

# ***The Wisdom of Trauma***

**Film Discussion Group**

**In the Zoom Chat, please tell us where you are connecting from...**

# Welcome and Introduction

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- [“Shannon Michael”](#) Pater
- Opening Trauma-Informed Spiritual Practice: **“Arriving Here”**
  - Goal in Trauma-Informed Spiritual Practices: safe and nurturing **connection**
  - Micro-practices (micro-sensations, micro-experiences) & micro-progress
  - Notice any irritation, agitation, or anxiety...let go of the practice, celebrate the breaths and moments, and be with what’s happening (or avoid).
  - Trying to avoid overwhelm, further disconnection or shut down.

# Arriving Here: Attending, Attuning, & Agency

## Trauma-Informed Spiritual Practice

- Notice (dis)comfort in your soma (body) — notice, without attempting to change (self-attunement).
  - Did noticing prompt a shift?
  - Shift as you wish. Attend to your (dis)comfort (agency).
- Notice your breath — notice, without attempting to change (self-attunement).
  - Did noticing prompt a shift?
  - Shift as you wish. (Lengthening the exhale helps prompt relaxation.)
- Notice your thoughts — notice, without attempting to change (self-attunement).
  - Did noticing prompt a shift?
  - Invite some thoughts to wait. Invite some thoughts, questions, attention, etc. to arrive.

# ***The Wisdom of Trauma***

## **Zoom Discussion Agenda: 8 August 2021**

Trauma and (Dis)Connection: *What Happened* to Us

Q & A from the Zoom Chat (send any time)

Dysregulation and Addiction: Responses to Too Much and Too Little

Q & A from the Zoom Chat (send any time)

Trauma and Restoration: (Re)Connecting to our Self

Q & A from the Zoom Chat (send any time)

“What Comes Next”: A Time for Naming and Shared Witness

Closing Comments

Closing Trauma-Informed Spiritual Practice

# Trauma and (Dis)Connection

“Trauma is not the bad things that happened to you, but what happens inside you as a result of what happened to you.”

“Trauma fundamentally means a disconnection from self.  
Why do we get disconnected? Because it is too painful to be ourselves.”

—Dr. Gabor Maté

# Trauma and (Dis)Connection

## What Happened to You? Key terms and concepts

- Attachment: safe, secure, & stable emotional bonding
- Authenticity: connection or attachment to Self
- Agency (actively choosing for your self) and Abandonment
- “Too much or too little” and Adverse Childhood Experiences (ACE)
- “Trauma is a chronic state of disconnection” (Stephen Porges) from Self, others, Spirit, and planet
- Q & A from Zoom Chat

# Dysregulation and Addiction



“The pain is the root cause of people trying to feel comfortable in this world ...using street drugs is a method...it is a behavior to support something that is uncomfortable.”

—Romie Nottage, Downtown Streets Team

“Soothing ourselves from the outside, because there is no peace on the inside.”

“As long as you don’t allow the (fear) to be there,  
you will always be working to get rid of it.”

“Everything you judge about yourself served a purpose at the time.”

—Dr. Gabor Maté

Addiction is any behavior we cannot give up that has negative consequences, but gives us relief in the short-term.

It serves to soothe our discomfort and dysregulation.

