Healing is Human

Cath Beagley, CEO
Drawing and Talking and Mental Health Hub

How many times a week do you ask

WHY?

Drawing and Talking

Body's Reaction to Trauma

Mental

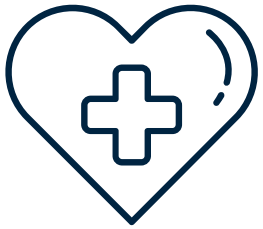
- reduced concentration and memory
- intrusive thoughts about the event
- repeatedly playing parts of the event over in the mind
- confusion or disorientation.

Physical

- fatigue or exhaustion
- disturbed sleep
- nausea, vomiting and dizziness
- headaches
- excessive sweating
- increased heart rate.
- fainting

Behavioural

- Fight, Flight, Freeze - immobilisation
- avoiding reminders of the event
- inability to stop focusing on what occurred
- getting immersed in recovery-related tasks
- losing touch with normal daily routines
- changed appetite, such as eating a lot more or a lot less
- turning to substances such as alcohol, cigarettes and coffee
- sleeping problems.



Emotional

- fear, anxiety and panic
- shock – difficulty believing in what has happened, feeling detached and confused
- feeling numb
- not wanting to connect with others or becoming withdrawn from those around you
- continuing alarm
- let-down

Drawing and Talking

What is your happiest memory?

Fundamental Human Needs

Wanted

Loved

Liked

Polyvagal Theory - An Intro

Ventral Vagal

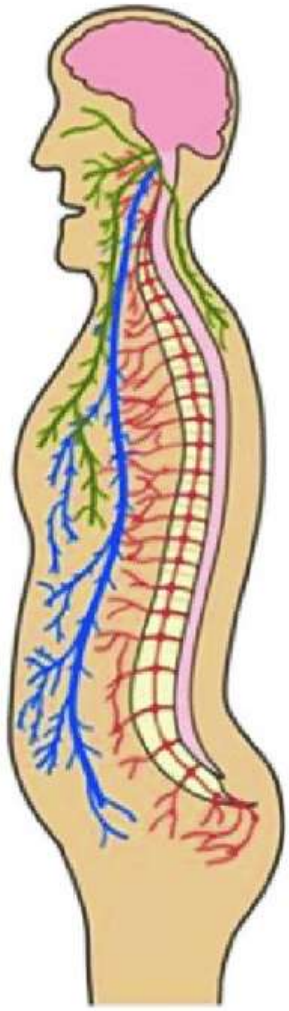
- Social Engagement Network
- Location: Face, throat, chest
- Ability to talk, engage, co-regulate, self-soothe and remain calm
- Top of the regulatory and evolutionary ladder

Sympathetic

- Fight & Flight (Mobilization)
- Location: Along the spinal cord
- Mobilize the body to fight, or run away from danger
- Increased heart rate, tense muscles, fast shallow breathing
- Middle of the regulatory and evolutionary ladder

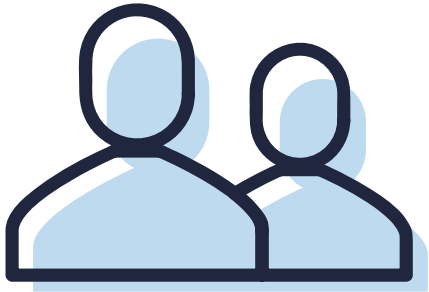
Dorsal Vagal

- Freeze, Collapse, Dissociate (Immobilization)
- Location: Diaphragm, heart, gut
- Shut off from the threat, when can't fight or flight
- Decreased heart rate, low energy, depressed, numb, shut down
- Bottom of the regulatory and evolutionary ladder



Social Connections in 2021

The Drawing and Talking Therapeutic Intervention



Creating Secure Attachments working One to One

This is a one to one intervention focused on building healthy attachments and processing trauma.

The number one precursor or alternative to CBT based approaches

Based on Jungian principles, you will be guided through the power of healing when working with the unconscious.

50,000

Practitioners Trained

That's One in Ten Schools and millions of Children Supported by Drawing and Talking

CPD CERTIFIED
The CPD Certification Service

Healing takes place in the presence of another