

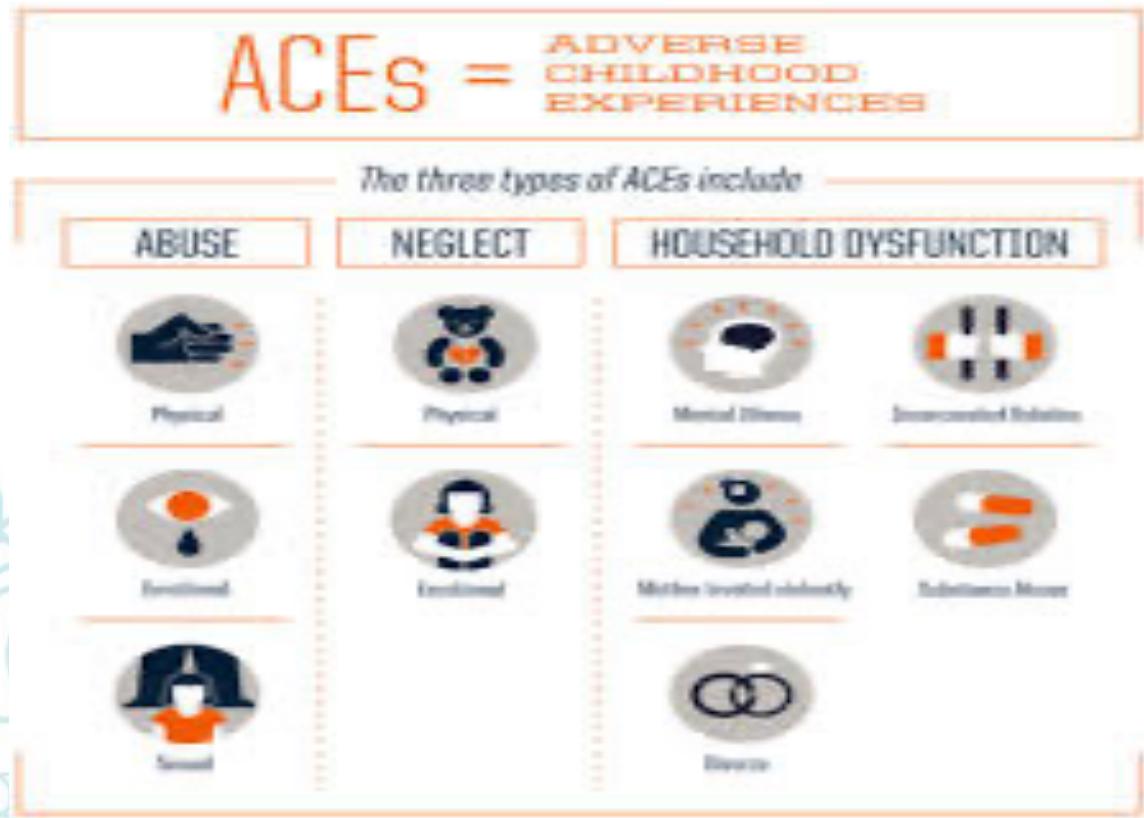
Why and
how does
Mind
Matters
work?