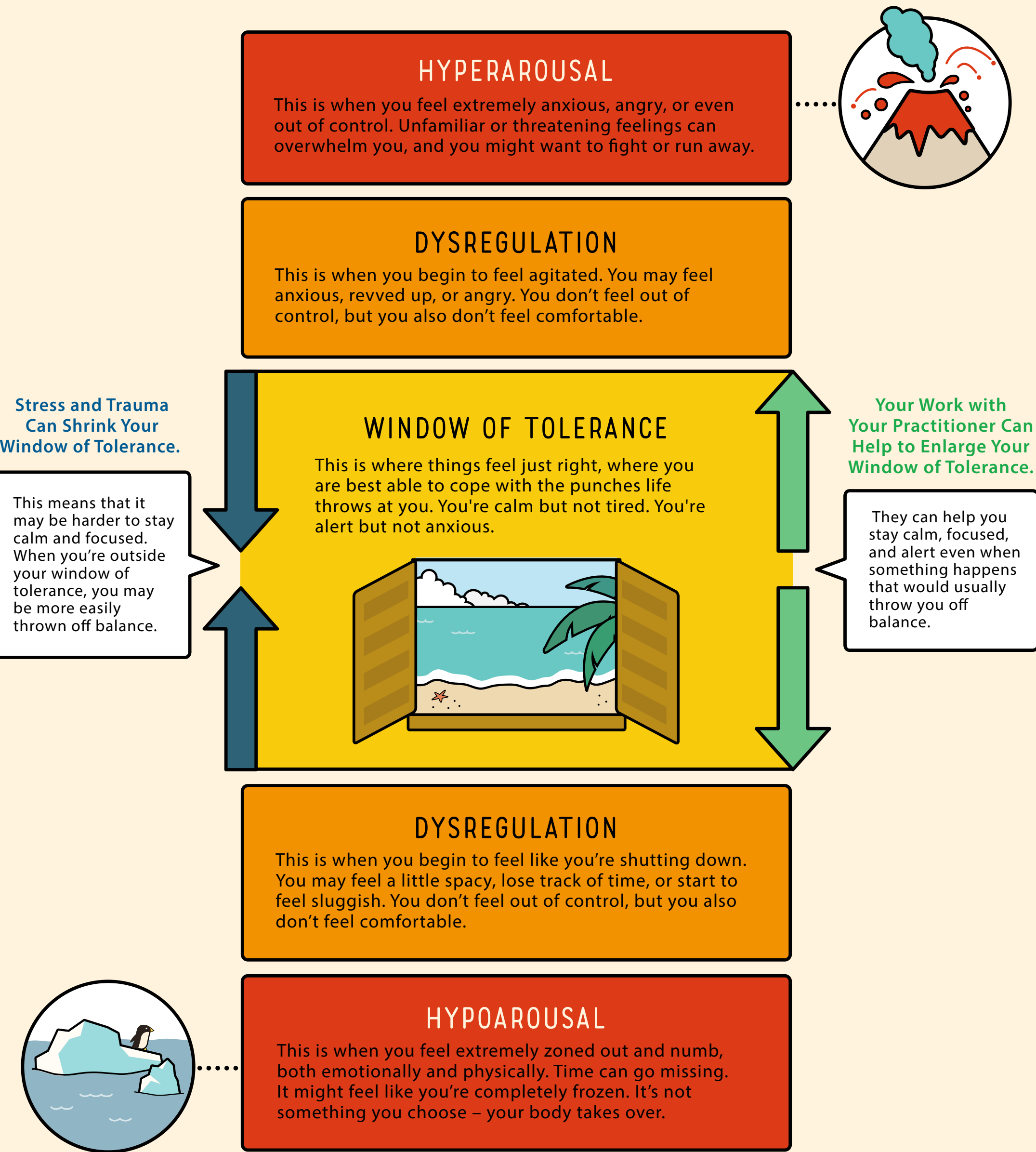
It avoids the pain that is currently too much to bear.

—h/t Gabor Maté

“Addiction is not a bad choice. Addiction is a solution to a problem...in order to heal the addiction, you have to heal the trauma...you have to see the wound that is driving that person.”

—Dr. Gabor Maté

# How Trauma Can Affect Your Window of Tolerance



# Dysregulation

## Outside Our Window of Tolerance

- The Window is flexible: changes with circumstances.
- The Window is often brittle: the edge can be rigid.
- Dysregulation is not a moral state.
- But our actions when we are dysregulated can be consequential and require repair and restoration.
- Q & A from Zoom Chat

# Trauma and Restoration

“There is a wisdom in trauma when we realize that our traumatic responses and imprints are not ourselves and that we can work them through and thus become ourselves.”

—Dr. Gabor Maté

# Trauma and Restoration

## Establish, Cultivate, and Restore Safe and Nurturing Connections

- Compassion as a turning toward the suffering of others and our own suffering.
- Agency (awareness of choice) and Authenticity (attachment to self).
- Restoration happens mostly in relationship.
- Felt sense of safe and nurturing connections with Self, others, Spirit, and the planet.
- Persistent, Invasive, Chronic Stress (PICS); see Resource and Practice Packet.
- Alchemy (transformation) by Spirit, Wisdom Traditions, and Neuroscience
  - Top down: neuroplasticity | Bottom up: somatic experiencing
- Q & A from Zoom Chat



**“What Comes Next?”**

# What Comes Next?

## Naming and Shared Witness

- What comes next for you?
- Examples:
  - An action you want to take...
  - A follow-up...
  - The exploration/development of a practice...
  - A hope you want to work on...
  - Some repair or release...
- 20 to 30 seconds to share — we will not be responding, we will be witnessing
- Use the “Raise Hand” feature in Zoom Chat to be called upon or type what you would like me to read aloud on your behalf

# Closing Comments

# What Comes Next?

## Follow-Up Opportunities

- Subscribe to [My Blog](#) | “Notice Notes,” newsletter will also come.
  - Note: two-step process (confirmation email sometimes goes to SPAM)
- [Subscribe to “Notice Notes”](#) only (monthly resource updates)
- [smpater@noticethejourney.com](mailto:smpater@noticethejourney.com)
- Individual Trauma-Informed Spiritual Direction, Practice Support, or Coaching
  - Mainly on Mondays and Tuesdays (but negotiable)
- I’ll make the recording and the slides available (probably online) and send an email with final comments.
- [Donate](#), if you wish.

# Closing Trauma-Informed Spiritual Practice

“What I’m seeing is a humanistic crisis...a human not being identified in the light in which they deserve to be. We, as caretakers in this world, need to see THE human in front of you, not the problem.”

—Romie Nottage

**You are a “Dear Heart.” You are a “Beloved.”**

**You are not your trauma,  
that is what happened to you.  
It is not who you are.**

**You have an unalienable, indestructible, authentic Self.**

**The core of you is sacred,  
even when concealed.  
It always longs to be called forth.**