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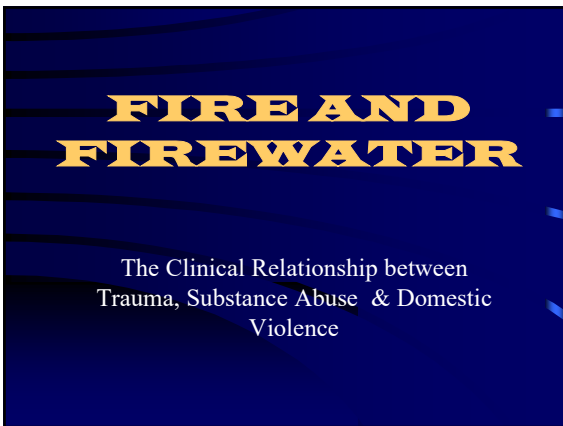
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## LESSONS LEARNED

- MODELING
- MORAL CORRECTION
- LOVE AND PAIN
- SPIRIT (SOUL) WOUND
- INTERNALIZED OPPRESSION

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## NEUROBIOLOGY OF ATTACHMENT

- **Structure** and function of the brain are directly shaped by interpersonal experience.
- **Human** connections create neuronal connections (Siegal, 1999)

*It is these connections and the developing brain that allow for the **regulation of affect**, thus establishing the context for relationships*

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## Attachment Theory

- Secure
- Anxious-avoidant: Dismissing
- Anxious-ambivalent: Preoccupied
- Disorganized: Fearful

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## Attachment Theory: Anger

- Anger
- Despair
- Detachment

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## ATTACHMENT

- Adverse social experience during early critical periods such as neglect, abuse, abandonment, violence and chaotic chemically dependent behavior seriously impair the functioning of the **LIMBIC SYSTEM**

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## PTSD Symptom clusters not present prior to trauma

- Nightmares
- Re experiencing trauma
- Avoidance –numbing (coping)
- Hyper arousal (physiological)
- Self (ego processes) identity
- Interpersonal (affiliation) and attachment

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## Allopathic Mental Health System

- Left Brain dominated
- Logical approaches
- Cognitive behavioral
- Medication driven

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## Post Traumatic Stress Disorder

- Cognitive behavioral approaches
- Prolonged Exposure therapy
- Virtual Realty research (Navy)
- EMDR- eye movement desensitization and reprocessing

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## IMPAIRED LIMBIC SYSTEM

- HYPOTHALAMIC PITUITARY-ADRENAL AXIS.
- EXCESSIVE HPA IS MALAPTIVE.
- STRESS RESULTS IN THE RELEASE OF CORTICOTROPHIN RELEASING HORMONE.
- EXTENDED EXPOSURE TO CORTISOL IS TOXIC AND THE ADRENAL SWITCH CANNOT BE TURNED OFF.

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## IMPAIRED LIMBIC SYSTEM

- MELONCHOLIC DEPRESSION
- VICTIM/PERPETRATOR OF VIOLENCE
- OBSESSIVE-COMPULSIVE DX
- PANIC ANXIETY
- CHRONIC ALCOHOLISM
- CHRONIC SUBSTANCE ABUSE
- PTSD

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## Assessment of Lethality

- History of Violence: frequency and severity increased over time.
- Rule out Mental Illness and Organic Conditions.
- Substance Abuse.
- Criminal Justice Involvement.
- Weapons & Threats of Weapons.
- Relationship is ending.

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Images  
Into  
Human  
Behavior

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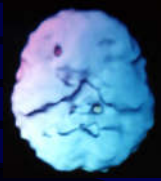
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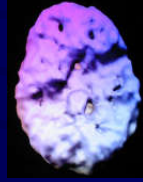
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Image of Violence



Normal



Underlie surface view

Arachnoid cyst occupying the space of the left temporal lobe in a violent 9 year old boy

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IMAGES OF ALCOHOL AND DRUG ABUSE

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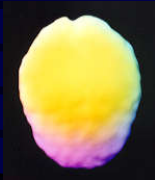
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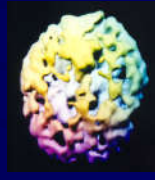
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Heroin & Methadone