Carolyn Rich Curtis, P.D.
Dibble Institute Webinar
July 2022

Mind Matters

Overcoming Adversity
and Building Resilience

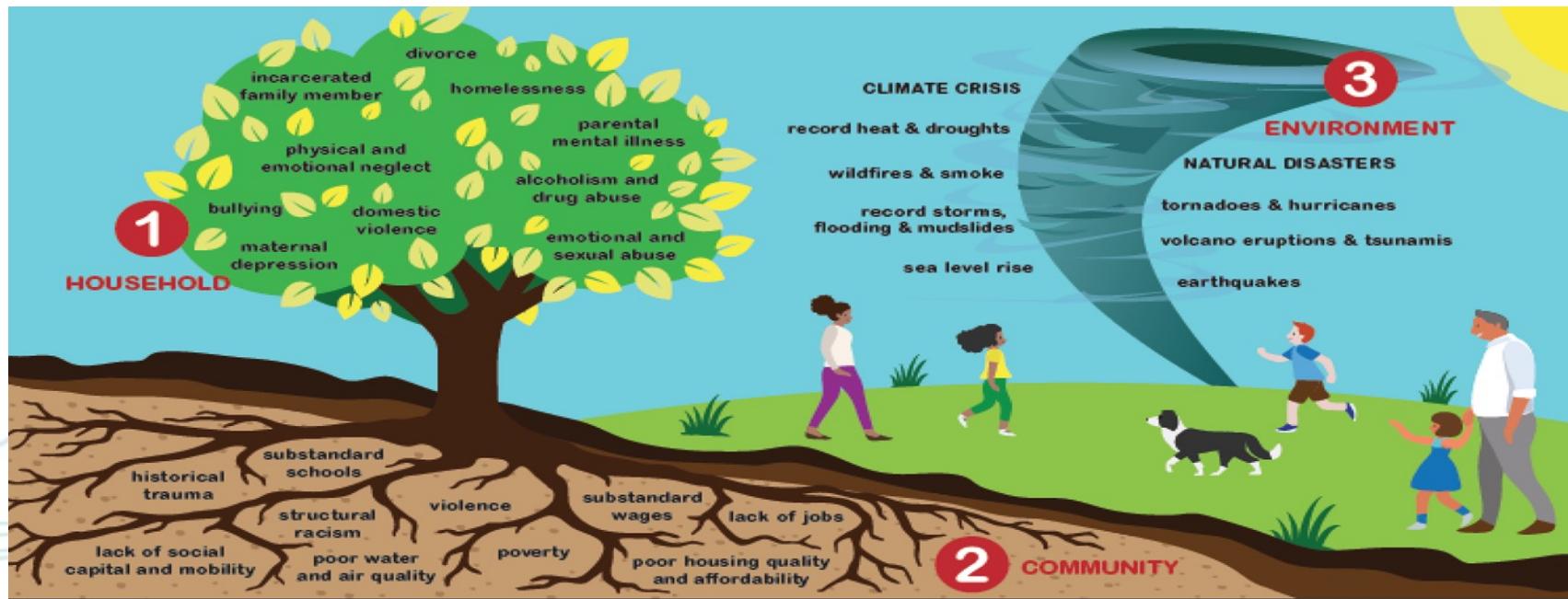
Adverse Childhood Experiences are Common --
they are the underlying problem Mind Matters
wishes to address.



Original study

- 60% -- one or more
- 25% -- four or more

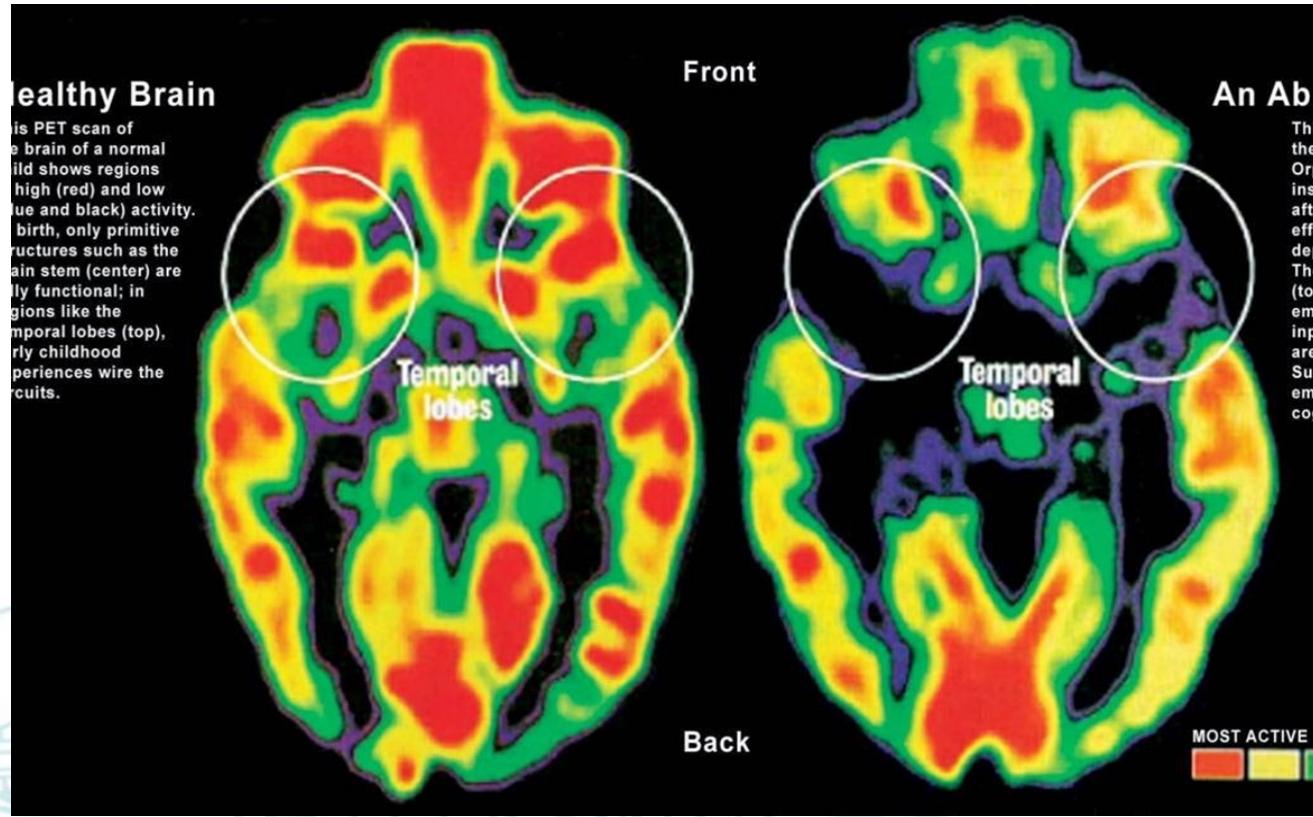
Trauma and toxic stressors found in the family, the community, and the environment markedly influence how the brain grows and develops.



