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MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

WE MAKE THE PATH BY WALKING

PRESENTED BY

REBEKAH DEMIREL

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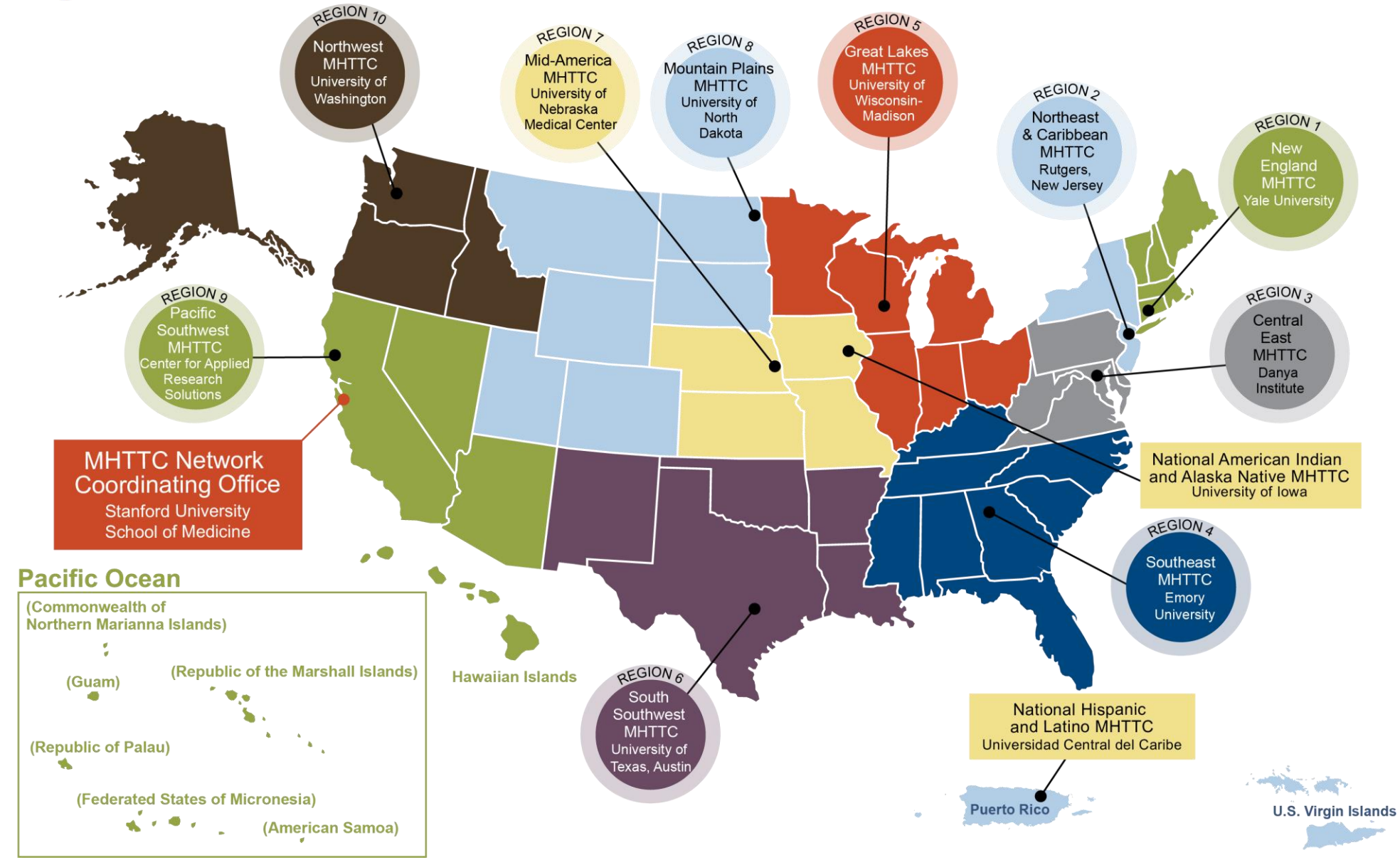

ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

TRAINING,
ONLINE COURSES &
RESOURCES

REGION 10
Northwest MHTTC
University of Washington

mhttcnetwork.org/northwest

Northwest (HHS Region 10)

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We use affirming, respectful and recovery-oriented language.

