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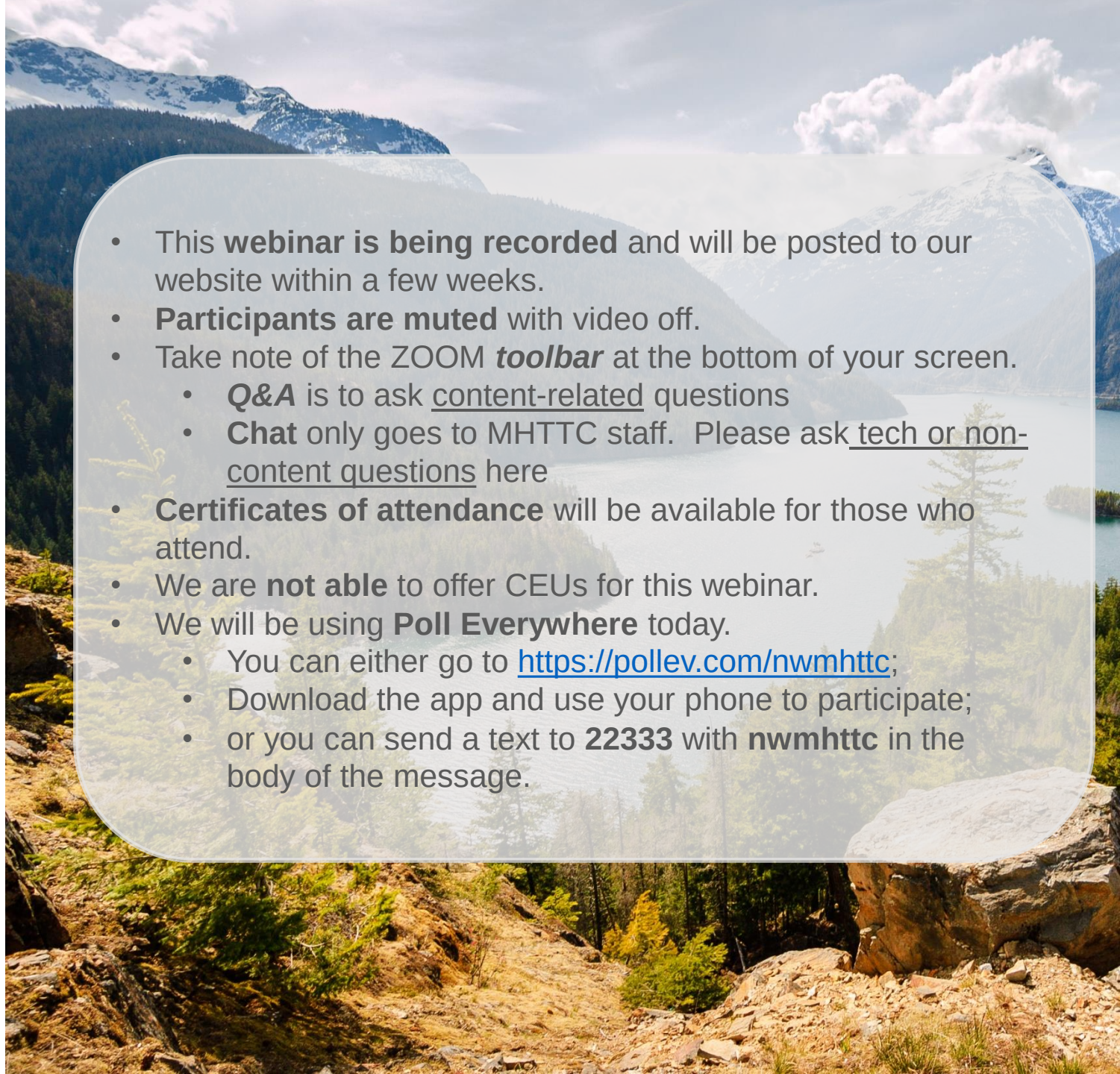
Welcome to

We Make The Path By Walking

Head, Heart and Gut

Presented by
Rebekah Demirel

We will begin soon!