During the first 5-years of life, a child's brain integrates into itself the child's experiences designed to last a lifetime.



Two Brain Scans
A healthy brain on the left.
A brain exposed to trauma and stress on the right.



Stress and trauma interfere with the ability to learn



This results in changes
as a child matures.

Behavioral Problems
Learning Difficulties
Relationship Issues
Health & Wellness
Self-Concept
Emotional Control



We can counter the effects of early adverse experiences with the newest neuropsychological and evidence-based approaches.

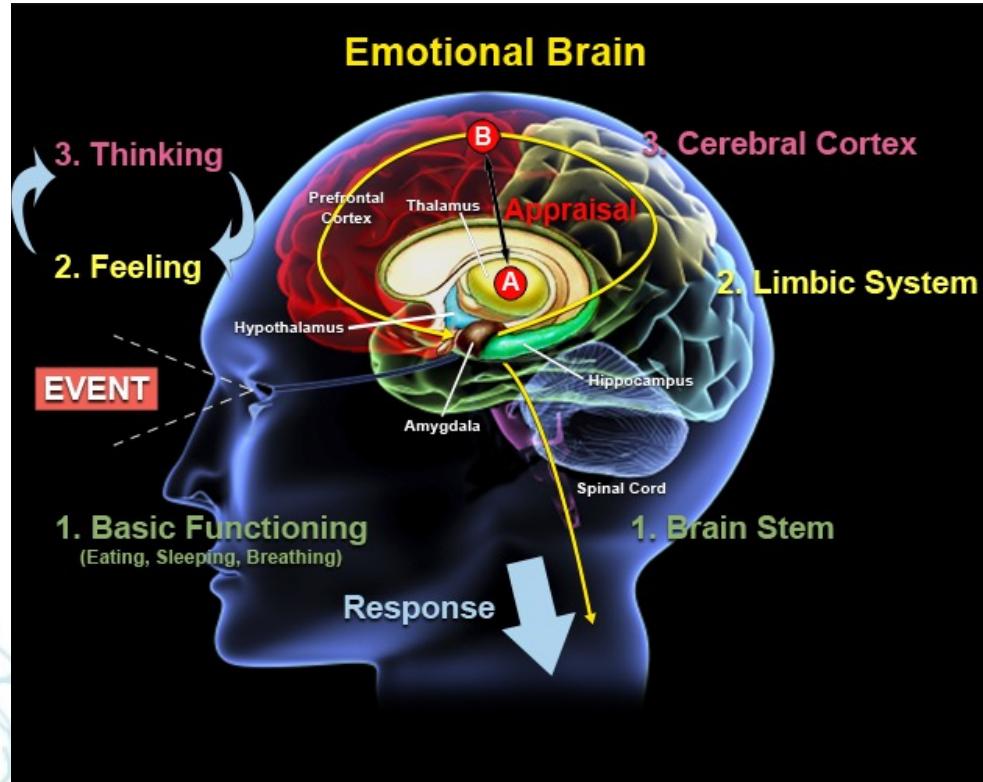




Meta Analysis: 54 trauma experts found six paths for healing.

- **Emotion regulation strategies**
- Narration of trauma memory
- **Cognitive restructuring**
- **Anxiety and stress management**
- **Interpersonal skills**
- **Meditation and mindfulness interventions**

Psycho-educational programs can be used in numerous settings to assist in healing from trauma and toxic stress.



