

WELCOME!

WE'RE GLAD YOU'RE HERE.

Enjoy the tunes and we'll begin soon 😊

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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.

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HOME

Think back to a time (as a kid or adult) when you didn't belong or you felt out of place.

Where and with whom did you go to feel at home and connected?

Share a story describing that place and those people in vivid detail.



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:

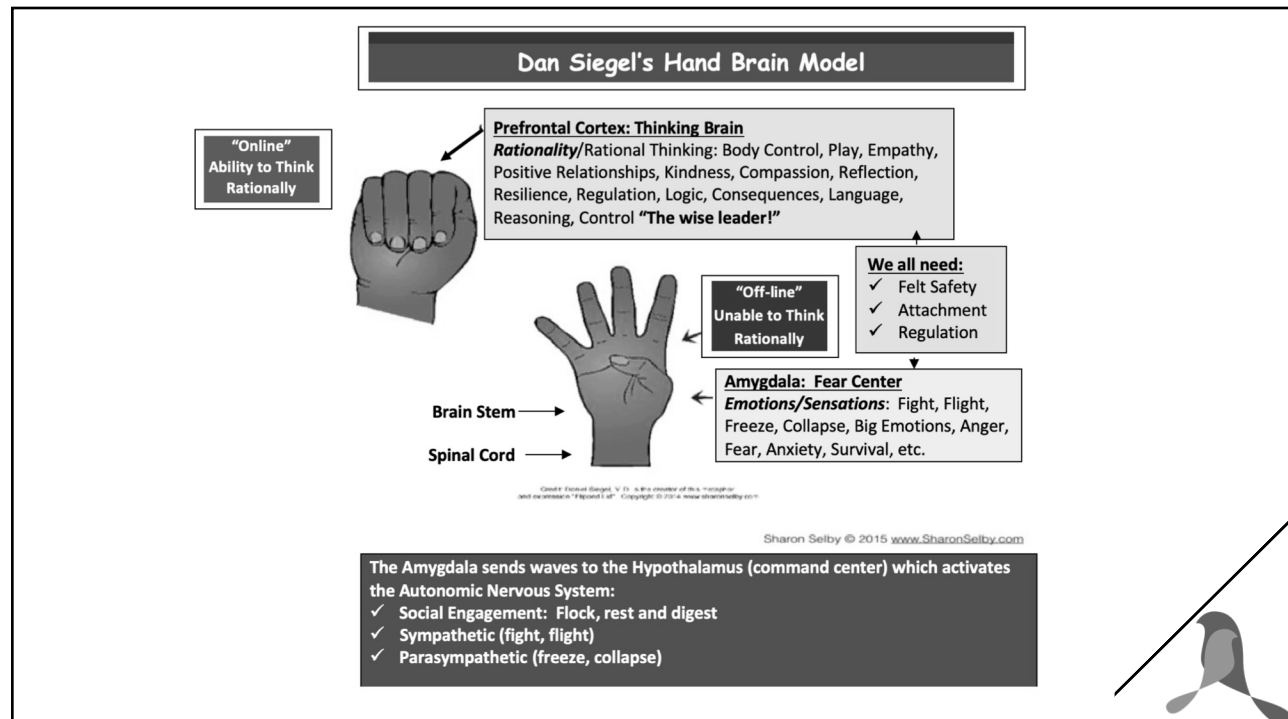
I want to know who you are. Underneath what happened to you, I want to know who you are, what matters to you, the stories that you hold.

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Safe. Seen. Heard.

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Notice. Accept. Invite.

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Mirror, Affirm, Respond

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Relational Resilience

The result of feeling predictably physically, emotionally, and psychologically safe in relationships with others.

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Sensations. Feelings.

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NOTICE - ACCEPT - INVITE

NOTICE- your emotions/sensations

ACCEPT- their role in your life

INVITE- others to join you

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

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NOTICE

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

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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.

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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?

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CONNECT WITH US!



**Let's take a
break 😊**



Mirror, Affirm, Respond

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Relational Communication

- **Mirror** your partner, child, colleague
 - The emotions or exact words you're experiencing from others
- **Affirm** their perceived reality
 - Perceived threat and real threat can impact the stress response in similar ways
- **Respond** to the emotion vs. reacting to the behavior
 - Safety, Curiosity, Unmet Needs

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Healing Power of Relational 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

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What is the crossroads you're at at this point in your life, personally or professionally?

- **Mirror** the emotions you hear
 - Mirror the words you hear- without judgement, advice or your own anecdotes
 - *Let go of your need to be helpful!*
- **Affirm** their courage or experience- thank them for sharing

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Mirror, Affirm, Respond

- **Mirror** the emotions
- **Affirm** the experience, courage to share
- **Respond:**
 - With compassion
 - With genuine Curiosity
 - To unmet needs

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Consider your role:

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

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CONNECT WITH US!

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