



Children's Justice Symposium 2014

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Extraordinary Matters LLC.
Diamond Springs Wellness Center

It begins in childhood...

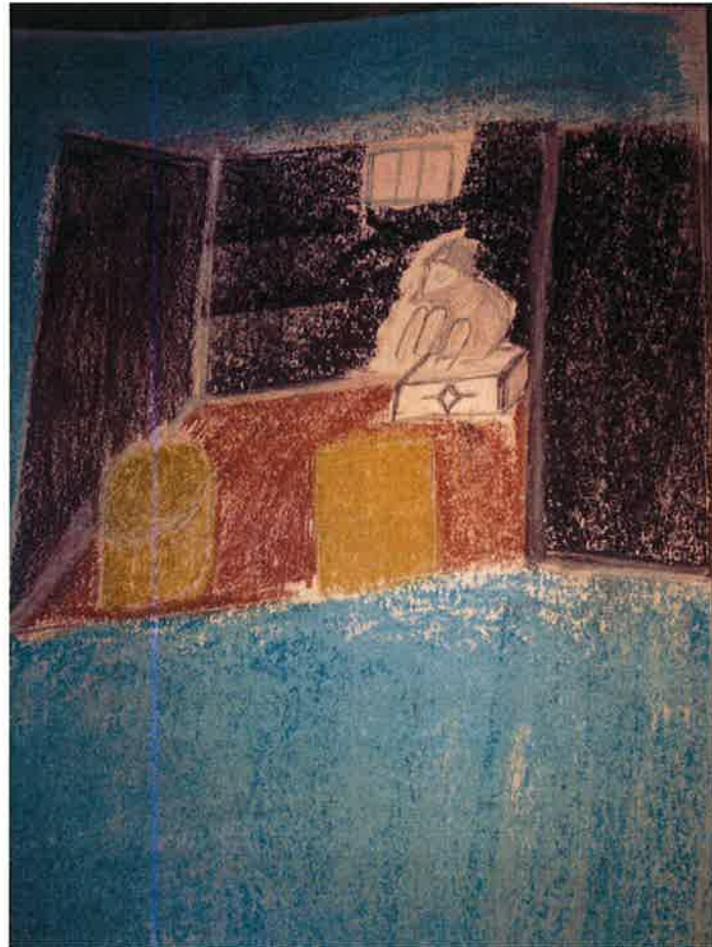
- ✓ Trauma**
- ✓ Violence**
- ✓ Abuse**
- ✓ Fear**
- ✓ Mental Illness**
- ✓ Poverty**
- ✓ Addiction**
- ✓ Divorce**

Sexual abuse

- ✓ **Trauma to the soul**
- ✓ **Trauma to core attachment**
- ✓ **Destruction of safe zone**
- ✓ **Increase of fight or flight response**
- ✓ **Freeze response-corresponding guilt**
- ✓ **Change in sense of self**
- ✓ **Destruction of innocence**
- ✓ **Severed ties with caregivers**
- ✓ **Sense of being alone in the world**
- ✓ **Feeling marginalized**

***You cannot always
control what goes on
outside. But you can
always control what
goes on inside. –Wayne Dyer***

In the darkness there is hope



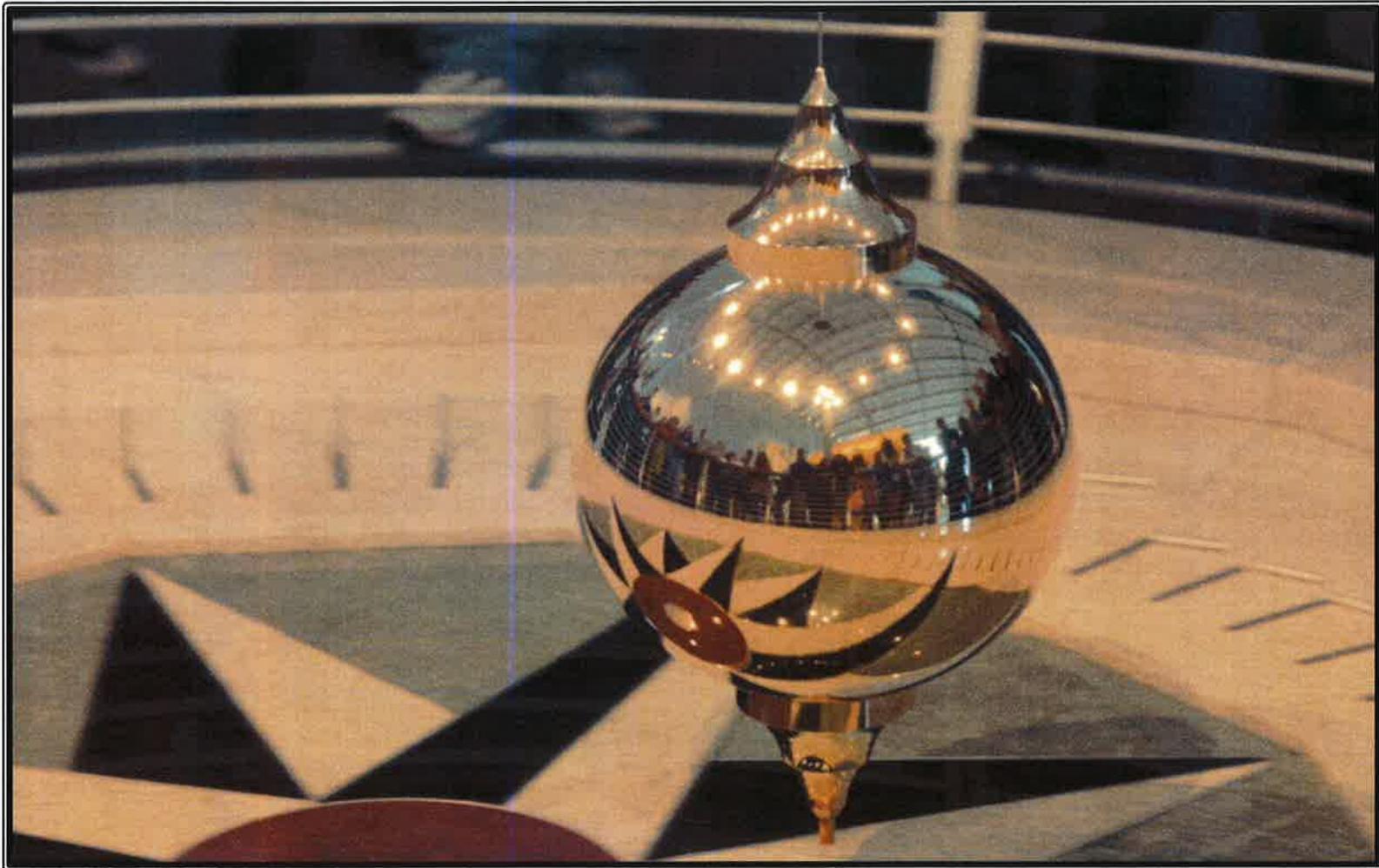
Trauma stays in the body



Most of us just want to...