- This **webinar is being recorded** and will be posted to our website within a few weeks.
- **Participants are muted** with video off.
- Take note of the ZOOM ***toolbar*** at the bottom of your screen.
  - ***Q&A*** is to ask content-related questions
  - **Chat** only goes to MHTTC staff. Please ask tech or non-content questions here
- **Certificates of attendance** will be available for those who attend.
- We are **not able** to offer CEUs for this webinar.
- We will be using **Poll Everywhere** today.
  - You can either go to https://pollev.com/nwmhttc;
  - Download the app and use your phone to participate;
  - or you can send a text to **22333** with **nwmhttc** in the body of the message.

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USING POLL EVERYWHERE

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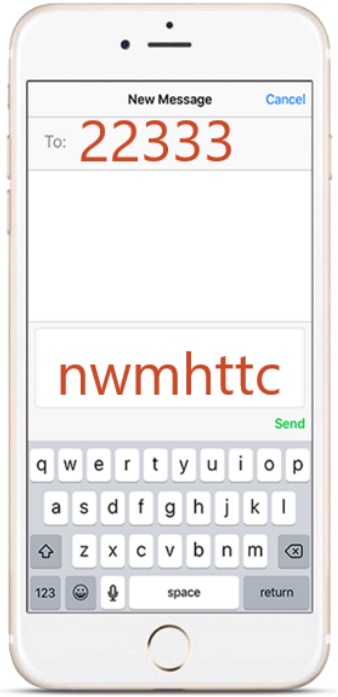

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WE MAKE THE PATH BY WALKING

HEAD, HEART AND GUT

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REBEKAH DEMIREL

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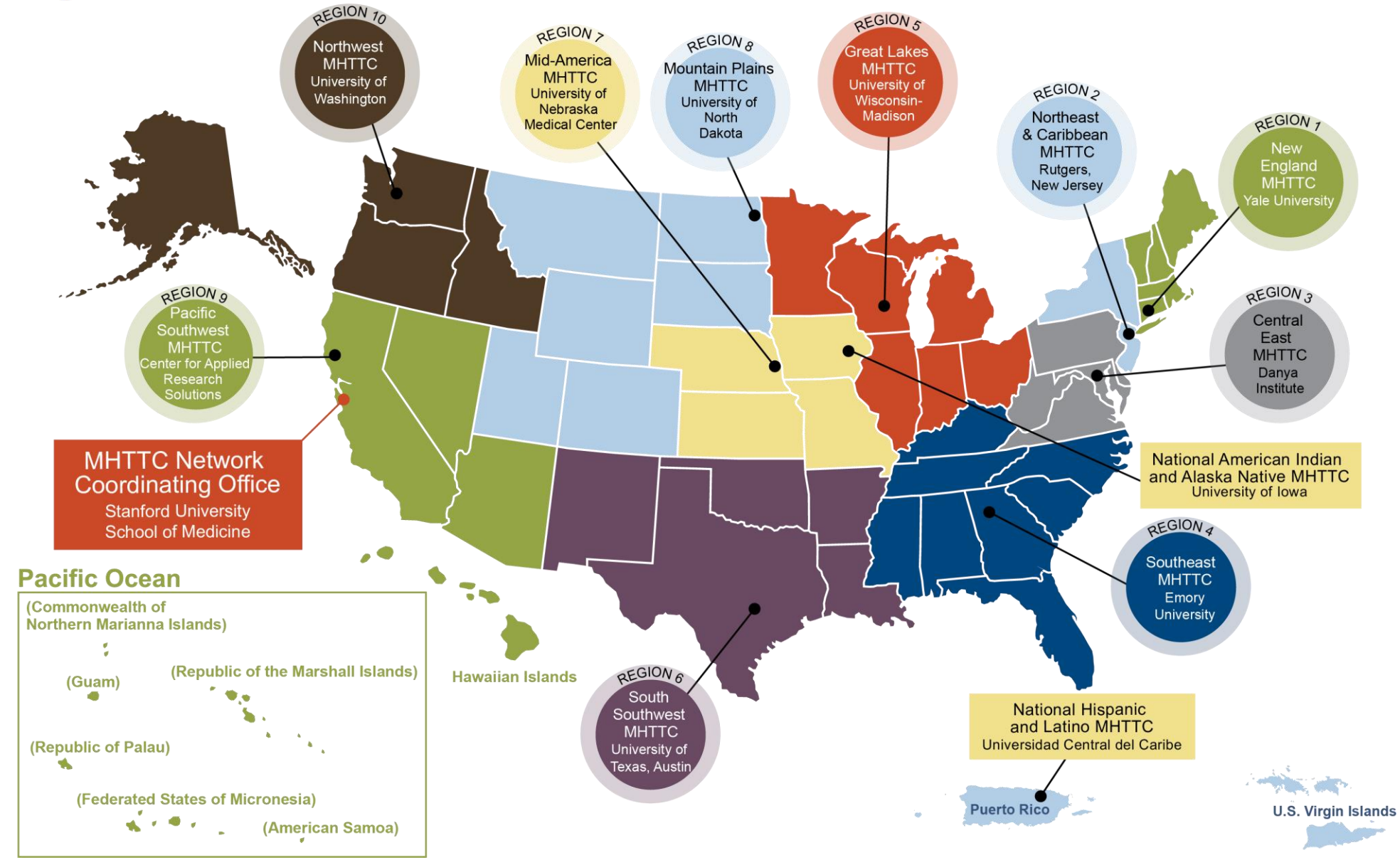

ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

- EVIDENCE-BASED PRACTICES
- OUR WORKFORCE
- TRAINING, ONLINE COURSES & RESOURCES

REGION 10
Northwest MHTTC
University of Washington

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School of Medicine

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We use affirming, respectful and recovery-oriented language.

LANGUAGE THAT IS:

STRENGTHS-BASED & **HOPEFUL.**

HEALING-CENTERED/ TRAUMA-RESPONSIVE.

INVITING TO INDIVIDUALS PARTICIPATING IN THEIR **OWN JOURNEYS.**

INCLUSIVE & **ACCEPTING** OF **DIVERSE** CULTURES, GENDERS, PERSPECTIVES, & EXPERIENCES.

PERSON-FIRST & **FREE OF LABELS.**

RESPECTFUL, CLEAR & UNDERSTANDABLE.

NON-JUDGMENTAL & AVOIDING ASSUMPTIONS.

CONSISTENT WITH OUR **ACTIONS, POLICIES, & PRODUCTS.**

Adapted from: https://mhcc.org.au/wp-content/upload/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

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EVALUATION

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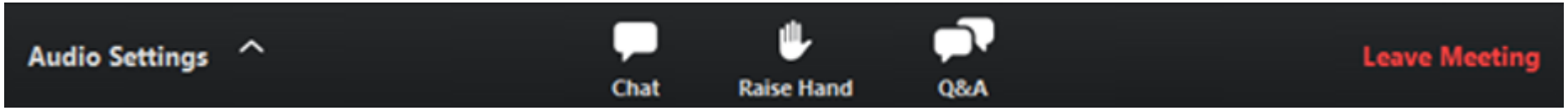
USING CHAT



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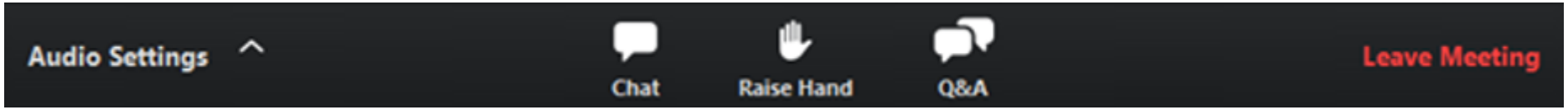
ASKING QUESTIONS

