

THE ART OF HEALING

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WHO YOU ARE

- ◉ More important than what you do or how you do it
- ◉ Who you are is directly related to the limbic brain.
- ◉ The most significant people in our memory are people that treated us with love and acceptance
- ◉ Not what they did but who they were/are

WHO YOU ARE

- ⦿ Belief in Who you are will drive the How and What you do

- ⦿ What you do, proves who you are.

WHO ARE YOU?

- Genetics? Mother, Father, Grandparents, etc.
- Ethnic? Tribe, Clan, race
- Culture? Local, regional, country, tribe, world
- Family environment?
 - Parents, extended family - those present and those absent

THE DOESTOVESKY EFFECT

FIND PEOPLE THAT HAVE THE WHO

- ◉ Connected to men that had the Who factor
- ◉ Education - keep learning. Be open
- ◉ Therapy and Insight--look in the closet
- ◉ Make mistakes and grow through them
- ◉ Quit grasping - practice acceptance
- ◉ Live in the Now

THE TRUE SELF

- ◉ The True Self is not progressive - it is
- ◉ The ego Self is progressive but doesn't know Enough
- ◉ The True Self lives from the Inside - Out

THE EGO SELF VS. THE TRUE SELF

◎ The nature of the ego mind

- Suffering, moves in cycles according to our familiar and learned beliefs about the self
- Ignorance: believing there is not a way out of the suffering
- We are not destined to only have this limited level of a mind/self
- Learn to follow a path of wholeness

MATTHIEU RICHARD

- ⊙ “The nature of the ego mind - we tend to accept our miserable state of existence”.

THE TRUE SELF

- ◉ A deep sense of serenity and fulfillment that invades all other states
- ◉ Not to just focus on the surface of the water which moves and rolls with waves but to know the depth of the waters that are still
- ◉ Not to fixate on the Outside to find our sense of Self but to go Within
- ◉ The mind = the depth
- ◉ The conditioned brain = ego waves of reaction

WHY DO PEOPLE CHANGE?

- ◉ We come to accept that our uniqueness is owned by each person but ultimately keeps us isolated, but accept the universal nature of the Self and the energy that makes us alive, is common to all people, and it sets us free.
- ◉ We are in essence the energy that makes all things possible
- ◉ Now we must remember to remember who we are

WHY DO PEOPLE CHANGE?

- ◉ If I only see my uniqueness/differences from others, I see separation
- ◉ When I see the connection to all things and all people - I develop compassion and concern for all who suffer
- ◉ Happiness - the result of being and having a sense of connection and balance

PEOPLE CHANGE BECAUSE OF CONNECTION

- ◉ Louis Cozolino (2006)
 - “Those of us who study interpersonal neurobiology believe that friendships, marriage, psychotherapy, in fact, any meaningful relationship can reactivate neuroplastic processes and actually change the structure of the brain”.

DANIEL STERN

- “ Moments of meeting cannot be planned - they happen. The moment of meeting is the event that rearranges implicit relational knowing for both the patient and the therapist”.

I - THOU RELATIONSHIPS

- It is set by intention
- It is hoped for and anticipated by the therapist
- It happens by its own timing when we truly understand our clients and they simultaneously feel understood.
- Examples

KATHY STEELE (2009)

- “If we pour more information and interpersonal experience into the neuroplastic mind - it strengthens synapses, alters neural networks and increases regulation of neurotransmitters and hormones”.
- This quiets the old rehearsed/familiar neural pathways of self, creates a pause and allows room for something new.

THE ROLE OF THE THERAPIST

- ◉ To be open to the connection with the client
 - Daemon - (Latin)
 - Daimon - (Greek) both mean a god
 - Genius - (Latin) a guardian spirit that inspires
 - Genie - supernatural entity that grants the wishes of one who summons

THE ROLE OF THE THERAPIST

- Philip Flores - Addiction as Attachment Disorder
 - “Addiction hijacks the attachment system”.
 - “Long term recovery requires ongoing attachment relationships to ensure Central Nervous System homeostasis”.

DOPAMINE VS. OXYTOCIN

- ⦿ Passion (Who) always outweighs reason (what and how)
- ⦿ Our addictive clients are operating from the deep limbic brain (emotion/survival) and at the same time by-passing the frontal cortex (logic/reason).
- ⦿ We must reach them on the level where they are. Relationship/Connection is the only way.

DOPAMINE VS. OXYTOCIN

◎ Philip Flores

- “Addiction is a disease of isolation”.
- We find our clients who are willing to take the “dopamine effect” and ignore the experience of relationships/connection which is the natural experience of **Oxytocin**.
- Example of the mother rat
- Where is my son, daughter, husband, wife, etc.

DOPAMINE VS. OXYTOCIN

- ⦿ Isolation - (a dynamic of addiction) - fails to turn on the brain
- ⦿ When does a cucumber become a pickle
- ⦿ A pickle can never be a cucumber again
- ⦿ Addiction - can no longer experience natural pleasure. All the addict can do is stop pain for a while. Survival becomes the goal.
- ⦿ This is not our True Self - We are wired to be in relationships/connection

DOPAMINE VS. OXYTOCIN

- ◉ Stress - secretes cortisol

For the alcoholic/addict -
cortisol and ethanol are the
same phenomena.

F.T. Crews (2010)

DOPAMINE VS. OXYTOCIN

⊙ Philip Flores

- “Until an addict, alcoholic, or gambler, develops the capacity to establish mutually satisfying relationships, they will remain vulnerable to relapse and to the continual substitution of one addiction to another”.

P. Ornstein

“Being understood as an adult has the same effect as being held as a child”.

DOPAMINE VS. OXYTOCIN

- ⦿ Drugs/Alcohol/Gambling hijacks the individual's ability to have genuine relationships. With conditioning - the addict will choose the “dopamine” effect over the oxytocin until the pain of the addiction is greater than the chase.
- ⦿ Dopamine and Oxytocin flow along the same brain pathways. If we substitute dopamine it prohibits oxytocin and actually prefers the dopamine.

DOPAMINE VS. OXYTOCIN

◉ J. Panksepp (2012)

- “The dopamine driven system has no intrinsic morals. ... it is just a super efficient get-up and go-get-it system”.

Dopamine is more about anticipation than reward. Yet, in the natural world - rewards usually come only with effort and after delay.

WHO

- ◉ You are the difference maker for your clients
- ◉ When your Who invokes the genius and believes in connection/relationship the client has the opportunity to find recovery.
- ◉ When your Who is discovered you can make a difference and you will know it really wasn't you but the genius that showed up and helped develop a connection for the sake of healing.

WHO

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