

POLYVAGAL CONFERENCE

Israel, December 2019

**"Collective Trauma, Conflict Resolution
and the Polyvagal"**



Global Collective Trauma Challenge



How many are
traumatized?

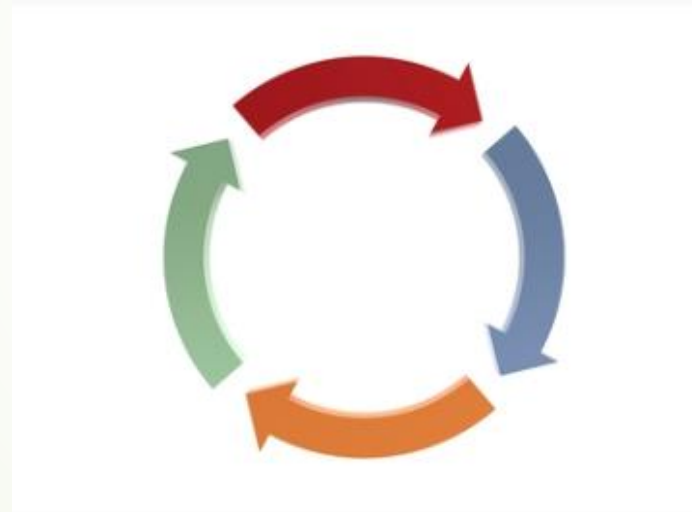
Can we expand
healing?

Do we have the
tools?