THAT LANGUAGE 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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SUPPORT & DISCLAIMER

- This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

- The opinions expressed herein are the view of our presenter(s) and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA.

SAMHSA
Substance Abuse and Mental Health Services Administration

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TODAY'S PRESENTER

Rebekah Demirel L.Ac. MPCC

FOUNDER & DIRECTOR

TRAUMA INTEGRATION PROGRAMS

S. Rebekah Demirel
www.traumaprograms.com 2021

PURPOSE, OBJECTIVE, PROCESS FOR TODAY

- Purpose:
  Examining how we care for ourselves, noticing how we are nurtured by our self-caring
- Objectives:
  Learning to respond more fully to our own needs, finding new ways to care for ourselves
- Process:
  Attending to ourselves with tenderness shows us what we need

6, 1, 8 BREATHING

- Longer exhale than inhale activates Vagus nerve.
- Vagus nerve communicates with Sympathetic Nervous System (fight or flight response) to down regulate and calm.
- Vagus nerve also upregulates Parasympathetic Nervous System response (calm, digest, communicate, heal).

Noticing When We Need Care

- One of the first ways we can tenderly care for ourselves is to notice when we are not doing well

- In traumatic situations, we had to push aside our feelings to survive and we may still do this sometimes

Recognizing when we need tenderness and care is tenderness and care

Extravagant Tenderness

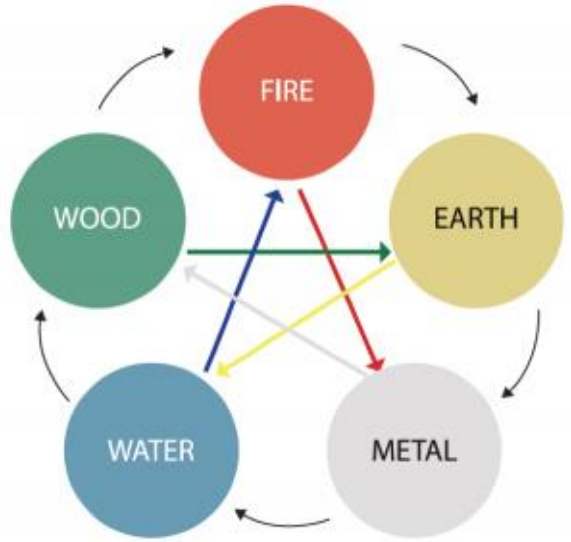
- Unexpected, opulent, luxurious, more than we hoped for, we might question “Do I deserve this extravagance?”

- Tenderness and caring emerges from our integrated knowing (head, heart and gut)

- Sometimes hardest to give to ourselves

FIVE ELEMENT THEORY

- **Wood** - Anger, liver, Spring Green
- **Fire** - Manic energy, heart, Summer, red
- **Earth** - Worry, spleen, Late Summer, yellow
- **Metal** - Grief, lungs, Autumn, white
- **Water** - Fear, kidney, Winter, black



Heart and Fire Meditation

- Settle in your seat, feel your feet, jaw relaxed, tongue touching the roof of your mouth
- Hands on your chest over your heart, inhale slowly through nose, a deep red color into your heart, exhale manic energy with the sound HA!
- Do this three times to become grounded

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Tending and Tenderness

- Giving attention to someone or something, yielding, soft, comforting, sensitive, generous, kind

- Can be “easily damaged”, but is also flexible
- Am I worthy to receive these things?

What's The Matter Baby?