And to be a giant pendulum

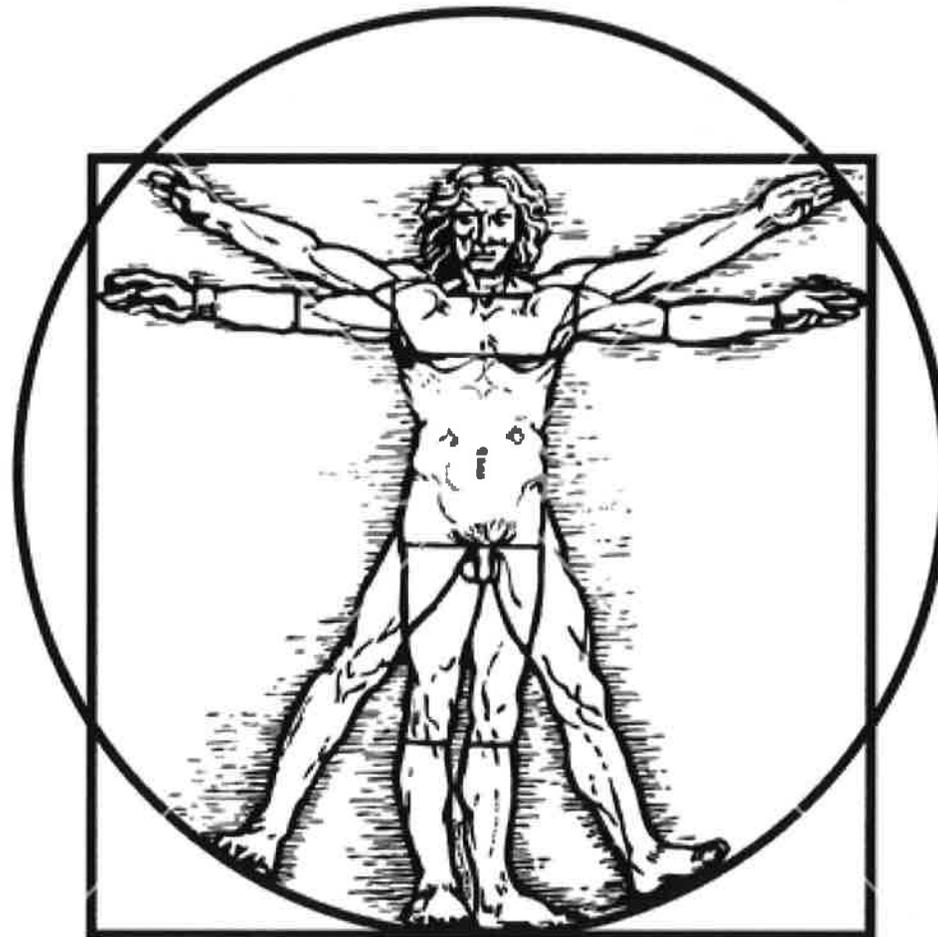


Mind-Body Medicine

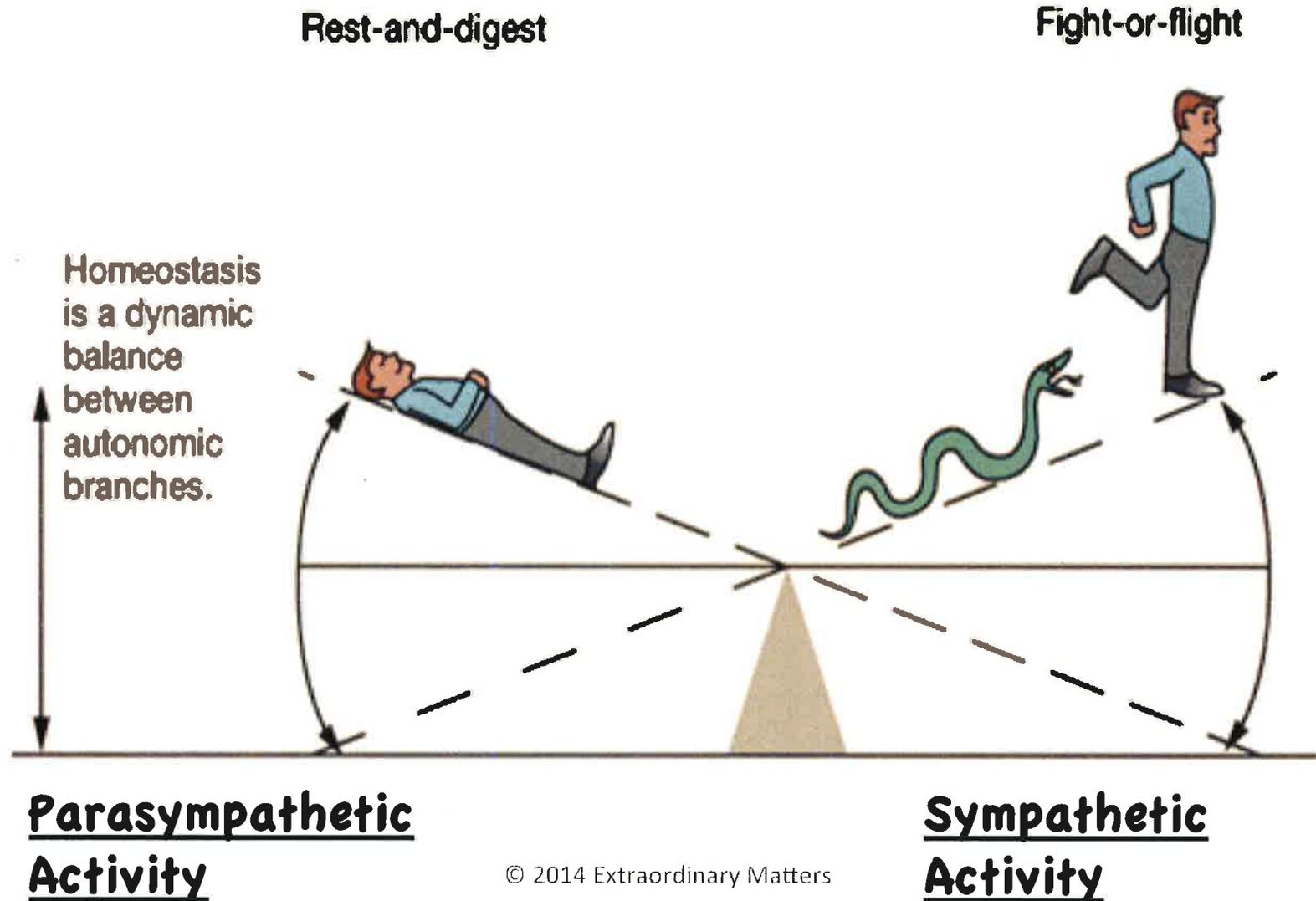
Mind

Body

Spirit



Autonomic Nervous System

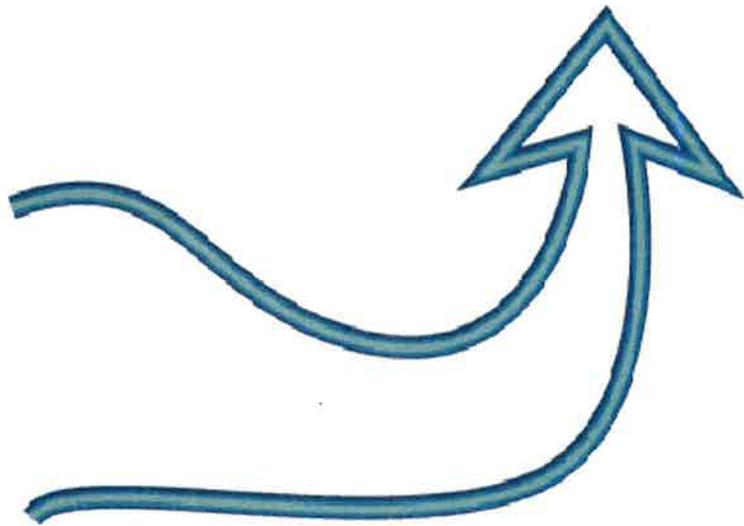


Heart signals effect brain function

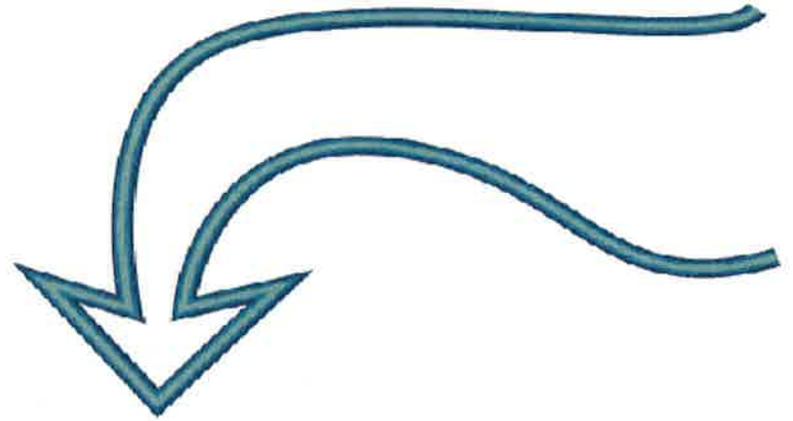


Fight or Flight

- **ADRENALINE**
- **BLOOD PRESSURE**
- **BREATHING**
- **MUSCLE TENSION**
- **SURVIVAL ORIENTED DECISIONS**



Fight or Flight



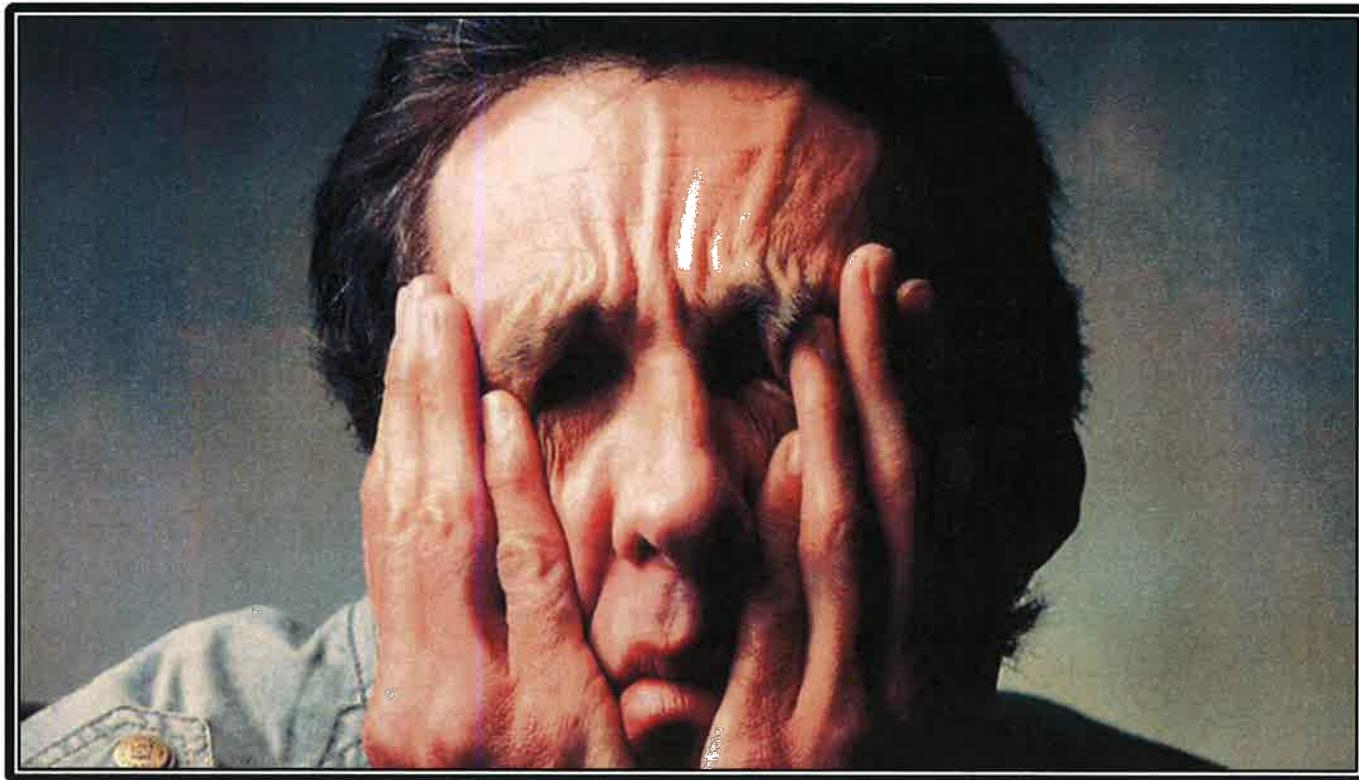
- **INTESTINAL ACTIVITY**
- **CORTICAL ACTIVITY**
- **PROBLEM SOLVING**
- **ABILITY TO FIND HUMOR**
- **ABILITY TO CONNECT**