Our Premise

TRAUMA IS AT THE ROOT OF VIOLENCE

A NEVER-ENDING
LOOP OF VIOLENCE
AND MASSIVE COST



UNHEALED VICTIMS
BECOME VICTIMIZERS

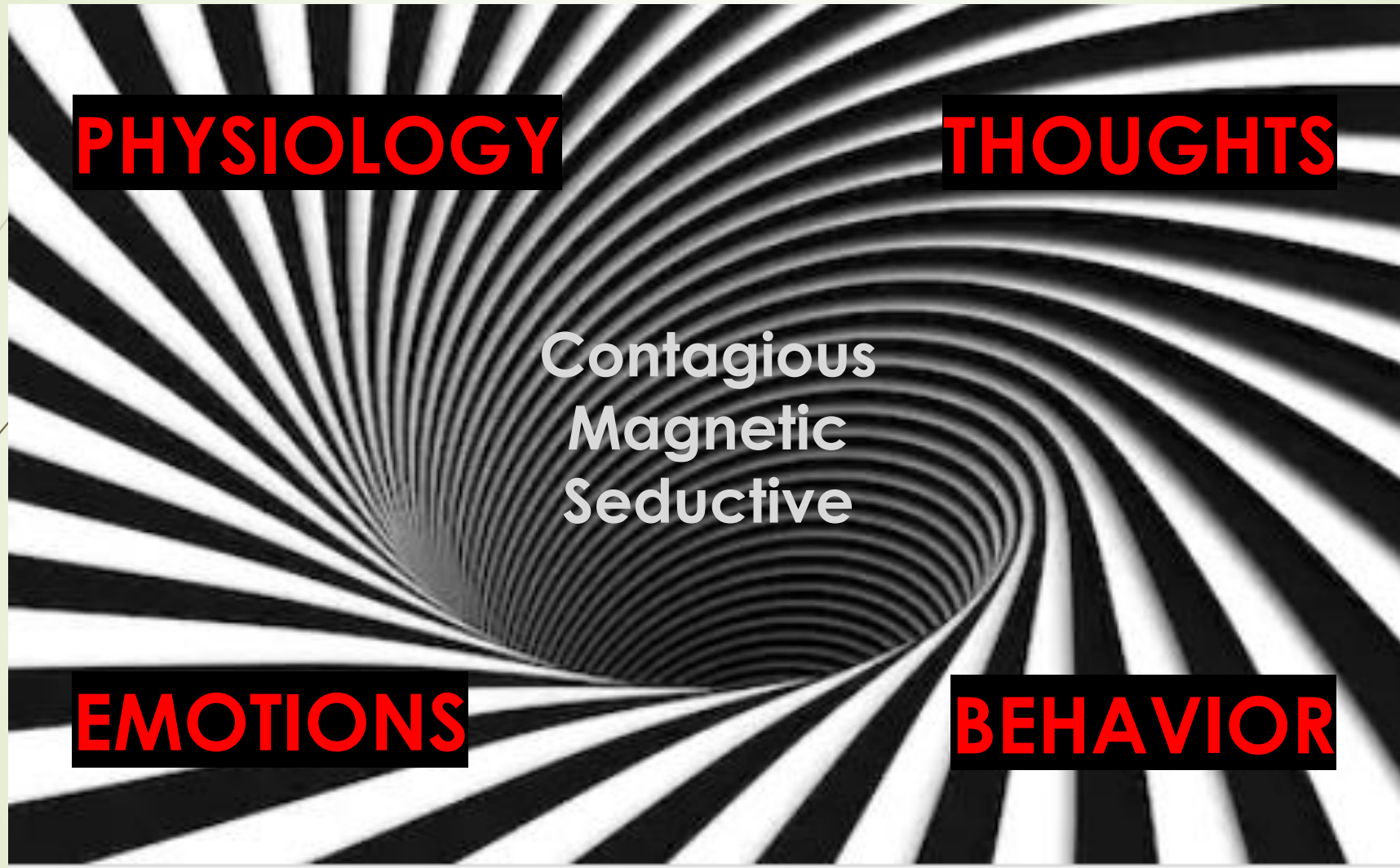
THEY SEEK REVENGE INSTEAD OF JUSTICE

Trauma Hinders Conflict Resolution

Individual and Collective

- Amplifies, lengthens duration
- Makes them intractable
- Creates hypervigilance
- Stops being rational

Definition of The Trauma Vortex (TV)



