

Reunification Conversations

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Five Essential Ingredients for the Conversation



- Relationships connecting to a deep set of values that provide a meaningful vision of the future
- Psycho educational and Communication skills
- Creating Safety
- Strength Based Model
- Workable Realities

Collaborative Stage Model

I. Creating A Context For Change

- Safety and Refuge
- Vulnerability/Resilience
- Positive and Negative Consequences of Change
- Acknowledgement

Four Levels of Stress Reactivity

STRESS	TRAUMATIC STRESS	PTSD TYPE I	COMPLEX PTSD TYPE II
Any demand on the body system.	<p>Consequence of exposure to trauma. Generally up to 6 months – no longer than 12 months. Experienced as a single event.</p> <p><u>Feelings</u> Fear Helplessness Urgency Anxiety Anger Sadness <u>Urges</u></p> <p>Fight or Flight Thoughts, memories, judgments, interpretations</p>	<p>12 Months</p> <p>Exposure to events that are experienced as life threatening, intolerable or could cause injury or death.</p> <p>Experience of trauma becomes more intrusive. Avoidance of cues in the six senses (sight, sound, smell, taste, touch, mind)</p>	<p>Result of Multiple Events. Age of onset: trauma begins in childhood</p> <ul style="list-style-type: none"> •Attachment disorder •Implicit memories •Frequency and duration (prolonged, continues through to adulthood in the absence of resources) <p>Complexity</p> <ul style="list-style-type: none"> •Multiple victimization modalities •Interacting effects •Anxiety •Depression •Emotional dysregulation <p>Chronic PTSD</p> <ul style="list-style-type: none"> •Intrusion •Identity disturbance •Efforts to avoid /numb •Relational Disturbance •Hyper-arousal

Effects of Trauma

- Mistrust of others
- Flashbacks
- Anxiety and terror
- Shame, guilt, self-hatred
- Cognitive distortions
- Depression, passivity
- Dissociation
- Disturbed relatedness
- Detachment, numbing or withdrawal
- Sexual promiscuity or aversion to sex
- Drug and alcohol abuse
- Eating disorders
- Suicide, self-mutilation
- Anger and aggressive behavior
- Perfectionism
- Alienation from their bodies
- Questioning their sexuality and/or sexual orientation
- Hyper-vigilance
- Personality disorders, mental illness

Vulnerability Model/Resiliency

Social/Political Contexts

Community Gender Media Economic
Religion Cultural Racial
Sexual Orientation Age Special Needs

Familial Contexts

Hierarchy Communication Patterns
Style Rules Roles
Adaptability Boundaries
Transgenerational Patterns

Individual Context

Physiological/Biological Patterns
Learning Style
Developmental
Dissociation Continuum
Victim/Survivor Cycle
Coping Mechanisms
Impulse Control
Addictions

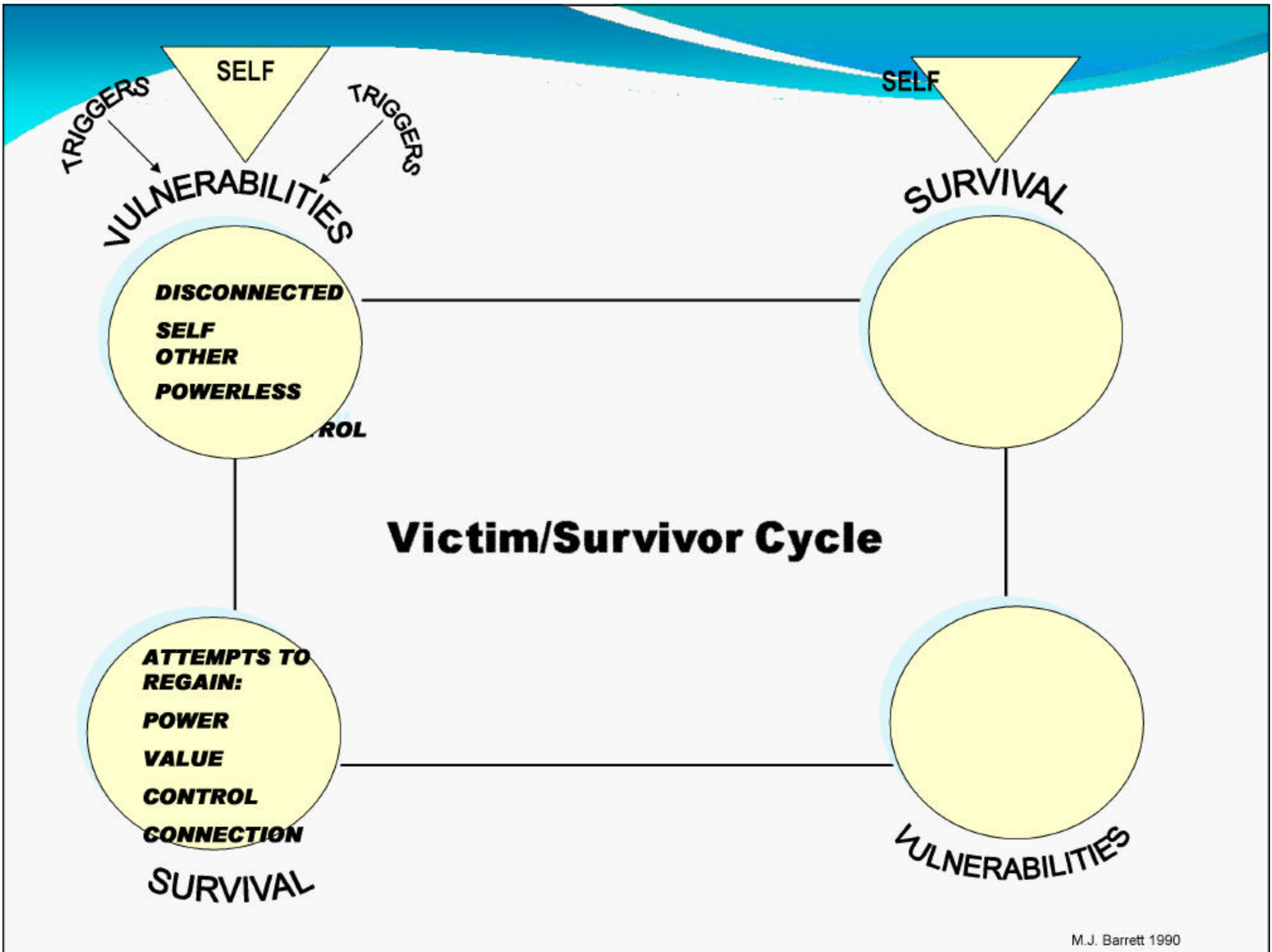
CONTROL

ATTACHMENT

POWER

II. Expanding the Conversation

- Creating and Defining the Expanded Relationship
- Facilitated Conversations
- Victim/Survivor Cycle
- Professional's Understanding of Reactive Style
- Create Safety Plans and Relationship Commitments



III. Consolidation

- Create Documents
- Design Relapse Prevention
- Gaze into the Crystal Ball
- Ongoing follow up and maintenance of commitments
- Rituals celebrating new/expanded relationships

