in heart rate and reported more aversive and less sympathy. Like other parents tested in this paradigm, the nonabusers responded to the smiling infant with no change in or decrease in physiological activation. The abusers, however, responded to the smile and cry stimuli similarly.

Three explanatory models—the psychiatric, the sociological, and the social situational—dominate research and theory concerning child abuse (Parke & Collins, 1975). The present study was conceived within the social-situational perspective, from which abuse is seen as the joint consequence of child and parent characteristics, patterns of parent-child interaction, and environmental stresses.

Cries typically elicit marked physiological arousal and reports of anger and irritation, while smiles elicit pleasant emotions and slight decreases or no change in measures of physiological arousal (e.g., Frodi, Lamb, Leavitt, & Duncan, 1978). As an aversive and aversive stimulus, a crying infant increases the likelihood of aggression (Berkowitz, 1974); interviews indicate that crying is often the eliciting stimulus for abuse (Frodi & Lamb, Note 1). Usually, the arousal is subthreshold and relief of the cause of infant distress brings termination of the aversive stimulus. When the child's temperament renders it relatively unmanageable, however, or when the parent behaves inactively, the child may become an aversive stimulus to its parents regardless of whether or not it is crying, through a process of con-

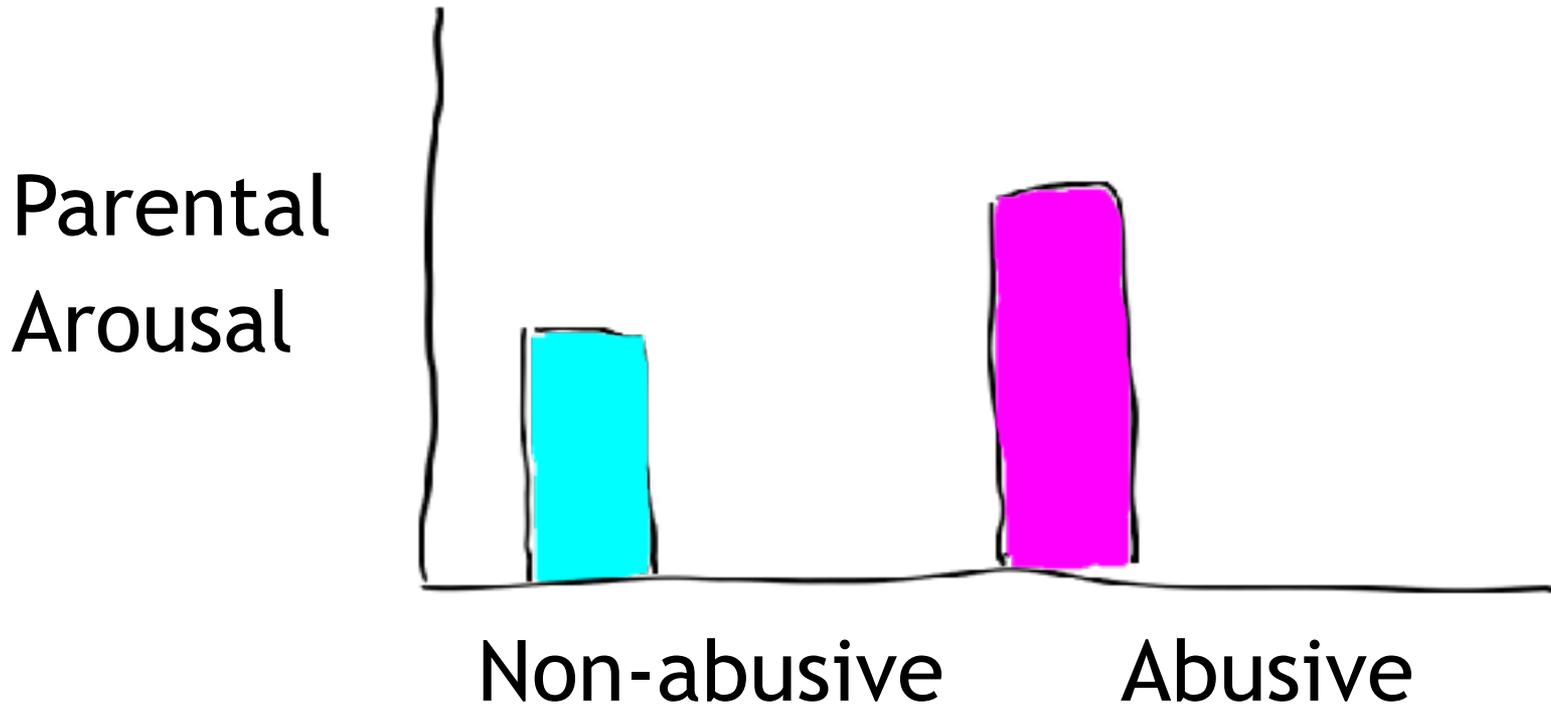
ditioning. Infant cries may appear more aversive and annoying to such parents than to others. Thus, certain child behaviors would elicit an abnormal emotional response, and, because of their perceived aversiveness, these behaviors would be more likely to elicit aggressive responses from parents. Such parent-child dyads would be at risk for child abuse. We sought to determine whether child abusers respond abnormally to infant smiles and cries.