Q&A BOX



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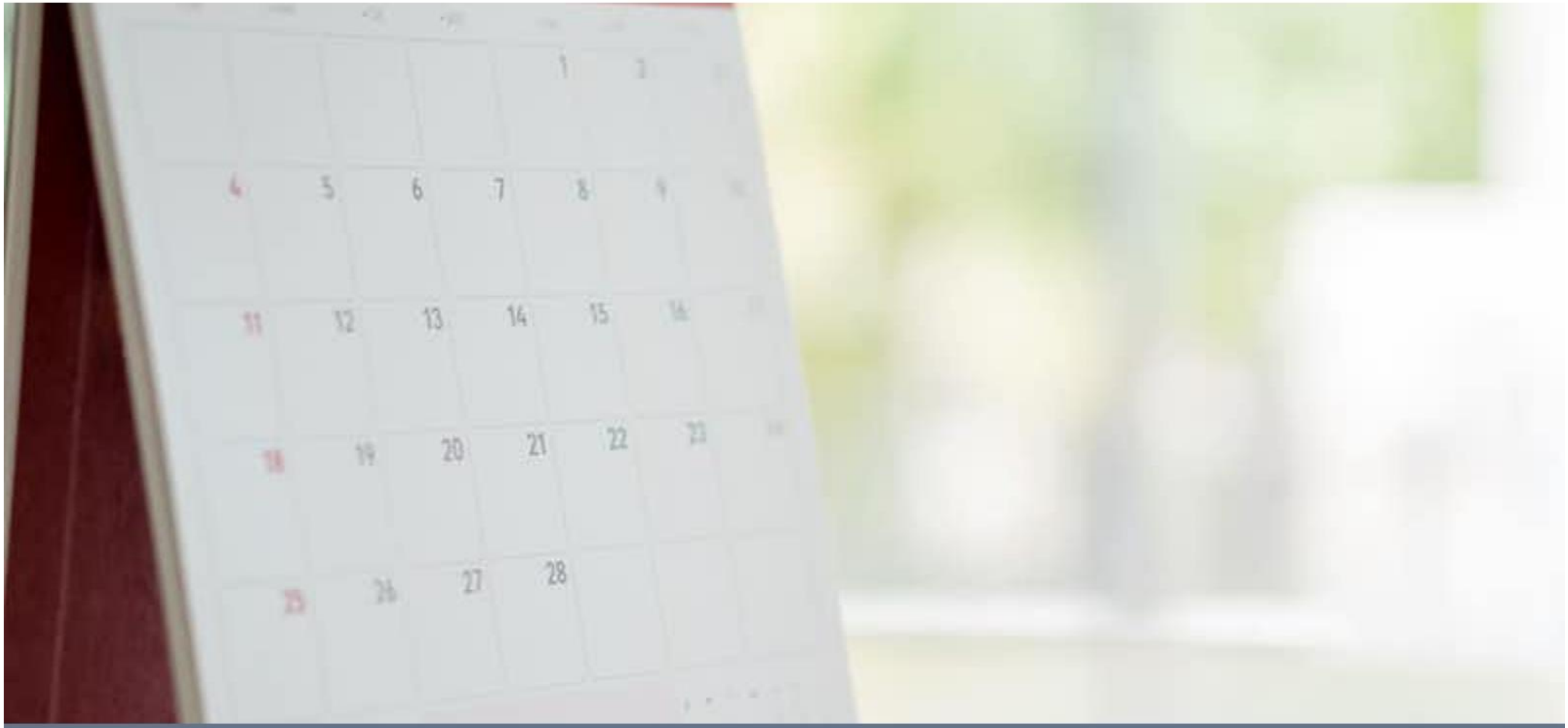
TODAY'S PRESENTER

Rebekah Demirel L.Ac. MPCC

FOUNDER & DIRECTOR

TRAUMA INTEGRATION PROGRAMS

What one word describes how you are feeling today?



