

The background of the slide is dark grey with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered and white, providing a high contrast against the dark background.

LEARNING TO SWIM

HOW TO UNDERSTAND AND MOVE WITHIN THE SUFFERING OF OTHERS

Katie Anderson, LMHC
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OUR BRAINS ON STRESS

AMYGDALA
PREFRONTAL CORTEX
BROCA'S AREA



“FLIPPING YOUR LID”

COMMON REACTIONS TO STRESS

PHYSICAL PAIN

- HEADACHES
- BODY ACHES
- GUT ISSUES
- TENSION – FATIGUE
- RUPTURED SLEEP
- DISSOCIATION

MENTAL/EMOTIONAL PAIN

- HEIGHTENED SENSE OF THREAT
- BLUNTED ENGAGEMENT IN THE PRESENT
- CONCENTRATION DIFFICULTY
- PANIC, SHAME, ANGER, DEPRESSION
- DISTORTED BELIEFS
- ISOLATION FROM RELATIONSHIPS

THE RIPPLE EFFECT

- **MIRROR NEURONS**

- “...A TYPE OF BRAIN CELL THAT RESPONDS EQUALLY WHEN WE PERFORM AN ACTION AND WHEN WE WITNESS SOMEONE ELSE PERFORM THE SAME ACTION.”

- **EXPOSURE TO TERROR AND PAIN IMPACTS US**

- ...AND WE DO NOT HAVE TO BE THE PRIMARY BEARERS OF THAT PAIN!

- **WE WORK TO SERVE THOSE WHO ARE WOUNDED**

- TO HEAL, THEY NEED CONNECTION
- TO HELP OTHERS HEAL, WE'RE GOING TO GET A LITTLE WET

TRAUMA EXPOSURE



“TRAUMA EXPOSURE RESPONSE”

“I can never do enough”
Chronic Exhaustion
Helplessness/Hopelessness
Guilt

Anger/Cynicism
Sense of Persecution
Grandiosity
Minimizing

Fear
Hypervigilance
Diminished Creativity
Inability to Embrace Complexity

Deliberate Avoidance
Inability to Empathize/Numbing
Dissociative Moments
Addictions

LAURA VAN DERNOOT LIPSKY

FOUNDER & DIRECTOR OF “THE TRAUMA STEWARDSHIP INSTITUTE”

TRAUMA EXPOSURE



BURNOUT



STAY AFLOAT



Build Connection



Make Meaning



Slough it Off

START SWIMMING

Known to Self

Not Known to Self

Known to Others

OPEN

BLIND

Not Known to Others

HIDDEN

UNKNOWN

Johari Window



“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: You don’t give up.”

-Anne Lamott

A dark gray background with several translucent, realistic-looking bubbles of various sizes scattered in the corners. The bubbles have highlights and shadows, giving them a 3D effect.

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