

# **Prin***senstichting*



GENTLE  
TEACHING  
INTERNATIONAL



Bilal Lezeare  
Simone Schipper  
GTI2018



Anxious

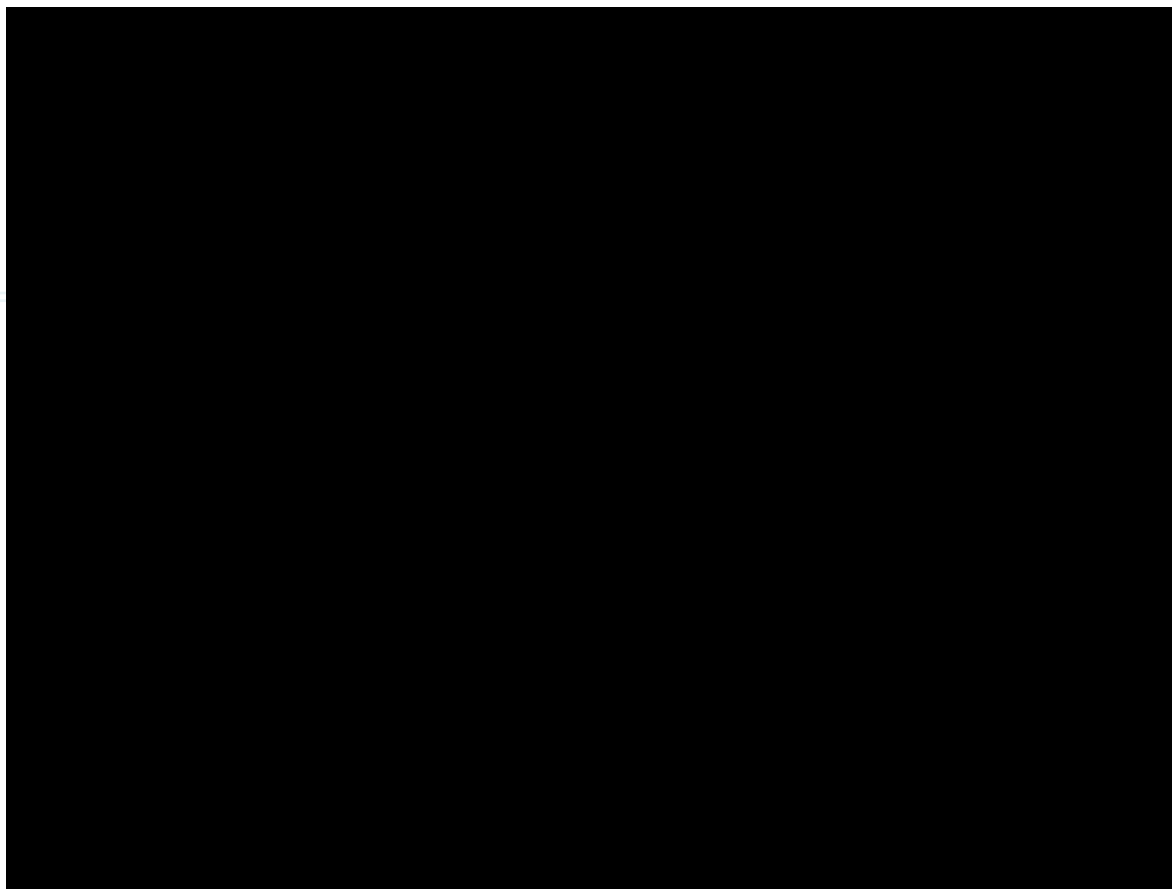
A battle in and for the brain

Trauma therapy within a Gentle Teaching framework



John Mayer

In The Blood



# Fear and Memories

Memories of  
the blood ?  
the soul ?  
the brain ?



# Bilal: Fear, anger and memories



# Bilal: always in the blood?



- abusive father, abusive aunts
- emigration
- black sheep
- dropping out, behavioral problems and drug abuse
- mild intellectual disability, PTSD, personality disorder
- convicted for domestic violence 5 times
- how much of my father am I destined to become.....



# Bilal: always in the soul?



- moral memories: I am a monster, I am no good
- not feeling safe, loved, loving and engaged
- people are out to get me
- people will deceive me

# My challenge as Gentle Teacher



- create new moral memories
- memory over a memory
- a memory of what life is all about:  
companionship, community, feeling safe and loved, loving others, becoming an active participant in life



# How?



- creating a safe environment where learning can take place
- show ongoing acceptance and appreciation
- being allowed to make choices and mistakes
- develop skills

# How?

- drug-prevention-training
- aggression regulation therapy
- working towards a house and a job
- building safe and loving relationships
  - girlfriend, parents, brothers / sisters

# Using the tools of GT



- soft tone
- lifting up
- no yelling, no talking down (are you disappointed, are you mad at me)
- start and end together
- drink coffee
- have fun
- touch carefully
- sit close
- warm gaze

# when the brain prevents the soul from healing.....



- battle between moral, cognitive and emotional memories
- creation of new memories seems almost impossible
- old and terrifying memories keep feeding anxiety and prevent building safe and loving relationships.
- trauma, personality disorders

# Always in the brain?



# Trauma and the brain



- brain activation in trauma ( “almost car accident”)
- memory storage fragmented and state-dependent
- terror generalizes to environmental elements (even neutral ones)
- triggers then initiate similar trauma reactions

# Trauma and the brain



- PTSD: persistent re-experiencing, arousal, and **avoidance**
- Normal brain processing is not completed, **reprocessing** is needed
- It is not **in the past**, and you can't **just get over it!!!**



# EMDR



# Bilal: always in the brain?

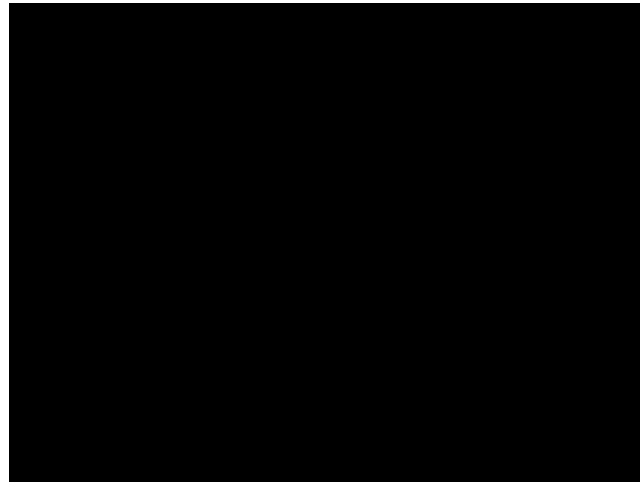


- EMDR to treat PTSD
- being abused, 5 sessions
- being the abuser, 2 sessions
- use of lightbar
  
- videofragment (hay fever)

# Bilal & EMDR



# Bilal: learning of the brain and soul



# Bilal learning of brain and soul



- enhancement of frustration tolerance (less aggression)
- diminished dis-trust
- improved positive interactions with family and girl friend
- hope for better; I don't have to...
- job

# EMDR in a GT framework



- fear gets in the way learning, shuts down the brain
- so we have to diminish fear, provoke peace
- EMDR takes away the trauma related fear

# EMDR in a GT framework



- with the anxiety down the brain is open for learning
- so we reach for the soul, with empathy, respect, curiosity and attunement
- to teach new memories



# Anxious



- **A battle in and for the brain:**
  - just as the brain can learn to be anxious, it can also learn to be not that way
- **A battle in and for the soul:**
  - just as our soul can learn to be fearful, it can learn to be not that way

# New Rules!!!!!!