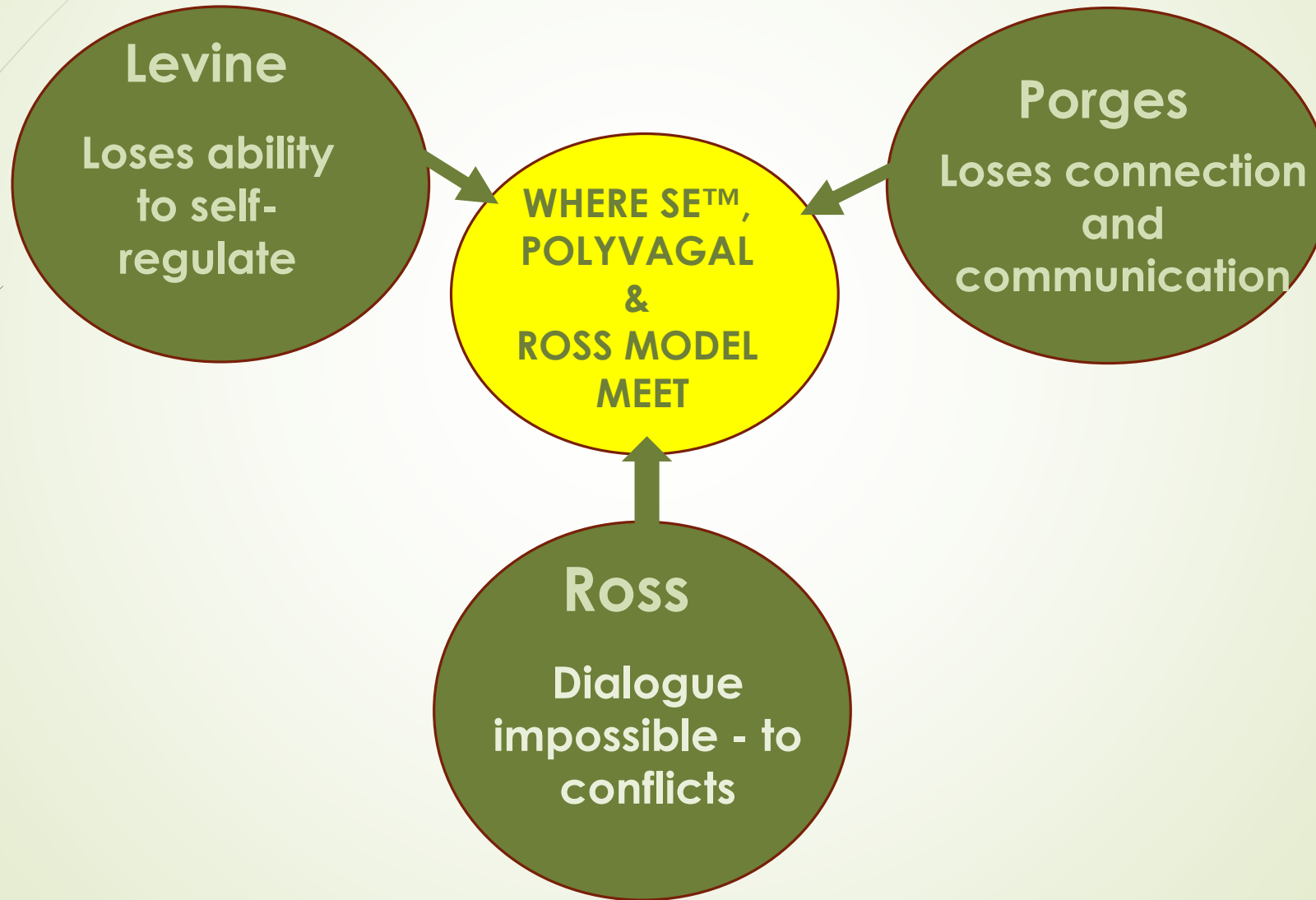
Definition of Collective Trauma

Part of the group can impact the whole

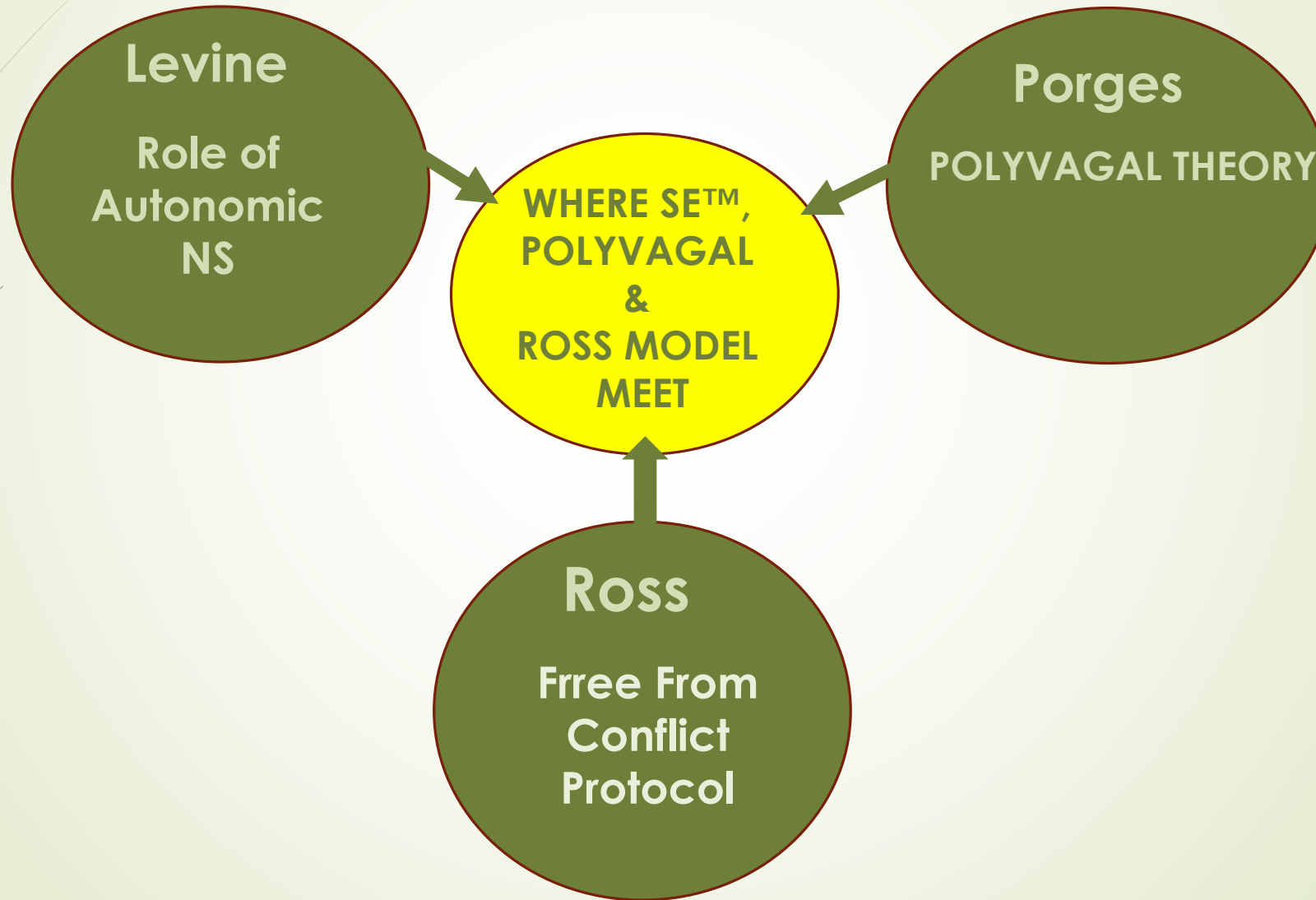
Shared trauma: groups, nations, whole geographic regions
Organized by religion, race, ethnicity, economic, political systems

- Impact
- History
- Words, actions, feelings
- Unmet needs, victimhood, fixed patterns

