

A HEART-CENTERED ROADMAP (FOR HEALTHIER KIDS & SAFER COMMUNITIES)

A SYNERGISTIC COMBINATION OF:
PETER LEVINE'S SOMATIC EXPERIENCING TRAUMA RECOVERY & MAGGIE KLINE'S "EIGHT ESSENTIALS OF HEALTHY ATTACHMENT" & EMBODIED MINDFUL BREATH WORK & MOVEMENT



LAS PALMAS 2023

GRAN CANARIA CHILDHOOD TRAUMA CONFERENCE

MAGGIE KLINE, FAMILY & CHILD PSYCHOTHERAPIST, SCHOOL PSYCHOLOGIST & SE GLOBAL FACULTY MEMBER

A HEART-CENTERED & INTEROCEPTIVE RESILIENCE ROADMAP

HEALING WOUNDS & INCREASING CAPACITY FOR CONNECTION, EMPATHY AND JOY

CREATING SAFETY WITH THE CO-REGULATED
"8 ESSENTIALS OF HEALTHY ATTACHMENT"

EMPOWERING KIDS (& THEIR ADULTS) THROUGH
INTEROCEPTIVE (SENSATION-BASED) EXPERIENCES
TO TRACK THEIR OWN AROUSAL & SELF-REGULATE

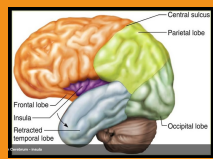


PHOTO COURTESY OF THE MOMENTOUS INSTITUTE DALLAS, TEXAS

THE WEATHER REPORT INSIDE EXERCISE

 **Notice**

"Pause for three to five minutes to check the 'weather report' inside your body.

With eyes opened or closed, notice how you feel. Are you agitated, rushed, anxious, tired, excited, tense, or bored? Perhaps you feel something else? Whether they are emotions, moods, or physical sensations, see if you can notice where in your body these feelings are most prominent.

In other words, can you answer the question: "How do you know that you know how you feel?"

For example, if you notice that you are rushed, is it because you sense tension in your arms, legs, or chest—or something else?"

Excerpt From: Maggie Kline. "Brain-Changing Strategies to Trauma-Proof Our Schools."

TAKE "TIME IN" TO FIND YOUR GROUND ...NOW CHECK YOUR BREATH AND LOOK AROUND!

TAKE "TIME IN" TO FIND YOUR GROUND:
"FEEL YOUR..."

- ❖ FEET (on the ground...)
- ❖ SEAT (in the chair.....)
- ❖ BACK (against the back of the chair..)
- ❖ HANDS (wherever they might be resting...)

CHECK YOUR BREATH...

NOW TAKE SOME TIME TO LOOK AROUND.
FIND SOMETHING THAT YOU LIKE TO LOOK AT, AND MAKES YOU FEEL GOOD!

DATE "UN MOMENTO Y MIRA HACIA DENTRO" PARA ENCONTRAR TU ARRAIGO... ¡AHORA OBSERVA TU RESPIRACIÓN Y MIRA A TU ALREDEDOR!

Date "un momento y mira hacia dentro" para encontrar tu arraigo:

"Siente tus..."

- V PIES (en el suelo...)
- V ASIENTO (en la silla.....)
- V ESPALDA (contra el respaldo de la silla..)
- V MANOS (donde sea que estén descansando...)

Observa tu respiración...

Ahora date el tiempo para mirar a tu alrededor. ¡Encuentra algo que te guste mirar, que te haga sentir bienestar!

PART I

BECOMING A CALMING CO-REGULATING PRESENCE

(RECOVERING FROM YOUR OWN DISTRESS FIRST)

TONING THE VENTRAL VAGAL COMPLEX

USING "THE EIGHT ESSENTIALS OF HEALTHY ATTACHMENT"

“THE 8 ESSENTIALS OF HEALTHY ATTACHMENT”

- ★ SAFETY & CONTAINMENT THROUGH
NURTURING CO-REGULATION & WARMTH
- ★ SOFT MUTUAL EYE GAZING/KIND EYES
- ★ SHARED ATTENTION & FOCUS
(TO LEARN EACH OTHERS WISHES & INTENTIONS...“GETTING TO KNOW YOU...GETTING TO KNOW ABOUT IT”)
- ★ SKIN-TO-SKIN MOLDING & NURTURING TOUCH
- ★ SWEET SOOTHING SOUNDS & RHYTHMIC MOVEMENT
- ★ SYNCHRONIZED MOVEMENTS & FACIAL GESTURES
- ★ PLEASURE: SMILES+PLAY+LAUGHTER
- ★ ALTERNATING QUIET & AROUSING ACTIVITIES

