
CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

Claim Your Brain, Start Your Heart

Session 2 – Resource 1

THE FOUR PERSONAL QUALITIES OF Mindful Emotional Self-Regulation

SELF-EXPRESSION

- 'Here Now'
- Right Speech
- Feelings to Feelings and Reasons to Reasons
- Authentic Kindness in all Relationships

SELF-MANAGEMENT

- Catch, Calm, Clarify and Consciously Connect
- Private Victories, i.e. Self-Discipline/Sacrifice, Persistence, & Secular Moral Ethics

SELF-UNDERSTANDING

- Discovering and Disengaging from PFP Brain
 - no/low free will, e.g. choices of cities
 - we have a thinking problem, e.g. your next thought?
 - inattentional blindness, e.g. missing buildings, cuts and cars with 60 bits
 - PFP brain cheats and makes things up, e.g. checker board, memory
 - the body keeps the score, but 'we' ignore, e.g. cards
 - we are prejudice and racist, e.g. hurting hands
 - feelings not facts make our decisions, e.g. train trolley
 - cognitive bias – we speed dial feeling's reactions in 1.4 seconds

SELF-AWARENESS

- Awareness of being stuck in a 'Good Place', e.g. semiconscious
- Awareness of the actual cause of Suffering and what to do about it
i.e. suffering = pain x resistance + pleasure x attachment
- B-FIT Mindfulness, i.e. Concentration, Sensory Clarity, Ahh-llowing and be 'Here Now'

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?

Diane and Me

The 4 Outs in Action

The 4 Outs

Tune-out is typically how the

Spaced-out Supporter

Protects our self 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;
- being overtaken by 1 of the 4 outs – (Burn-out, Freak-out, Tune-out, Space-out);

Loss of Emotional Self-Regulation of Good and Caring Supporters Can Result in Some of the Following: (cont'd)

- 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;
- the change and clean-up that is now hours overdue;
- the powerful enforcing of ‘unnecessary rules’.

Could it be that these Supporters' 4 Outs too often drive Emotionally and Biologically Vulnerable People into:

- elevated levels of anxiety;
- anxious repetitive behaviour;
- self injurious behaviour;
- aggression towards peers and supporters;
- property destruction.

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

Definitions to Better Understand the ‘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 (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.

Speed Dialing Often Means.....

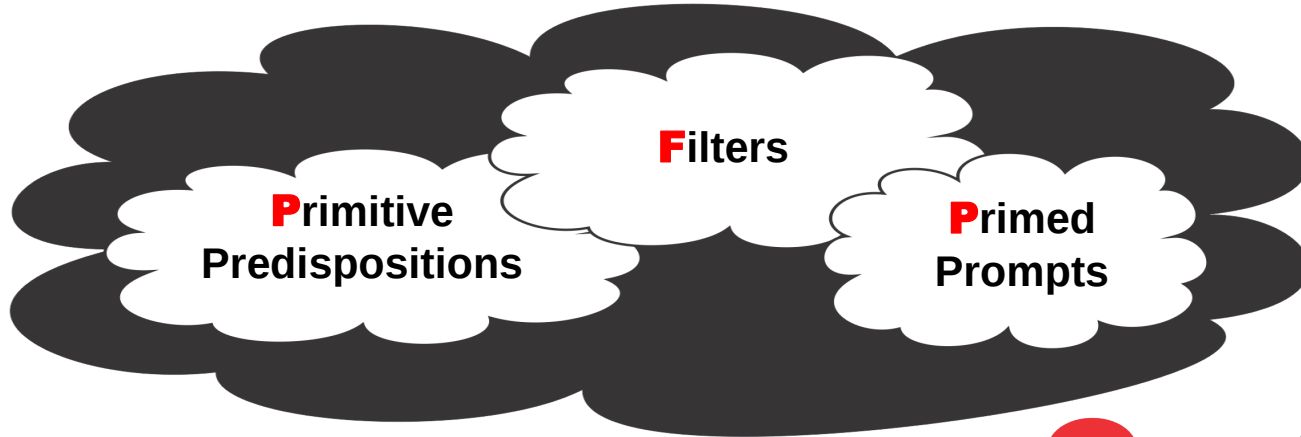
Being Semiconsciously Driven by the Ego's
Primitive and Programmed Needs to:

- look good and impress
- be in control
- be right
- be treated fairly
- not be criticized
- be judgmental
- be accepted by the 'herd'