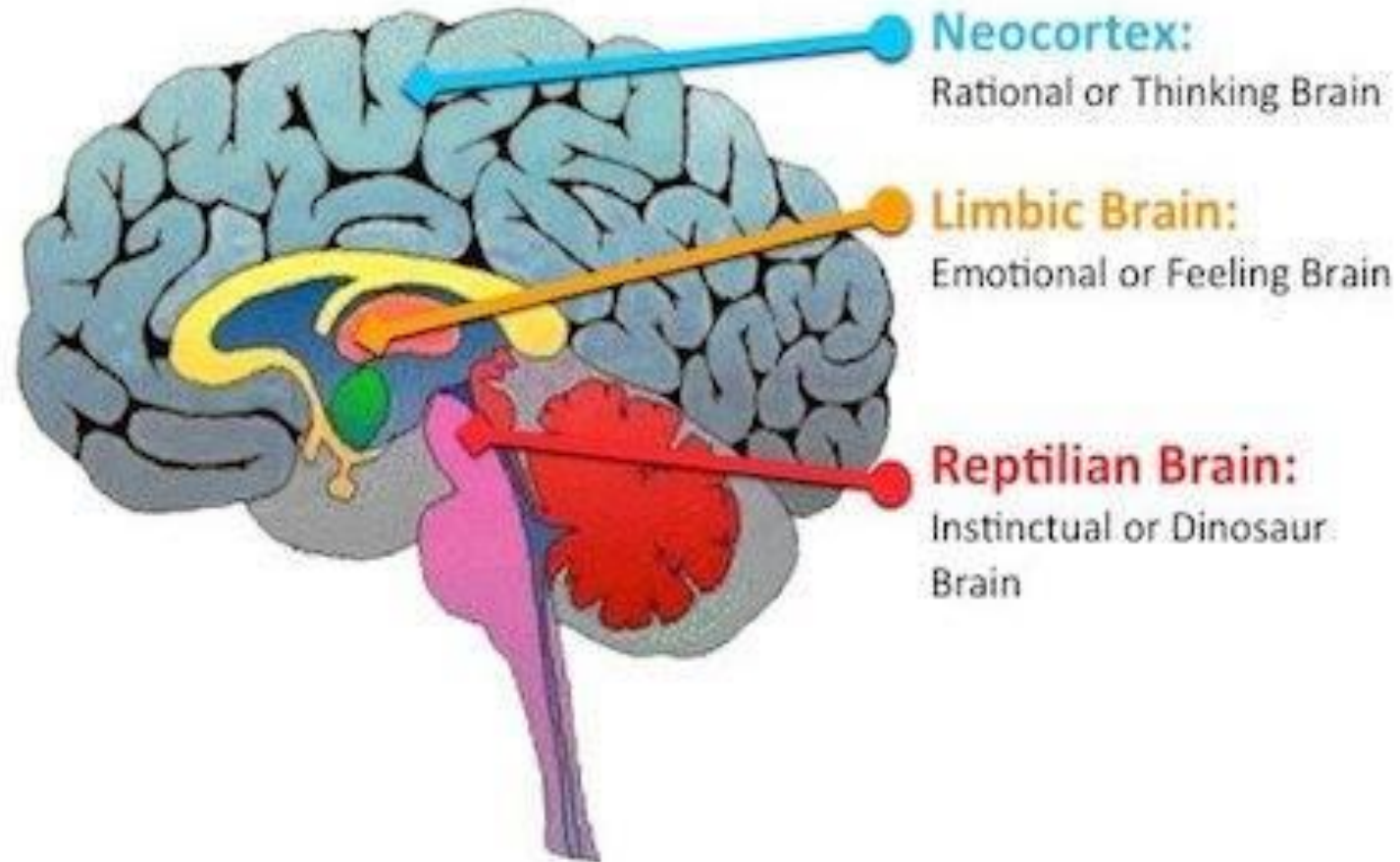
Make Up of Violent Conflicts



Make Up of Violent Conflicts



THE THREE BRAINS



A Healthy Nervous System



Symptoms of Un-Discharged Traumatic Stress



Polyvagal Anatomy of the ANS

Sympathetic Branch

Fight, Flight

Mobilization

Limbs

Parasympathetic Dorso Vagal

Normal immobility; Freeze (trauma)

