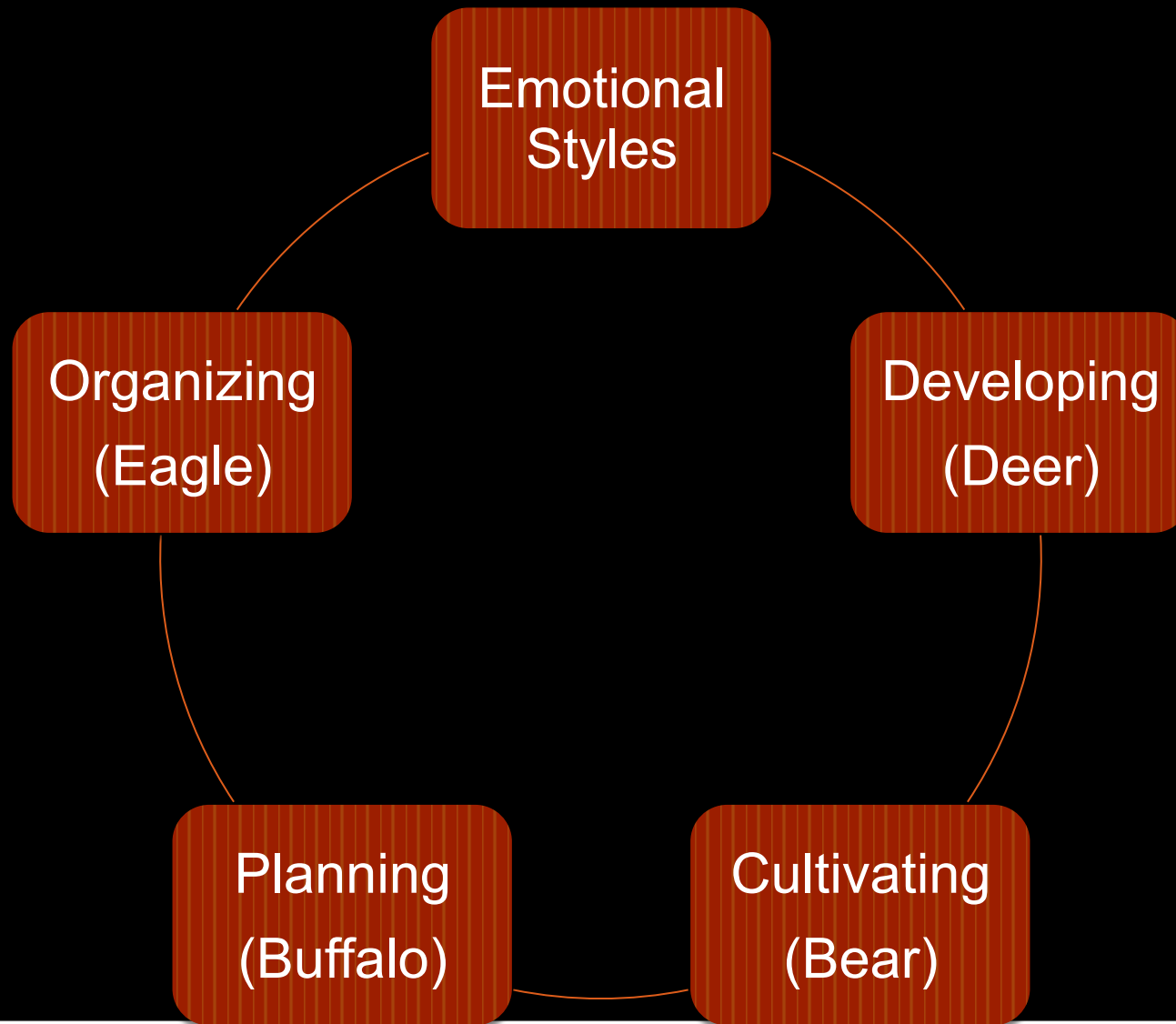


# The 21<sup>st</sup> Century's Search for Emotional & Social Connection: How Restorative Practices fulfills that Need



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# Emotional Balance



Realities are socially constructed



**Sometimes we trek, backpacking with the best of companions ...