

# WELCOME!

WE'RE GLAD YOU'RE HERE.

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***To be home is to be known.  
It is to be loved for who you are. It is to share  
a common ground, common interests,  
pursuits and values with others that truly care  
about you.***

-“Together” Vivek Murthy MD.



## CONTEXT

Our capacity to relate to another human IS the healing component.

Underneath my trauma is my deep isolation. The feeling that nobody knows who I am.

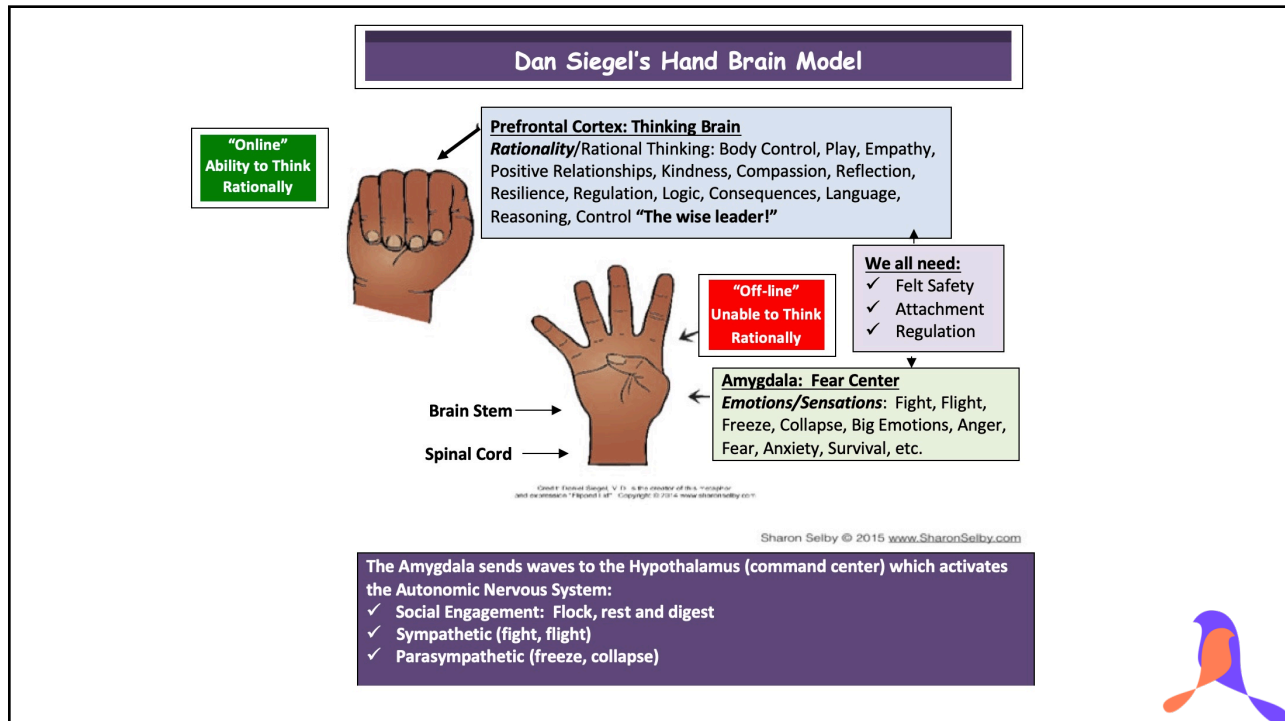
### **Trauma Responsiveness is:**

*I want to know who you are. Underneath what happened to you, I want to know who you are, what matters to you, the stories that you hold.*



# Safe. Seen. Heard.





# Relational Resilience

*The result of feeling predictability physically, emotionally, and psychologically safe in relationship with others.*

**Notice. Accept. Invite.**



**Sensations. Feelings.**



# NOTICE – ACCEPT – INVITE

NOTICE- your emotions/sensations

ACCEPT- their role in your life

INVITE- other emotions/parts to join you



# NOTICE

- **Write** down any **sensations** that you are experiencing right now in your body as you have been journaling about this experience.
- **Write** down any **emotions** you are feeling in this moment



## Accept

- These emotions as true for you in this moment.
- What we resist, persists.
- Their role in your life- maybe they have been helpful before, maybe they served a purpose.



## Invite

- We are not our emotions.
- I am experiencing \_\_\_\_\_ (e.g. sadness, anger, joy)
- What other emotions/states do you want with you in this moment?



# Resonate & Respond



## Healing Power of Resonant Communication

- When you **MIRROR**, dopamine is released in the brain
- When you **AFFIRM** ones experience or perspective the brain releases oxytocin
- Now you are able to **RESPOND** in a way that addresses the root, vs reacting the symptoms



*Pick a spot in your life right now, when you know you're not being heard, or where your voice is unexpressed.*



## **With your partner**

- **Resonate**
  - Notice what happens in you as you listen
  - Self-regulate to maintain presence
- **Respond:**
  - With compassion
  - With genuine curiosity
  - With affirmation





## Consider your role

*How might you offer those you support the deep listening and presence that you have experienced today?*



# MUCH GRATITUDE

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# References

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- <https://www.ndcollaborative.com/six-conversations/>

