Family is our Foundation

Normal Boy, Somewhat Normal Family
Love and Attachment is our Motivation!

It drives our Purpose!
3 Key Shame Ingredients: Brene Brown

“Shame needs three things to grow exponentially in our lives: secrecy, silence, and judgment.”

– Brené Brown
Chronic Shame by Patricia DeYoung
Bad ME

“bad me experiences are going to happen whenever that person feels misunderstood or disconnected” Patricia Deyoung
"Shame is the Experience of one’s felt sense of self disintegrating in relation to a dysregulating other.”

“Chronic Shame is unrepaired disconnection between parent and child, not a parent’s intention to shame the Child.”
Divorce
Parental Separation
Caregiver Responsiveness

Unseen Wounds:
The NCTSN Psychological Maltreatment Study:

- Study Sample: N = 5,616 youth from the NCTSN Core Data Set with exposure to one or more of the following three trauma exposure categories:
  - Psychological Maltreatment (PM)
    - Comprised of Emotional Abuse or Emotional Neglect
  - Sexual Maltreatment (SA)
  - Physical Maltreatment (PA)
GABOR MATÉ, MD

In the Realm of Hungry Ghosts

Close Encounters with Addiction
Trauma and Aloneness
# Prolonged Exposure: Developmental Trauma

<table>
<thead>
<tr>
<th>PTSD</th>
<th>DTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Criteria A: Traumatic Event</td>
<td>Criteria A: Lifetime Contemporary Exposure</td>
</tr>
<tr>
<td>Criteria B: Intrusion or Re-experiencing</td>
<td>Criteria B: Affect and Somatic Dysregulation</td>
</tr>
<tr>
<td>Criteria C: Avoidant Symptoms</td>
<td>Criteria C: Attentional and Behavior Dysregulation</td>
</tr>
<tr>
<td>Criteria D: Negative alterations in mood/cognitions</td>
<td>Criteria D: Self and Relational Dysregulation</td>
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<tr>
<td>Criteria E: Increased Arousal Symptoms</td>
<td></td>
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</tbody>
</table>

New Vision Wilderness Therapy
Wisconsin • Oregon • North Carolina
You are Insane...
“Ace’s seem to account for 1/2 to 2/3 of serious problems with drug use”
NOT WHY THE ADDICTION, BUT WHY THE PAIN

— GABOR MATE
“Like A Warm Hug”
TRAUMA COMPROMISES OUR ABILITY TO ENGAGE WITH OTHERS BY REPLACING PATTERNS OF CONNECTION WITH PATTERNS OF PROTECTION.

STEPHEN PORGES
The child who is not embraced by the village will burn it down to feel its warmth.

African Proverb
Birds of a Angry feather flock together

Gang Buddies
Trauma and Aloneness

Internalization

“I created this”

“I deserved this”

Externalization

“This was done to me”

“You created this”

Shame

“I am unlovable”

Steve Sawyer 2019
Anna Freud’s Survival Mechanisms

Anna Freud: The Ego and the Mechanisms of Defence

Fear of Annihilation
- My life is Ending

Fear of Abandonment
- I am Unlovable
- I am Not Supposed to Be Here

Fear of Rejection or Alienation
- I can’t Get it Right

Fear of Humiliation

The Storage of Shame
Shame
I am Bad, Unlovable, Not Worthy

Prove “I am”
- Collapse or Submission
  - Act it out
  - Sabotage Relationship
  - Exploit Others

Prove “I am Not”
- Hyper Vigilance
  - Perfectionism
    - Appeasement
    - Help Others
    - Martyrdom
  - Narcism
    - Self Deception
    - Center of Universe
    - “I’m the Best”
    - No room for you

Disconnection or Alienation

Steve Sawyer 2019
Where perfectionism exists, shame is always lurking.

~ Brene Brown
Embodiment of Shame
The Land between Living and Dieing
The body shuts down when it has too much to bear; goes its own way quietly inside, waiting for a better time, leaving you numb and half alive.

Jeanette Winterson

PICTUREQUOTES.com
THE BODY KEEPS THE SCORE
BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

BESSEL VAN DER KOLK, M.D.

TRAUMA IS NOT A STORY.
TRAUMA CHANGES THE BRAIN.

New Vision Wilderness Therapy
WISCONSIN • OREGON • NORTH CAROLINA
Shame is the root of all addictions.

John Bradshaw
Shame: Addictions Ghost Commando
The Alone Make Easy Prey
Shame was an emotion he had abandoned years earlier. Addicts know no shame. You disgrace yourself so many times you become immune to it.

- John Grisham
The Addict Anthem

“F*CK IT”
MY FINAL THOUGHT
BEFORE MAKING MOST
DECISIONS.
Changing our Paradigm
Why Not Just Change?

"Shame corrodes the very part of us that believes we are capable of change."

Brené Brown
Attachment Cycle
Regulates the Brain

NEED

TRUST

AROUSAL

GRATIFICATION
Self Regulation and Addiction

Study Role of Different Dimensions of Emotional Self-Regulation on Addiction Potential

Zahra Nikmanesh, Ph.D.,1 Yahya Kazemi, Ph.D.,2 and Masoum Khosrayv, M.Sc.1

Table 1
Descriptive results of correlation between dimensions of emotional self-regulation and addiction potential (n = 452)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>SD</th>
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</thead>
<tbody>
<tr>
<td>APS</td>
<td>15.58</td>
<td>4.35</td>
</tr>
<tr>
<td>No acceptance of emotional responses</td>
<td>15.79</td>
<td>5.93</td>
</tr>
<tr>
<td>Difficulties of engaging in purposeful behaviors</td>
<td>15.67</td>
<td>4.05</td>
</tr>
<tr>
<td>Impulsivity</td>
<td>16.77</td>
<td>5.07</td>
</tr>
<tr>
<td>Lack of emotional awareness</td>
<td>15.28</td>
<td>4.04</td>
</tr>
<tr>
<td>Limited access to emotion regulation strategies</td>
<td>20.68</td>
<td>6.96</td>
</tr>
<tr>
<td>Lack of emotional clarity</td>
<td>11.45</td>
<td>3.93</td>
</tr>
</tbody>
</table>

“Limited access to emotion regulation strategies”
“Impulsivity”
Shattering the Aloneness
Shame dies in the Light of Exposure

Don Coyhis
Wellbriety Movement
I have personally experienced the benefit of Brainspotting. Just with one session, I was able to relax the grip of a burdensome perspective and its associated emotions, both of which I had carried for a long time.

Gabor Mate MD
Brainspotting and Shattering Aloneness

Brainspotting
THE REVOLUTIONARY NEW THERAPY FOR RAPID AND EFFECTIVE CHANGE

DAVID GRAND, PhD

New Vision
Wilderness Therapy
WISCONSIN • OREGON • NORTH CAROLINA
What happened to you?
Shatter Aloneness
(Clinician approach, Group Supportive Structures)

Stabilize the Nervous System
(Embodiment, Trauma work)

Create Self Regulation Capacity
(Heartmath and More)
GRACE MEANS THAT ALL OF YOUR MISTAKES NOW SERVE A PURPOSE INSTEAD OF SERVING SHAME.
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Chief Clinical Consultant
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414-940-6613
#Traumatransformations