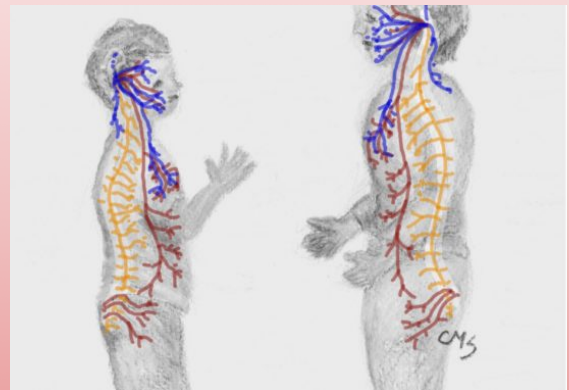
“LOS 8 ELEMENTOS ESENCIALES” DEL APEGO SALUDABLE

- ★ SEGURIDAD a través de CONTENCIÓN y CALIDEZ
- ★ Perdidos en las MIRADAS MUTUAS SUAVES y CALMANTES
- ★ ENFOQUE y ATENCIÓN COMPARTIDOS
(PARA APRENDER A CONOCER LOS DESEOS E INTENCIONES DE CADA UNO)
- ★ Moldeado piel-a-piel y Nutriendo el Toque
- ★ Sonidos dulces y tranquilizantes y Movimiento Rítmico
- ★ Gestos Faciales y movimientos sincronizados
- ★ PLACER: sonrisas + juego + risas
- ★ Actividades TRANQUILAS ≠ ESTIMULANTES

It's All About the Heart!
¡De lo que se trata es del corazón!

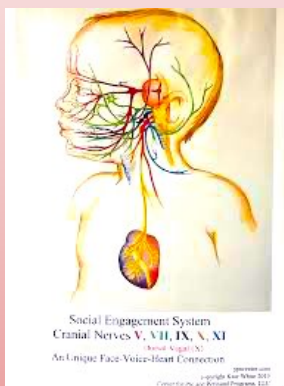


Co-Regulating with the Social Engagement System



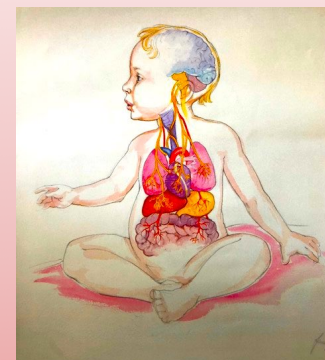
Social Engagement System

(Parasympathetic Nerve X Plus 4 Cranial Nerves for Face, Ears & Voice)



The Vagus Nerve In an Infant

Copyright Kate White: https://www.ppncenter.com/store/c1/Featured_Products.html



Polyvagal Theory
Dorsal Vagal in Red, Ventral Vagal in Yellow

1. SAFETY & CONTAINMENT THROUGH NURTURING CO-REGULATION & WARMTH



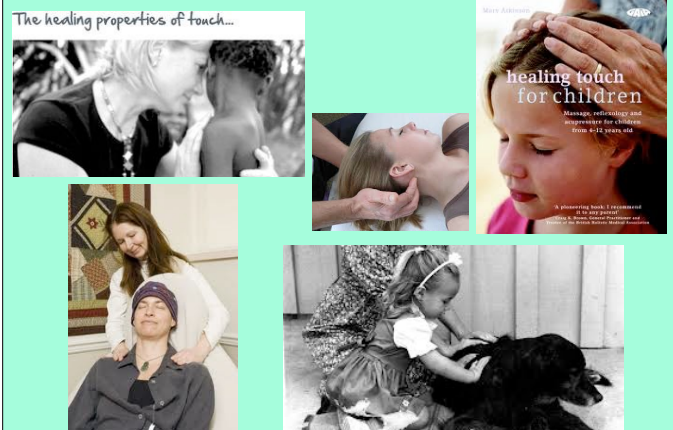
2. LOST IN SOFT MUTUAL EYE GAZING (KIND EYES FOR ALL AGES)



