
CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated
and Kind Supporters

Claim Your Brain, Start Your Heart

Session 2 – Resource 1





Land Acknowledgements

Australia

We start by acknowledging the Traditional owners of the land, air and sea on which we meet, the First Peoples of the Butchulla land where I live and work and all the lands on which you sit. We pay our respect and acknowledge their Elders past, present and emerging. We recognise that the lands of Australia were never seeded. Always is, always will be Aboriginal Land.

United States

Where I sit is on occupied ancestral Ho-Chunk land, a place their nation has called De-Jope since time immemorial. We now on this land acknowledge the circumstances that led to the forced removal of the Ho-Chunk people, and honor their legacy of resistance and resilience.

Canada

We acknowledge that this territory is within the lands honoured by the Wampum Treaties; agreements between the Anishinaabe , Haudenosaunee , Lenny Lenopee and allied Nations to peacefully share and care for the resources around the Great Lakes. Specifically, we would like to acknowledge the presence of the Three Fires Confederacy (including the Ojibwe , Odawa , Potawatomi) and Huron/Wendat Peoples. We respect the longstanding relationships with First Nations people in this place and we are dedicated to honouring Indigenous history and culture while remaining committed to moving forward respectfully with all First Nations, Inuit and Métis.



How often do power struggles compromise the quality of the supported person's well-being?

It appears that a minimum of 40% of behavioural incidents result from or are significantly influenced by generally good and caring supporters' unintended and unaware loss of mindful emotional self-regulation.

This often results in power struggles and other supporter induced behavioural antecedents.



Why might the average good and caring supporter become emotionally hijacked into power struggles that can cause challenging behaviours in the person being supported?



The 4 Outs

Tune-out is typically how the

Spaced-out Supporter

Protects themselves from

Burn-out and **Freak-out**



Loss of Emotional Self-Regulation of Good and Caring Supporters Can Result in Some of the Following:

- being impatient and becoming emotionally hijacked into power struggles (i.e. silent temper tantrums or anger);
- being self righteous, judgmental, critical and unforgiving;
- being generally indifferent to some supported persons' suffering;
- the physical redirect/restraint that is executed mindlessly, mechanically and without compassion;
- the closed, “whatever,” attitude that shows on the face of the supporter as they hear the same story over and over again;



Definitions to Better Understand Life's 'Set-up'

Over each 24-hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most 'doings'.

Fully Conscious: (self aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body's sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

- our data bank of 'files' that we inherit and develop.

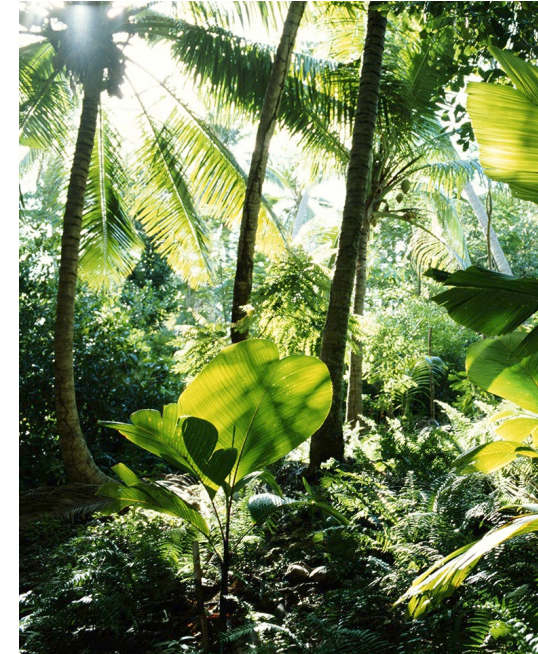


Life's Set-up

Understanding The Main Sources of Our Loss of Emotional Self-Regulation

- **To survive in the early, dangerous Paleo jungles,** we needed Quick and Simple Reactions to solve life threatening problems.

*“Our Brain hasn’t changed much
over the last 50,000 years.”*



Dr. John Ratey
Associate Professor of Psychiatry
Harvard Medical School



Life's Set-up

Understanding The Main Sources of Our Loss of Emotional Self-Regulation (cont'd)

- **The Brain therefore inherited and develops 'Files'/a data bank** from which to semiconsciously speed-dial reactions to manage our world and keep us (mainly our ego) safe.