**





# Realities are constituted through language



**Common to all of us.**



**“Yeah, I’ve been grounded again!”**

Realities are organized and maintained through narrative



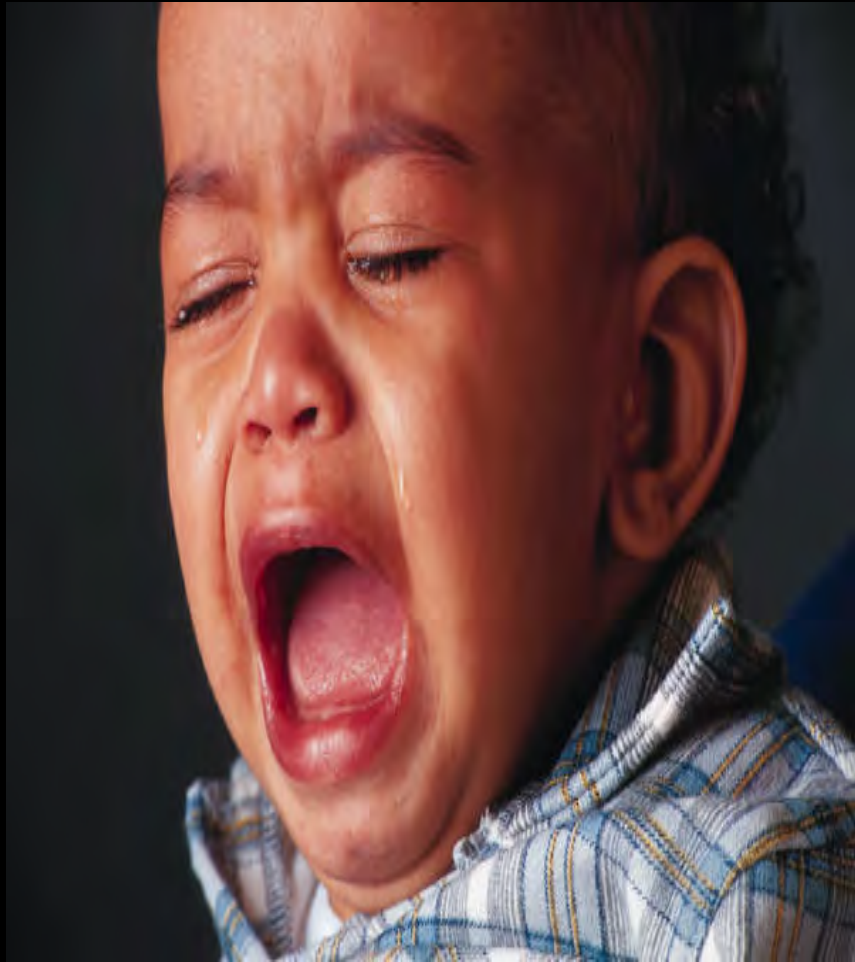


is a constant battle.



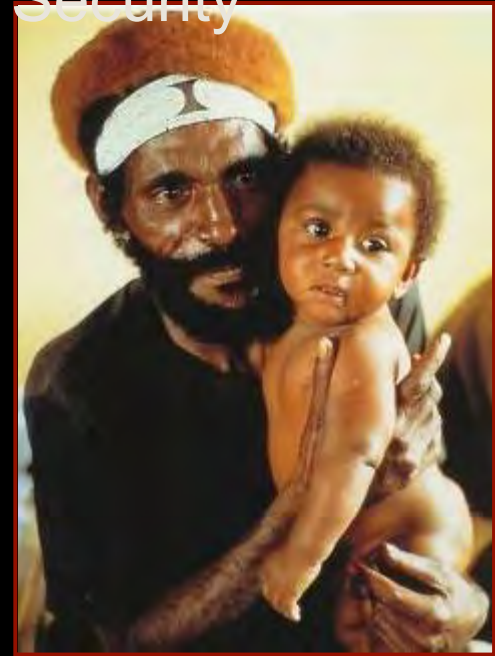
“It’s not working is it?”