3. SHARED ATTENTION & FOCUSED ATTUNEMENT



4. SKIN-TO-SKIN MOLDING & NURTURING TOUCH



ENCOURAGING FAMILIES TO DO “PUPPY PILE-STYLE” PLAY



5. SWEET SOOTHING SOUNDS & RHYTHMIC MOVEMENT



6. SYNCHRONIZED MOVEMENTS & FACIAL GESTURES

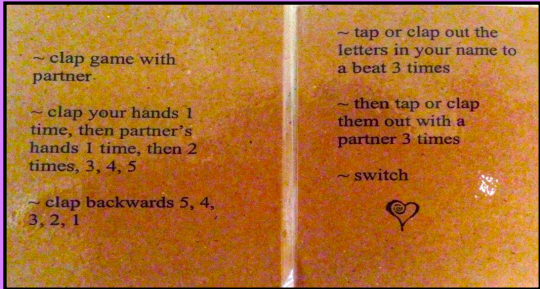


The collage consists of six images arranged in a grid-like fashion. The top row features three images: on the left, two children (a boy and a girl) making playful faces; in the center, a group of people in a gym performing synchronized movements; on the right, a close-up of a baby laughing. The bottom row features three images: on the left, two children playing on a grassy hill; in the center, two women with surprised expressions; on the right, two women in a gym performing synchronized movements.

7. PLEASURE: SMILES + PLAY + LAUGHTER

The collage consists of nine photographs arranged in a grid-like fashion. The top row features three images: a man in a grey shirt and brown pants playing with two children in a yard; a man in a plaid shirt sitting on a rug with a child, surrounded by colorful toys; and a family of four playing soccer on a grassy field. The middle row contains three images: a man and two children playing with toys; a man and a child playing with a ball; and a man and a child playing with a ball. The bottom row features three images: a man and a child playing with a ball; a man and a child playing with a ball; and a man and a child playing with a ball.

HAND-CLAPPING, ATTENTION, RHYTHM, EYE CONTACT, FOCUS & FUN (AROUSING ACTIVITIES)



~ clap game with partner

~ clap your hands 1 time, then partner's hands 1 time, then 2 times, 3, 4, 5

~ clap backwards 5, 4, 3, 2, 1

~ tap or clap out the letters in your name to a beat 3 times

~ then tap or clap them out with a partner 3 times

~ switch



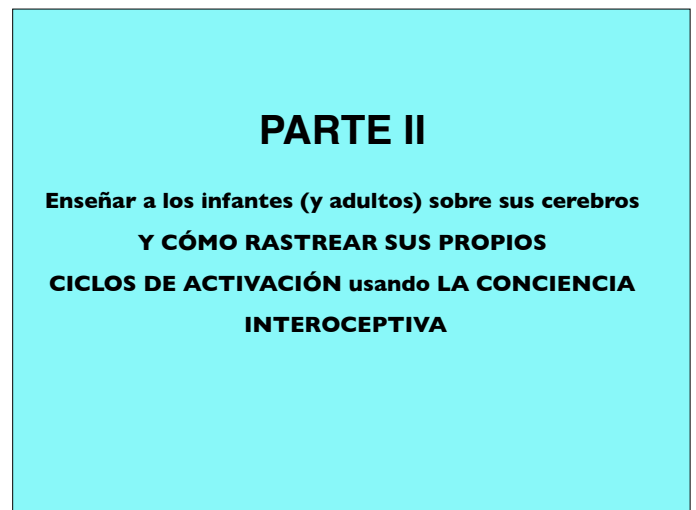
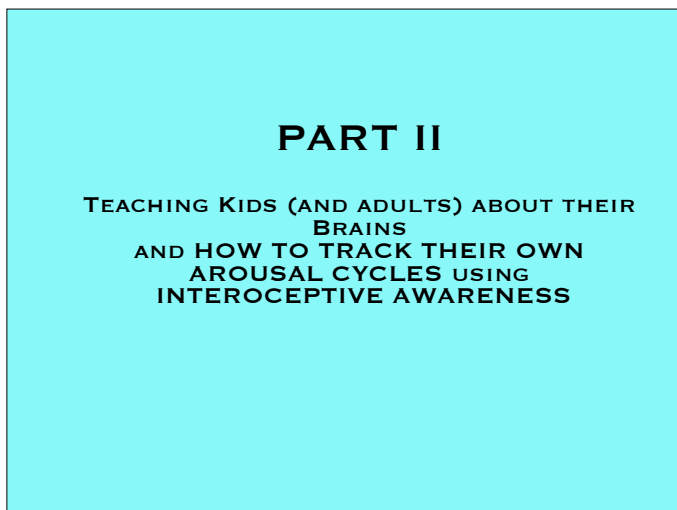
8. ALTERNATING AROUSING & QUIET ACTIVITIES