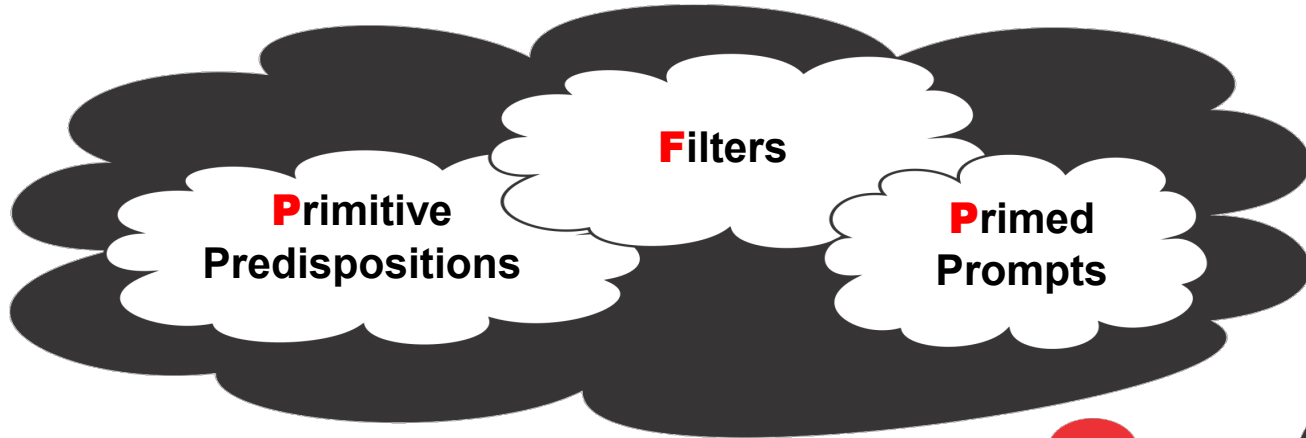


Life's Set-up – Being Mostly Semiconscious

- Means that we have insufficient consciousness **to consistently offer our 'A' Game**
- Especially in crisis, we speed dial our 'C' survival game as our ancestors have done for thousands of years.



What Do We Speed Dial?



Primitive Predispositions

- Inherited genetic makeup re: survival and reproduction drives (i.e. '**Nature**' You)

Filters

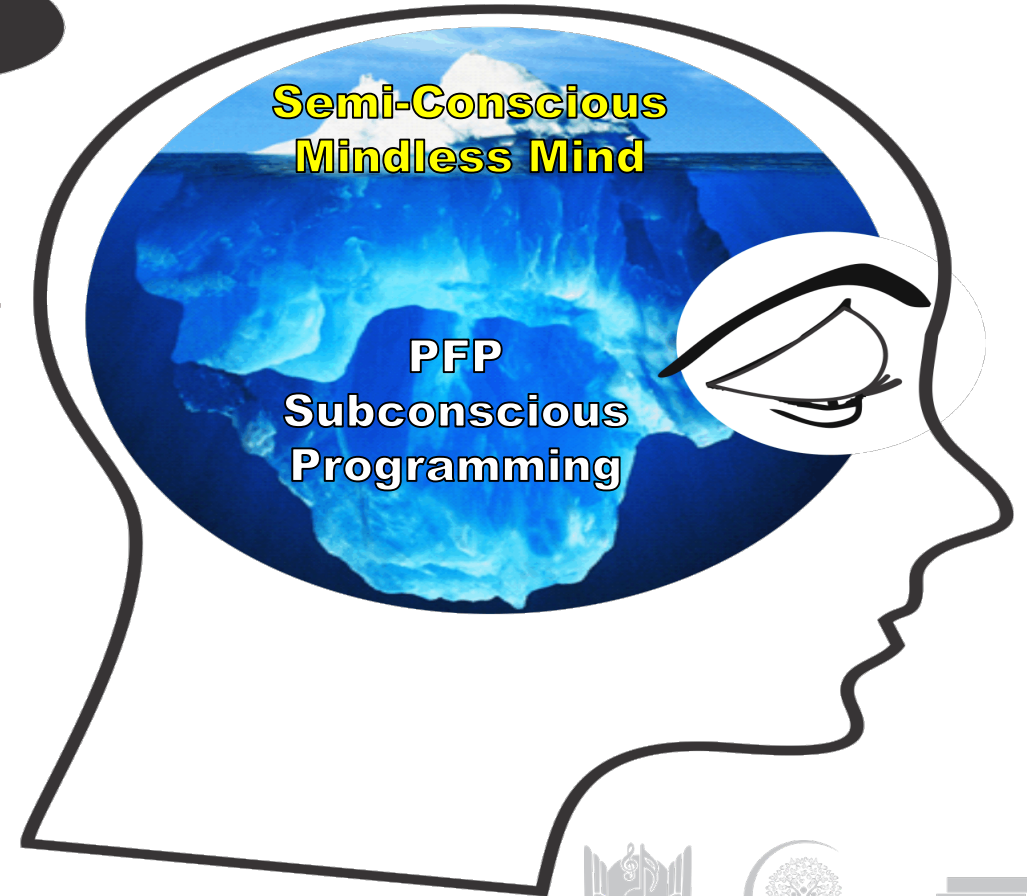
- Illogical beliefs/faulty filters from childhood conditioning e.g. "I need", "I am", "Others are" (i.e. '**Nurture**' You)