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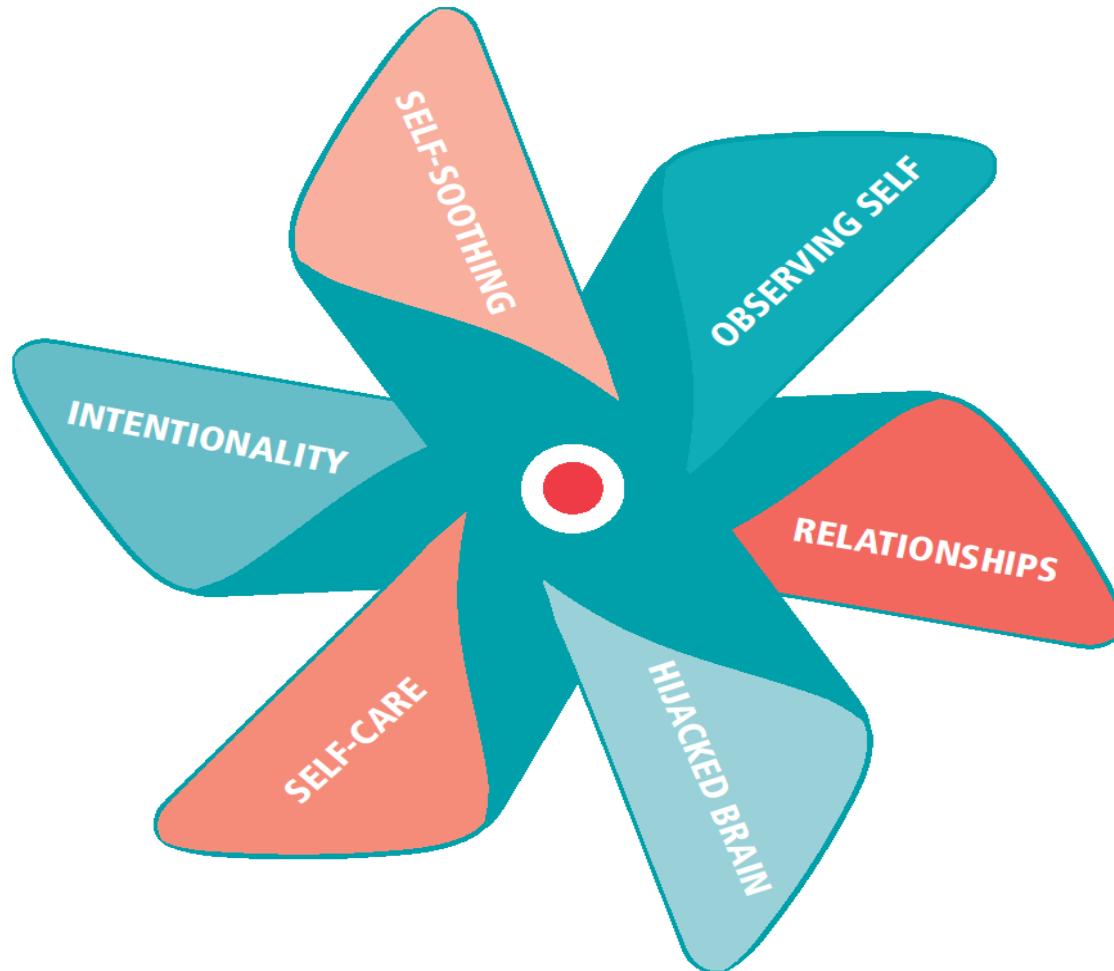
Carolyn Curtis, Ph.D. and
Charles Stolzenbach, L.M.F.T.

TOOLKIT FOR EMPOWERMENT

Psychoeducational Program:
Provides six concepts for
healing.

- Innovative methods of dealing with trauma and PTSD
- Skills based
- Taught by non-therapists
- Flexible

Mind Matters Pinwheel Curl



- Self-soothing
- Observing Self
- Relationships
- Hijacked Brain
- Self Care
- Intentionality

“Trauma Lens” is a shift in perspective.

From “What is wrong with this person?