(ACTIVATES SYMPATHETIC ANS FOR PLAY VS FIGHT OR FLIGHT & TIME TO SETTLE ANS = MOVING FROM RED TO GREEN ZONE FOR REST & DIGEST)



The collage consists of four photographs. The top-left photo shows a group of children in a grassy field holding a large, colorful parachute. The top-right photo shows a man holding a large, colorful striped stick. The bottom-left photo shows children sitting on the floor, holding a large, colorful striped cloth. The bottom-right photo shows children sitting at desks in a classroom, holding small objects.

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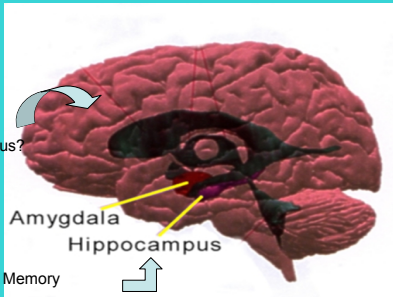


THE AMYGDALA THE GUARD AT THE CASTLE GATE

(Show fMRI Video)

What is it?
Where is it?
Am I Safe?
Is it Dangerous?

Amygdala
Hippocampus
Survival Memory

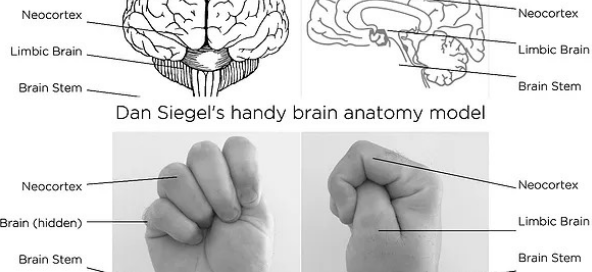
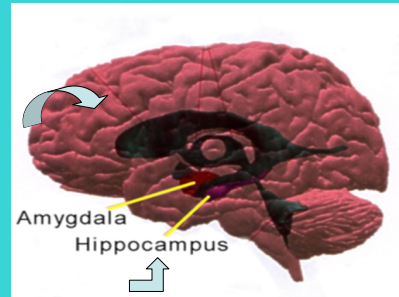


LA AMÍGDALA, LA GUARDIANA EN LA PUERTA DEL CASTILLO

(Motrar el video fMRI)

¿Qué es?
¿Dónde está?
¿Estoy segura?
¿Es peligroso?

Amygdala
Hippocampus
Memoria de supervivencia

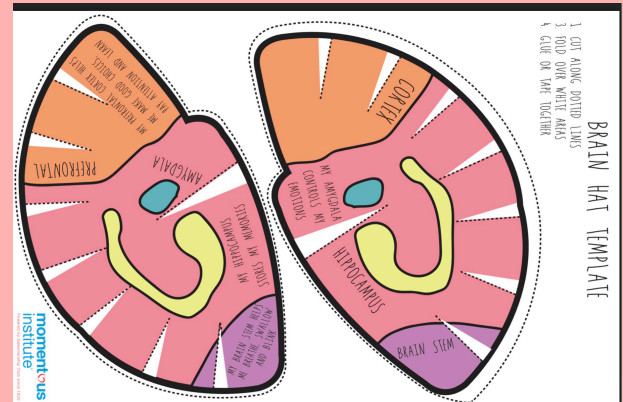


Dan Siegel's handy brain anatomy model

Brain Hat Template 11x17

https://drive.google.com/file/d/1DI2NDCeQRvuf_0iMtf7QDvaT4iDCsUuc/view

1 DI2NDCeQRvuf_0iMtf7QDvaT4iDCsUuc/view



TRIUNE BRAIN

(Paul McClean)