Primed Prompts

- Societal and cultural brain washing/ stereotyping/branding/bigotry (i.e. '**Numbed**' You)

Semi-Conscious Mindless Mind

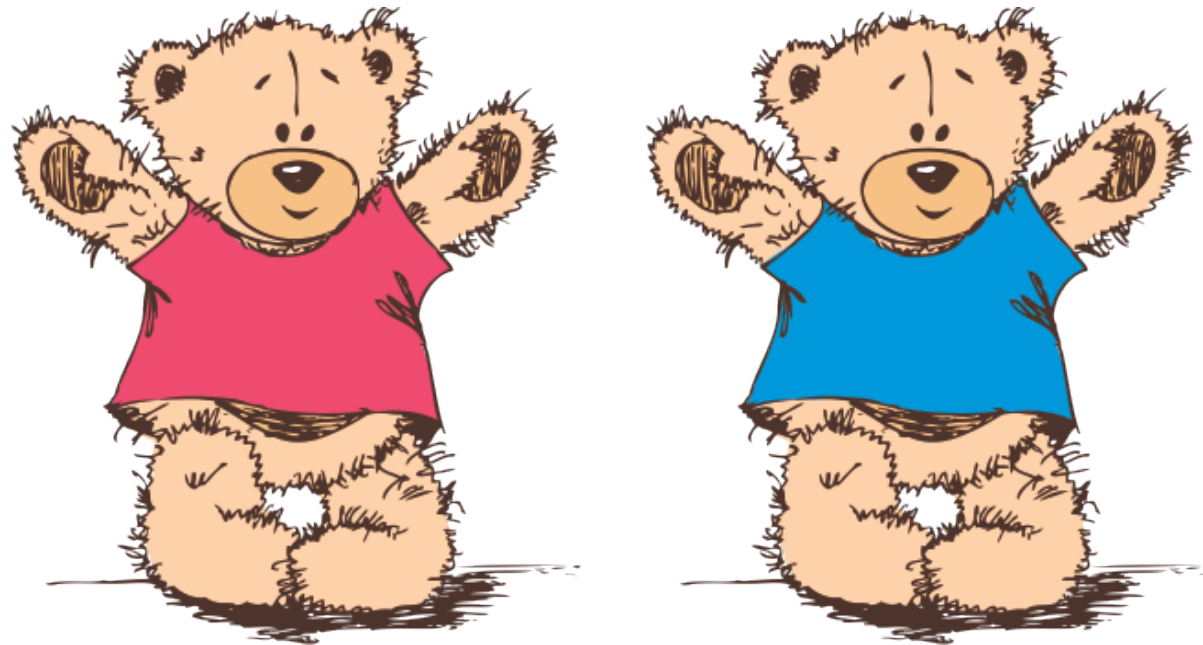
- The "You" who is reading this but doesn't know it (i.e. '**Normal**' You)



Because PFP So Controls Our Life – We Call It PFP Prison!



What do we mean by an ‘Inherited DATA BANK’?



Understanding Our Filters' Part of PFP

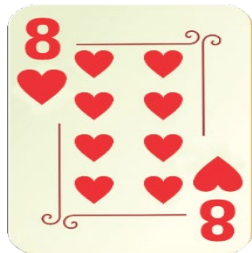
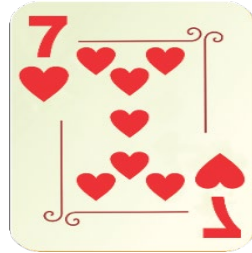
Installing Our Subjective Software

Understanding the Filters' Set-up:

We start our life perceiving that “**I am weak and vulnerable,**” both emotionally and physically. We therefore groped for ways to feel secure through inclusion in our family (the herd). This gives a sense of counting for something and connection which our brain registers as being safe and secure.