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

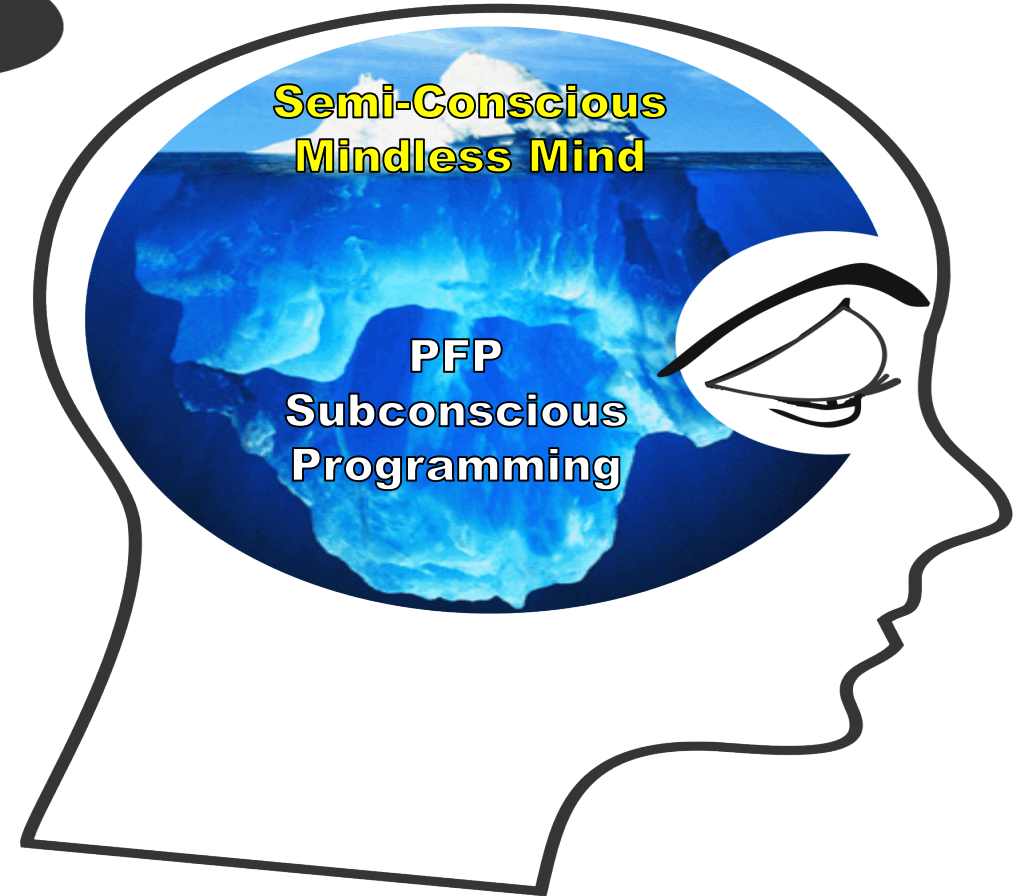
- Illogical beliefs/faulty filters from childhood conditioning e.g. "I need", "I am", "Others are" (i.e. '**Nurture**' You)