There is no essential truth





# Children Depend on Adults for Emotional Security





**Time to 'Take off' and say "Goodbye"!**



**"He never gives up, does he!"**

What is different in the 21<sup>st</sup>  
Century?



# Challenges Facing the Today's World

- Organizations need more technological resources minimizing job opportunities e.g. top 4 companies in the world use on 15000 people to operate from.
- Tweeting, Facebook have become our daily communication means minimizing social and emotional contact with each other
- Teachers needing to cope with how to integrate technology and social interaction within a classroom.

# Restoring Community in the 21<sup>st</sup> century!

- Being in accountable for our emotions and expressing affective statements and questions when wrongs have been done.
- Providing face-to-face experiences where conflict resolution builds community.
- Working across disciplines to meet specific needs in building relationships.
- Externalizing the problem where you separate the deed from the doer.



**How Emotional & Social IQ  
provides the eyes and ears for  
making new connections**

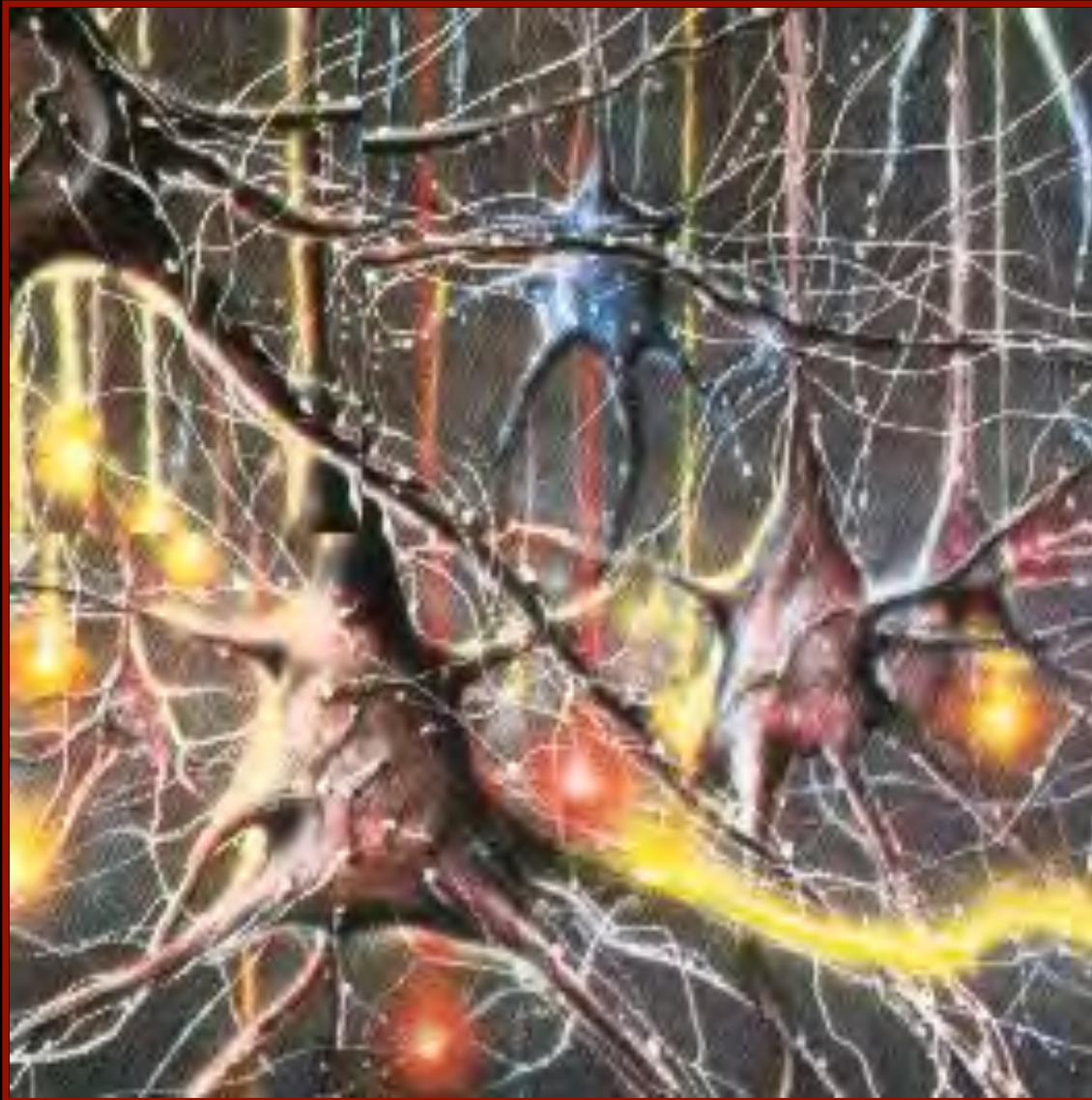
**IN OUR ENVIRONMENT**

# THE BRAIN

Neuroscience provides us much of what we know about the brain. But there is so much that we are still ignorant about.

