

Working with Defenses in Action using The Therapeutic Spiral Model™

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Therapeutic Spiral International, LLC, USA in partnership with
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The Therapeutic Spiral Model™ Healing The Trauma Wounds Etched on the Brain

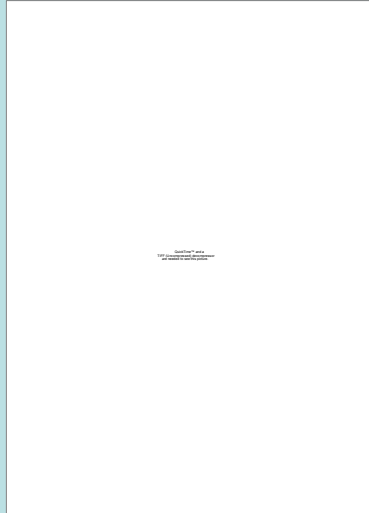
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This Presentation

- Describes Post-traumatic Stress Disorder
 - DSM-IV and Neurobiology
- Overview of the Therapeutic Spiral Model™ to Treat PTSD
 - Theory and Research
- Teaches List of Defenses following Trauma
- Demonstrates the TSM Intervention the Manager of Defenses

PTSD is a *normal* response
to overwhelming stress

Symptoms of PTSD: The Body Remembers



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Hyper-vigilance and heightened arousal

Body Memories

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Multi-Sensory Flashbacks

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Sleep disturbances and nightmares

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Dissociation: Leaving Your Body

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Dissociation is the Defense Most Often used with Severe Trauma

Dissociation

- Survival Skill at the time of trauma---leave your body so you would experience psychoogical or physical death
- Unfortunately it becomes a habit
- Generalizes to everyday life so it is used even when no longer needed in response to minor stresses
- Takes you out of here and now so you cannot see accurately in your daily world

Extreme cycles of emotion and numbness

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Causes of PTSD:

Overwhelming real life events that
are held in the Body and produce
changes in the Brain

Denial of Emotions

- True denial as a defense---do not even KNOW you experience a feeling such as terror, rage, grief and despair
- Prevents you from also experiencing the positive emotions of connections to others, love and full joy of living
- Cannot change what you don't know so much move denial aside to find true feelings.

The symptoms of PTSD are the same in all cultures

It is the *interpretation* of them that is different

“Experiencing trauma is a natural part of being human.” --*Bessel van der Kolk, 1996*

The Therapeutic Spiral Model™

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The Therapeutic Spiral Model™

- Integrated model of experiential psychotherapy to treat PTSD--draws on the best standards of psychological practice in Western medicine on trauma and PTSD
 - Neurobiology of trauma
 - Psychodynamic theory of child development
 - Attachment and Object relations theory
 - Cognitive behavioral theory
 - Family therapy
- Integrates clinically modified psychodrama, gestalt therapy, Focusing, and drama therapy
- Influenced by Eastern medicine theories and practices by 8 years in Asia
- Focuses on Body, Mind, Heart & Spirit

The Therapeutic Spiral Model™

- Well-developed International Certification Training Program to Treat PTSD since 1992
- Supported by research using standard psychological tests
- 1st Clinical Action Trauma Team In Asia in 2005
- 2007 Action Solutions™ to train enterprises VIPS, entrepreneurs, managers and employees to increase self-esteem and productivity and to deal with unexpected crises such as current economic changes.

Unique TSM Structures

- Six Safety Structures-
 - observation, restoration and containment
- Prescriptive Roles--Scene 1 in all TSM dramas for safety
- OE--Observing Ego Role
- TSM Interventions for Containment
 - Containing Double
 - Manager of Defenses
 - Body Double
- Trauma Roles---Scene 2 in TSM
- Transformative Roles--Scene 3 in TSM

The Six Safety Structures (Cox, 2001)

Observing Ego

Use of Inspirational cards with symbols and words on on 4X2 cards. Anchors in the cognitive processing role of the Observing Ego

Circle of Safety

Use of brightly coloured scarves
Physical Connection with others
Body-based experience of strengths
Visual Containment
Sharing of Cultural Strengths

Spectragrams

Measuring the Group Themes

Hands-on Shoulder

Showing Connections Real and Projected

Circle Similarities

Showing group connection in a circle

Art Project--visual and sensory connection to unconscious

Working with Defenses

Survival Defenses with PTSD

- Survival at time of trauma
- Protected against psychological death
- Chemicals in brain structure
- Continue to protect against unprocessed trauma material in right brain and intense emotion in present
- Integrated into personality structure
- Automatic, rigid and unconscious
- Results in interpersonal problems and isolation

Survival Defenses Following Trauma

- Denial
- Dissociation
- Multiple States of Consciousness
- Projective Identification
- Identification with the Aggressor
- Acting Out
- Regression
- Projection
- Refusal
- Reaction Formation
- Isolation of Affect
- Undoing
- Repression

Middle Stage Defenses

- Suppression
- Obsessions
- Compulsions
- Addictions

Higher Level Defenses

Sublimation
Intellectualization
Rationalizing
Minimizing
Bargaining/Justifying
Blaming/judgementalism
Externalization
Complying
Withdrawal
Humor

Healthy Coping Skills

- Identify defenses and if they are needed in the present
- Ask for help reach out to others
- Developing your own positive strengths to face the trauma
- Self-acceptance and self-love
- Interpersonal connections
- Trust in a transpersonal strengths

TSM Manager of Defenses

- One of eight Prescriptive Roles in TSM
- Provides containment of defenses for trauma repair
- Increases intrapsychic awareness to identify defenses
- Accurate labeling of behavior
- No shame/no blame
- Concretizes defenses in action
- Teaches new coping skills

Five Simple Steps

- Identify defenses mechanisms in words
- Choose someone to play the defense or use an object or empty chair
- Prescribe the Manager of Defenses
- Dialogue between holder and manager of defenses
- New Healthy Coping Roles are created
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Physical Manager of Defenses

- TAE or other group member holds and comforts the defense as new behaviors replace them to deal with trauma
- Use a bag of scarves to collect defenses from group
- Use a box to identify, ball up and contain defenses in room

Musical Manager of Defenses The “Doodah Song

Choice of New Healthy Roles

Certification in Trauma Therapy

- Theory Courses
 - Level 1---Core Clinical Courses
 - Personal Growth, Containment, Defenses & Bodywork
 - Level 2---Advanced Clinical Courses
 - Team Roles, Diagnosis in Action, Transference & Countertransference & Projective Identification
 - Level 3---Clinical Applications of your choice

Supervised Practicums

- Individual, couples or family therapy done on Skype with Primary trainer on an individualized training program
- Team Practicums
 - Trained Auxiliary ego
 - Assistant Leader
 - Team Leaders

All practicums are assessed on behavioral skills and length of time depends on skill development and personal growth around trauma issues and interpersonal relationships.

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“You analyze people’s
dreams.
I teach them the
courage
to dream again”

--J.L. Moreno to Freud, 1917



你分析人们的梦,而我教给他们勇气去再次梦想.

--J.L. Moreno to Freud, 1917

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