Primed Prompts

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

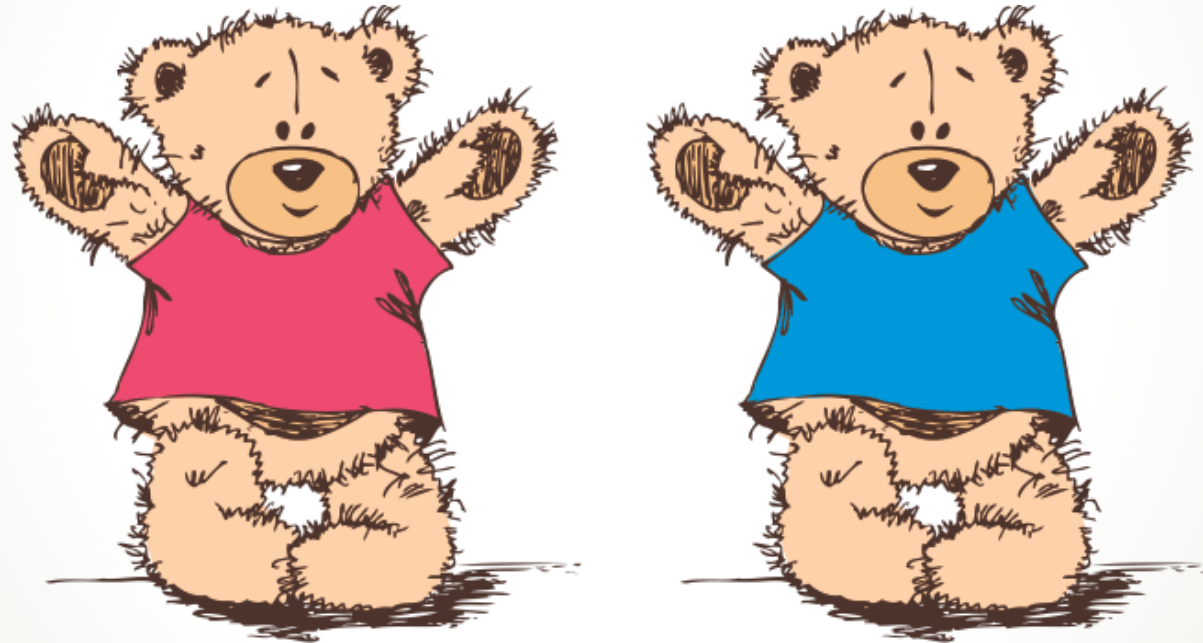
Semi-Conscious Mindless Mind

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



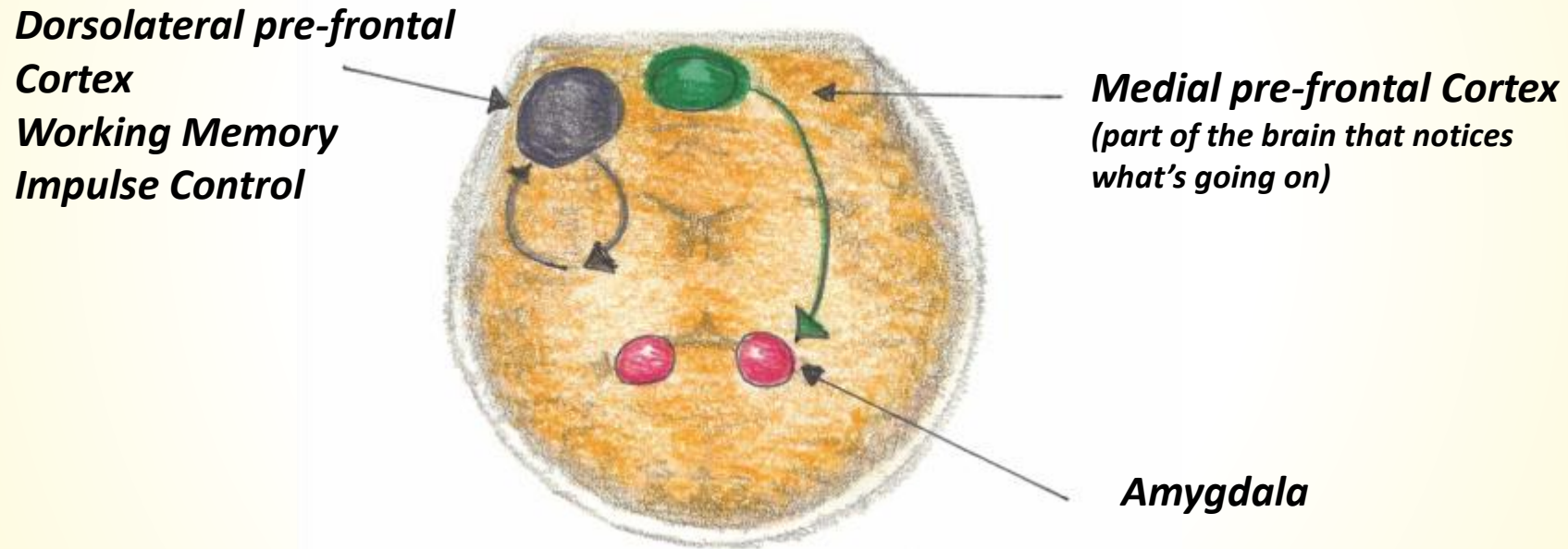
Because PFP So Controls Our Life – We Call It PFP Prison!

What do we mean by an 'Inherited DATA BANK'?



Mindful Emotional Self Regulation

The main way we can consciously access the emotional brain is through self awareness*, i.e. becoming mindful. Mindfulness increases connections in the medial pre-frontal cortex. This reduces anxiety and stress and enhances empathy for others and personal satisfaction.



(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

MPC

According to many published Neuroscientists, including Dr. Daniel Siegel (UCLA) in his book called ***The Mindful Brain*** (page 42 and 43) the following brain, body and being functions correlate with the activity of medial areas of the prefrontal cortex:

1. **Body regulation** – the emotional brakes and accelerator functions.
2. **Attuned communication** involves the coordination of the input from another person with the activity of one's own (as with mirror neurons).
3. **Emotional balance** to have enough activation so that life has meaning and vitality but not so much that life becomes chaotic.
4. **Response flexibility** is the capacity to pause before action.
5. **Empathy** – knowing what might be going on inside someone else.
6. **Insight or self-knowing** awareness to be able to link the past, present and future.
7. **Fear modulation** that may be carried out by the release of the inhibitory neurotransmitter GABA.
8. **Intuition** – a neural mechanism by which we process deep ways of knowing via our body i.e. 'somatic intelligence'.
9. **Morality** – taking into consideration the larger picture, to image what is best for the whole not just one's self, even when alone.

Examples of Inherited Primitive Predispositions (The Hard-drive)



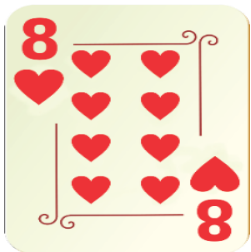
Understanding Our Filters' Part of PFP

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

The Birth Order Experiment



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 a God-given 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.***