3 Parts: **Learning**, **Social** & **Survival** Circuitry

Neocortex

Limbic
amygdala
hippocampus

Brain stem &
cerebellum

- rational
- emotional
- relational

- physical
- movement
- 4 F's

Competence
Problem Solving
Creativity
The 3 R's
Athletics

Belonging
Friendship
Connection
Getting along
with others

Safety
Basic Needs
Relaxed Alertness
Self-Protection (Instinct -
fight / flight / freeze
responses)

Reasoning Self
"chatterbox"

Furry Lil Mammal

Our Lizard Legacy

- understanding
- coherence
- creativity

- cuddling
- love
- friendship
- status

- food
- sex
- safety

THREE DISTINCT LANGUAGES!!! WHOLE BRAIN TRAUMA HEALING



❖ **Learning Brain** — Speaks with
Words

Blah, Blah,
Blah, Blah, Blah...



❖ **Social Brain** — Speaks with **Emotional
Feelings**



❖ **Instinctual/Survival Brain** — Speaks
with Physical **Sensations**



¡TRES LENGUAJES DISTINTOS!

- El cerebro que aprende
- El cerebro social
- El cerebro instintual y de supervivencia
- Habla con **palabras**
- Habla con **Sentimientos** emocionales
- Habla con **Sensaciones** físicas

Sensations... How Does Your Body Feel?



Poster by:
Kris Downing, LCSW, SEP
Artist: Salima Alikhan, SEP
www.sensationgame.com

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Kris Downing, LCSW, SEP
Artist: Salima Alikhan, SEP
www.sensationgame.com

Sensaciones, ¿cómo se siente tu cuerpo?



Activo, cargado

Relajado, asentado

Confundido, atolondrado,

Tembloroso, trepidante

Respira fácilmente, aireado

Aletargado, congelado

Pesado, atorado

Cálido, cómodo

Tranquilo, en balance

Apretado, frío

EMBODIED EXPERIENCES BUILD NEW SYNAPTIC CONNECTIONS & NEURONAL NETWORKS THROUGH NEUROPLASTICITY



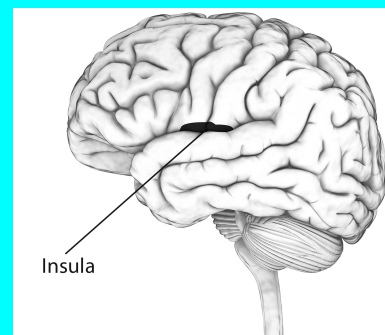
LA MAGIA EN MÍ UN EJERCICIO PARA ARRAIGARSE



THE MAGIC IN ME—A GROUNDING EXERCISE

INTEROCEPTIVE INTELLIGENCE

INQUIRY: COULD SENSORY AWARENESS UNDERLYING EMOTIONAL INTELLIGENCE BE THE MISSING LINK TO HEAL TRAUMA & INCREASE EMPATHY, KINDNESS & CONNECTION?



THE ANTERIOR INSULA IS INVOLVED IN EMPATHY & THICKENS WITH EMBODIMENT PRACTICES

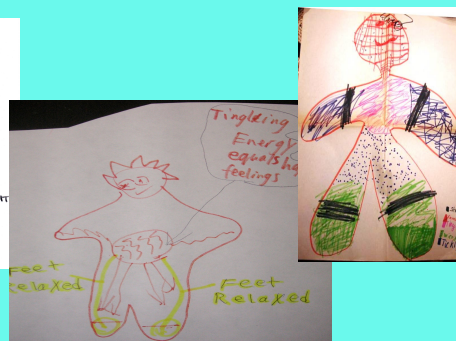
A lateral view of the human brain with a line pointing to the Insula, a small region on the inner surface of the frontal lobe.

INTEROCEPTION (SENSORY AWARENESS) CAN BE DEVELOPED...

GINGERBREAD PERSON

■ = TIGHT

★ = MAD HOT
■ = SAD
■ = CALM & STRONG
■ = LITERY & SCANDAL



PARACHUTE GAMES

A photograph showing three children (two girls and one boy) smiling and holding onto a large, colorful parachute (blue and red) during a game. They are wearing school uniforms.