The freeze response

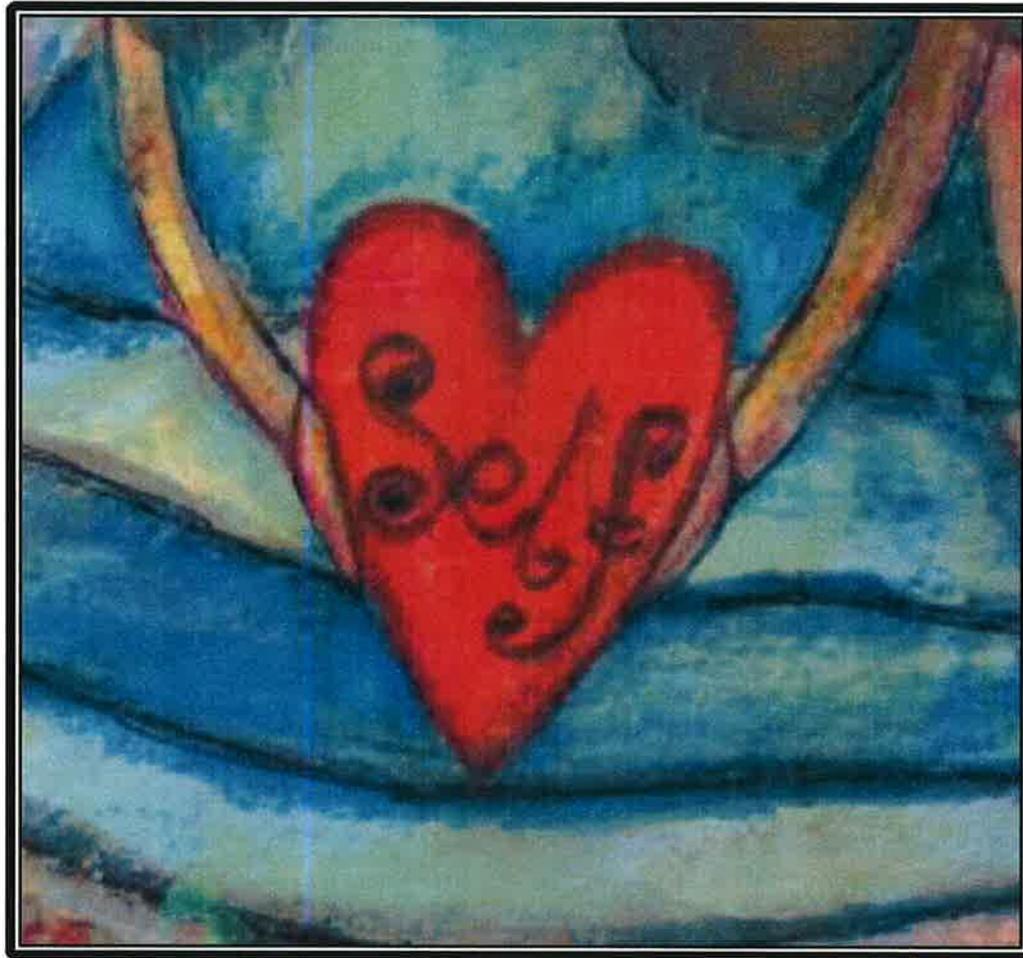


A prolonged stress response

- CORTISOL
- INSULIN
- BLOOD SUGAR
- CHOLESTEROL



The heart of all healthcare



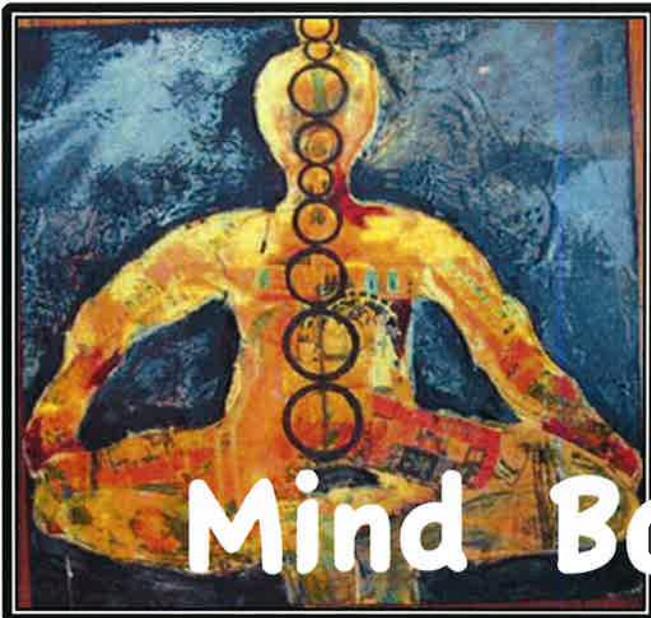
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Self Care

- Self Awareness
- Self Expression
- Relaxation
- Autogenics
- Biofeedback
- Meditation
- Imagery
- Self Hypnosis
- Exercise
- Nutrition
- Prayer
- Fun/Play

Current Medical Model





Mind Body Medicine



Why Now?

20 million clinically depressed



45 million have arthritis



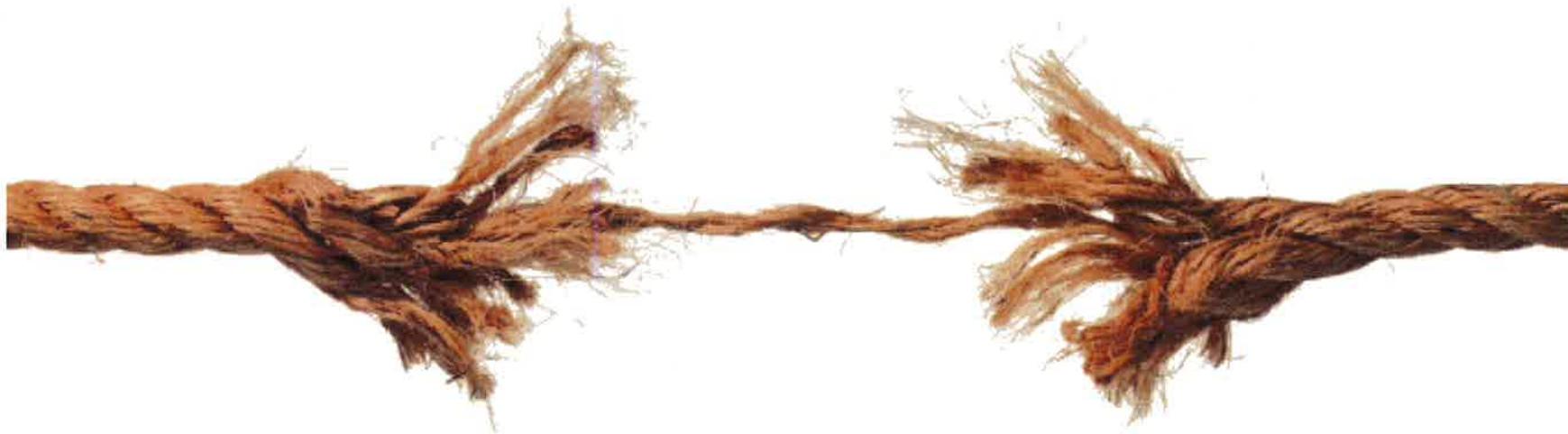
New chronic illnesses



Increase in illnesses-cancer



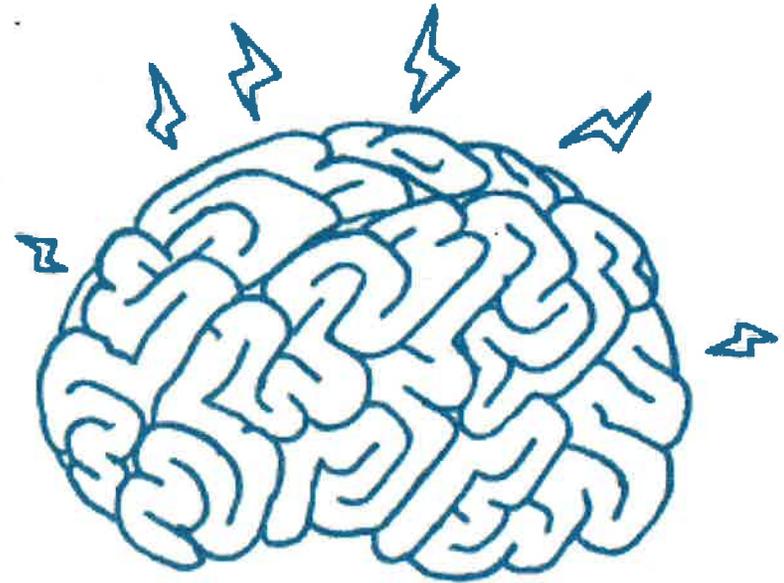
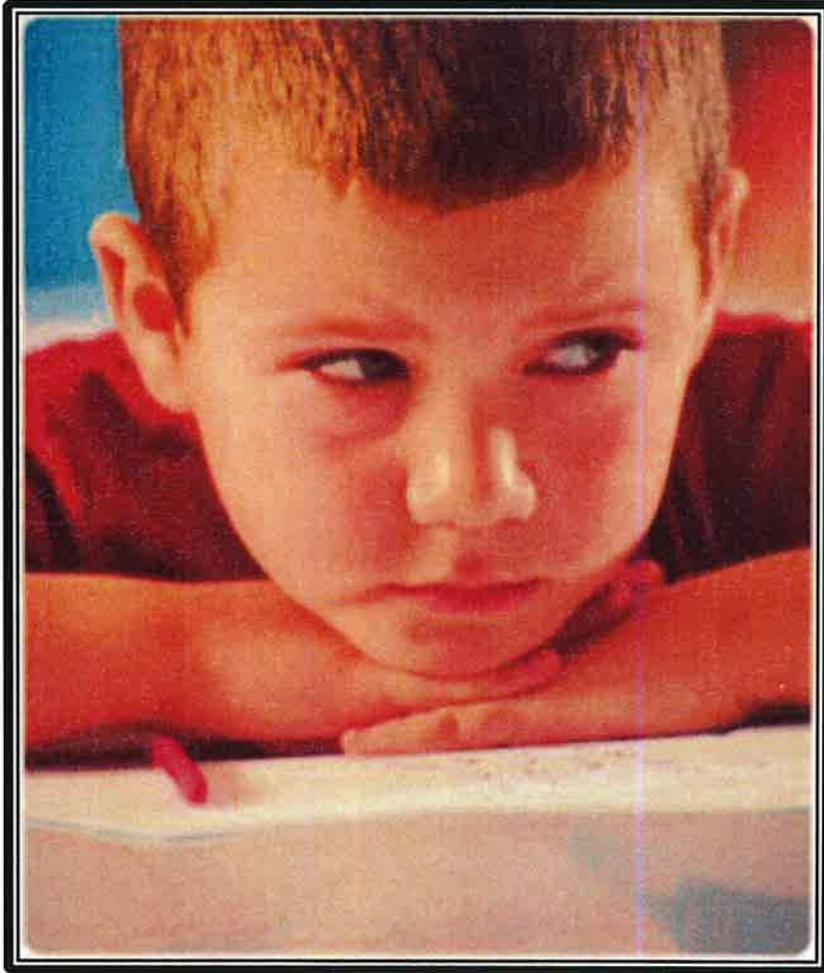
Stress