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S. Rebekah Demirel
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TODAY

- Purpose: Exploring the origins of how we know what we know
- Objectives: Discerning differences in head, heart and gut knowing
- Process: Becoming in touch with our intellect, emotional intelligence and instinctual reasoning and learning how to integrate these

MYSTERY AND WONDER OF KNOWING

- How can we trust that we know something?
- What do we trust?
- Where did we learn to trust, or not to trust?
- What is the difference between knowing with our intellect and knowing in our heart or gut?
- What if we don't know?

"Wonder is not precisely knowing."

Emily Dickenson

THREE IS A SACRED NUMBER

- Three treasures – Qi, Jing, Shen
- Qi is energy from what we breathe and eat
- Jing is our essence, body fluids, sexuality
- Shen is our spirit, our soul

"The human body is entirely composed of essence, energy and spirit. If you do not cherish your essence and squander it without reservation, it will be like pouring water into a cracked cup."

Lu Tung-Pin

STARTING WITH CLEARING LIVER QI

- Wood, Liver, Anger, Springtime, Green
- Most Yang of all the elements
- Controls the smooth flow of qi
- Settle in and feel your body, breathe normally
- Breathe in the color green to your liver
- Exhale Shshshshshsh! And let out anger.
- Do three times and smile

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HEAD AND INTELLECT

- Is useful for communications when we want to appear knowledgeable
- Is our outward face of what we know
- Can overrule other ways of knowing by being “the authority”
- Can block our own knowing
- Most helpful when it’s integrated with all our knowing

HEART AND FEELINGS

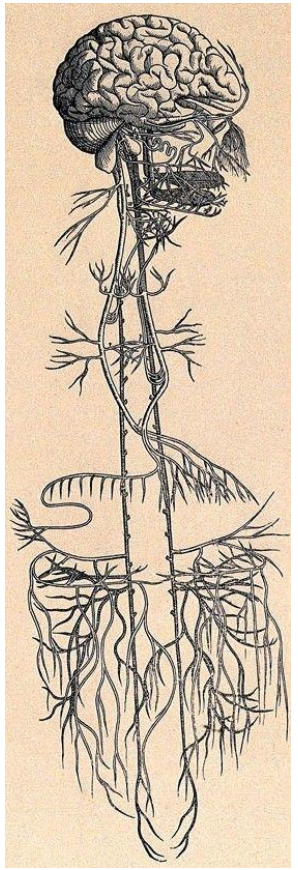
- Can feel open and expansive
- Can drive our decisions for better or worse
- We often consider “matters of the heart” to be not as important as our intellect or “guts”
- Is often connected to our instinctual “guts” feelings but might be hard to differentiate from survival