Immobilization

Viscera

Parasympathetic Ventral vagal

bonding, communicating

Social Engagement

Head



Polyvagal Neuroception and Conflict

Ideal state: no danger or trauma

VV high tone

DV high tone

Sympathetic low tone-

Conflicts are resolved peacefully

In danger, trauma and conflict

Sympathetic activation is high

Dorso-vagal freeze

Ventral-vagal offline

Conflicts become violent, intractable

A New Perspective: Why Global Trauma Healing is Possible

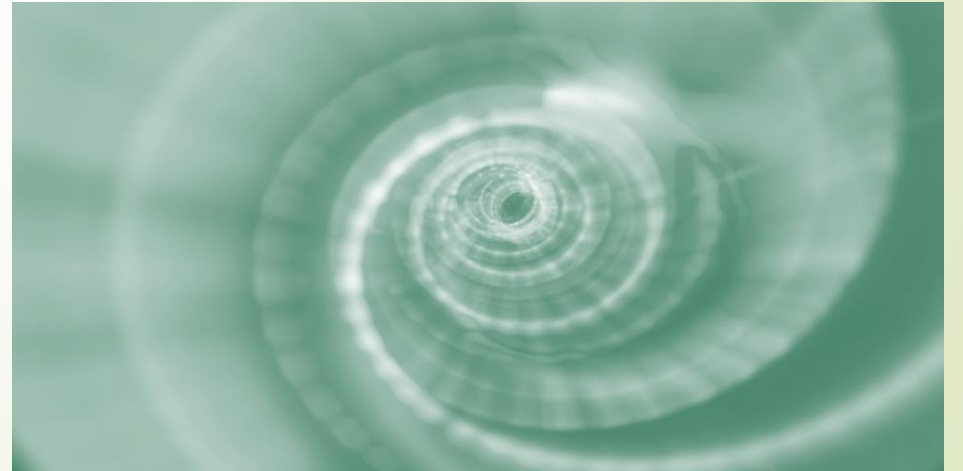
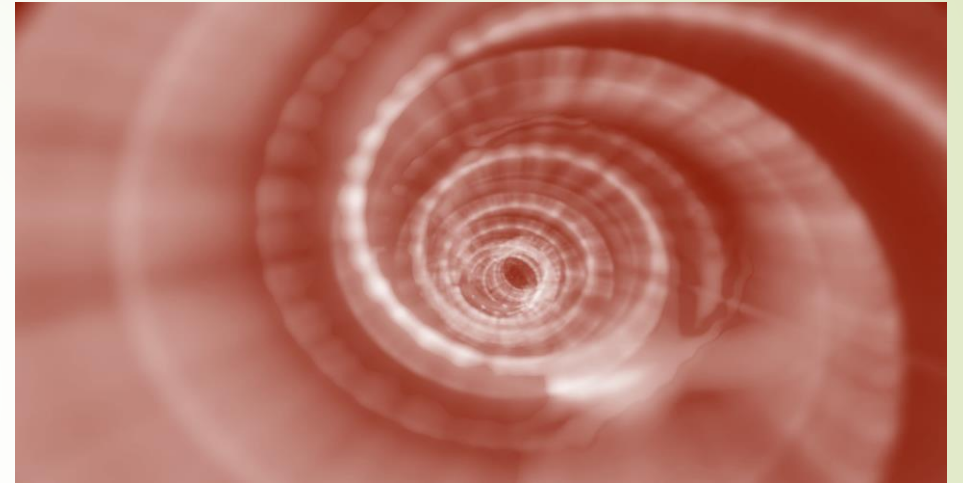
SE Definition of trauma and healing.