ग्राम की
सुन्दर दृश्य

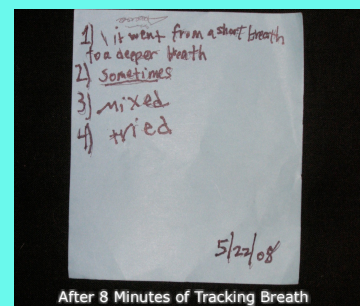


A photograph of two children swinging on a swing set. The child on the left is a boy in a grey shirt and dark pants, swinging forward. The child on the right is a girl in a dark shirt and dark pants, swinging backward. The swing set has blue seats and chains. The background is a plain, light-colored wall.



“POST-IT PRACTICE”

MEDITATION WITH AN ABUSED, AGGRESSIVE TEEN WITH ADD



After 8 Minutes of Tracking Breath

A photograph of three children, two girls and one boy, standing together and smiling. They are holding up their hands, which are decorated with colorful, hand-drawn patterns and shapes, likely representing the 'Handprints' project mentioned in the text. The background is a simple, light-colored wall.

www.pearsoncmg.com

RESOURCES (PAGE 1 OF 2)

BOOKS:

Brain-Changing Strategies to Trauma-Proof Our Schools: A Heart-Centered Movement for Wiring Well-Being, Maggie Kline (North Atlantic Books: 2020)

Trauma-Proofing Your Kids: A Parents' Guide for instilling confidence, Joy and Resilience (Peter A. Levine & Maggie Kline (North Atlantic Books: 2008)

Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing
Infancy through adolescence (Peter A. Levine & Maggie Kline (North Atlantic Books: 2006)

Interoception: The Eighth Sensory System, Kelly Mahler (AAPC Publishing: 2017)

Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body, David Coleman and Richard J. Davidson (Avery (An Imprint of Penguin Random House): 2017)

RELEVANT RESEARCH:

Lamm, Claus, and Tania Singer. "The Role of Anterior Insular Cortex in Social Emotions." *Brain Structure and Function* 214, nos. 5-6 (2010): 579-91. <https://doi.org/10.1007/s00429-010-0251-3>.

Lazar, S. W., C. E. Kerr, R. H. Wasserman, J. R. Gray, D. N. Greve, M. T. Treadway, M. McGarvey, B. T. Quinn, J. A. Dusek, H. Benson, S. L. Rauch, C. I. Moore, and B. Fischl. "Meditation Experience is Associated with Increased Cortical Thickness." *Neuroreport* HHS Public 16, no. 17 (November 28, 2005): 1893-97. www.ncbi.nlm.nih.gov

Craig, A. D. (Bud). "How Do You Feel—Now? The Anterior Insula and Human Awareness." *Nature Reviews Neuroscience* 10, no. 1 (2009): 59-70. <https://doi.org/10.1038/nrn2555>

Craig, A. D. (Bud). *How Do You Feel? An Interoceptive Moment with Your Neurobiological Self*. Princeton, NJ and Oxfordshire, UK: Princeton University Press, 2015.

Craig, A. D. "Interoception: The Sense of the Physiological Condition of the Body." *Current Opinions in Neurobiology* 13 (2003): 500-505.

RESOURCES (PAGE 2 OF 2)

OTHER STUFF:

Sensation Game by Kris Downing, LCSW

Sensation Poster, Kris Downing/Art Salima Ali Khan
www.sensationgame.com

CD: *Kids in Motion* by "Greg & Steve" Songs Available on iTunes, 1987

Hoberman Sphere for visible tracking of breath, etc. www.hoberman-sphere.com

FACE:IT magnetic emotions by Carsten Moeller and Niels Rahback
www.mererobust.dk/webshop or carsten@live.dk

For Kids:

Recommended for Sensation/Emotion Awareness:

My Many Colored Days by Dr. Seuss, Drs. Steve Johnson and Lou Fancher (Knopf: 1996)

Recommended for 8-Essential's Group Work with Bonding and Attachment through Rhythm, Singing, Sharing and Swaying in a Circle or Finger-Snapping Together:

No Mirrors in My Nana's House (book and CD) by Ysaye M. Barnwell (Harcourt Brace and Company: 1998)

(Note: Ms. Barwell is founder of "Sweet Honey n' the Rock", an African Women's A Cappella Group)