To figure out how to meet these needs, we became
a good mind reader.





How you learned to read minds to get included and protected and in so doing, became you i.e. got programmed with rules about:

- *I must be*
- *Men are*
- *Women are*
- *The world is*

and

Who my 'In-Group' is



Examples of Filters

- I think that I **need to be in control** or not out of control of most situations and people in order to feel okay.
- I think that I **need to be right** and above criticism in order to feel okay.
- I think that I **need approval** from important people in my life in order for me to feel worthwhile and okay.
- I think that **others and life must treat me fairly** otherwise, I have an absolute right to feel awful.
- I think that I **must be included** or not be excluded from social situations that I feel are important in order for me to have adequate self-worth.
- I think that I **need to be superior** to others in order to feel okay and worthwhile.
- I think that I **need to achieve and be busy** in order to feel okay and that boredom is very emotionally painful and anxiety producing.



An Example of a Program/Filter

*I can win an argument on any topic against any opponent.
People know this and steer clear of me at parties.
Often as a sign of great respect,
they don't even invite me anymore.*

Lily Tomlin

When a pick pocket meets a saint –
All they see are the saint's pockets.

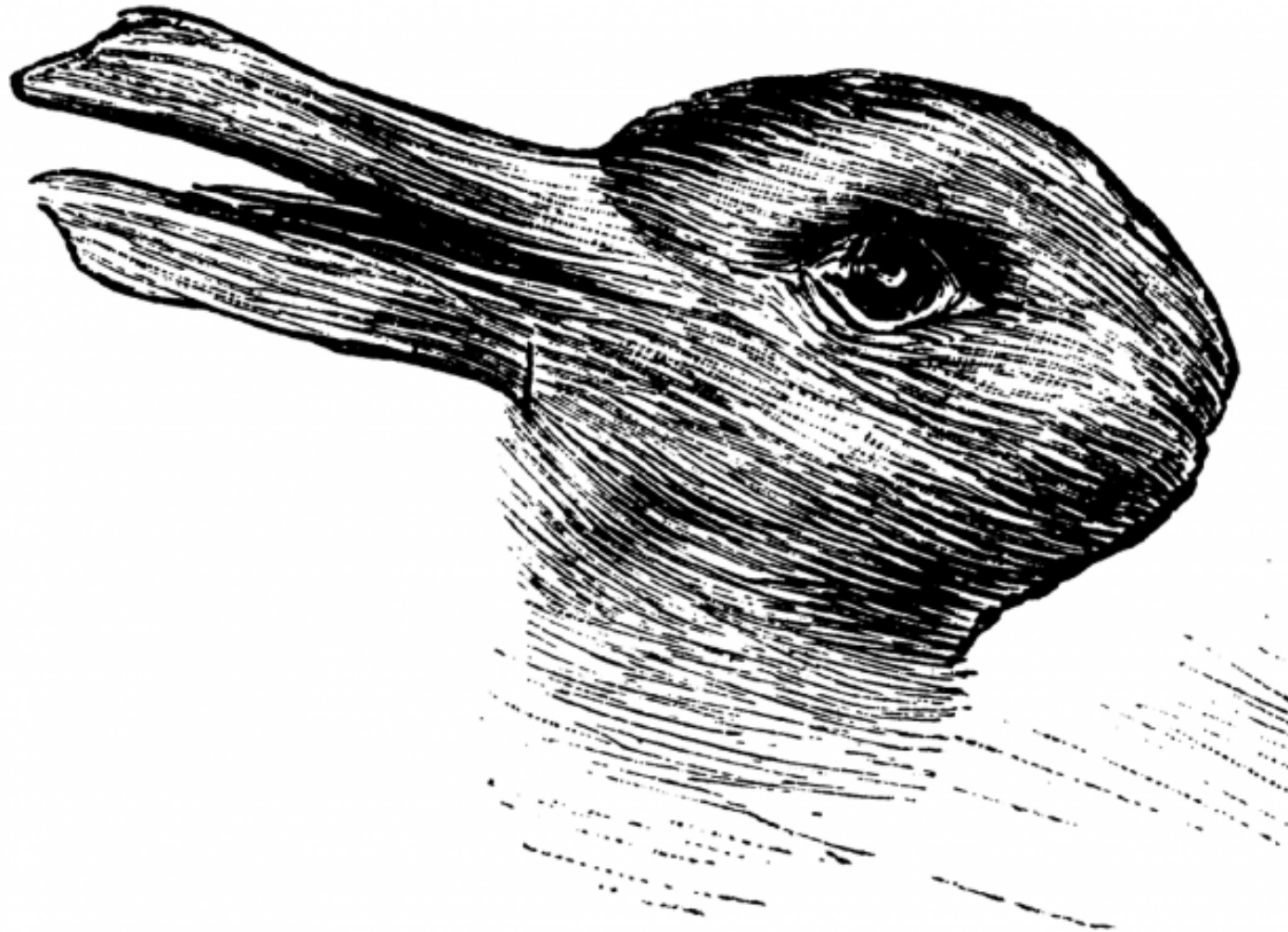
Ram Dass



Experiment

1. Pick a number, either #1 or #2.
2. Everyone close your eyes.







MRI Research



Priming Problems

Possibly one of the most serious brain primes that negatively impacts current services is most **supporters' limited beliefs regarding the potential** of people who we are supporting.

As we observe the highest level of a person supported experiencing life, know that this is probably representative of the lowest level of their potential.



Examples of Supporters' PFP Programming and Mostly Unknown Causes For Less-Than- Optimal Support



Using Your Free Will, Make the Following Choices:

- Think of someone you know.
- Now think of someone else you know.



So then, let's explore our capacity for free will – Optimal Choices.

- Why did you think of the first person?
- Why didn't you think of the second person first?

Really – did the you who is listening to me actually plan and decide what city or person 'you' would think about

or

did it just pop into your mind as directed by your PFP subconscious?



Do You Have A Thinking Problem?

More Of The Human Predicament of Being Semiconscious Indicating Limitations Of Free Will To Think and Feel

- Do you know what your next thought will be before you have it?
- Do you have incessant talking thoughts with yourself all day long?
- Can you stop these thoughts at will for even 15 seconds?
- When you are emotionally hijacked, how long does it take you to realize it and stop it?
- Would you share all the thoughts you had yesterday with anyone?