Role of the ANS and the body

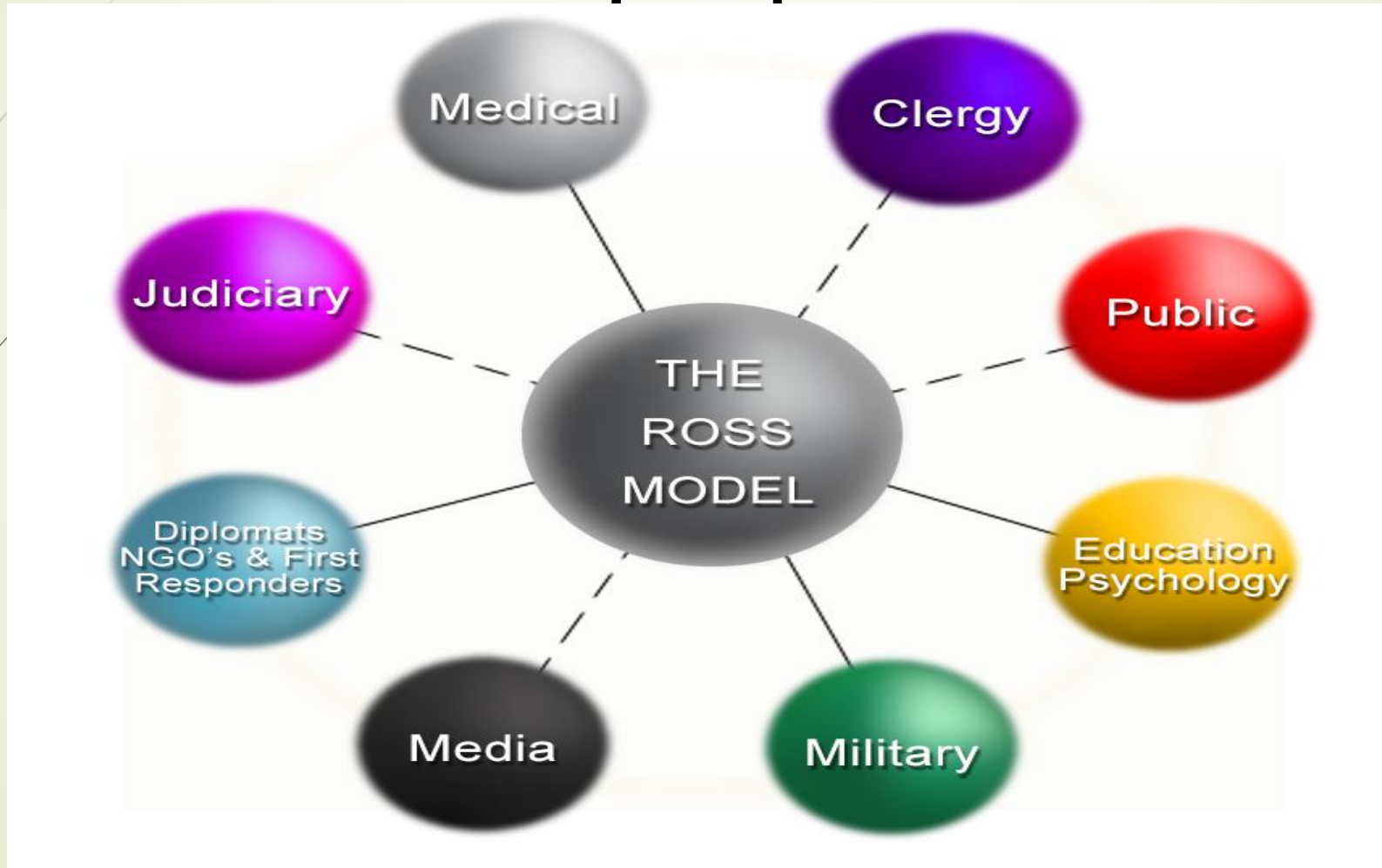
Inherent mechanisms- HV

Resources to cope and heal

The Time has come



Ross Model: Delivery System To Heal Trauma and Resolve Conflict At Global



Integrate tools through existing infrastructure of 10 social sectors





Effects of Self-Regulation and Disregulation

On the Self

On Relationships

On Conflict Resolution



Signs of Being in a Trauma Vortex

Toxic conflict if:

- Toxic fear, hatred, intolerance, demanding control
- Demonization, “other” is evil, predicting the worse
- Disinformation, derision, muzzled speech
- Self-righteousness justifies double standards, unlawful action

Our New Paradigm

***Resolved Trauma
Diminishes or Ends Conflict and Violence***

The difference
Between Seeking Justice vs. Seeking Revenge

ITI's Vision: Diminish Violence by Healing the Collective Nervous System

Our common heritage:

Same Autonomic Nervous System

Same Universal Basic Needs

Same Healing Capacity

Free from Conflict Protocol

For collective trauma and conflict resolution

It helps us to:

- Bridge all differences (individuals, groups and nations)
- Work with what we all have in common: *same ANS and UBN*
- Navigate out of individual and collective prejudices; out of intractable conflicts

Personal Work for Collective Impact with Free From Conflict Protocol

EmotionAid™

Universal Basic Needs

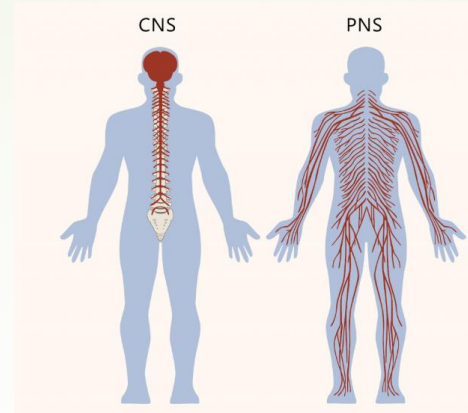
Cross-Cultural Understanding

Communication Skills

Ross Model Infrastructure and Protocol: 10 sectors

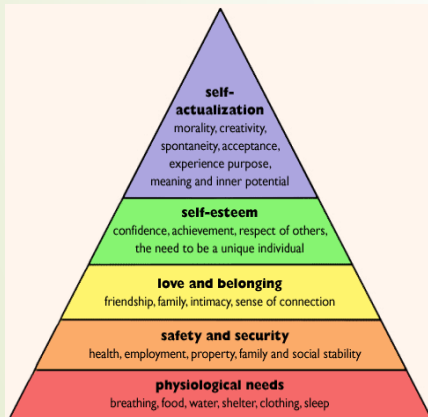
FREEDOM FROM CONFLICT WORKSHOP

EMOTIONAL FIRST AID Part 1



REGULATE THE
NERVOUS SYSTEM
IN PREPARATION

CONFLICT RESOLUTION – PART 2



Universal Basic
Needs (UBN)