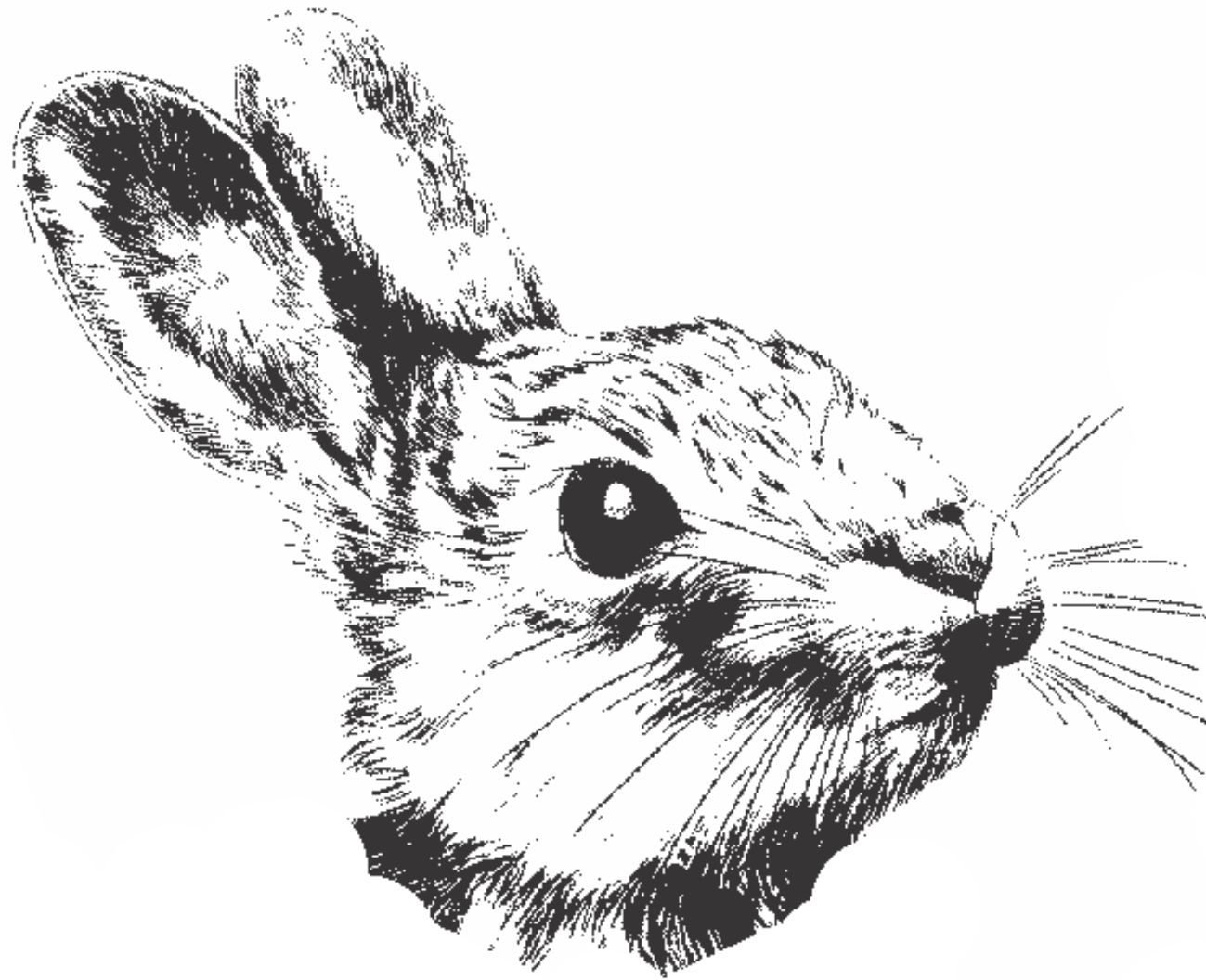
Ram Dass



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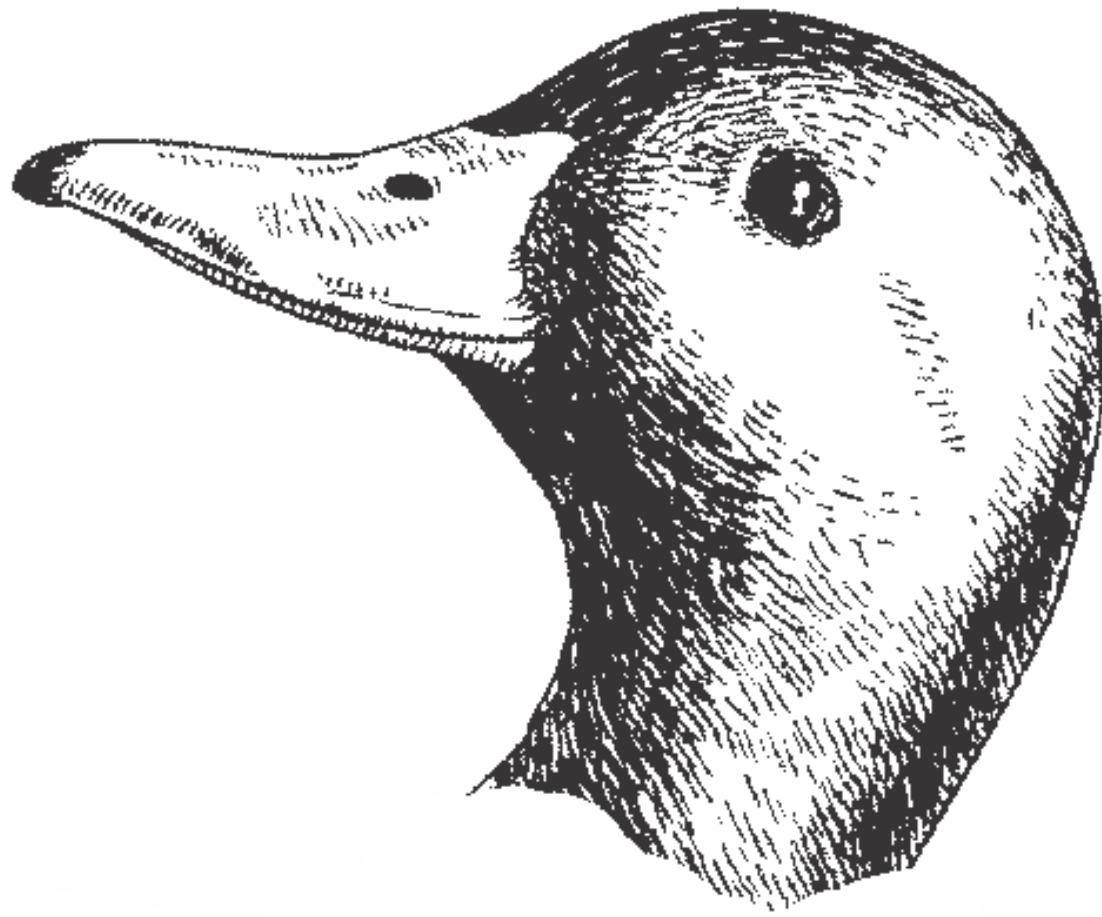
Experiment