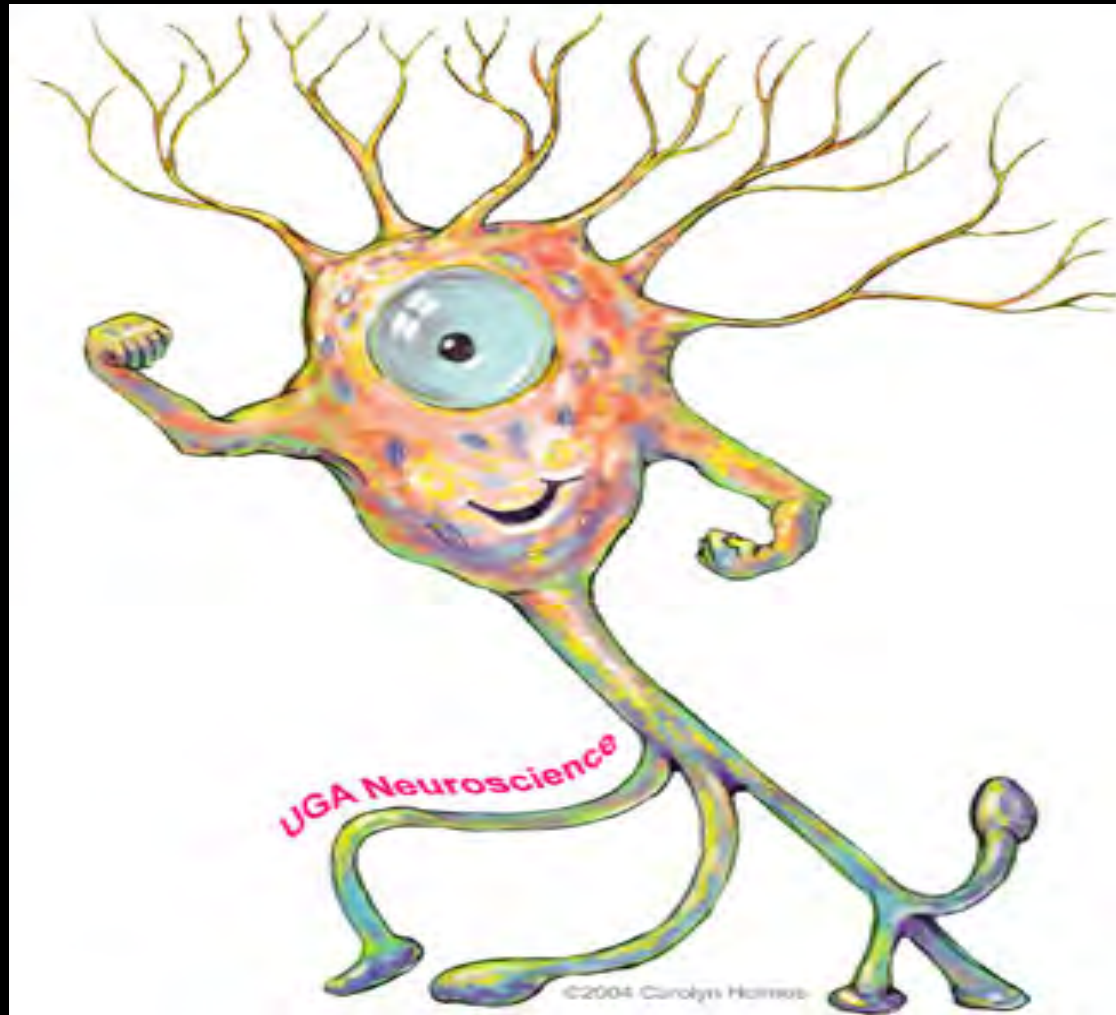
# PATHWAYS IN THE BRAIN

The Human Brain Has 100 Billion Neurons



# PATHWAYS IN THE BRAIN

One Neuron Can  
Make 10-100,000 Connections



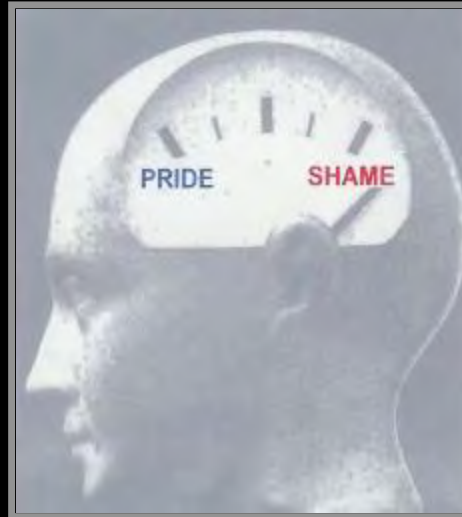
# The Triune Brain



Logical Brain  
Emotional Brain  