- Take a moment to feel your body, wherever you are at. Sitting is good, or lying down. Feel wherever your body touches the ground or seat.
- Breathe normally and place both hands on your chest, over your heart
- Close your eyes
- Ask "What's the matter baby? What do you need?"

- Listen to what comes up. Is it rest, food, water, space, contact?

What We Do And Why We Do It

"We don't go to the margins to make a difference to others. We do it to make a difference to us"

Fr. Greg Boyle
Homeboy Industries

Why do we do the work we do? What gifts do we bring and what gifts do we receive from our work?

A Thorn To Remove A Thorn

- Hindu proverb – Our adversities give us tools to heal

- Every hardship has value "*Nothing's for Nothing*"

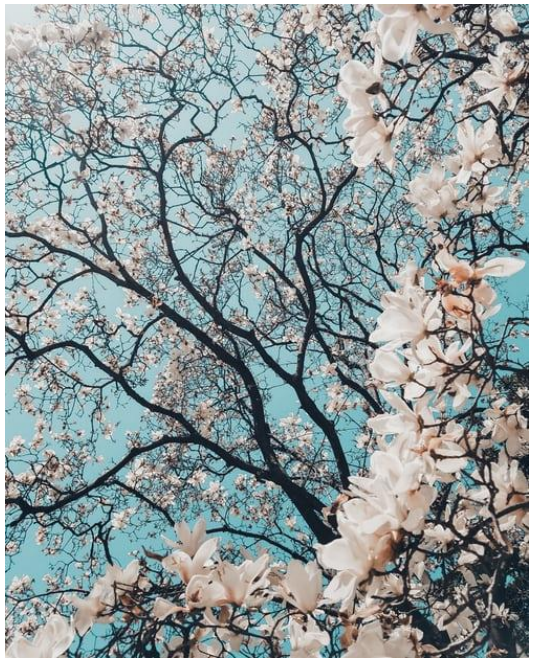
"If we don't welcome our wounds we will despise the wounded"

Fr. Greg Boyle

Yang Sheng – Nurturing Life

“Health preservation”- the most important concept in East Asian medicine and Taoist practice

- Breathing, eating, thinking, moving
- Harmony, flexibility (resilience)
- Never too late to start
- Practice every day
- Morning is best, but any time is good



An Experiment Of Nurturing

See what it's like to add one thing to your daily routine, which makes you feel good

- Getting up earlier
- Meditating for a few minutes, just observing your breathing
- Having a walk outside and breathing deeply
- Drinking four big glasses of water
- Massaging your scalp and face
- Singing a song you love
- Reading a book before bed
- Eating more healthy foods and less junk
- Tidying up your home
- Journaling every day for a week
- Having a belly laugh
- Scrubbing your body in the shower or bath

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Walking Our Talk

- A simple inquiry to ask if we are doing the things for ourselves we remind clients to do
- What we think and believe are the most important things to notice
- We may find we are walking a parallel path with our clients…

Qigong to Bring Energy In

- Stand or sit, feeling your feet on the ground
- Inhale deeply, taking in energy from the whole universe, as you spread your arms wide
- Exhale as your arms come in to your belly, bringing all the energy you've gathered to your belly
- Repeat this three times to bring back your energy when you feel tired

Boundaries = Love

- Setting boundaries can feel risky
- We fear making things worse (If I say no to them they will be angry)
- Setting boundaries is a skill
- Notice how you feel before, during and after setting a boundary
- Speak the truth, register feelings
- Celebrate your courage, keep going!

All We Need – A Song To Bless Us

Repeat each line after me

All we need
All we need
All we need is right here

All we need
All we need
All we need is right here

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QUESTIONS & DISCUSSION

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LET'S CONNECT!

mhttcnetwork.org/northwest

https://bit.ly/NWMHTTCNewsletter

northwest@mhttcnetwork.org

@NorthwestMHTTC

THANKS FOR JOINING US!
See you next time.