Cross Cultural
Understanding



Rules for Navigating
Communication

EmotionAid™

We need to heal individually and collectively

- *Control on the spot, anytime, anywhere. VV*
- Emotional Muscles. Brain is plastic- lifespan
- Being centered, addressing the emotional foundation behind resistant conflicts

H Recognizing First Activation Signs at Individual Levels

- ***Physiology, tension*** in stomach, chest, shoulders, sinking feeling, urgency; impulse to run/fight; feeling faint, queasy, cold sweat
- ***5 senses*** - acute or numbed
- ***Breath***, heartbeat; dry mouth; temples throbbing, throat lump
- ***Feelings***, anxious, sad, disillusioned, irritable, impatient; losing control; disconnected – loose interest – withdrawn
- ***Voice/speech***: speedy, slow or incoherent; pitched voice; brusque movements
- ***Thinking***, obsessive, repetitive thinking; ruminating thoughts, lining up arguments; trouble making decisions or planning, confusion

Recognizing First Collective Activation Signs

Demonization of leader, racial, ethnic, economic, religious groups, genders, etc.

Xenophobia and Anti-Semitism in many cultures as signs of derangement

Media: Trauma Vortex thru media: Name calling, belittling, dehumanizing

Universal Basic Needs Component (UBN)

Road map to understand the self and “the other”

- Safety, security
- Autonomy
- Self-image, respect, identity, belonging
- Competence
- Validation of experience and reality
- Justice
- Trust in others and being trustworthy
- Meaning, contribution, self-fulfillment, actualization

H Trauma Distorts UBN and Leads to Conflicts

Safety: physical, territorial, emotional, religious, spiritual, racial, financial

What creates trauma:

- Disasters, political, economic crisis, lack of resources
- Comparison to others
- **Abuse, oppression**
- **Trans-generational collective trauma**
- Foreign influence, imperialism, war

Distortion Patterns in the Safety Need

People are stuck in:

Fight pattern: aggression, control; manipulation, radicalism

Flight pattern: mistrust of power in others, appeasement; attracting bully energy



Freeze pattern: paralysis, inaction, can't defend the self

Ventral vagal offline: no connection, trust or communication

H A Detailed Example of a Well Met Need

Safety: physical, emotional, religious, ethnic, racial, economic, political, energy

- Safety needs taken seriously
- No physical, emotional risk
- Feeling protected, not controlled
- Free religious practices; race, ethnicity respected
- Not shunned for political beliefs
- Right conditions to earn a living
- Energy for everyday life is available

Happy and Satisfied



H List of Needs Well Met

- SAFETY: not in risky situations, feeling cared for; well-being is not jeopardized
- AUTONOMY: desires and will are listened to, boundaries acknowledged. No arbitrary rules; established for common good. Allowed to do what we need on our own accord.
- SELF-IMAGE: truthful, caring mirroring; respected; acknowledged; Balance between criticism and acknowledgement, received with respect or basic acceptance.
- COMPETENCE: people can see efforts and skills; their criticism is constructive. Confronted with good competition and no arbitrariness.
- VALIDATION: my experience/reality are recognized both for good and bad ones. Separate suffering from actions: I can complain about it but don't act out my suffering.
- TRUST: being at the receiving end of good intention and motivation from the other. Honesty, transparency, lack of negative competition and no double standards.
- MEANING: Our role is acknowledged, respected, valued, promoted, assured.

Exploring **Unmet Needs** with **EmotionAid™**

Choose one (reciprocal) adversary, individual or collective (basic needs, feelings, responses, communication)

- Chose 1 unfulfilled need because of adversary
- Explore emotions, defensive patterns, and discharge
- Choose 1 or 2 needs adversary is trying to fulfill (destructively)
- Notice how you feel about it

Cross-Cultural Awareness

Exercises- International Wings: International Resources

Understanding Individualistic and Collectivist Societies

Exercises in Cross-Cultural Categories



Cross-Cultural Categories

Cross-Cultural Categories of most interest today

- Religion
- Worldview- world is man or God controlled
- Gender, sexuality, family structure
- Leaders
- Violence
- Sanctity of life

Communication Skills

Communication and safety are intimately connected

Need safety, trust to access higher control systems/neocortex

Guidelines for Speaking from HV and tracking the TV

H Speaking from the TV or the HV?