GUT AND SURVIVAL INSTINCTS

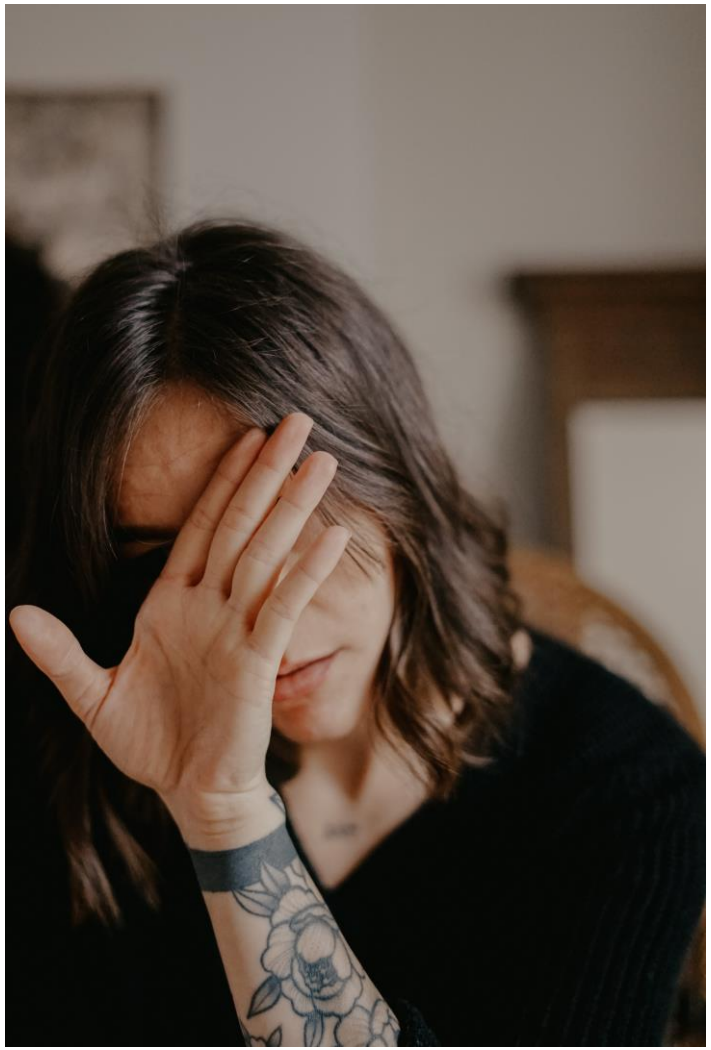
- Our deepest sense of knowing – **Instinct**
- Instincts are most easily damaged by trauma and abuse
- Trying to depend only on our guts is a trauma response
- When we are able to heal and integrate our guts with our intellect and hearts, we feel whole and resilient

GUT AND BRAIN CONNECTION

- “Enteric brain” has more than 100 million neurotransmitters
- Most of our serotonin is in our guts
- Digestive disturbances are related to what we think and feel
- Stress increases gut issues
- Gut disturbances send signals to brain



HOW KNOWING GETS DAMAGED



- Emotional abuse
- Gaslighting – “That didn’t happen.

  I didn’t say that. You didn’t see that.

  You imagined it.”
- Sexual trauma
- Racial, gender, cultural violence when we

  feel our voices are not heard
- Crushed hope, insufficient support…

GIVING TIME AND ATTENTION

“Attention is the rarest and purest form of generosity.”

- Simone Weil

“Giving passionate attention to the detail around us.”

- Virginia Wolf

“Time and attention are our two greatest commodities”