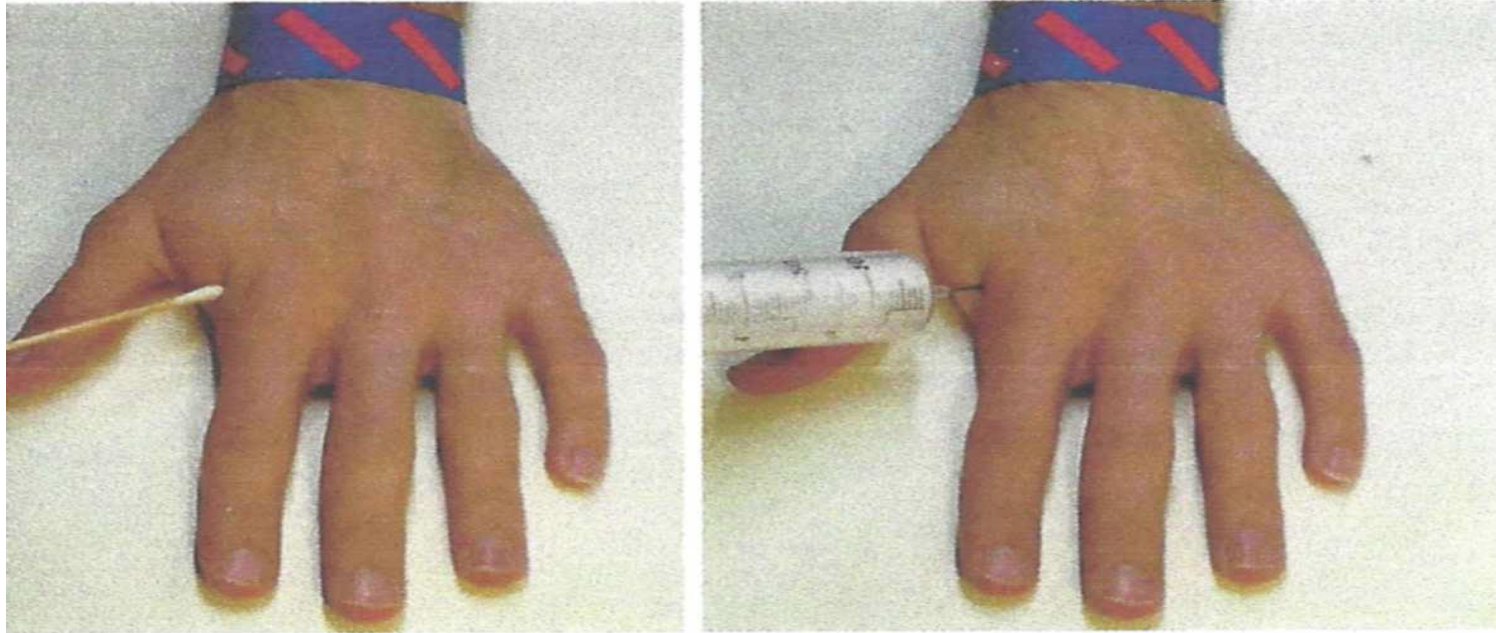


Might this Limited Free Will Prison be Compromising Some of the Quality of Our Support?

That is if we are only semiconscious (i.e. mindless)