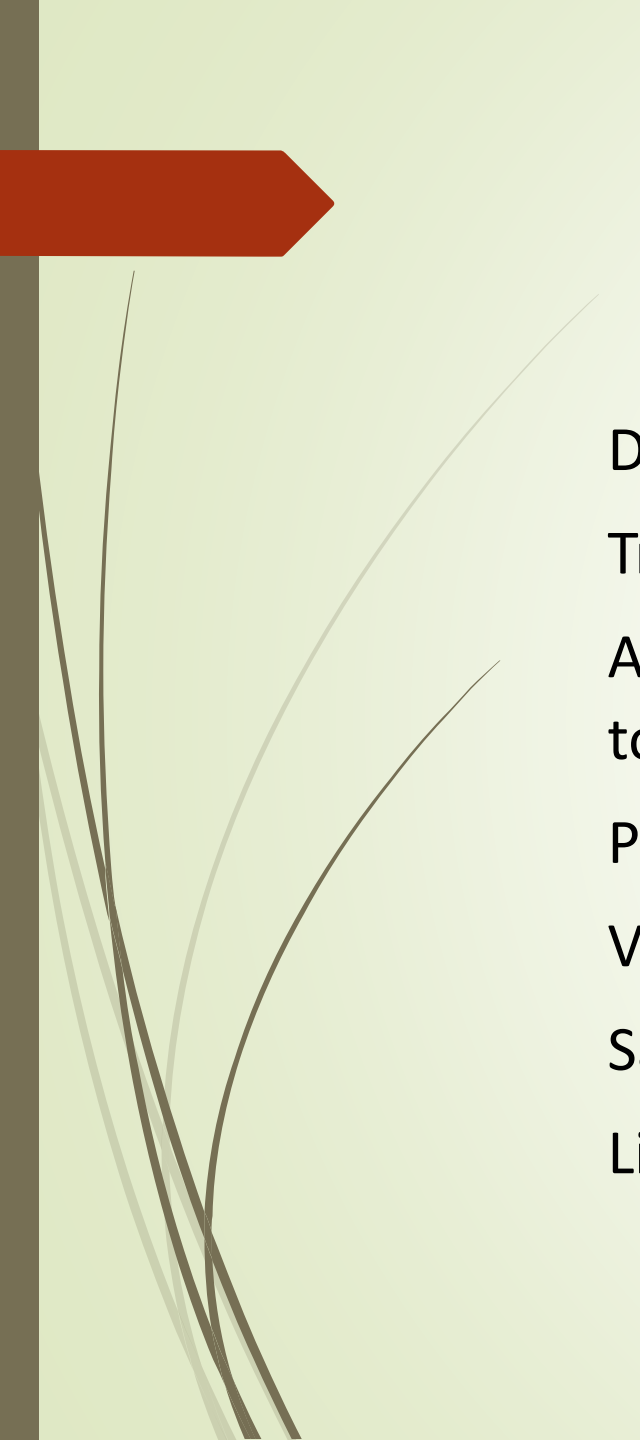
From the HV: compassionate, rational, respectful, firm limits.
Look for HV in other; common ground.

Inspiring safety, listening, curiosity, flexibility, cooperation

From the TV: Judging, despising, polarized; acting out; avoid;
freeze. Focus on, provoke TV

Inspiring defensiveness, mistrust, anger.

Look at misconceptions, misrepresentations.



Communication Skills and the Polyvagal

Different ways to Nurture the VV:

Tracking and activating Resources

Activating the facial nerves: using Facial expression and gaze to create trust

Prosody: modulated voice

Vocalization- reassuring, empowering words, thoughts

Safe posture

Listening, being attuned to people's needs

Final Protocol: Working with “Adversary CTV”

- Identify “ACTV,” group responsible for all troubles
- Our unmet UBN because of their actions
- Release emotions with EmotionAid©
- Identify UBN they attempt to meet thru destructive actions
- Ground healthy understanding
- Explore possible cross-cultural misunderstandings
- Identify words/actions that help adversary meet needs constructively
- Relay our UBN calmly, assertively; identifying common needs between us, validating



Outcome of the Collective Healing Vortex

- Capacity to manage loss, stress, difficulties without violence
- Can satisfy some UBN- physical and psychological
- Honors sanctity of life; Resolves conflict within the rule of law
- Capacity for cooperation, joint projects, etc.
- Benevolent autocracies or functional democracies (accountability, rights and freedoms)

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Series of books ***“Beyond the Trauma Vortex into the Healing Vortex”***

“Breaking News! The Media and the Trauma Vortex: Understanding News Reporting, Journalists and Audiences,” October 2018.

Work in progress:

“Conflict Resolution for the 21st Century: Healing the Collective Nervous System”

Articles on Jerusalem Post, Jewish Journal, Jerusalem Report and South Africa Report, Allgemeiner, Thrive Global, Times of Israel, etc.



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