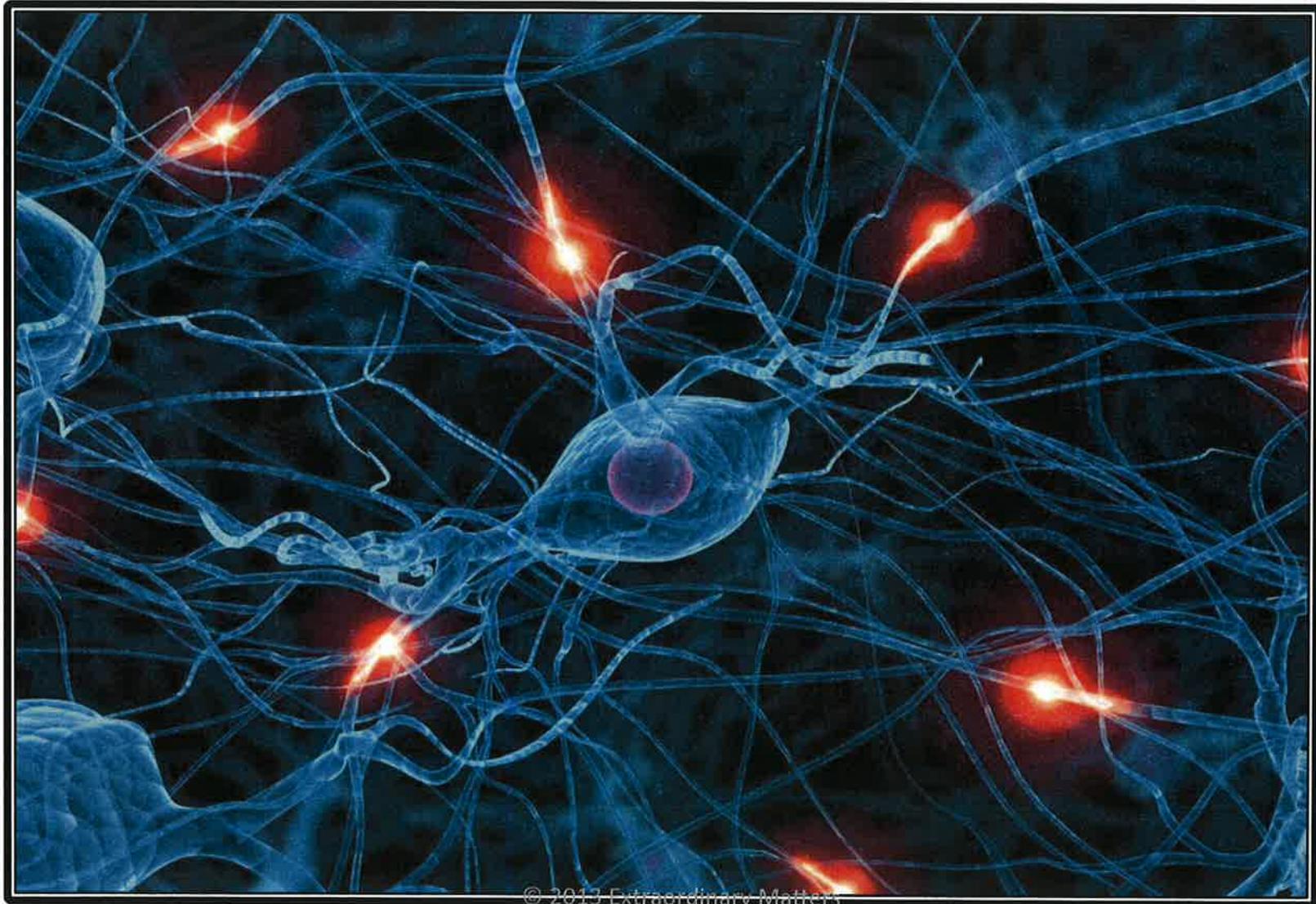
Definition of Stress



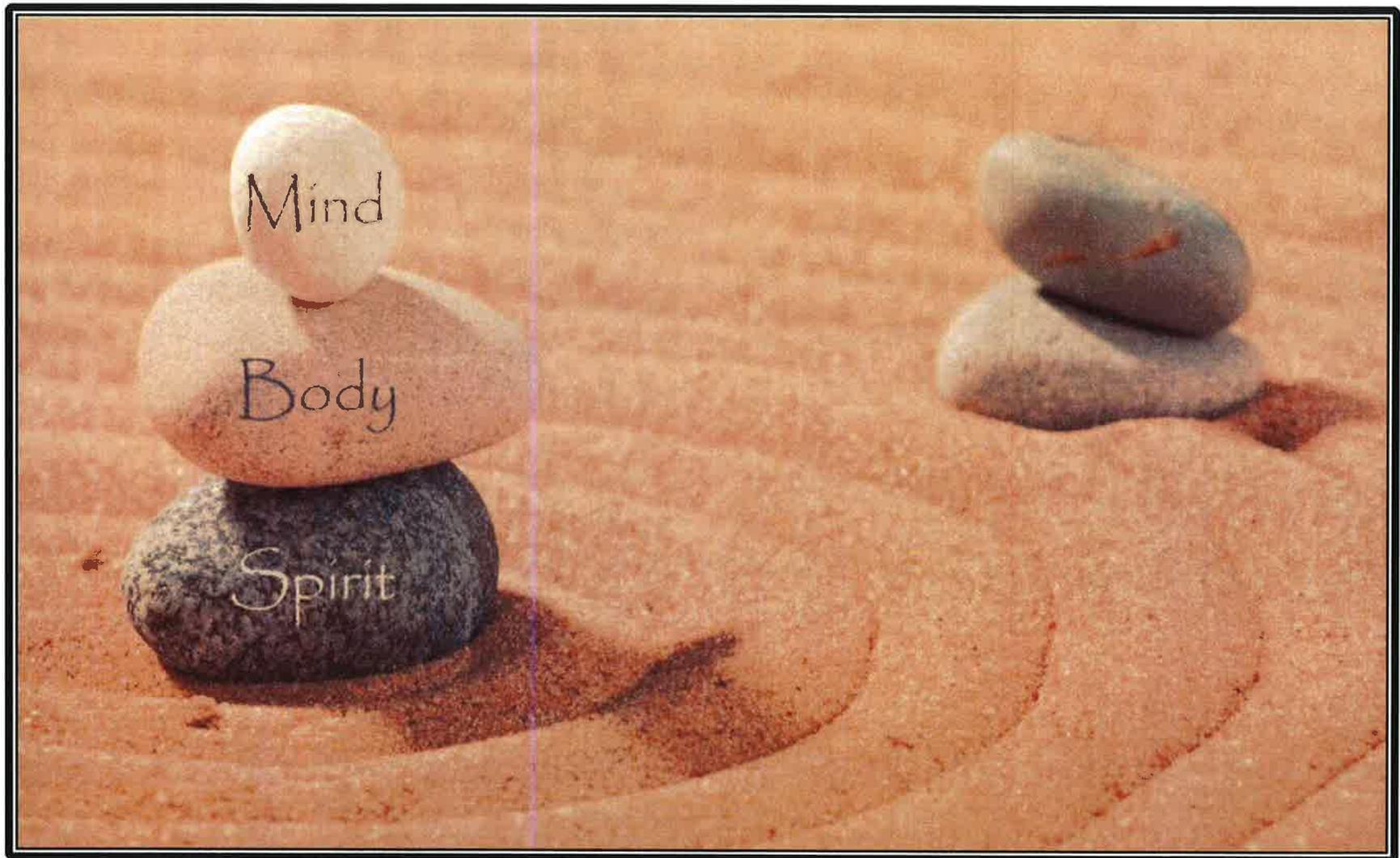
Prolonged stress can change the brain



Neuroplasticity & Neurogenesis



So what is the answer?



CELEBRATE EVERY DAY

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."
-Earl Nightingale

VENTURE
HER
WILDEST DREAM



LIVE LIFE

I love my Savior. I am so happy & grateful for my life and it's lessons. I love and serve my family & others. I am strong & fit & healthy. I have an abundance of Energy & Vitality. My mind is sharp & clear. I am confident & competent in my work. Everything is as it should be. I enjoy wealth & abundance all around me. I enjoy comfort & luxury. I have interesting work that I am passionate about. I make a difference. I enjoy the right and the good & beautiful in my environment & adventure. My life fills & thrills, nurtures & sustains me. I enjoy my surroundings. All is well in my world.
I am at PEACE.
BEST GETTING STARTED

DO THE THING, GET THE POWER!

EXPER Mother of reinvention

faith

Start with a Vision

COME HOME

BE KNOW My Name Love Life I Make a Difference

"If one believes confidently in the unseen, and endeavors to live the Christian life, he will meet with a successful outcome."
-Charles Spurgeon

I can do all things through Christ which strengtheneth me.

Indulge

IS ALWAYS DECEIVED BY CHINE

eye-out-3 send-me

MIND-BODY MEDICINE PROGRAM

Small text in the bottom right corner, possibly a list or notes.