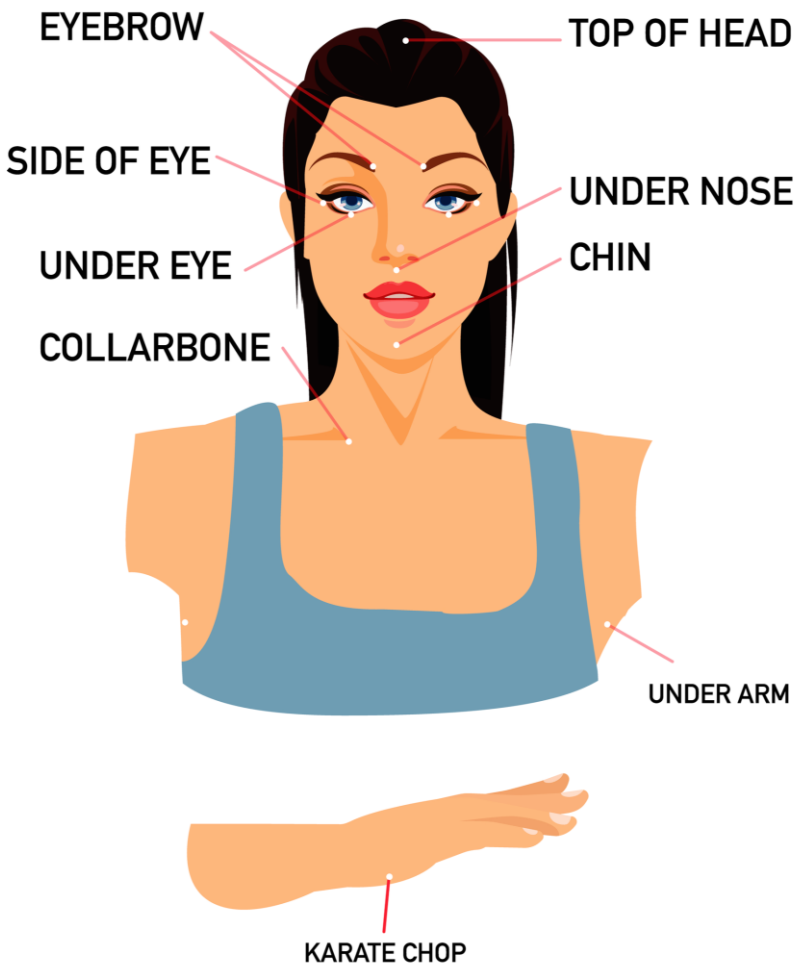
- Adyashanti

TAPPING INTO OUR KNOWING (EFT)

- Psychotherapeutic integration tool
- Developed in 1970s and used widely, clinical trials for mental health treatment - addictions, trauma, implementing positive goals, altering physiological symptoms (BP, pain, etc.)
- Uses tapping on acupoints and affirmations
- Short cut sequence uses ten tapping areas