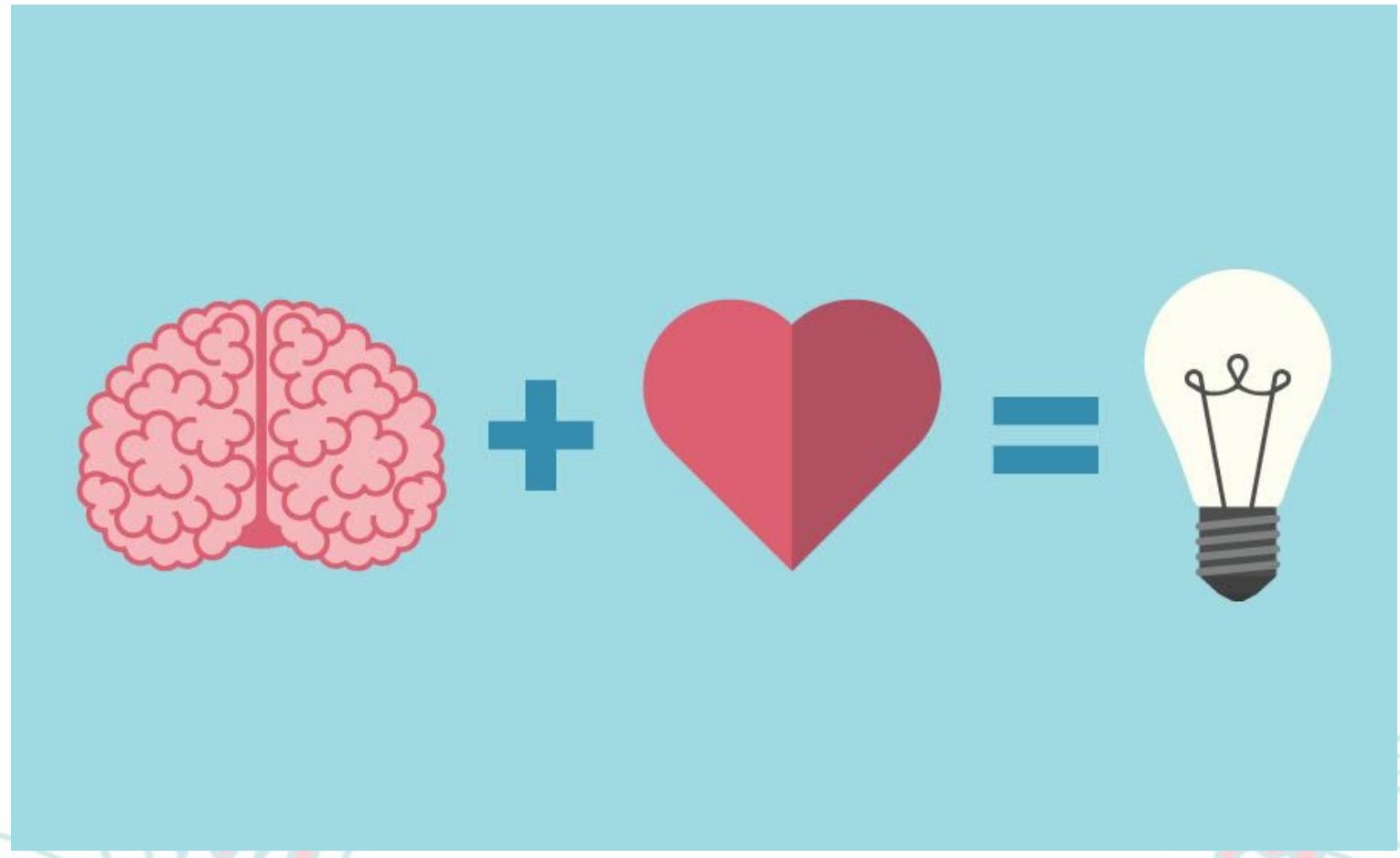
To “What has happened to this person?”