Is Most Everyone's Brain Designed to Devalue People Supported?

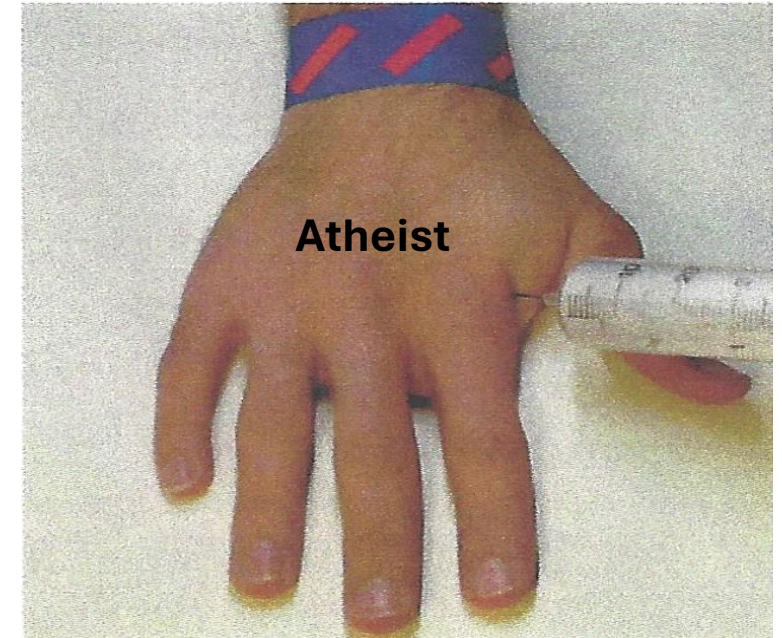
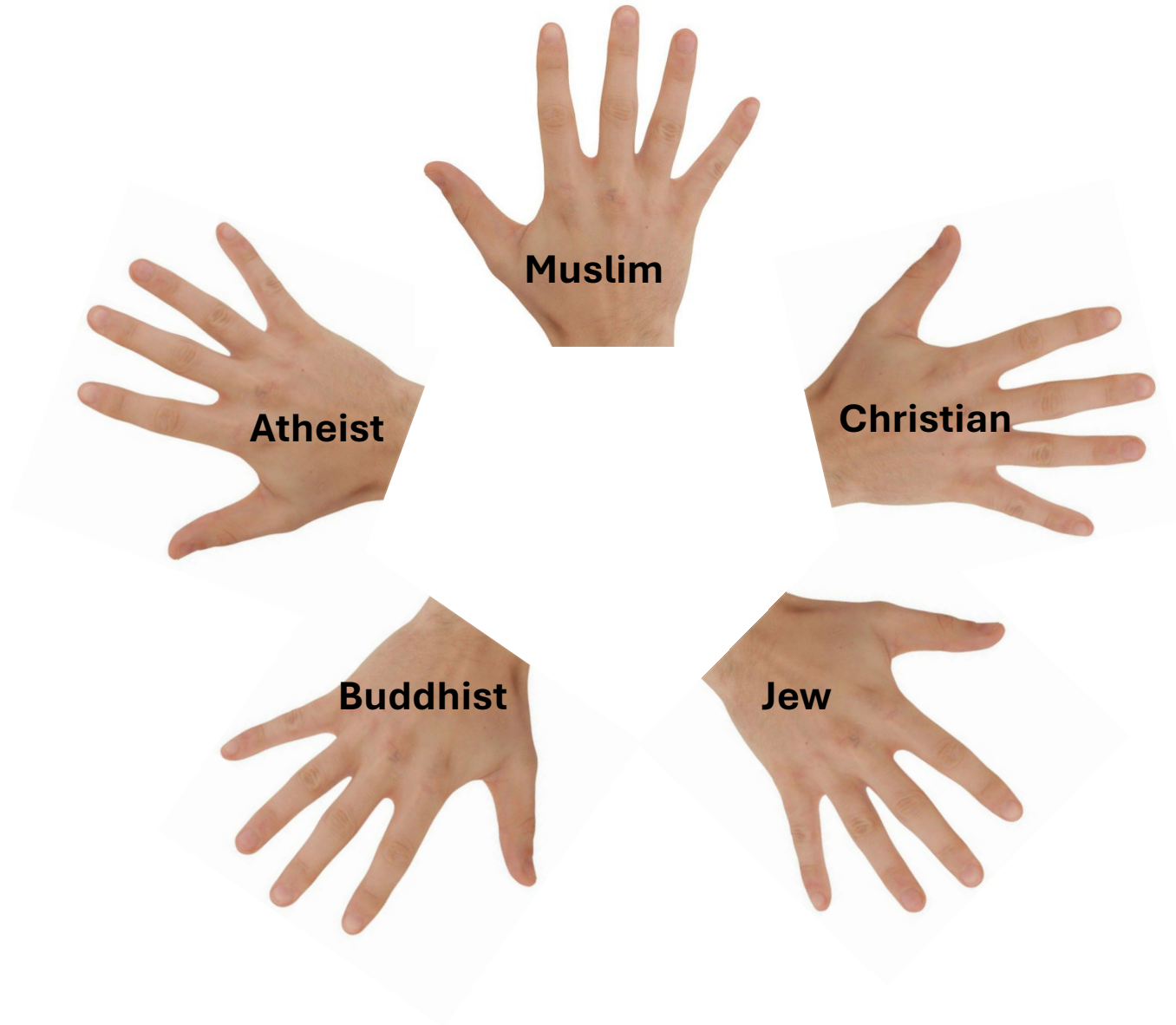