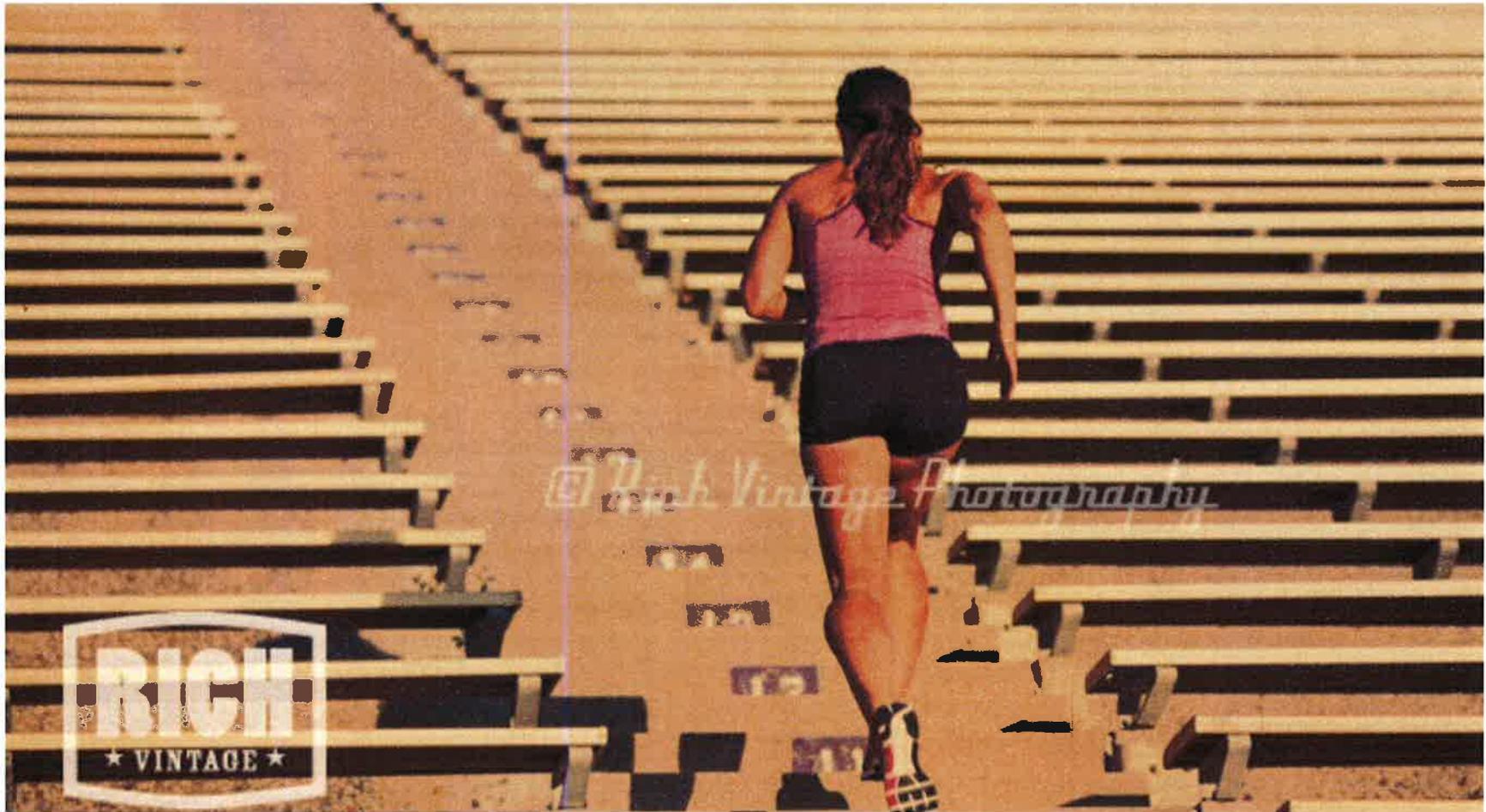
Heal our Gremlins



Eat Mindfully



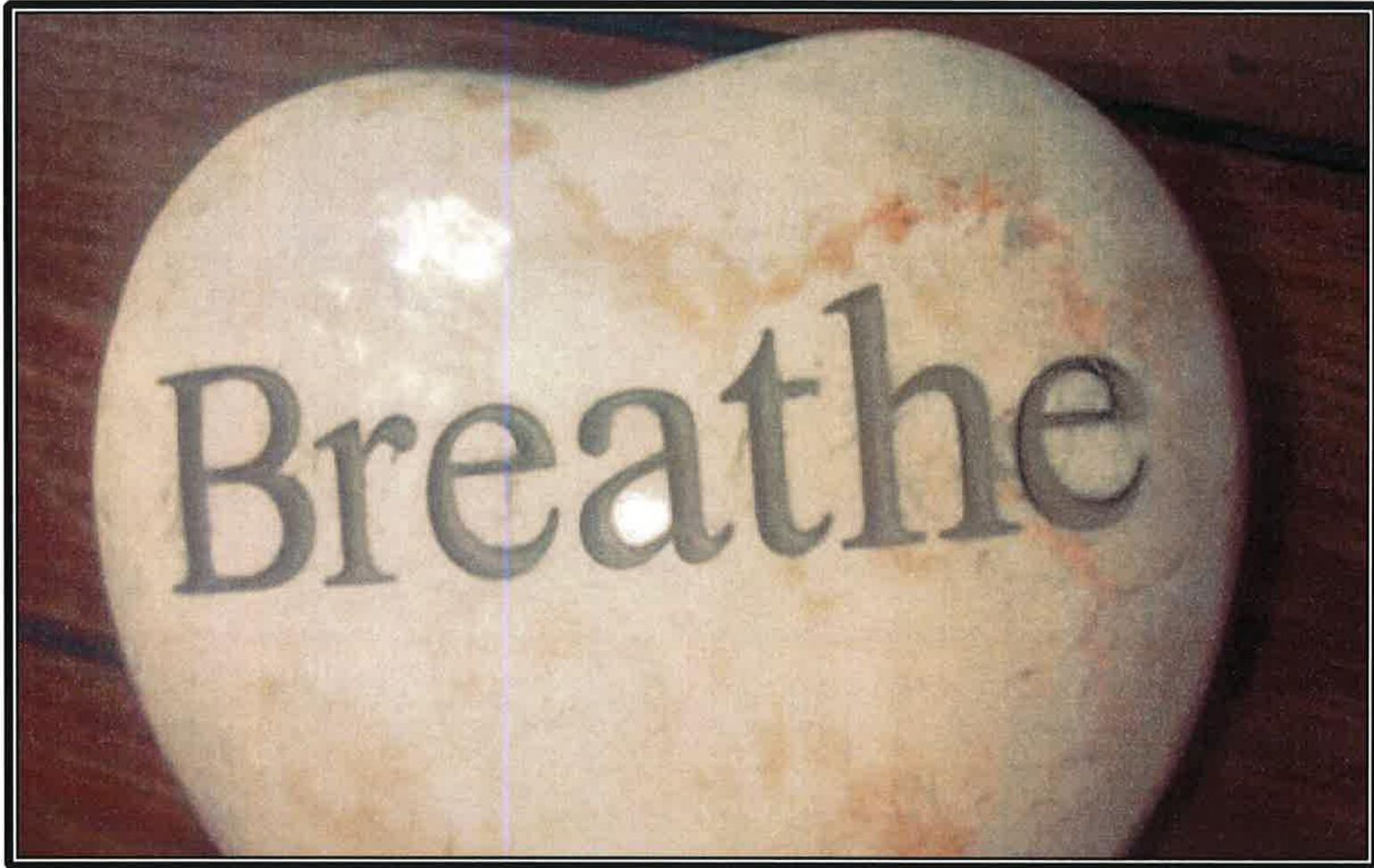
Do the thing..Get the Power



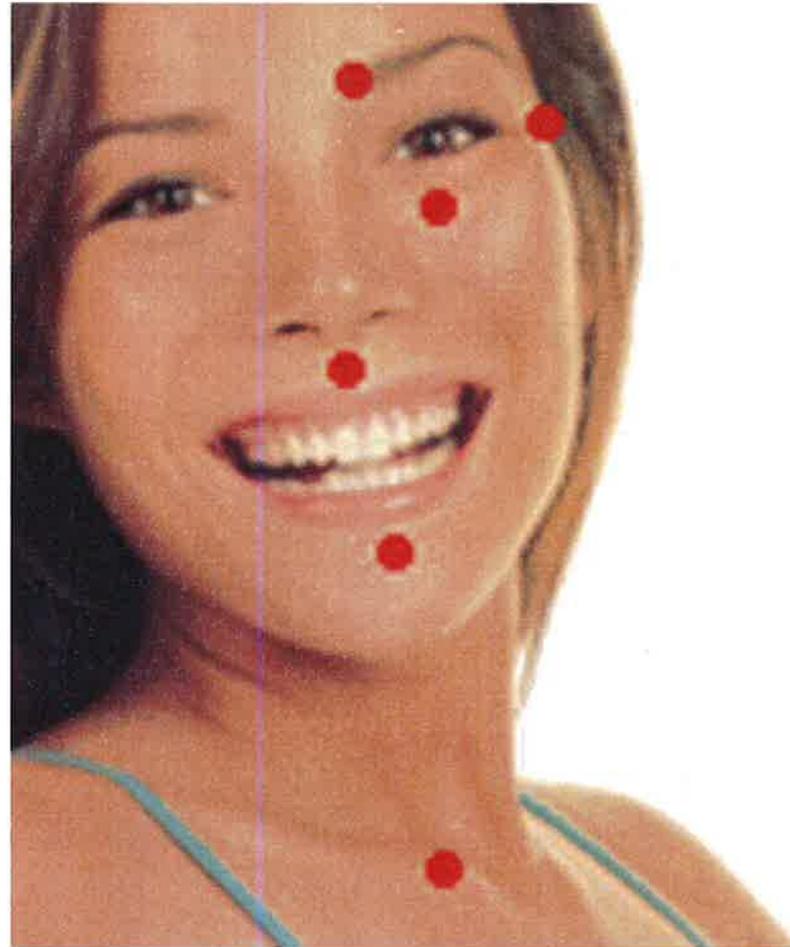
Excuses...Really?