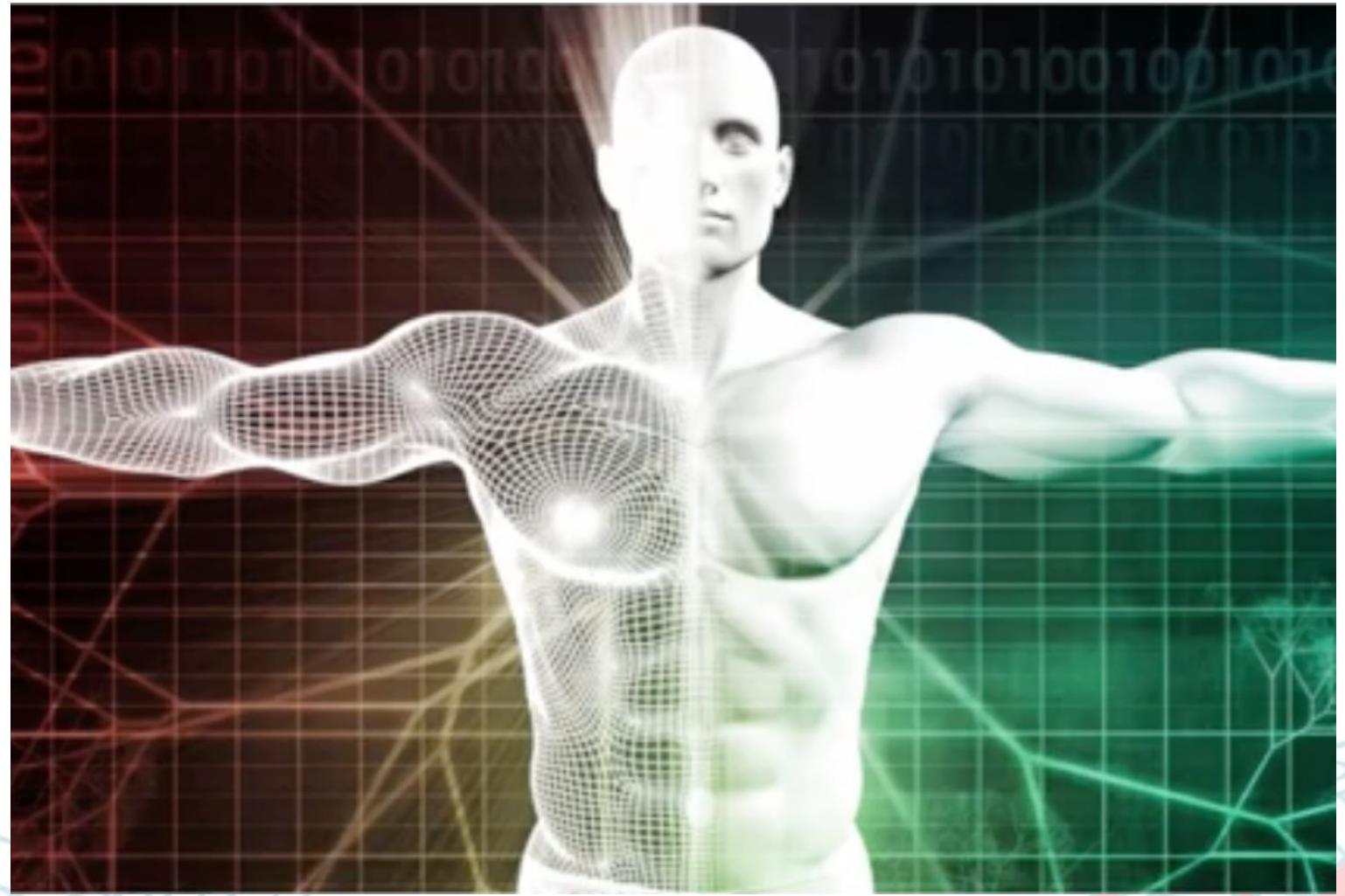
Develop emotional intelligence



Observing Self



Body Scan



Name it
to tame it



Internal Family Systems

When they work and when
they do not.



Internal Journal Chart Sample—For Instructor Use Diagram

Event	Response							SUDS 1	Self-Soothing Exercise	SUDS 2		
	Senses	Body Sensations	Emotions	Thoughts	Memory	Behavior						
Dishes in the sink	The Test	See, Smell	Heard announcement of test	Muscle tightness Tension Headache, Stomach ache	Shoulders tense Sweaty palms Trouble sleeping	Irritated, Frustrated , Angered Disappointed	Anxious, Fearful	I don't want to take a test I'm stupid I will never get this right	Previous failure on test Being humiliated or embarrassed	Watched videos instead of studying for test until it was too late to study	6	4

Internal Journal continued

Event	Senses	Body Sensation	Emotion	Thoughts	Memory	Behavior
Test	Heard announcement	Shoulders tense, trouble sleeping	Anxious, fear	I am going to fail	Embarrassment	Skip class, watch videos instead



Nerves that
fire together,
wire together.

Develop emotional control



Learn to calm our nervous system



Between stimulus and response
there is a space.

In that space is our power to
choose our response.

In our response lies our growth
and our freedom.