Survival Brain



# The Brain's SOCIOMETER



**Belonging Triggers  
PRIDE**



**Exclusion Triggers  
SHAME**

Amygdala

*ah mig' da la*

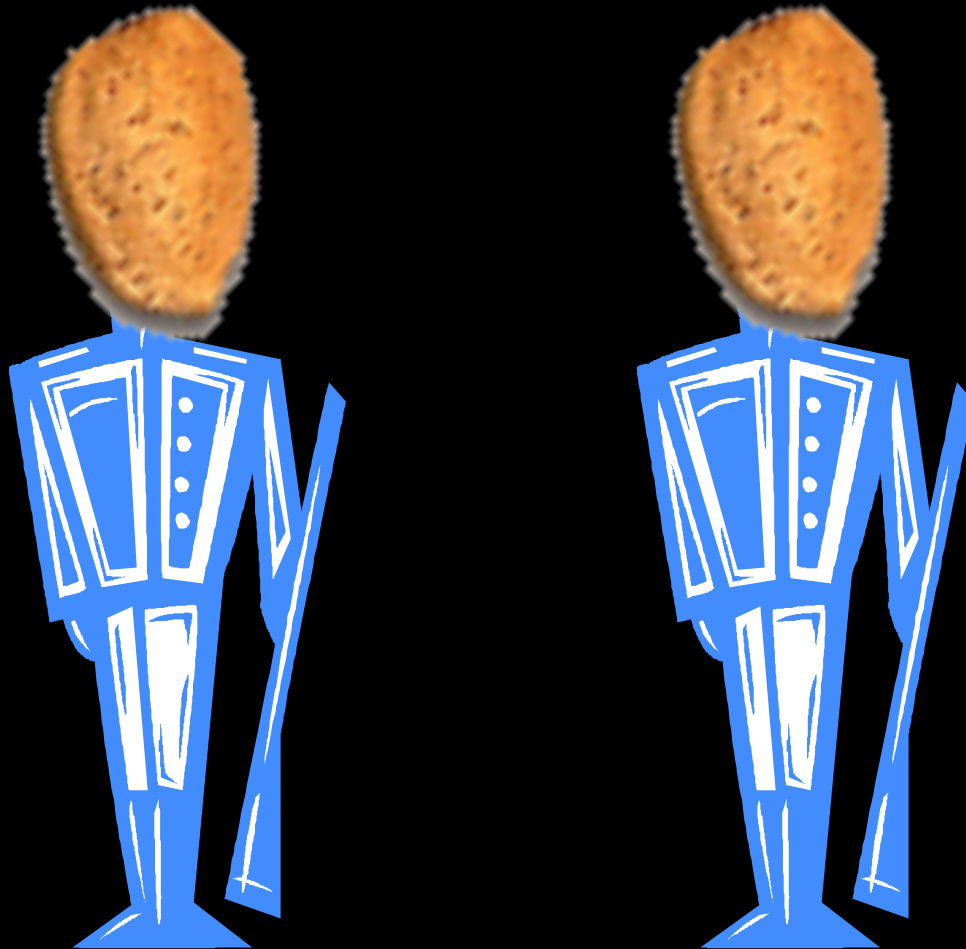


This is the Greek word for Almond

©Circle of Courage

# AMYGDALA

The Brain's Security System