MRIs indicate that most individuals' brains react with strong pain empathy when they witness this painful procedure.

...provided...



Provided the brain relates to the injured hand as being a lot like its own!

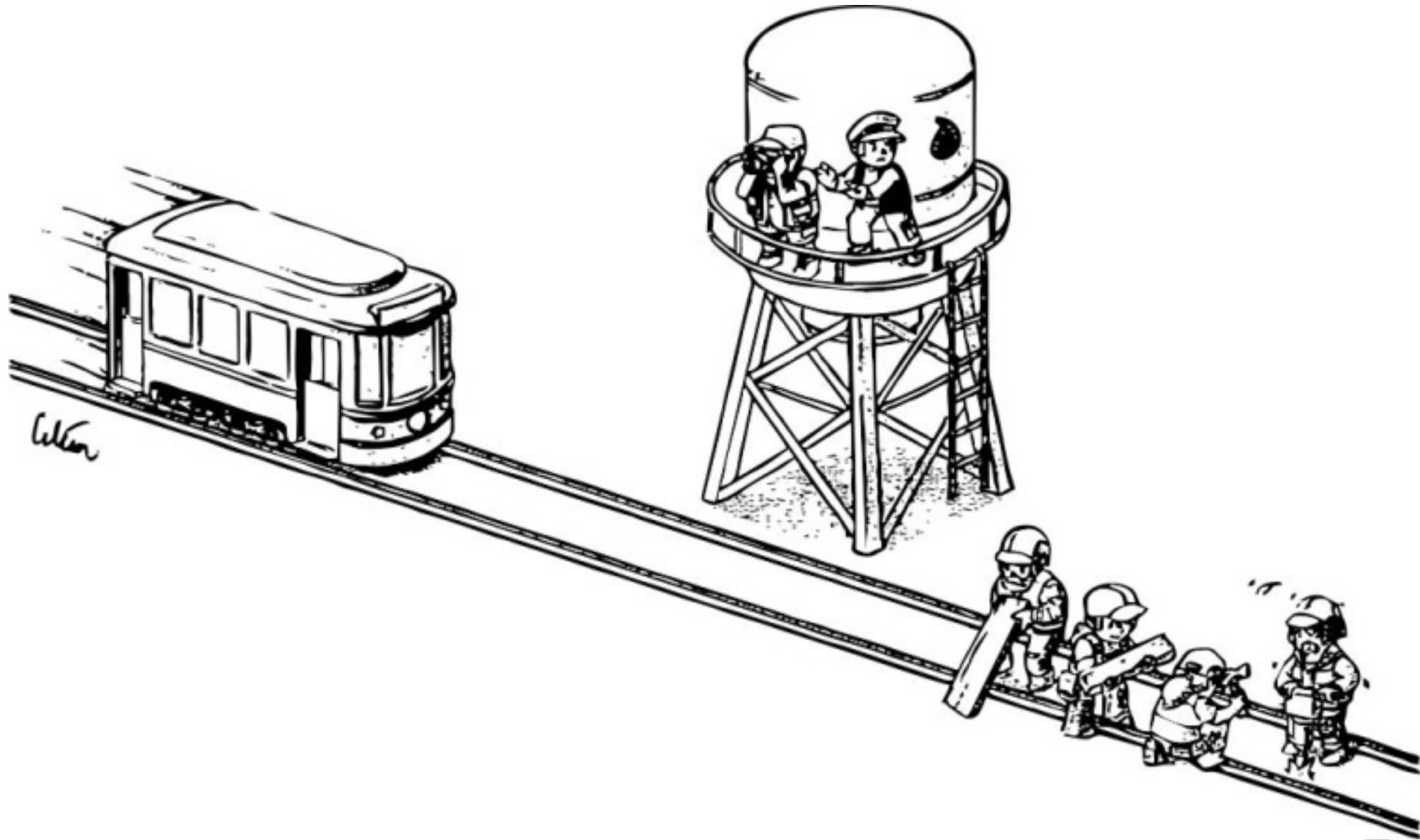


Understanding 'In' and 'Out' Groups

- The brain is wired to devalue/exclude others who it perceives to be different. In the old days, in the jungle, **'different was dangerous'** so the brain evolved to reward taking care of our 'in- group' not other's i.e. the 'out-group'.



PFP-Feelings versus Logic



Might Our Mindless Feelings Be Compromising the Quality of Our Support?

- Might the example of how we supporters get our **good feelings by giving unhealthy snacks** or avoiding bad feelings by not encouraging more healthy life styles, be an example of feelings overpowering logic?



Managing Information Overload Results in Inattentional Blindness

Because of only 60 bits per second of data processing capacity, **our brain filters out** much information that comes our way. This filtering prioritizing is based on what it remembers is important and meaningful to it at the time, e.g. what it believes and wants to hear. We therefore **miss buildings, pain, gorillas and other truths.**

Might our brain's limited energy and narrow band width be compromising some of the quality of our support?



Focusing and Concentrating:

The brain needs to be focused, and this makes it feel safe. More and more in great part because of the speed and sensory stimulation of electronic devices, **our brain is being trained to lose focus quickly** if the communication is not fast and multisensory appealing.

Those with autism and developmental disabilities may process information much slower – we need to slow down!



To summarize, internationally published and peer reviewed neuroscience research (reference last page) indicates that our brain (not the mindful you):

1. makes things up based on PFP directives;
2. has a serious 'thinking' problem;
3. is prejudice against one's out-groups;
4. is driven by feelings, not logic and doesn't feel the same empathy for perceived out-groups e.g. hand needle experiment;



5. is cognitively biased and addicted to opening existing 'old files' versus new files (e.g. CCS) and therefore misses 3 storey buildings and others' support needs etc.;
6. needs to process things very, very fast and therefore demands simple and easy solutions;
7. is losing its focusing power due to devices' screen addiction;
8. is programmed from childhood with many illogical and outdated programs of "I must, and should";
9. gets 'primed' and acts as it has been directed (e.g. when people supported have challenging behaviour, might they become an out-group for us, who we can then support in less than optimal ways without us feeling guilty?)



So then

Could it be that **Mindless** PFP
Programming, at times is causing or
seriously contributing to how we offer
significantly less than optimal support?