Victor Frankl





MINI MOVIE

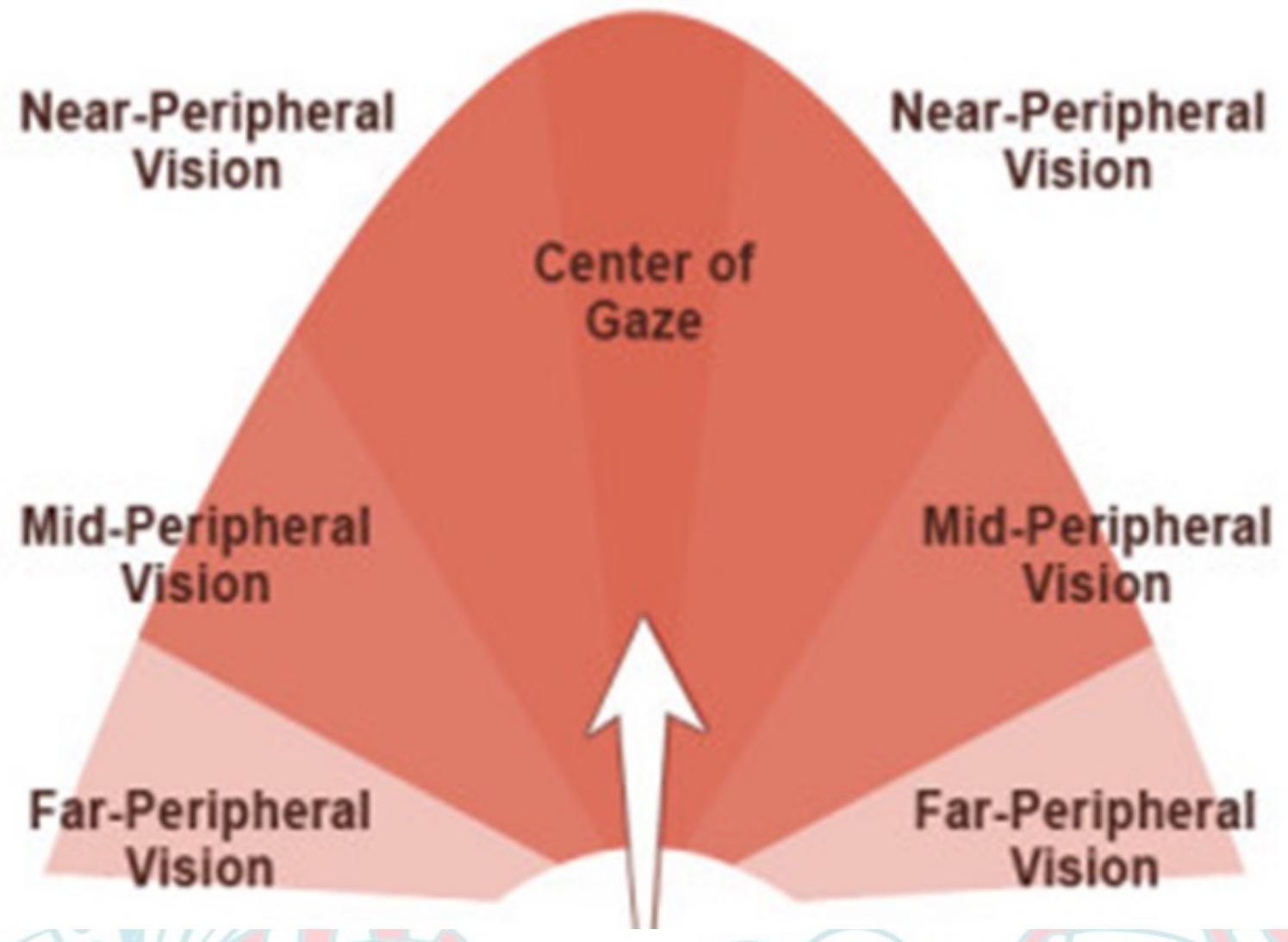
THE MARSHMALLOW TEST



https://www.youtube.com/watch?v=QX_oy9614HQ&t=10s

Become someone who
can wait.

We can
dial down
our vagus
nerve



A Favorite skill is 5-4-3-2-1

FIVE:	What you see
FOUR:	What you hear
THREE:	What you touch
TWO:	What you smell
ONE:	What you taste

Social competence



“We are injured
in relationships,
and we are
healed in
relationships.”

Harville Hendrix, Ph.D.



Building empathy through listening skills



Building Empathy through Listening Skills

Speaker: Select an emotion and tells a story

Listener: Retell the story

Speaker: Affirm or gently correct

Listener: Accept corrections

Support System



Identify a trusted adult

Who do you trust?

How do you feel when you are around that person?

On a difficult day, would talking to this person make you feel better?



Loving Kindness Practice

May I be safe and protected

May I be peaceful and happy

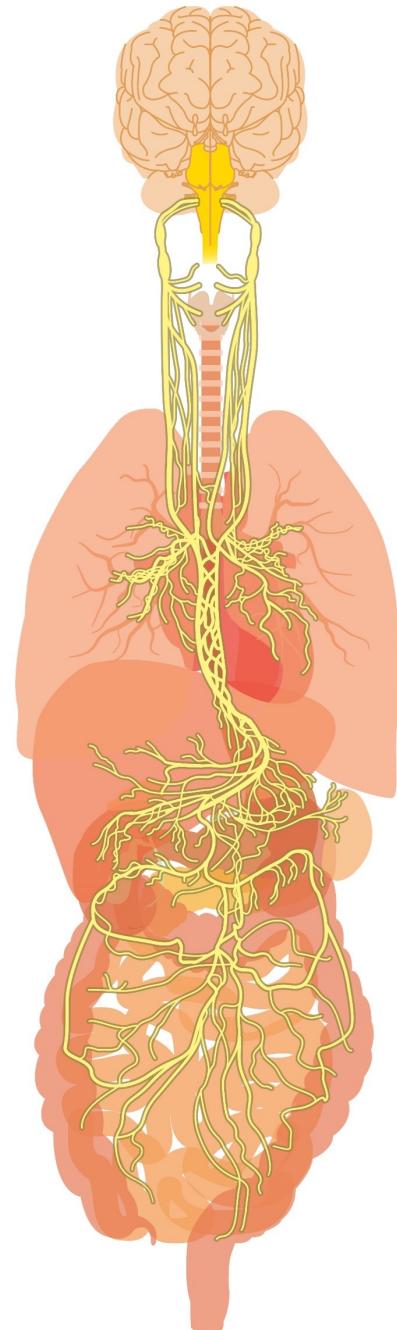
May I be healthy and strong

May I be at ease, accepting the changing conditions of life.