1. Divide into pairs and decide who is #1 and who is #2.
2. Everyone close your eyes.



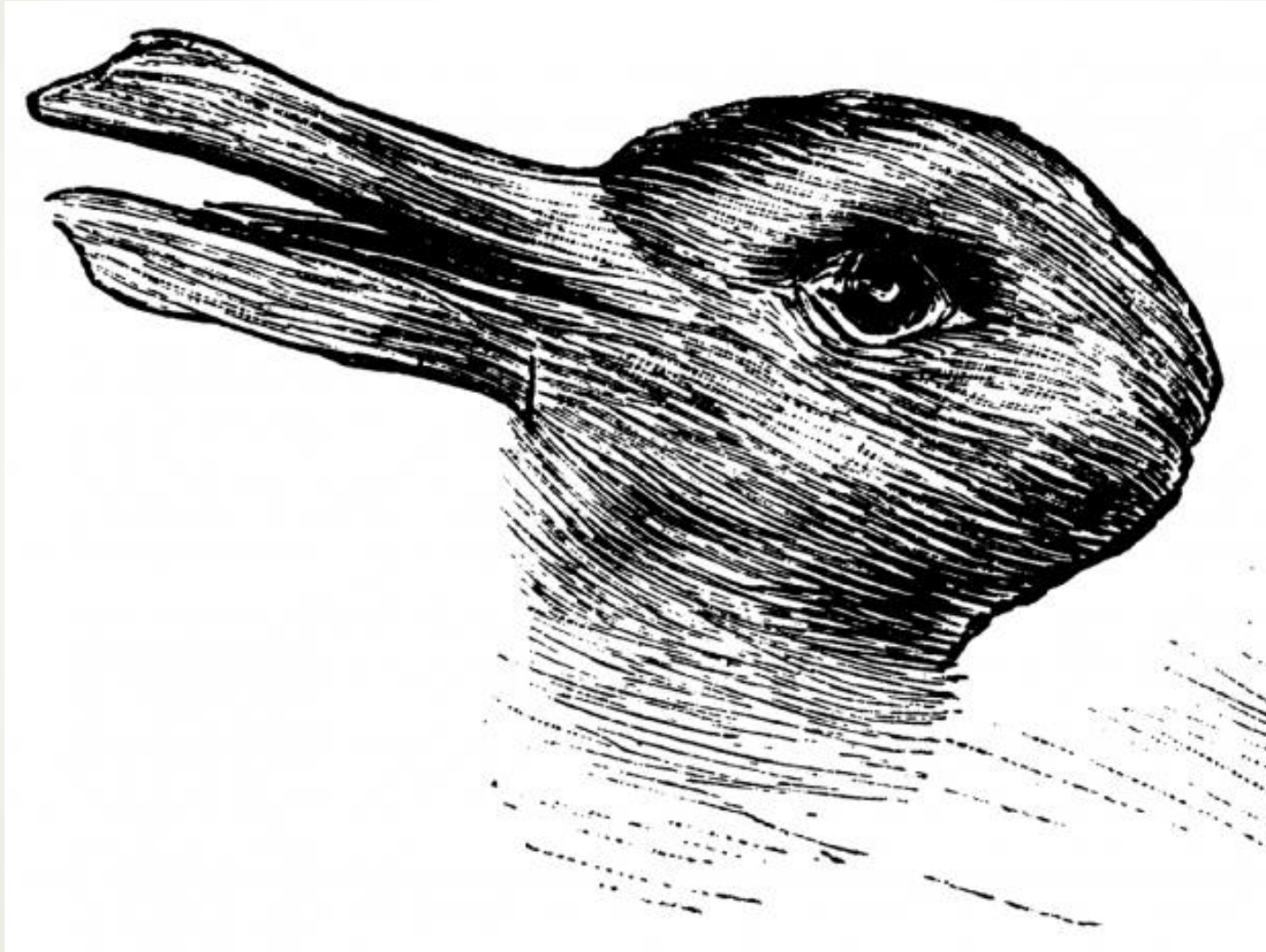
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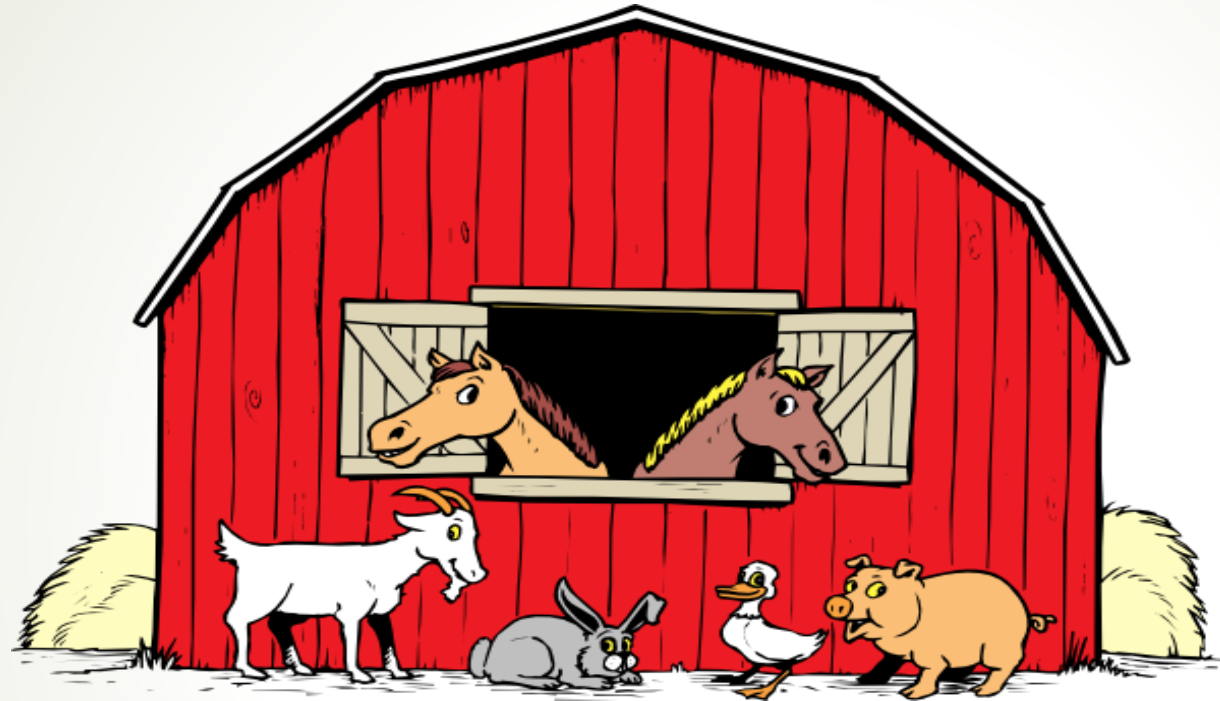
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How many farm animals do you see in this picture?