Normal view



39 y/o - 25 yr hx of frequent heroin use

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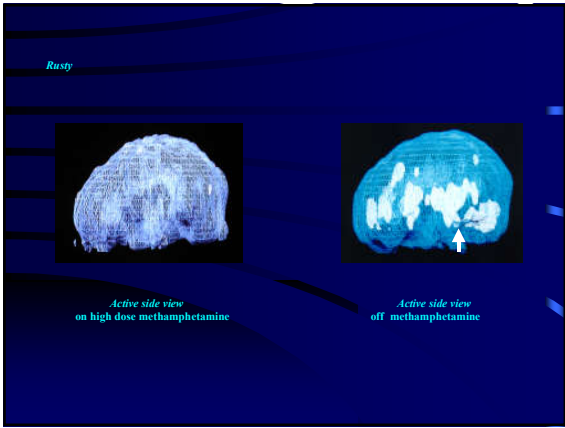
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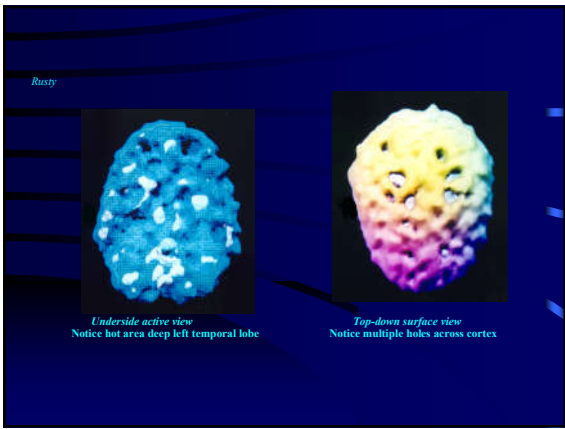
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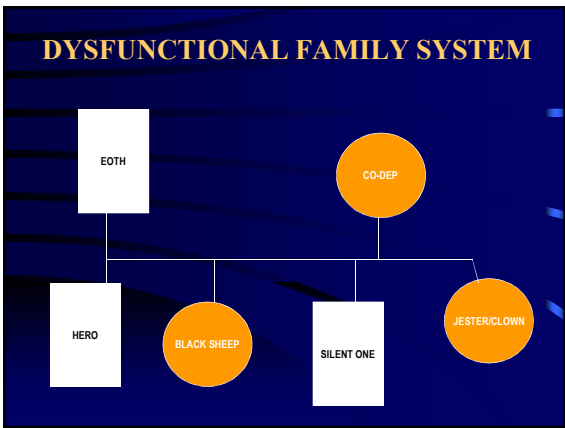
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## STAGES OF CHANGE

- Precontemplation-Denial.
- Contemplation-Exploration Preparation.
- Prevent Tarzan-Swing Action.
- Maintenance-Relapse Prevention.
- Balance, Rhythm & Harmony.

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## TREATMENT CONSIDERATIONS

- Solid Clinical Assessment.
- Rule Out Lethal Situations.
- Assess Level of Substance Abuse expect Sobriety.
- Assess Neurochemical Impairment.
- Motivational Enhancement Initially.
- Deep Psychotherapeutic Episode to deal with “Living Clean, Sober & Violence Free”

