

The Power of the Here & Now (& how to find it)

by the Crisses

Who are The Crisses?

"there are many Crisses in Criss"

Main Topics

- * Trauma & How Trauma affects Time Perceptions
- * Traumatime, Rescuing Headmates, Implications
- * Understanding Time-Perception and Presence
- * Leveraging Presence Skills for Healing

Somatic means "of the Body"

- * Somatic memories - trauma is physiological, our body "remembers" what happened - aka "The Body Keeps the Score" (van der Kolk)
- * Somatic triggers - our nervous system has memorized circumstances that lead up to a traumatic event so that it can try to prevent it from happening again
- * Somatic flashbacks - re-experiencing the body memories of a traumatic event
- * Body-based "earthing" techniques

Anatomy of a Trigger

- * Hypervigilance and Anxiety
- * Prediction machine - the ANS tries to anticipate the future

(Screen scribble)

Info Harvested for Triggers

* Seen

* Time-sense

* Place

* Heard

* Situation
("state")

* People

* Tasted

* Events

* Touched

* Emotions

* Seasons

* Smelled

* Thoughts

* & more...

Triggers: Here & Now vs Then & There

- * The ANS memorizes the *past* to try to predict the *future*
- * Try paying attention to what's different now
- * Use the Here & Now for reality checking
- * "Don't predict; plan!"



Plural Timesense Terms

- * Here & Now - our present place & time, where & when our body is
- * There & Then - when our consciousness is not attached to the here & now
- * Traumatime - a place of flashbacks, re-experiencing traumatic perceptions or feelings
- * Presence - our broad sense of how connected we are to the Here & Now - "opposite" of dissociation from place & time
- * Stuck & Lost - headmates who cannot leave traumatime without assistance

Understanding Traumatime

- * Traumatic impact ("essence")
- * More here -- or more there?
- * Losing life essence causes chronic illness
- * Pluralized: Each headmate's "lost parts"

Becoming More Present

- * Make the Here & Now safe(r)
- * Support those who can...
- * Rescue Missions
- * Care packages
- * Welcoming Committee

Experiencing Rescues

Measured vs Subjective Time

- * Chronos - time as measured on a clock
- * Kairos - memorable moments, embracing opportunities for enjoying time, flow, mindfulness
- * Cyclical - within time there are also potential repeating patterns that can be recognized (days, seasons, etc.) which can be comforting or discomfiting (indigenous, Mayan & Mesoamerican)
- * Transient - no 2 moments are ever alike (Wabi-Sabi - Japanese)

Presence

The art of working towards being more in the Here & Now/engaged with the present.

(≠ 100%) Includes:

- * G-word - Connecting to the earth to shunt off excess energies or anxieties. aka "earthing"
- * Centering - drawing our mental & physical attention back to our "center" i.e. our body-mind.
- * Mindfulness - being more fully & completely in this one moment, without judgment.

The benefits of Presence

- * Reduce anxiety
- * Manage emotions
- * Lower dissociation
- * Spoons
- * Improve memory
- * Self-awareness
- * Intention
- * Identify needs
- * Make decisions
- * Self-compassion
- * Lower shame
- * Adaptability

When Body-Based Techniques are a Problem

- * trauma response triggers
- * somatic flashbacks
- * "Oh — you're home!" - pending body memories may flood
- * chronic pain & disabilities
- * (gender or body) dysphoria

A Variety of Presence Techniques

Deliberate Sensations

- * Aromatherapy
- * Tactile experiences i.e. sensory boards
- * Weighted toys/blankets
- * Fidgets

In The Here & Now

- * One Moment: bring to mind just this one moment
- * Use time & place to emphasize presence
- * Current situation
- * Sensory surroundings

Describing

Pick something in the environment and describe it in detail

- * Details
- * Reflections, shadows
- * Texture
- * Placement, angle

Noticing

- * What is around you?
- * What y'all are doing, holding, touching
- * How you're interacting with, affecting your environment
- * How these interactions with environment happen, feel

Pattern Tracing

Some are created deliberately like yantras, mandalas, and labyrinths.

- * Shapes, colors
- * Patterns
- * Empty or white space
- * Breaks in the patterns
- * Zoom in and out

Music: Attentive Listening for:

- * overall composition
- * repeated themes
- * beat, rhythm, syncopation
- * tempo & changes
- * pauses
- * lyrics

Critter Watching

Be curious about a nearby critter.

* movement, breathing

* colors, textures

* sounds

If it's your own pet, you may also play or interact with it.

Anchoring

Picking a specific object to carry around that can be used as a presence anchor to explore, observe, play with, etc.

- * personal or sensory object
- * fidget, stim toy
- * jewelry, watch, keyfob
- * crystal, stick, bark, rock

LISTENING
REST & RELAXATION
HOPE
FRIENDS
HEALING
LOVE
COMFORT
BOUNDARIES
CREATIVITY
TIME
NEW FRONTIERS
SKSA
AWIE
SELVES-CARE
GRATITUDE
= PLAY =
DISCOMFORT
CONNECTIONS
CRYING
SPONTANEITY
SLEEP
MISTAKES
Be Ourselves

Criss
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Inner World Awareness

- * May be able to do earthing techniques internally
- * Can be present to internal events, objects
- * With permission, can comfort & soothe one another
- * Access safe(r) spaces
- * Practice internal containment techniques (holodeck, etc.)

"Three Inches to the Left" (of our body)

- * Being in the room with one's body
- * Having control of our body
- * Being mindful of the body & senses

...while not fully in it

What works for y'all?

Different headmates are likely to have different needs, triggers, sensitivities...

- * Feel free to develop your& own techniques
- * Add menus of ideas to safety plans or system management documents
- * Welcome anyone who wishes to participate
- * Allow anyone who doesn't to bow out

Empowerment

- * Recognize whether body-based earthing is an issue for y'all
- * Practice a script for redirecting partners, friends, practitioners
- * Choose a menu of ideas that work for your& system - add to safety plan
- * Be safe(r)!

Thank you!

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See resource & slide download links in the video description.