*Now tell me what you **first see** in this picture.*



MRI Research

Primed Prompts

*Our Brain Fabricates
Much of Our Reality
Based on
How our 7 Senses have been Primed*

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 PFP Prison – Fellow ‘Conspiracy’ Theorists

“In each of us there is another whom we do not know.”

Carl Jung

“There’s someone in my head and it’s not me.”

Pink Floyd

“How can I tell what I think till I hear what I say?”

E.M. Forester

Could our PFP Programming be compromising the quality of some of how we offer support or leadership?

Examples of Supporters' PFP Programming Prison's 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?

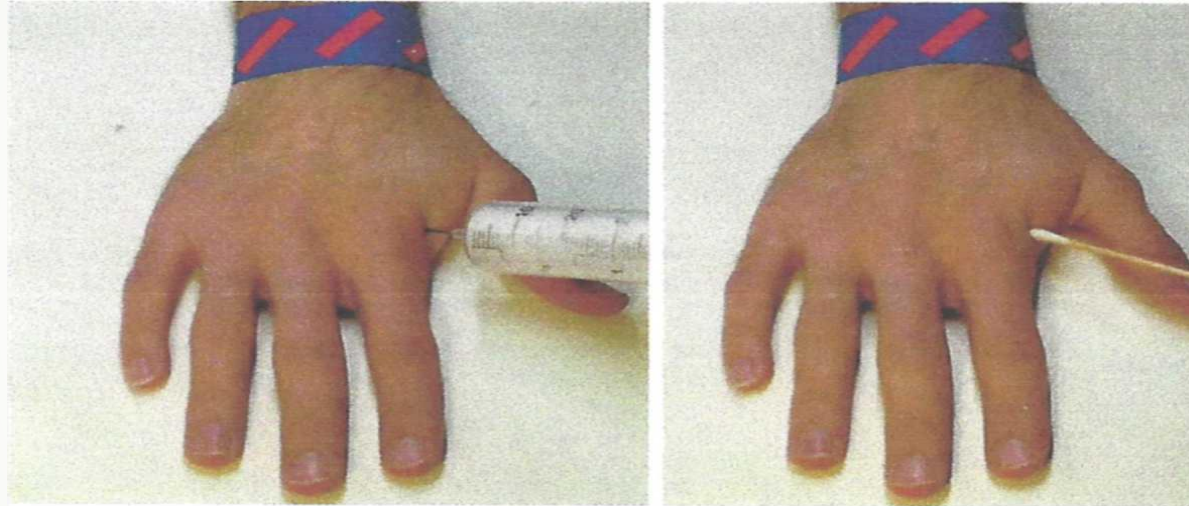
More Of The Human Predicament of Being Semiconscious Indicating Limitations Of Free Will To Think and Feel