Fourteen abusive mothers and 14 non-abusive mothers served as subjects. In each case the abused child was of preschool age or younger. All abusers acknowledged abuse (not neglect) of at least one of their children. The abusers were recruited through Parents Anonymous and the nonabusers through the YWCA, Operation Threshold, and a Well Women Clinic in two small midwestern cities. The two groups were matched on age ($\bar{X} = 27.0$ years, $SD = 2.24$), number of children (five in each group had one, six had two, two had three, one had four), marital status (six married, five divorced, three unmarried in each group), social class ($\bar{X} = 4.21$, $SD = 0.83$ on Hollingshead's (Note 2) Index), and age of their children (range 20 months-11 years). The two

This research was supported by DHEW grant no. MH90574-01, by grant no. 55/77 from the Humanistiska-Samfundsvetenskapliga Forskningsrådet (Sweden), by a grant from the Ahlén Foundation (Sweden), and by a Summer Research Fellowship from the University of Northern Iowa to author Frodi. We are most grateful to Carol Hunkle, Russell Jones, Sue Matheson, Alice Mosch, Robert Olanow, Jo Schanz, and Diane Wells who assisted in the collection and reduction of the data. Authors' address: Center for Human Growth and Development, University of Michigan, 1113 E. Catherine Street, Ann Arbor, Michigan 48109.

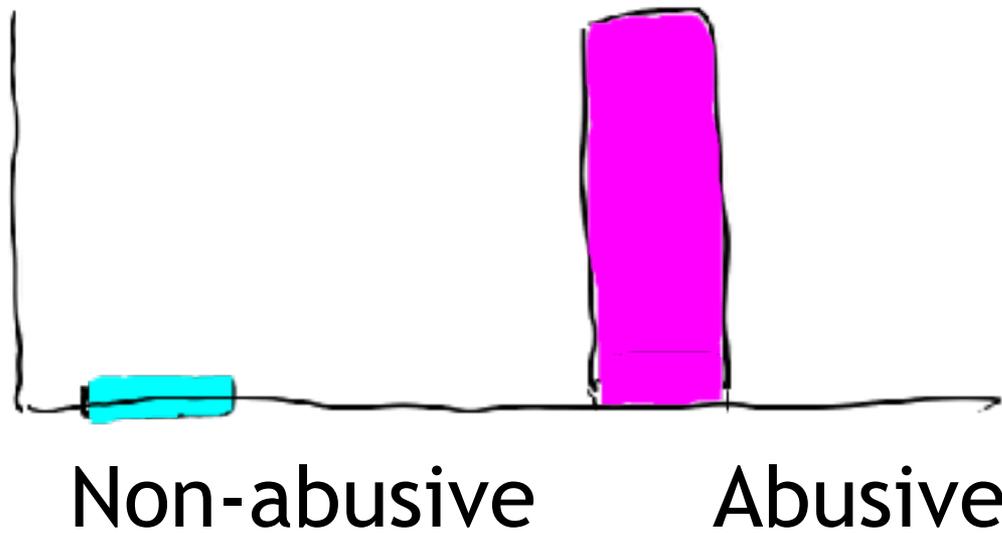
Child Development, 1980, 51, 235-241. © 1980 by the Society for Research in Child Development, Inc. 0009-290X/80/5102-0235\$02.00

Crying Infant



Smiling Infant

Parental
Arousal



Someday the lion shall sleep with the lamb,
but the lamb won't get much sleep.

-Woody Allen



Mirror Neurons



How Mirror Neurons Work



1. When you do a particular activity they fire.
2. When you watch someone do a similar activity a similar pattern of firing occurs.
3. When you watch yourself do the activity you get the same pattern of firing.