TAPPING POINTS

- Karate chop
- Top of head
- Inner brow
- Outer brow
- Under eye



- Upper lip
- Lower lip
- Collar bones
- Side of chest
- Wrists

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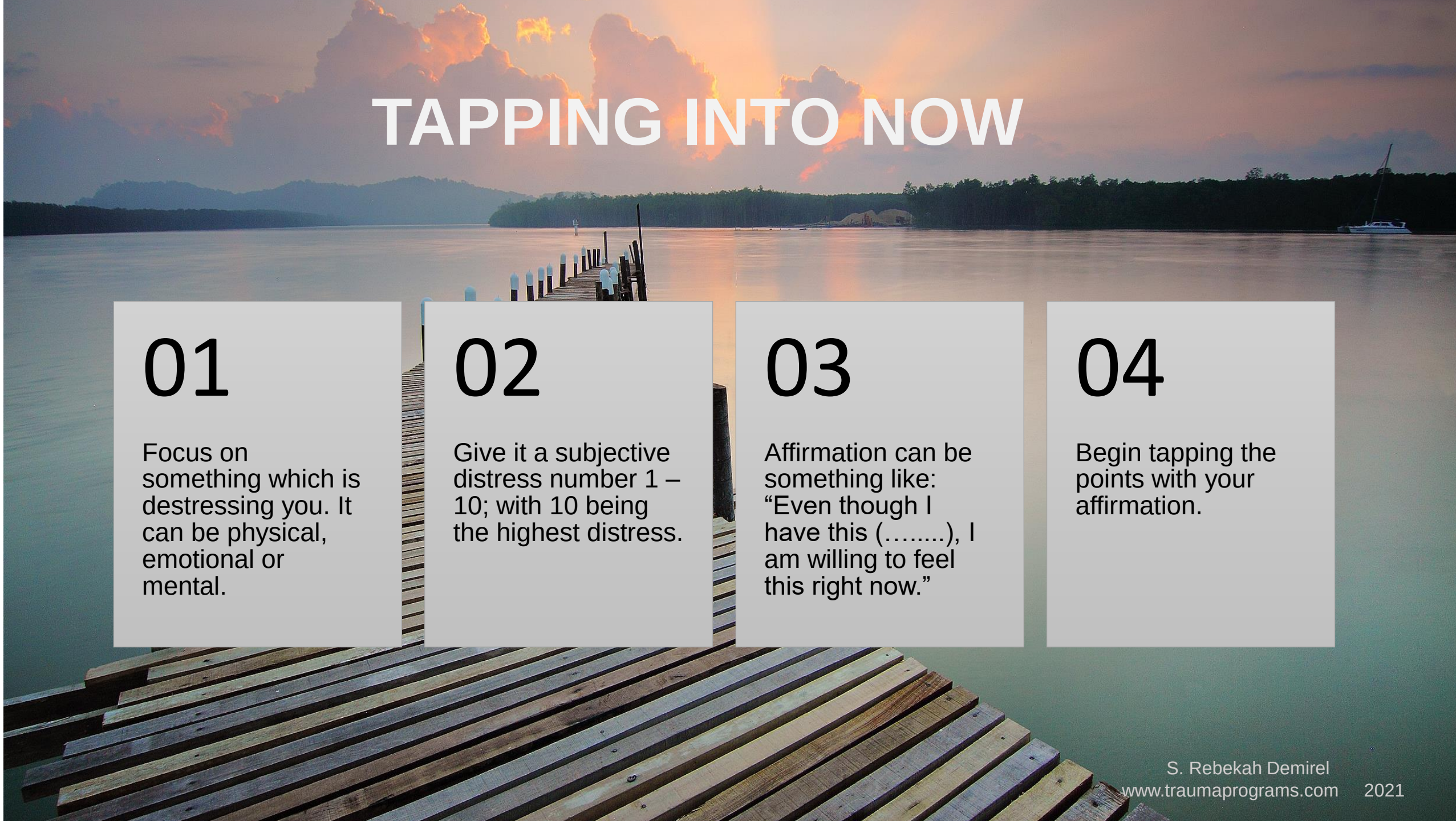

TAPPING INTO NOW

01

Focus on something which is destressing you. It can be physical, emotional or mental.

02

Give it a subjective distress number 1 – 10; with 10 being the highest distress.

03

Affirmation can be something like: “Even though I have this (……..), I am willing to feel this right now.”

04

Begin tapping the points with your affirmation.

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EVEN THOUGH…

- With tapping we are not dismissing or avoiding what we experience. We are willing to feel it and observe it and allow it to be.
- “Even though…” karate chop, top of head, inner brow, outer brow, under eye, upper lip, lower lip, collar bones, side of chest, wrists
- Then let it settle. Allow time to integrate and process. Repeat if necessary.

FEELING IS THE GATEWAY TO KNOWING

- Through allowing our feelings, we tap into our deepest instincts.
- Allowing feelings can be scary. We need lots of support to step into what might have been buried for a long time.
- We gather courage and insight from facing our fears and therein lies our knowing and instinctive ways of living.

CULTIVATING KNOWING

- The simple practice of noticing what we like and don’t like can help cultivate our knowing
- What feels like YES and what feels like NO can give us useful cues to support our instincts
- Throughout your day, pay attention to precisely how you feel in your body when you choose a color, food, or activity you like, versus what you feel like with the opposite

INTEGRATION MAKES US WHOLE

- We humans are complicated and we can feel fragmented until we learn how to accept and integrate who we are
- Feelings, thoughts, behaviors, body sensations are all part of our experiences, and our experiences are in our DNA

"Attention without feeling is only a report."

Mary Oliver

“The more we practice, the more we are gentle with our fear and are able to embrace it, the more the fear goes away”
Thich Nhat Hanh

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QUESTIONS & DISCUSSION

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Post-event surveys are **critical** to our work!

Your feedback helps us to improve and develop future programming.

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THANKS FOR JOINING US!
See you next time.