- 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**

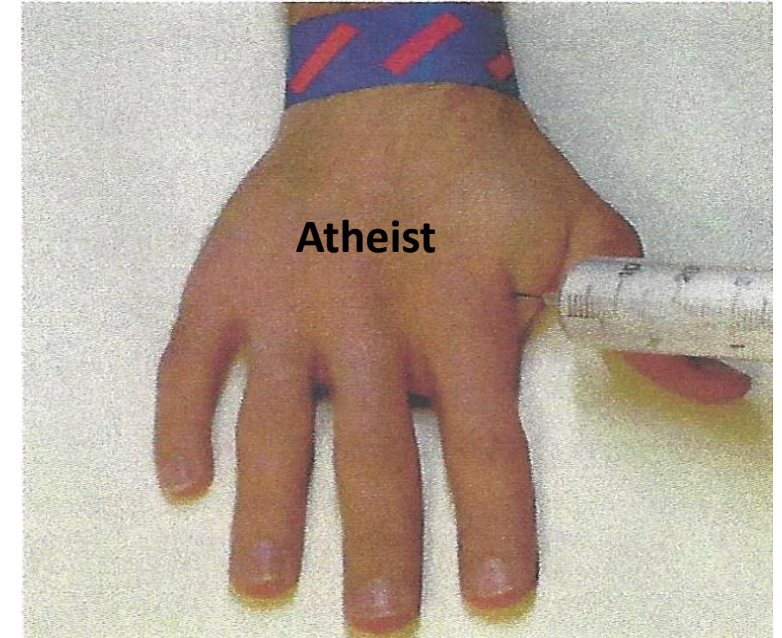
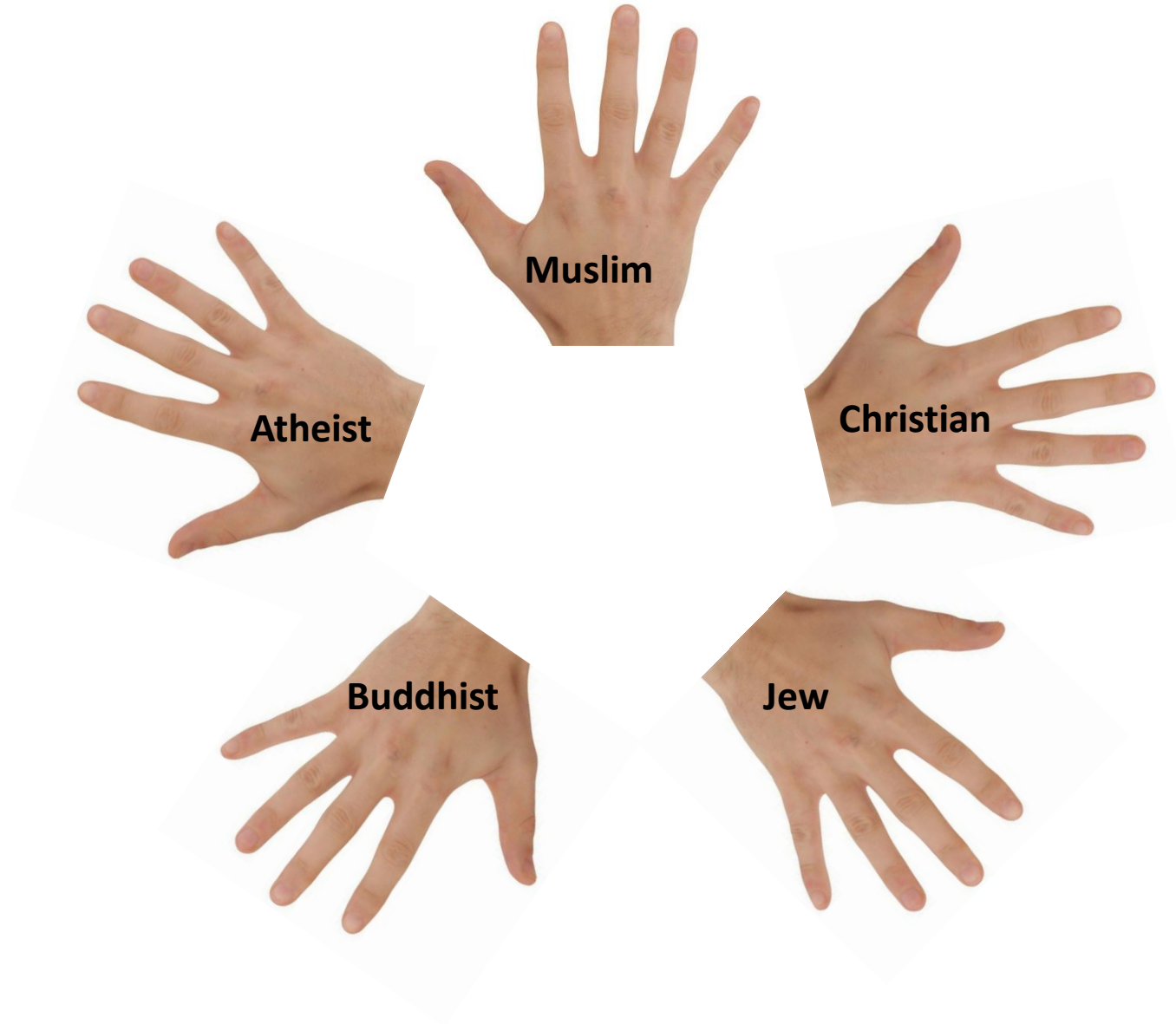
Is Most Everyone's Brain Designed to Devalue People Supported?



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

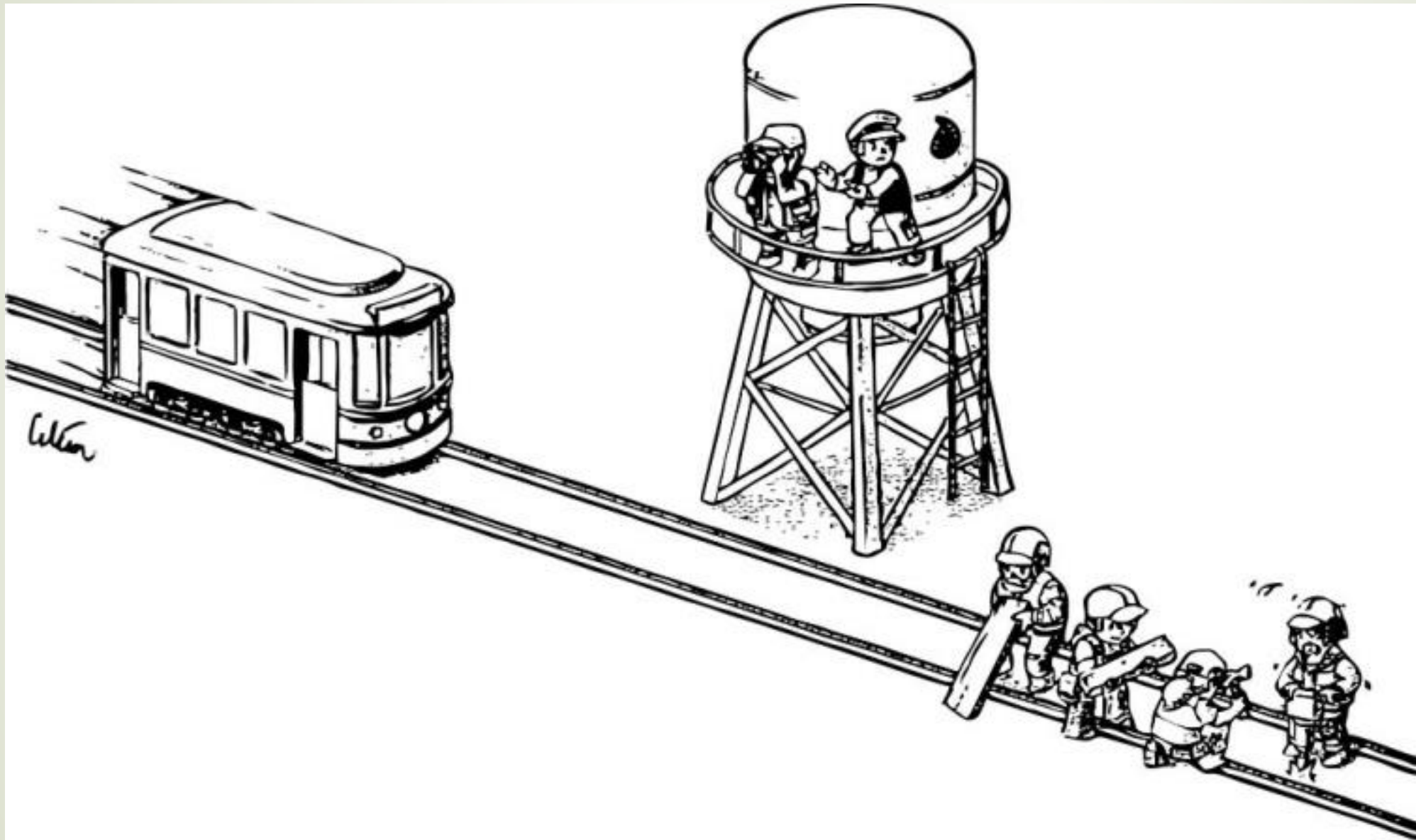
- The brain is wired to devalue/exclude others who it perceives to be different. In the old days, in the jungle, **'different was dangerous'** so the brain evolved to reward taking care of our 'in- group' not other's i.e. the 'out-group'.