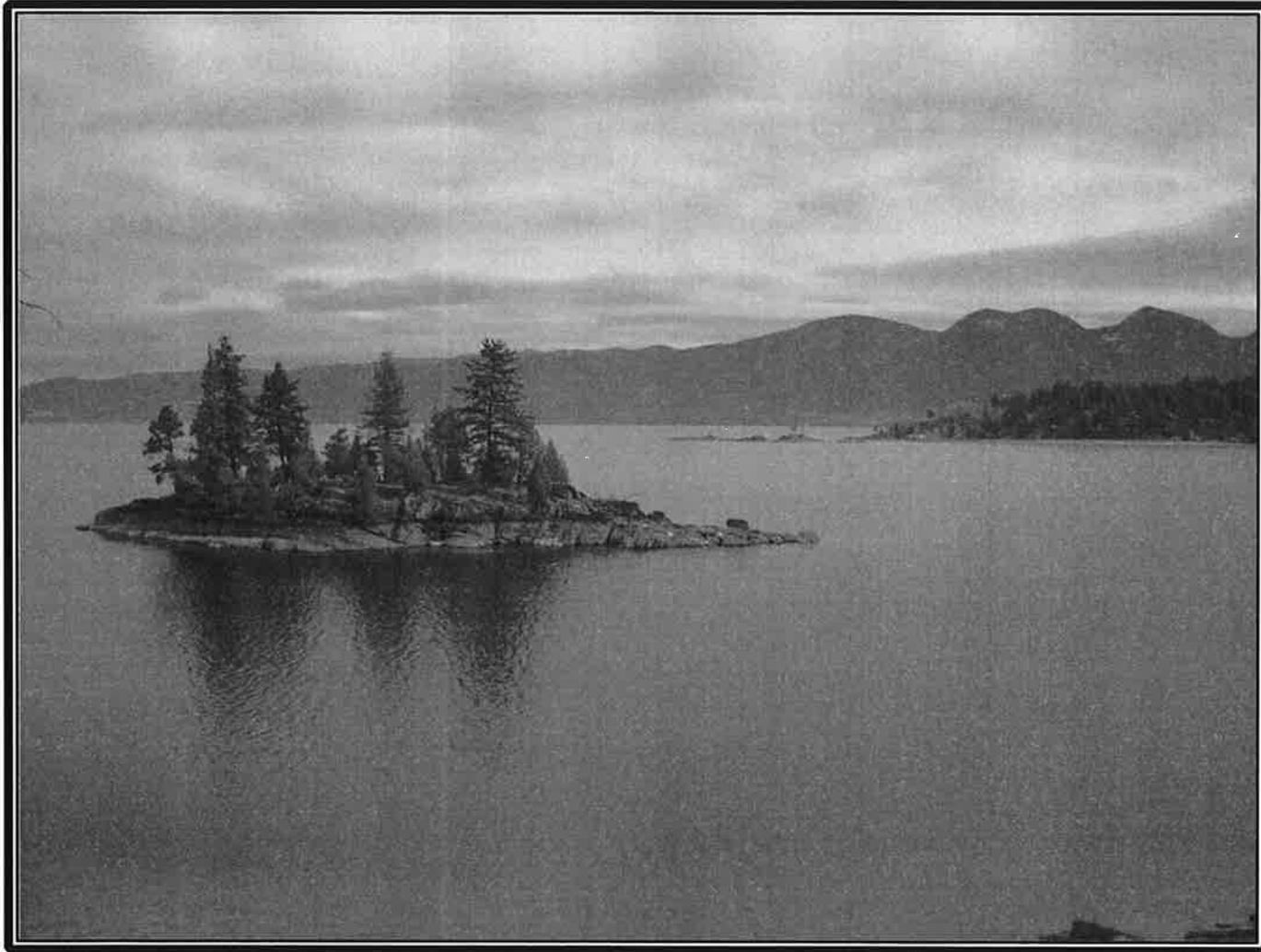
Soft-Belly Breathing



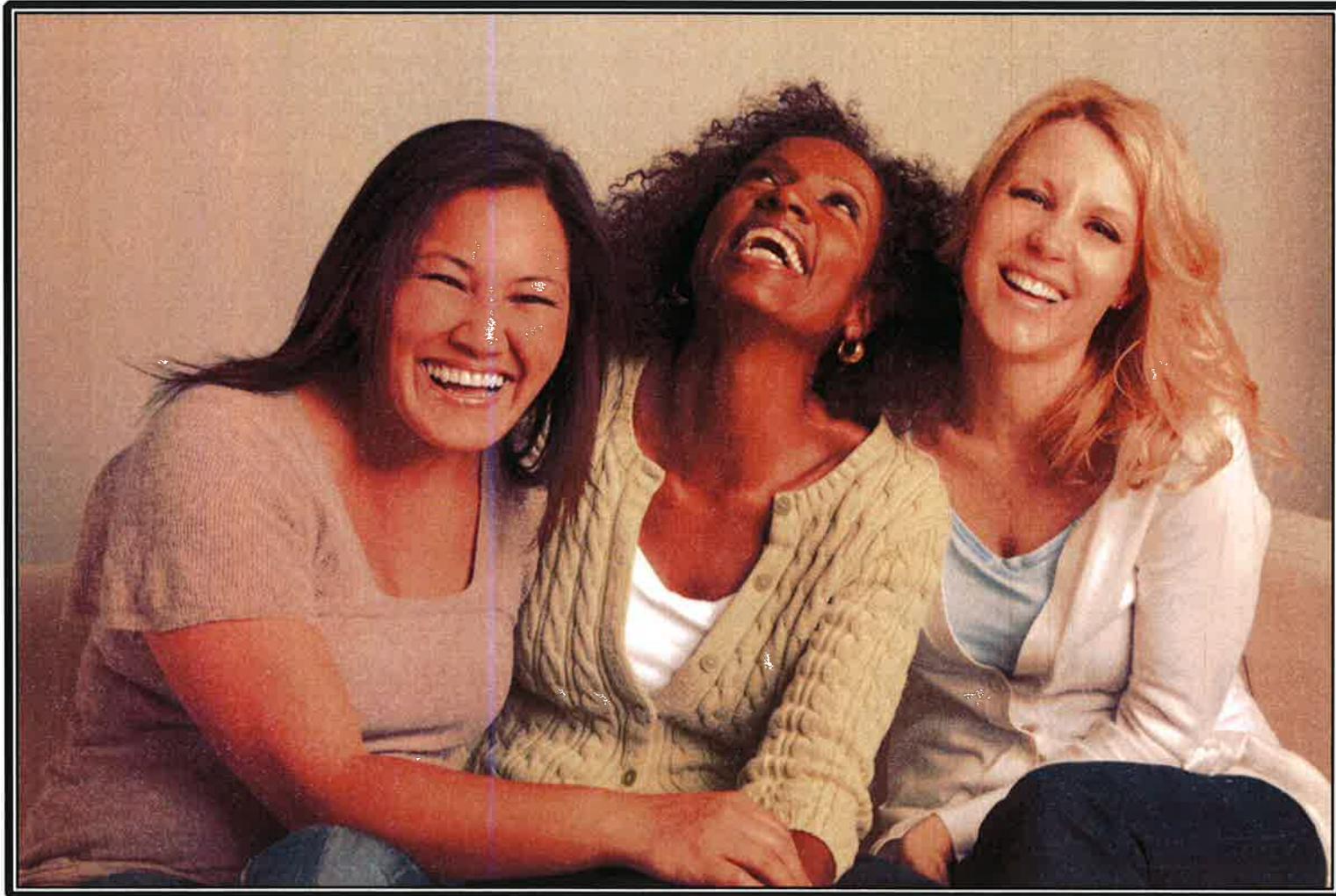
Tapping



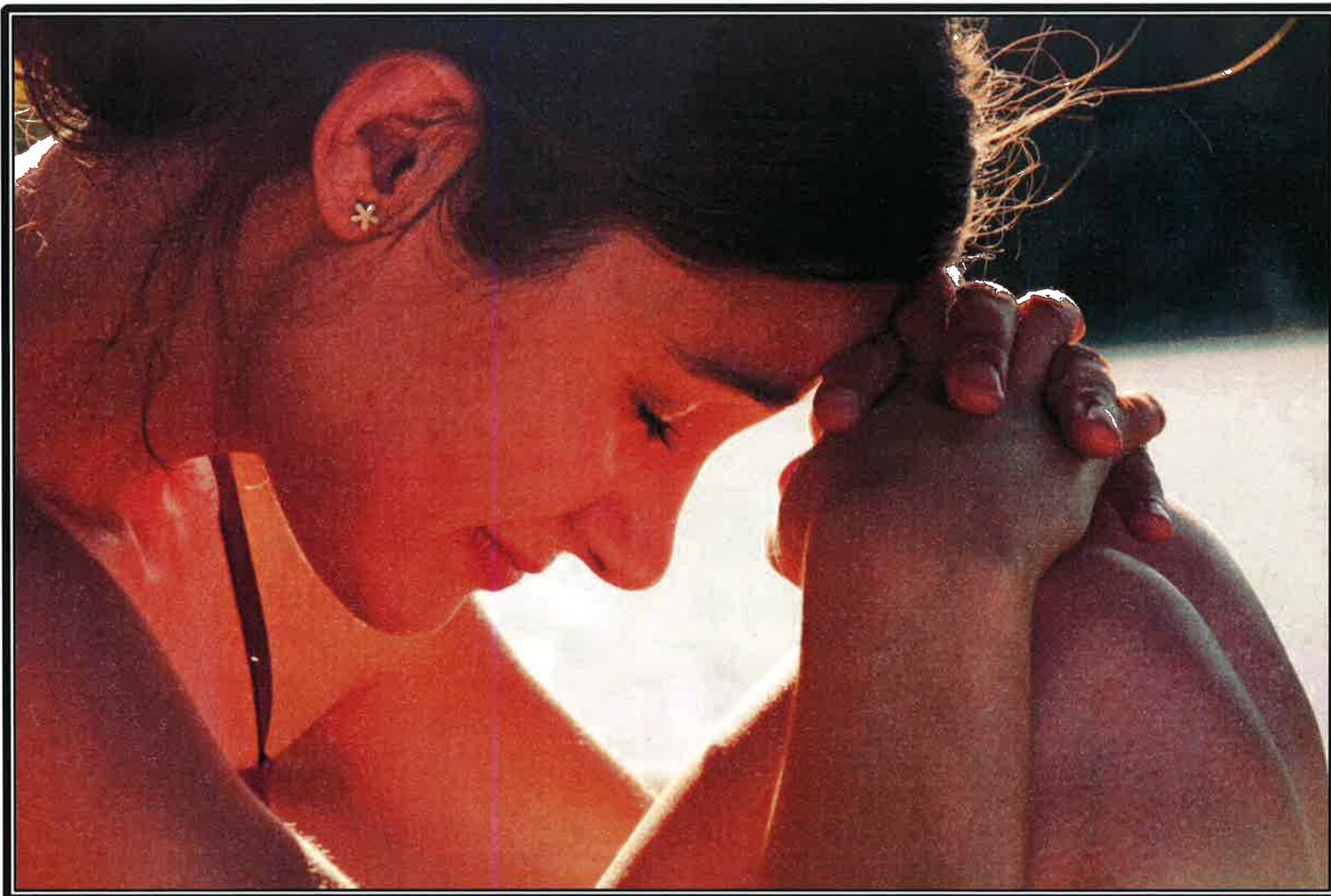
Guided Imagery



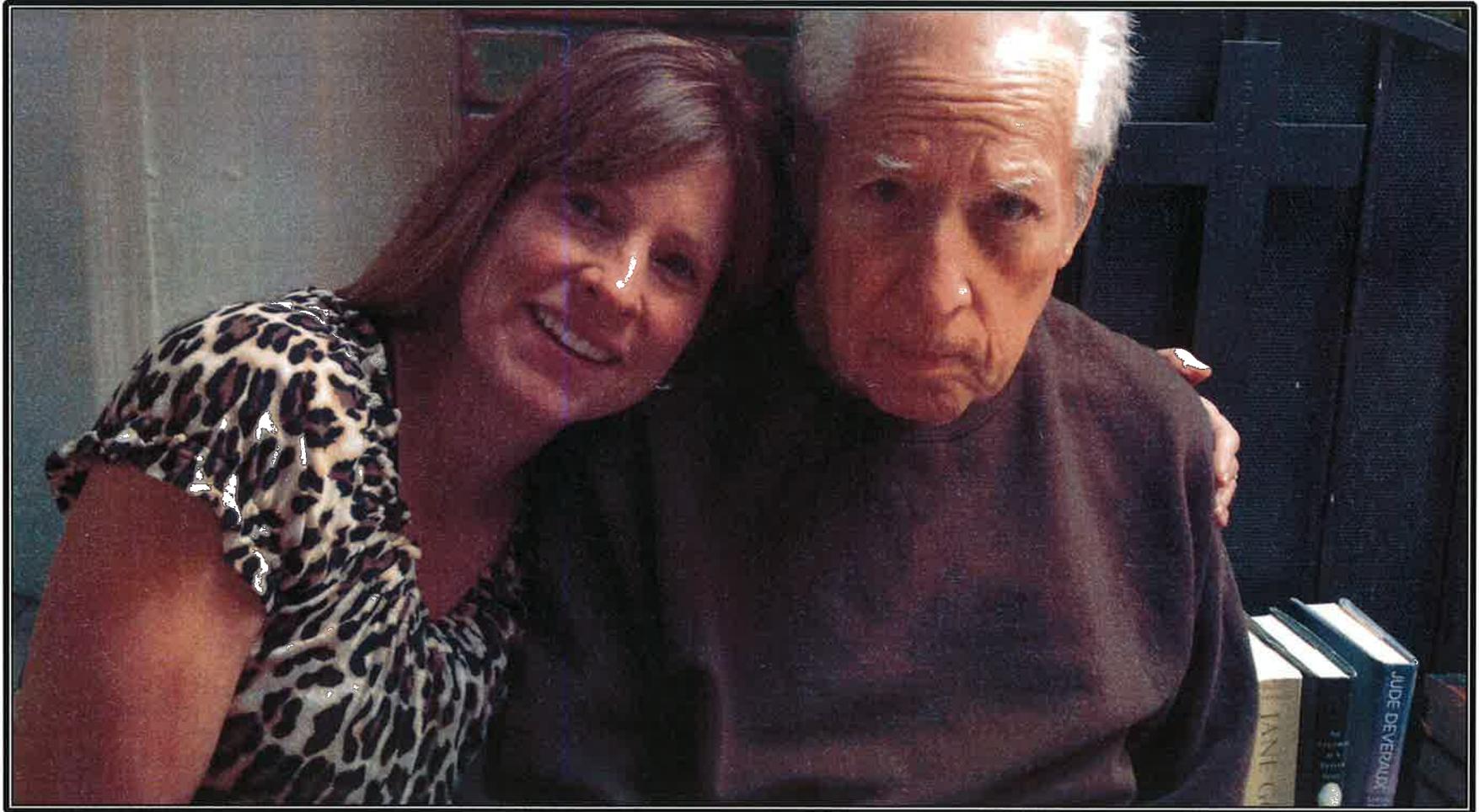
Find a Tribe



Pray



Forgive



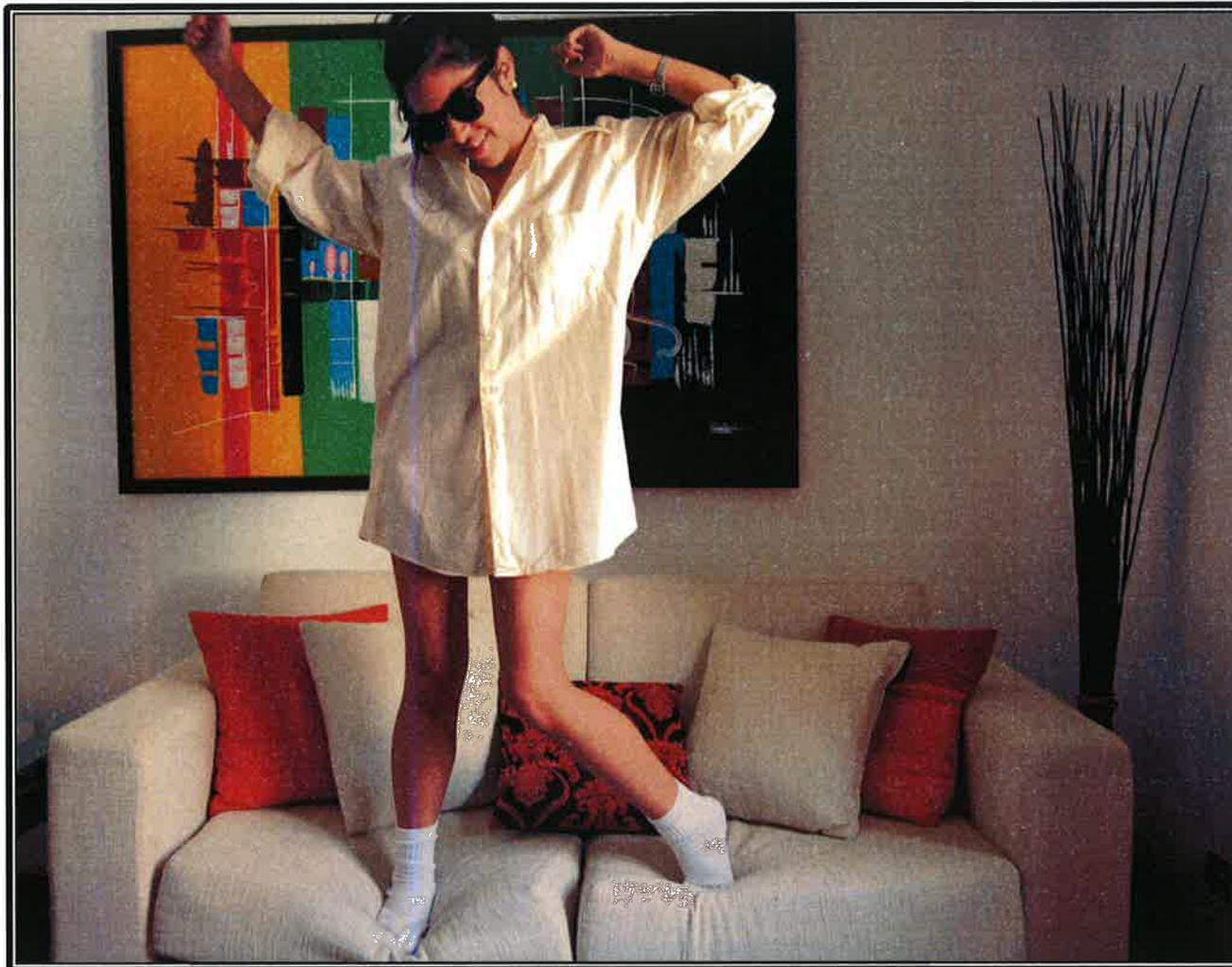
Spiritual and religious practices

- **Individuals with internalized spiritual and religious dimensions score higher on measures of mental health (Moss, 2003, 195).**
- **Those who attend religious services once a week live longer than those who do not compared to similar controls.**
- **High blood pressure and heart disease are less common amongst religiously oriented people. (Koenig, 2001, p.249)**