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### Hope for Healing

Alcohol,

Cocaine & Meth

On and Off Drugs

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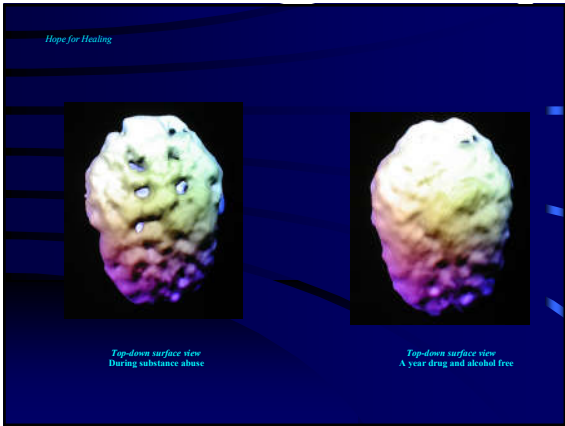
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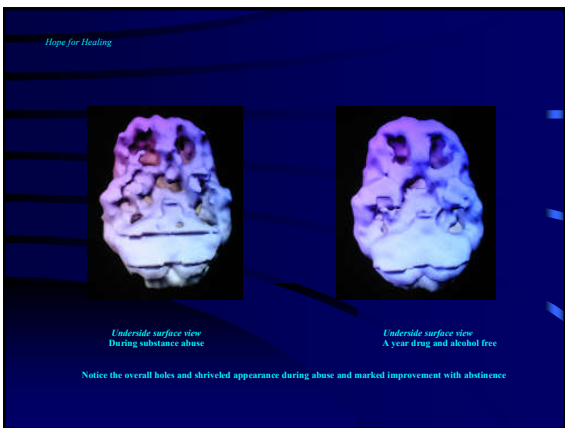
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- ### Traditional Medicinal Approaches
- Butterfly Medicine
  - Limpia
  - Soul retrieval
  - Temescal/sweat lodge
  - Avuncular acupuncture
  - Meditation
  - Ohms: deep breathing
  - Yoga
  - In conjunction with western methodologies:
  - Cognitive behavioral psycho-ed
  - EMDR

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*Joven Noble Training*



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## Regalos

- *Regalos* can be described in terms of academic, business, and personal success.
- Many members of the group had experience substantial personal status within their field of expertise.
- Having overcome the detriments of poverty and external oppression.
- The most impressive gain was gathering to support each other in our pursuit of personal growth and integrity, in the similar vein that may be the reason we are here.

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## Dialogue

- Our dialogue would focus on *Mexica* traditions and concepts:
  - Internalized oppression and anger
  - *El Coyote* and *coyotasos*
  - The spirit of the warrior
  - *La Cultura Cura*
  - *Cara* and *Corazon*
  - Integration
- *Dignidad*
- *Ceremonia*
- *Introspeccion*
- *Respeto*
- *Responsabilidad*
- *En-Lak Ech-tu ees Mi otro yo*
- *Carnalismo*

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## Talking Circle

- *Ceremonia*
  - *El Altar*
  - Prayer to the four directions
    - *El Norte*, the direction of our ancestors
    - *El Sur*, the direction of the child
    - *El Oriente*, the direction of mother earth, *la mujer*
    - *El Este*, the direction of *el guerrero*
- Process:**
- *Respeto*-no cross talking, no interruptions, no impositions of values or judgments.
  - Freedom to speak of one's *cargas* and *regalos*.
  - Empathic listening.
  - Feedback, *cariño*.
  - Closing prayer and sharing.
  - *El abrazo*

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### Guiding Principle: El Hombre Noble

- *Occepa iuhcan yez, occepa iuh tlamaniz, iiquin, in canin*  
Once again it shall be, once again it shall exist, sometime  
what existed long ago...will exist again.
- *El Hombre Noble Cumple con su Palabra*  
Is a man of his word.
- *Debe de tener un sentido de responsabilidad pra su propio bienestar y para otros en su circulo*  
Should have a sense of responsibility for his own well being and that of others in his circle.
- *Rechaza cualquier forma de abuso...fisico, emotional, mental o espiritual a si mismo y a otras personas*  
Rejects any form of abuse...physical, emotional, mental or spiritual, to himself and others.

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### Hombre Noble

- *Debe de tener tiempo para reflexionar, rezar e incluir la ceremonia en su vida*  
Should take time to reflect, pray, and include ceremony in his life.
- *Debe ser sensible y comprensivo*  
Should be sensitive and understanding.
- *Debe ser como un espejo, reflejando apoyo y claridad de uno a otros*  
Should be like a mirror, reflecting support and clarity to one another.
- *Vive estos valores honradamente y con amor*  
Lives these values honestly, and with love.

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Finding your voice and Bearing witness to Healing:  
Butterfly Medicine

- Healing the individual and community from trauma. A psychological and social justice perspective the individual and community from trauma. A psychological and social justice perspective.

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