Neuroscience research is showing that for average Canadians and Americans, **homeless people are dehumanized** by the semiconscious/mindless brain. They are **generally seen as 'different'** and therefore our PFP Programming (not us) often relates to them impersonally, not like our 'in' group members who we feel with and for.



*Department store research
and MRI Research – Dr. L. Harris*

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?



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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.

This fast form of communication is one of the worst ways to learn and retain new information needed for implementation of new and more complete interventions e.g. CCS Best Practices.

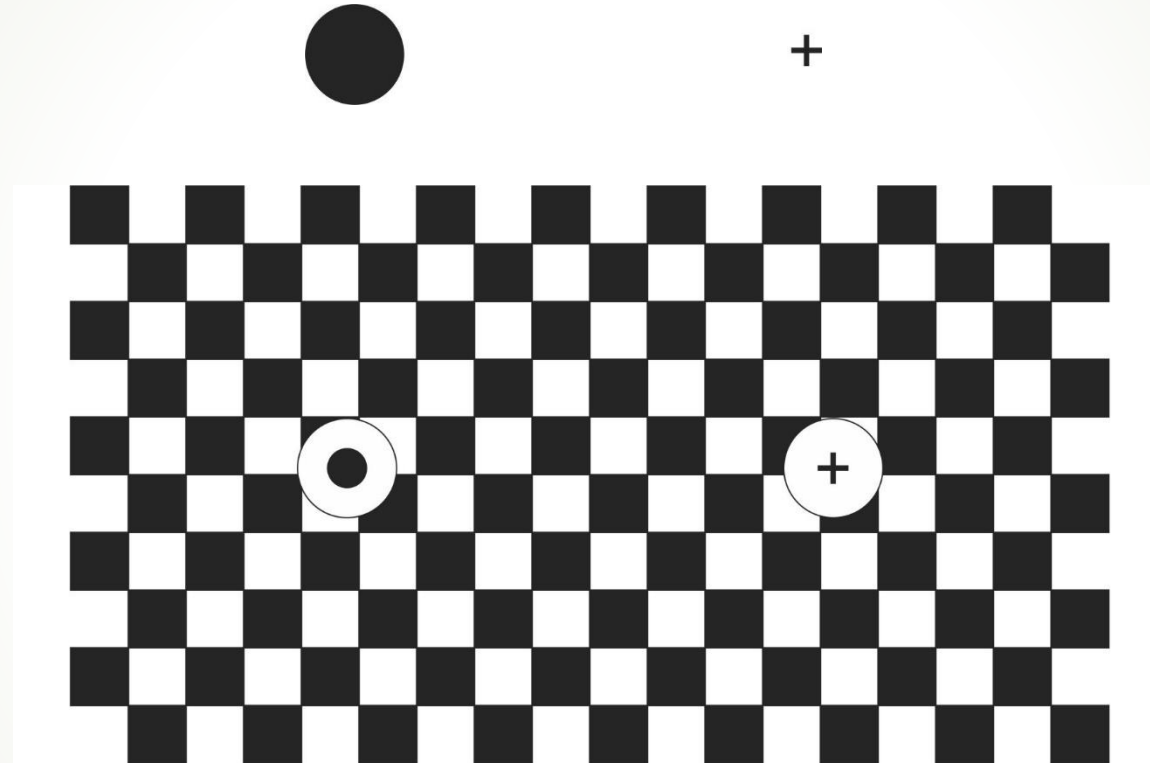
Many people supported, process information much slower than neurotypical people – we need to slow down!



Might Lack of Focus and Concentration be Compromising Some of the Quality of our Support?

To learn and retain and feel motivated to want to implement **Best Practices** thoroughly requires slow systematic repetition and persistence. This process is **contrary to how the brain is being trained** to learn through devices 'sound bites' and social media addictions.

If I hadn't seen it, I would not believe it!



OR – could it be

If I hadn't believed it – I would not have seen it!

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;

(cont'd)

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?

With your partner:

Name what you feel are 2 of the most concerning ways that PFP Programming is unknowingly compromising the quality of our support for others.