Trauma coping strategies





There are innovations
in treatment:

Bottom Up/Top Down

The nervous
system
IS non-verbal.

Your nervous system does not speak English, Spanish, etc.

It sends signals and sensations to brain centers.

The brain interprets these signs and sensations, assigns words and meanings to experience.

Tapping or Emotional Freedom Technique



Neurolinguistic Programming

- Trauma
Containment
- Anchor Object



Reduction of PTSD Symptoms



Intentionality

- Road Map for Life
- Code of Honor
- Creating a new self statement
- Asking for Help



Self Care

- Sleep
- Physical Exercise
- Yoga
- Rhythm
- Focused Attention





Sleep



vevo

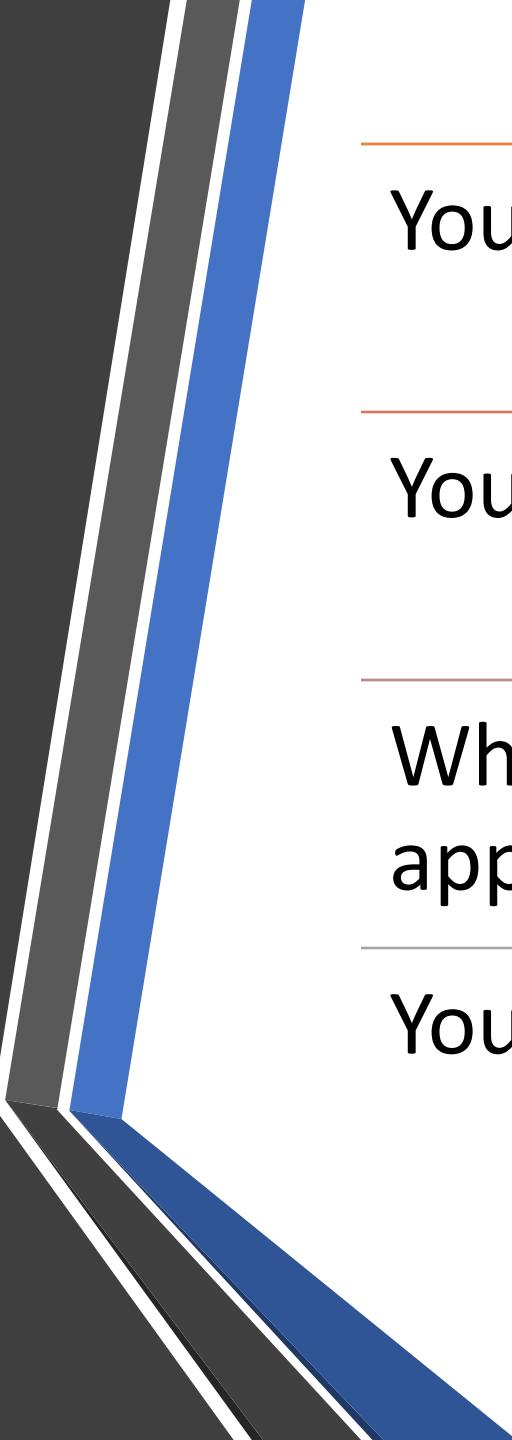
MindMatters Overcoming Adversity and Building Resilience

Self Knowledge



Understanding trauma & Developing Self Compassion





Important

You were not born bad.

You had no control

Whatever you did to cope was appropriate

You can change

It takes time and practice to grow the brain.

What will you practice?	How many times daily?	How many times weekly?	When/where will you practice?	How will you remember to practice?
Focused Breathing				
Peripheral Vision				
5, 4, 3, 2, 1				
Coloring				
Cell phone challenge				

Which exercises are you most excited about trying?

What benefits do you expect?

Center for Family & Community Well-Being

- Significant improvement in 5 **trauma coping skills**
- Significant improvement in several **PTSD symptoms**
- Significant **knowledge** gain
- Trending improvements in **emotional regulation**
- Trending improvements in **social competence**



What can you do about it?

Self awareness

Become a trauma informed organization

Become a trauma informed community

Provide Mind Matters classes and trainings

Provide counseling services for the
individual and the entire family

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