©2005 Circle of Courage

# HIPPOCAMPUS

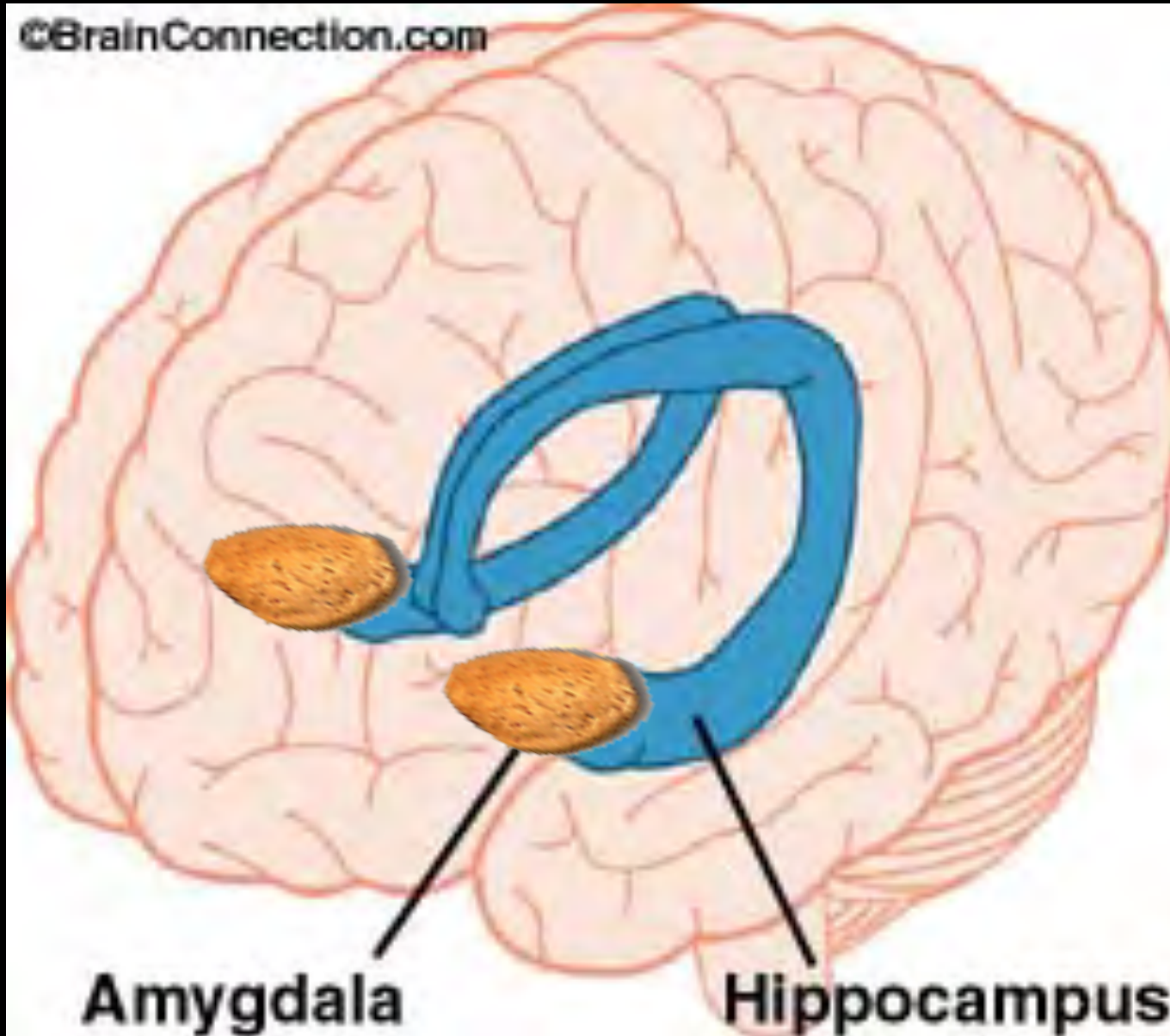
is Greek for  
**SEAHORSE**



**(memories are stored here)**

Circle of Courage

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SCHEMA =  
IMPLICIT MEMORY



# EXAMPLES of IMPLICIT MEMORY

- Attachment patterns
- Unresolved emotional issues
- Family of origin rules & roles
- Automatic behavior response to a trigger

# EXAMPLES of IMPLICIT MEMORY

Phobias

Traumatic memory & PTSD

Unconscious memory of childhood  
abuse

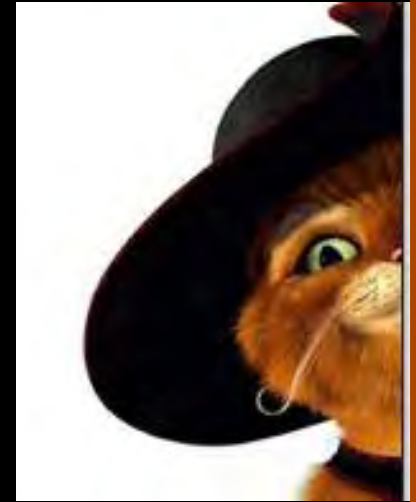
And many more.....