Mirror neurons



Boly et al. (2007) When thoughts become action: An fMRI paradigm to study volitional brain activity in non-communicative brain injured patients. *NeuroImage*, 36, 979-992.

So Do IT!!

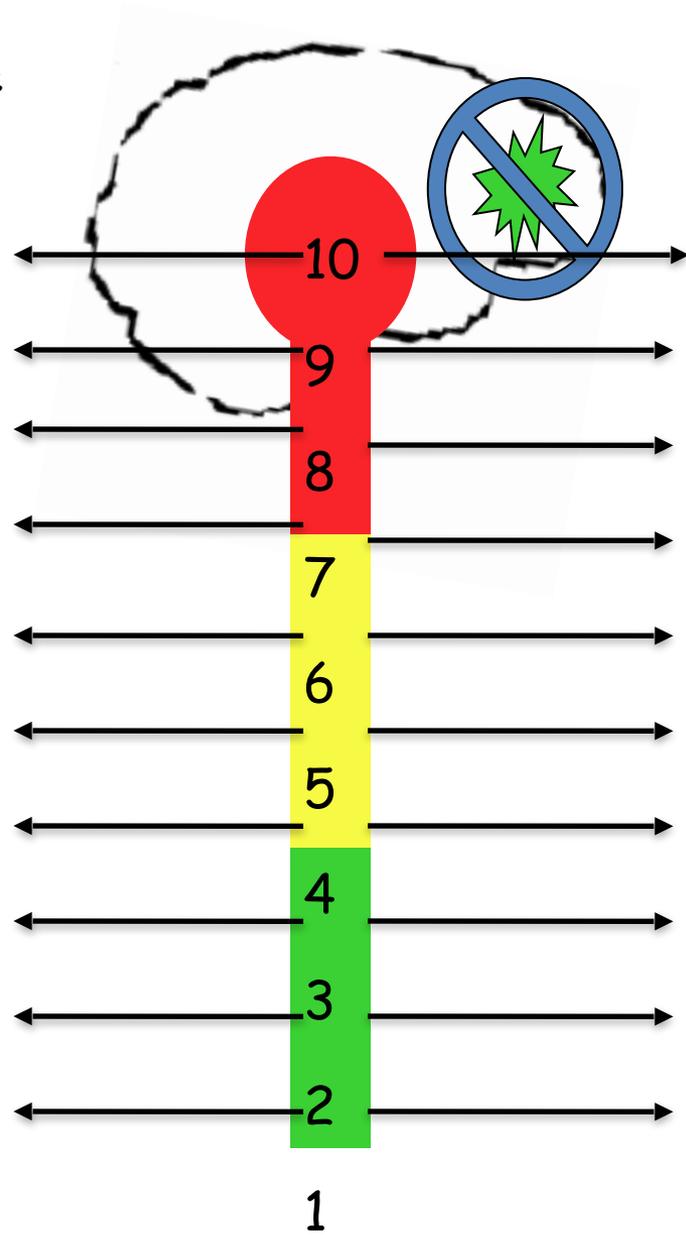


Inclusion Criteria for Grounding Techniques

1. It's ethical to teach.
2. Can learn it quickly.
3. Can use it practically.
4. Doesn't require professional training.
5. Can walk away and do it.



What I feel like inside



What it looks like outside

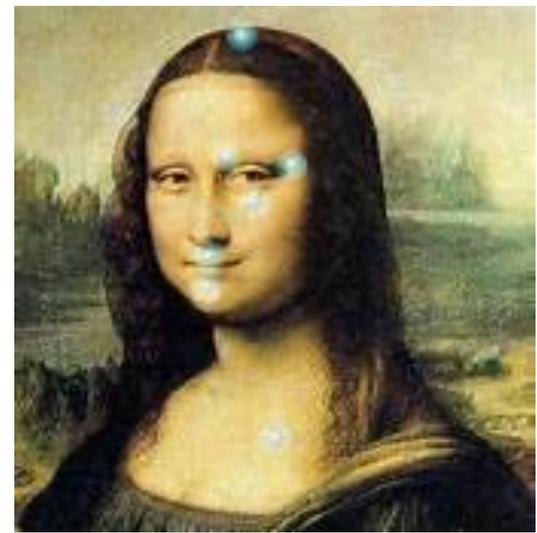
Practice, Practice, Practice.







