

Educational Development hour at quarterly meeting, Jan. 31, 2019

Peggy Smith of Clarity Services presented an interactive hour on how Interpersonal Neurobiology (IPNB) can inform a “what’s next” approach to trauma recovery.

Topics included ~

~ A review of Dan Siegel’s model, Brain-in-the-palm-of-your-hand and the Eight Core Principles of Interpersonal Neurobiology (IPNB)

1. Early history matters
2. The body is part of every memory
3. Brains can and do change all the time – neuroplasticity is real
4. Neural integration is the foundation for increasing well-being, self-regulation, and can be fostered in interpersonal relationships
5. Brains are always on the path toward greater integration
6. Healing and healthy living require the presence of both hemispheres
7. Mindful attention is one key agent of change
8. Interpersonal oneness is real and therapist mental health matters

~ Parental Attachment and its impact on Secure Attachment. How IPNB can help all of us gain Learned Secure Attachment no matter what our age and past experiences.

~ The primary functions of the Left and Right Hemispheres.

Left Hemisphere’s function	Right Hemisphere’s function
Facts	Autobiography
Factual memory	Personal memory
Measuring	Accepting and enjoying
Comparing	Finding commonalities
Criticizing	Experiencing along with
Denying	Grieving/mourning
Fixing/strategizing	Accepting what is
Differentiating	Empathizing
One-upping	Communing
Listing facts	Finding shared humanity
Blaming/laying responsibility	Looking for meaning

~ How our societies emphasis on Left Hemisphere functions makes it challenging for many of us to develop strongly regulated Right Hemispheres, which effects our capacities for handling strong emotions in healthy ways.

~ The role of Resonant Language in supporting the Right Hemisphere to fulfill its role as the manager of strong emotions. Examples of Resonant Language

1. Feelings and Needs

2. Body sensations
3. Fresh metaphor
4. Impossible dream guesses
5. Poetry and the poetic visual
6. Acknowledging what is
7. Swearing with (not at)
8. Some humor

The realm of Feelings & Needs was presented from the perspective of Nonviolent Communication (NVC). Peggy is a certified trainer of NVC (one of two in Maine). Her 4 Chairs demonstration showed the difference between responding to any conflict from a left hemisphere or right hemisphere perspective. The left hemisphere perspective leading to disconnection and the right hemisphere focused on connection (both to ourselves and others). This gives us an practical way to reframe conflict from something that is dangerous and threatens us, to a natural part of being human with ways to lead to new and deeper connection.

As folks were leaving we received many "great presentation", "This will help me with my own triggers", and "I could spend another 2 hours on this topic".

Peggy offers this and more to schools and businesses, www.clarityservices.us

The IPNB author and trainer, Sarah Peyton will be coming to Maine in March. Her dynamic interactive workshops are sponsored by Clarity Services & MBRN. This year she will offer a three day workshop on The Neuroscience to Trauma & Addiction Recovery and a one day event on Family Constellations in Action <https://www.clarityservices.us/events/>