

MIND SHIELDING

HOW WE COME TO OUR SENSES
RICH LANDWARD LCSW, MPA







PERSONAL PROTECTIVE EQUIPMENT

Helmet:	\$150.00
Nomex Hood:	\$45.00
Pass Device:	\$245.00
Air Pack with Mask	\$4500.00
Fire Clothing:	\$1300.00
Fire Truck:	\$550,000.00
Yearly Training	\$1308.00

WHY?

Protection From:

- Fire
- Chemicals
- Electricity
- Smoke
- Sharp objects
- Pissed off dogs/animals


To:

Save lives


Protect property

Respond quickly

STRESSFUL EVENTS THAT CAN OVERLOAD YOUR MIND AND BODY

- **Exposure to Traumatic Events**
 - **Serious Mistakes**
 - **Significant Relationship Problems**
 - **Medical Issues**
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POST TRAUMATIC STRESS

- Exposure to Trauma
 - Intrusive thoughts, nightmares, checking out
 - Avoidance behaviors and emotional numbing
 - Negative cognitions about self/others/world
 - Hyper arousal
 - Significant impact on quality of life
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THE FOUR MAJOR NEURAL SYSTEMS

“OUR FOUR BRAINS”

Executive Brain: “Prefrontal Cortex” The brain space for self regulation, purpose, intention, meaning and spiritual intelligence


Thinking Brain: “Neocortex” The brain space for right brain creativity and left brain logic

Emotional Brain: “Limbic System” The brain space for feeling, interacting, relating and emotional intelligence

Primitive Brain: “Amygdala” The space in the brain for (fight, flight, and freeze) and instinctive action in response to threat and stress. The space in the brain where aggression and defensiveness is experienced



SIGNS OF BEING FLOODED BY STRESS

- **Anger/irritability/can't relax**
 - **Excessive alcohol/substance use**
 - **Sleep problems/nightmares**
 - **Relationship problems**
 - **Feeling numb and detached**
 - **Intrusive thoughts-day mares**
 - **Tired, worried, worn down, stuck in your mind**
 - **Difficulty focusing/concentrating**
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THE GOOD NEWS

You can control your brain and body and help your children and clients improve their ability to manage stress

How?



Trauma/ PTSD Mind Shielding Interventions

Assessment of trauma impact

Psycho-education of trauma symptomology and interventions

Symptom reduction

Resilience focused questioning

Cognitive restructuring

Connecting with a community


Moving forward towards goals, desires and hopes

Becoming a trauma educator


Mind shielding from past present and future trauma

Finding your source of healing: Using mind and body to heal and learn from trauma experiences.


THE MIND BODY BRIDGING TOOL BOX

- Tuning into your senses (relaxing the body, clearing the mind clutter)
 - What are my storylines
 - Thought labeling
 - Awareness of “Mind Clutter” and “Body Tension” (Active Identity System)
 - Awareness of unmet expectations or (requirements)
 - Mind Body Mapping
 - Experiencing your Source (wellspring of inner wisdom)
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4 RELATIONSHIP COMMUNICATION DISASTERS

- 1. Criticism**
 - 2. Defensiveness**
 - 3. Contempt**
 - 4. Stonewalling**
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4 COMMUNICATION RELATIONSHIP BUILDING C MASTERY SKILLS

- 1. Soft start ups**
 - 2. Open to influence**
 - 3. 5:1 positive to negative**
 - 4. Turning towards and repair attempts**
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Questions?