I. Power Posing



II. Tapping



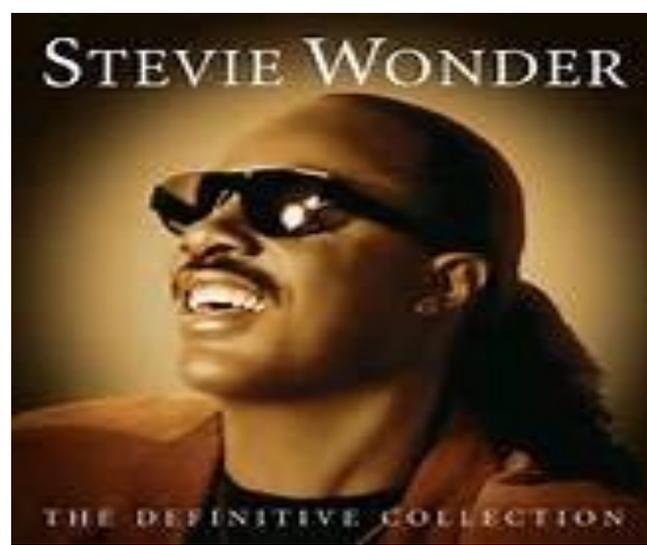
III. Breathing
Meditation



IV. Walking



V. Guided Meditation



VI. Singing



VII. Dancing



VIII. Hand

Holding

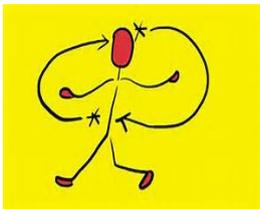


IX. Swimming
Acupuncture

X.

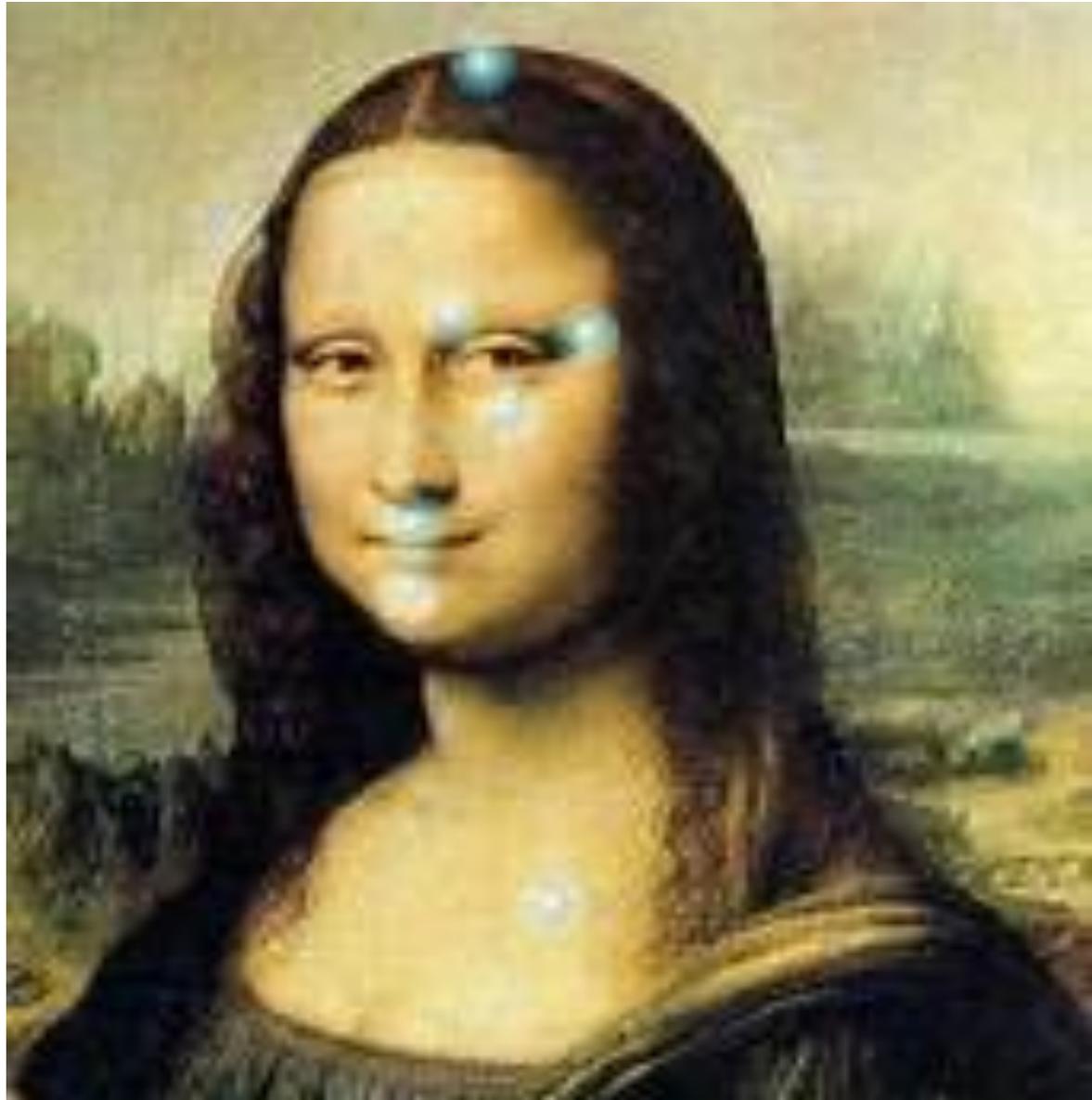
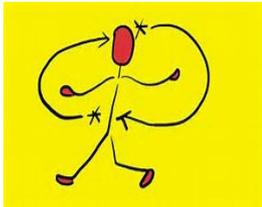
I. Power Posing:

Using body positions to increase confidence, reduce tension, regulate the body, and improve behavior.



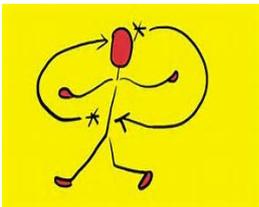
II. Tapping:

A form of acupressure where tapping on the body's meridian points reduces tension and helps regulate the body and behavior.



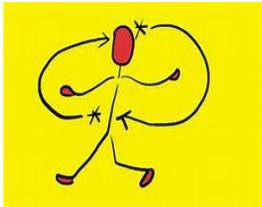
III. Breathing:

One of the few body functions that can be consciously controlled and used to regulate arousal and promote reasonable behavior.



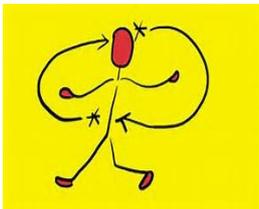
IV. Walking Meditation:

Focusing our attention on walking can eliminate intrusive thoughts, lower anxiety, and improve behavior.



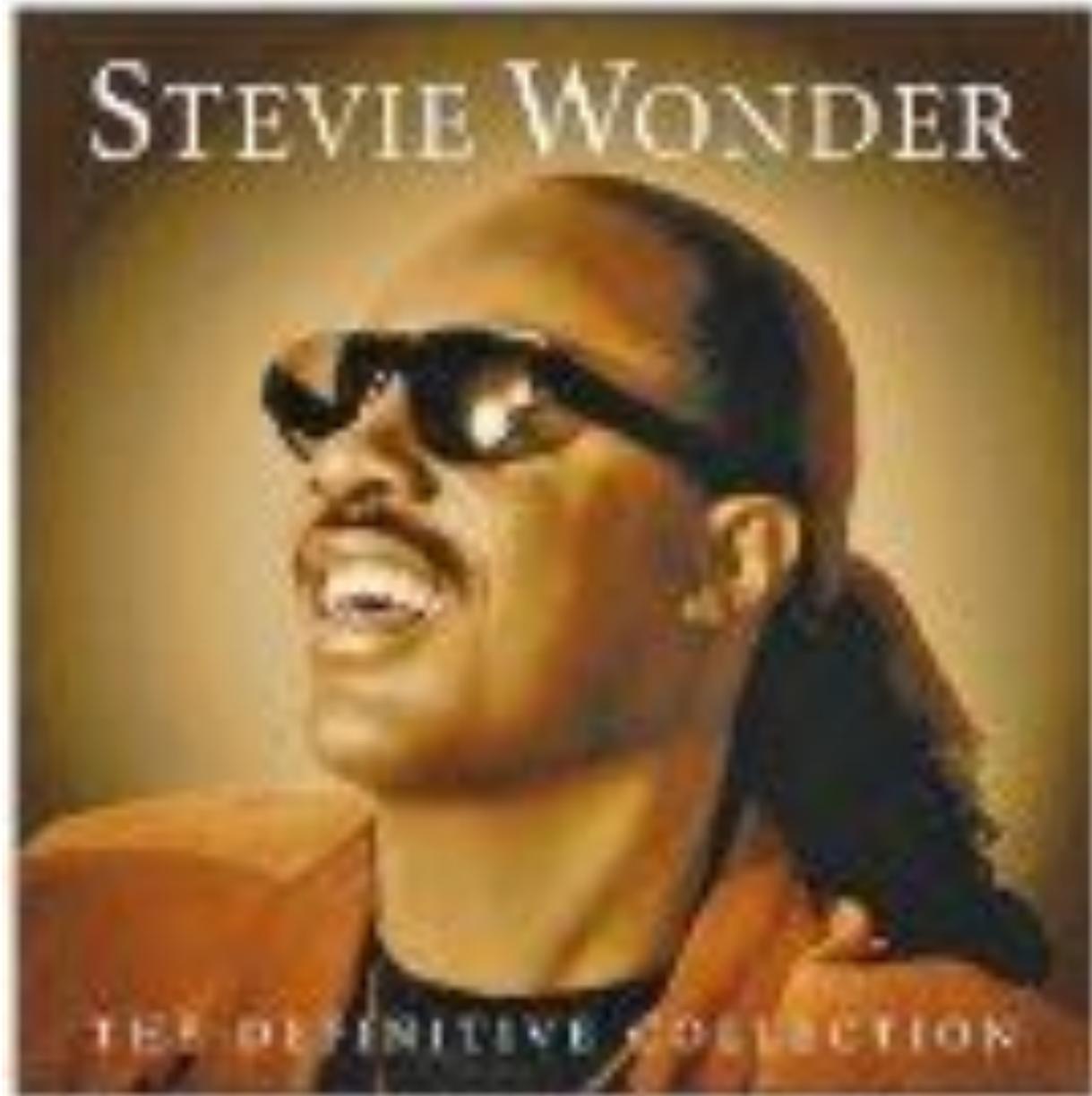
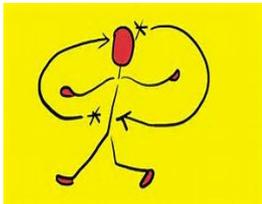
V. Guided Meditation:

Guided meditation provides a focus for our attention which then reduces stress, promotes relaxation, and improve behavior.



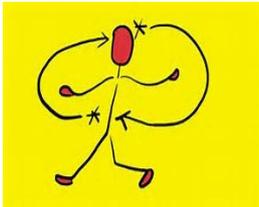
VI. Singing:

Sing with others to increase heart rate variability, calm the body, relate to others, and improve behavior.



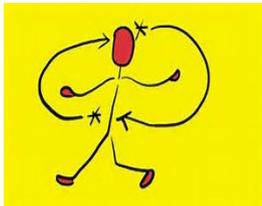
VII. Dancing:

Dance to increase confidence, improve mood, lower stress, regulate the body, and improve behavior.



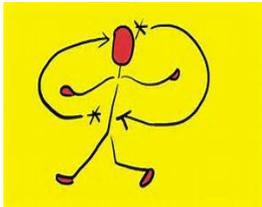
VIII. Hand Holding:

Hold hands to calm the brain and the body, feel safe, reduce tension, and improve behavior.



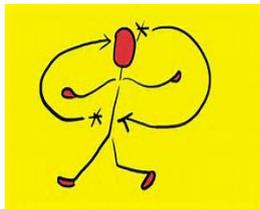
IX. Swimming:

Swimming lowers stress and aggression hormones, lowers our state of arousal, and reorganizes the body to feel safe and calm.



X. Acupuncture:

Acupuncture involves inserting very fine needles into the body to calm our limbic or emotional responses, relax our body, and improve our feelings and behavior.



Hybrids



What
we were
hoping
for.



Video Links:

Power Posing: Amy Cuddy Ted Talk

Tapping: The basic recipe for EFT taping by Gary Craig You Tube

What is Energy Psychology (1st EME webinar) You Tube

Breathing: Alan Watkins Ted Talk

Singing: Music determines heart rate variability of singers-Bjorn

Vickhoff, Rickard Astrom You Tube

Choir singing Harmonizes hearts-Rickard Astrom you Tube

Dancing: Peter Lovatt Ted Talk: “Dance, Thinking, Hormones”

Hand Holding: James Coan Ted Talk

Walking Meditation: Jon Kabat Zinn Guided Walking Meditation You

Tube

Ocean Meditation: at amiciassociates.com

Resources: amiciassociates.com (includes videos of Al demonstrating techniques, How the Body Changes the Mind power point, research, written materials, and related videos)