Shake



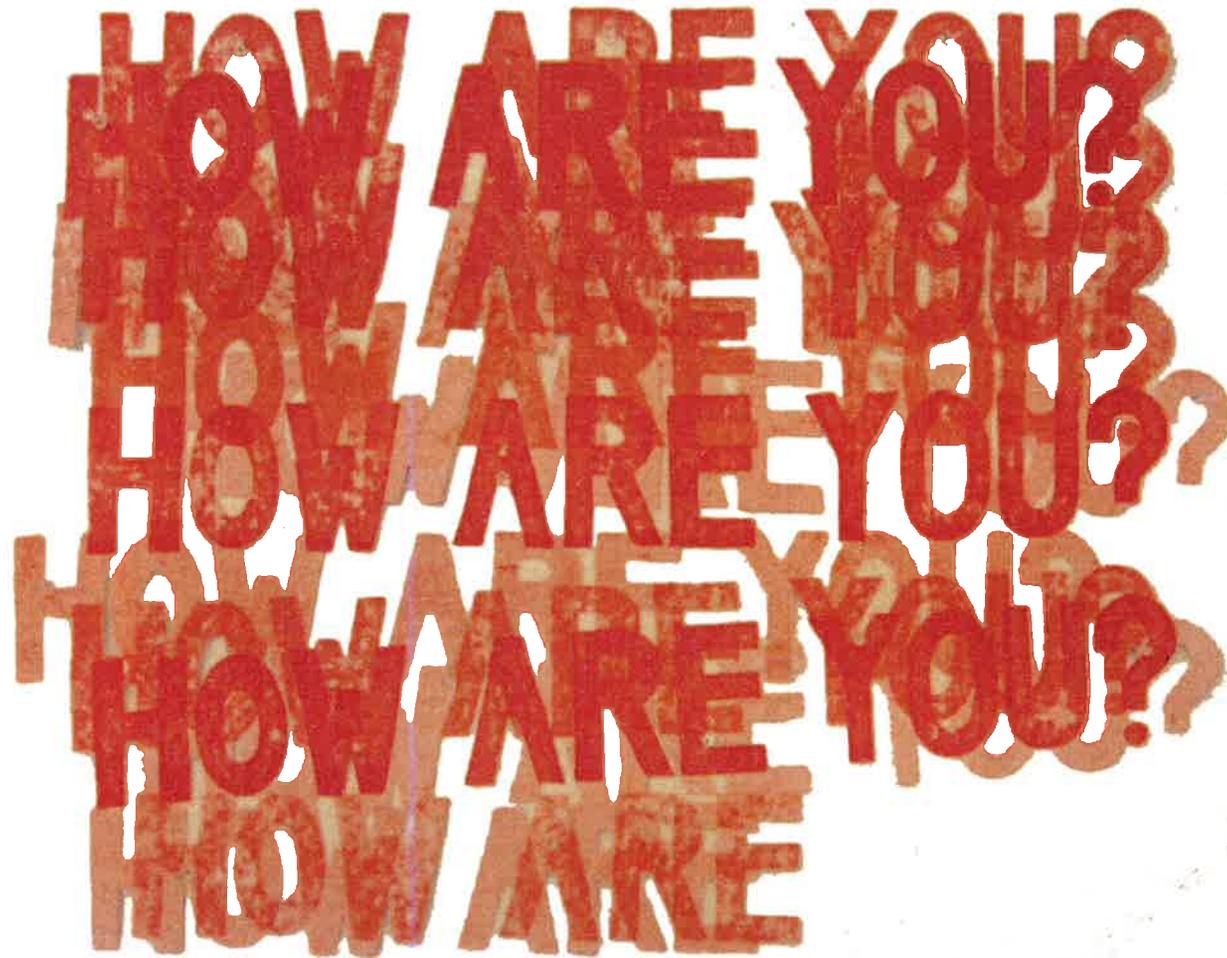
Dance



Have Fun!

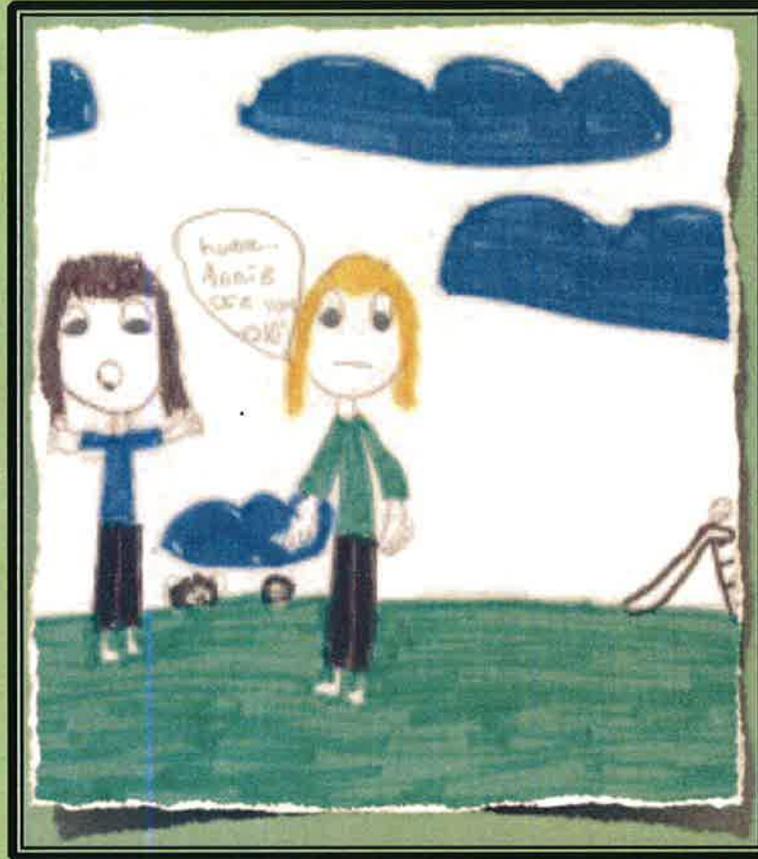


Become Self-Aware



Drawing

Helps us tap into new awareness



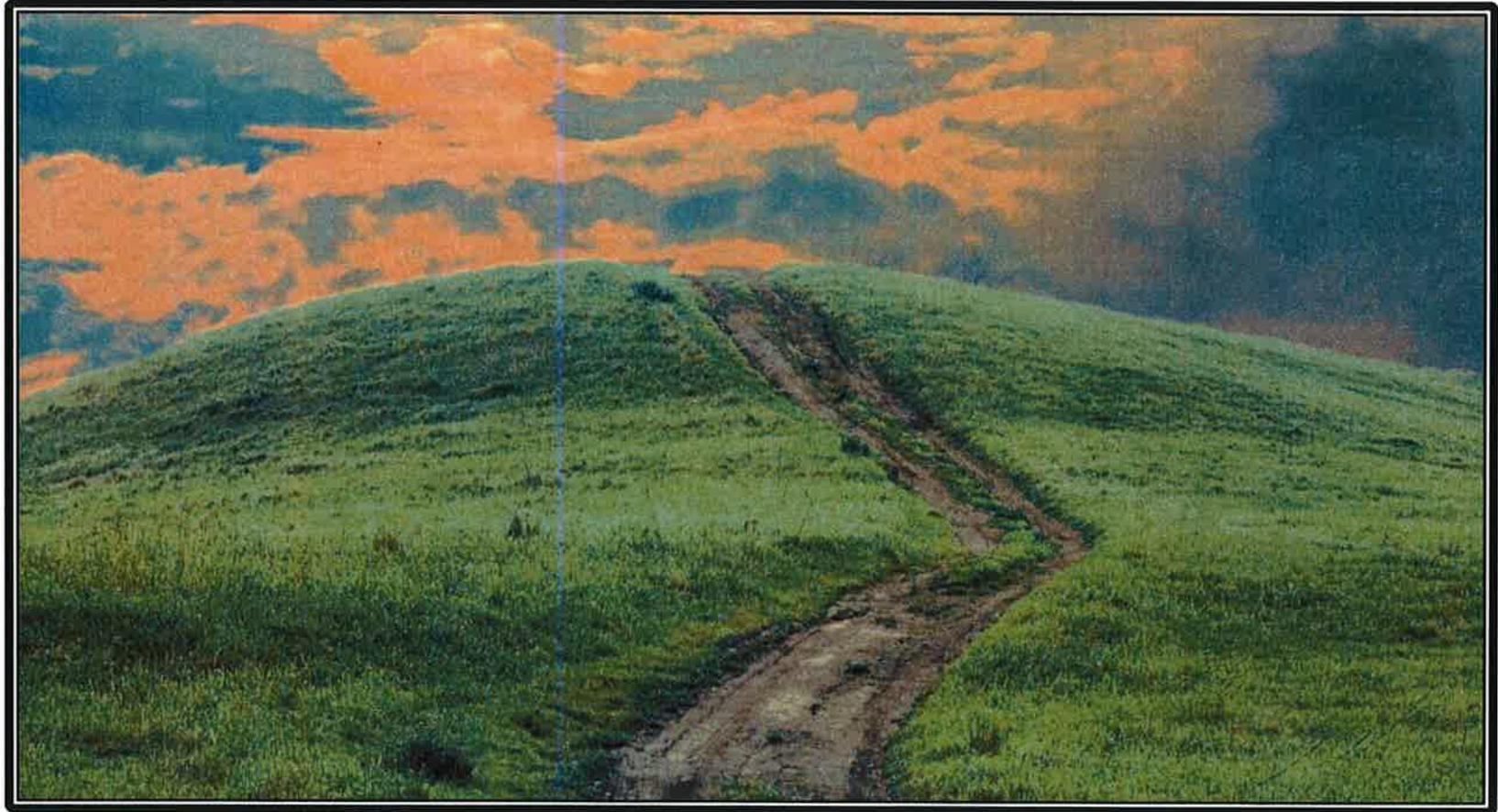
Draw a picture that represents how you feel
NOW

Drawing



Draw a picture that represents how you want to feel

Envision a path



How will you get from where you are now to where
you want to be?

Mind Body Medicine

“For many patient groups, research has shown that relatively brief and inexpensive mind-body interventions can improve the patient’s recovery process, speed healing, shorten inpatients stays, and reduce the cost of treatment ”

(Moss, 2002003, p. 4).

Take Away's

- What have you **learned** from being here?
- What will you do **differently** because of it?
- How will you **share** what you learned with others?

Suggested Reading

Greenspan, M. (2003). *Healing through the dark emotions: The wisdom of grief, fear, and despair*. Boston: Shambala.

Gordon, J. (2008). *Unstuck: Your guide to the seven-stage journey out of depression*. New York: Penguin Press.

Hanh, T. N. (1991). *Peace is every step*. New York: Bantam.

Hartwig, D., Hartwig, M. (2012). *It starts with food: Discover the whole 30 and change your life in unexpected ways*. USA: Victory Belt Publishing.

Kornfield, J. (2002). *The art of forgiveness, lovingkindness, and peace*. New York: Bantam.

Wolff, R. (2010). *The paleo solution: The original human diet*. USA: Victory Belt Publishing.

Allender, D.B. (1990) *The wounded heart: Hope for adult victims of childhood sexual abuse*. NavPress: Colorado Springs, CO.