# EMOTIONAL REACTIONS TO THREAT



Fight

Appease

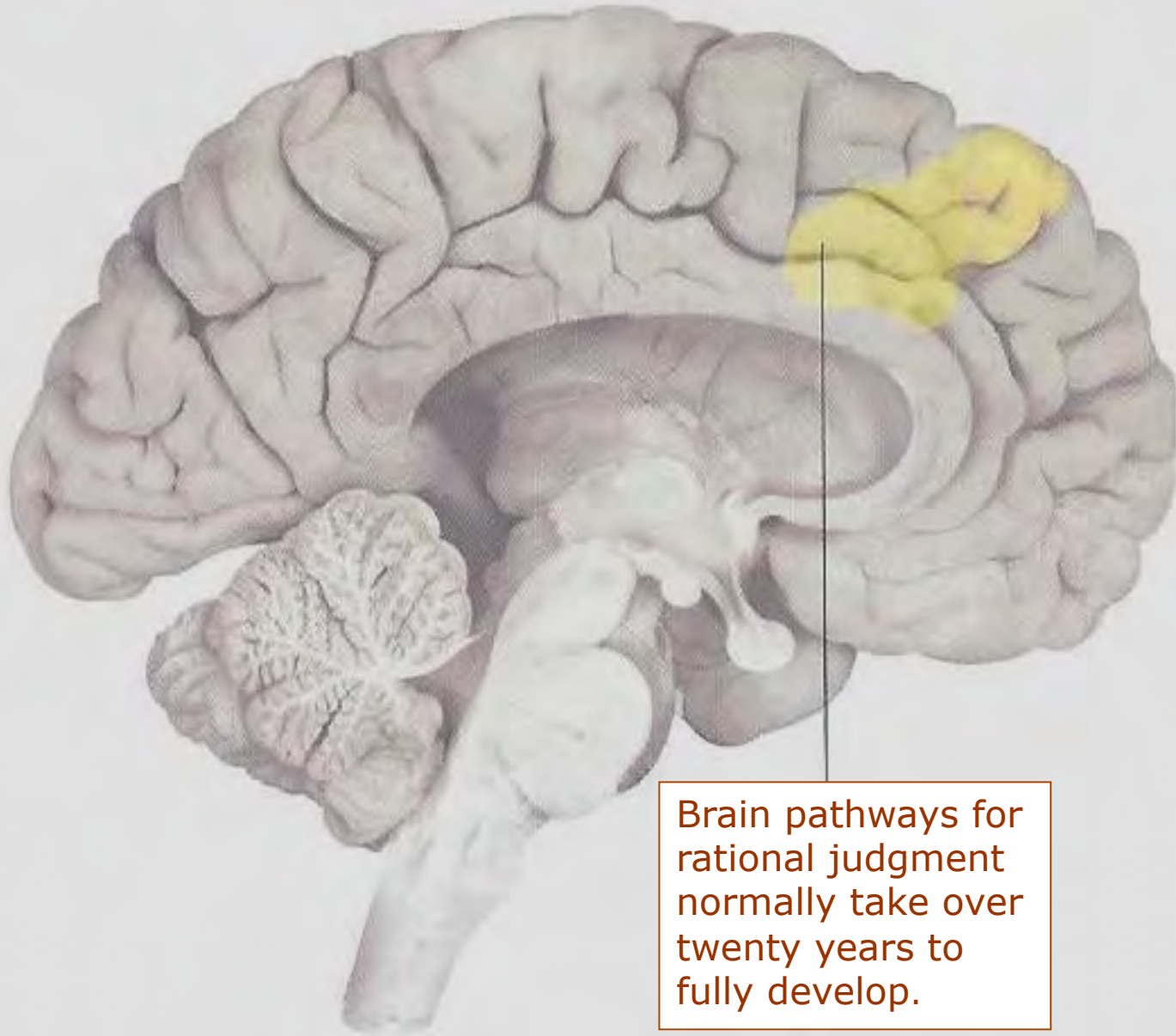


Flight

Attach



# The Center of Self Will



Brain pathways for rational judgment normally take over twenty years to fully develop.



Can you find a black kitten in a dark room?





Facts & what we  
know!

What we don't know!

So what is the gap we need to address in our knowledge and our ignorance in the 21<sup>st</sup> Century?

Being thoroughly conscious of  
our ignorance and not worrying  
about it!

Jigsaws?  
layers?

Peeling back





# Ripples in a pond



Ignorance must be pursued with questions:



# UNLOCKING THE EMOTIONAL BRAIN

How to reliably create deep breakthroughs

During the 20<sup>th</sup> Century we used

## INCREMENTAL CHANGE

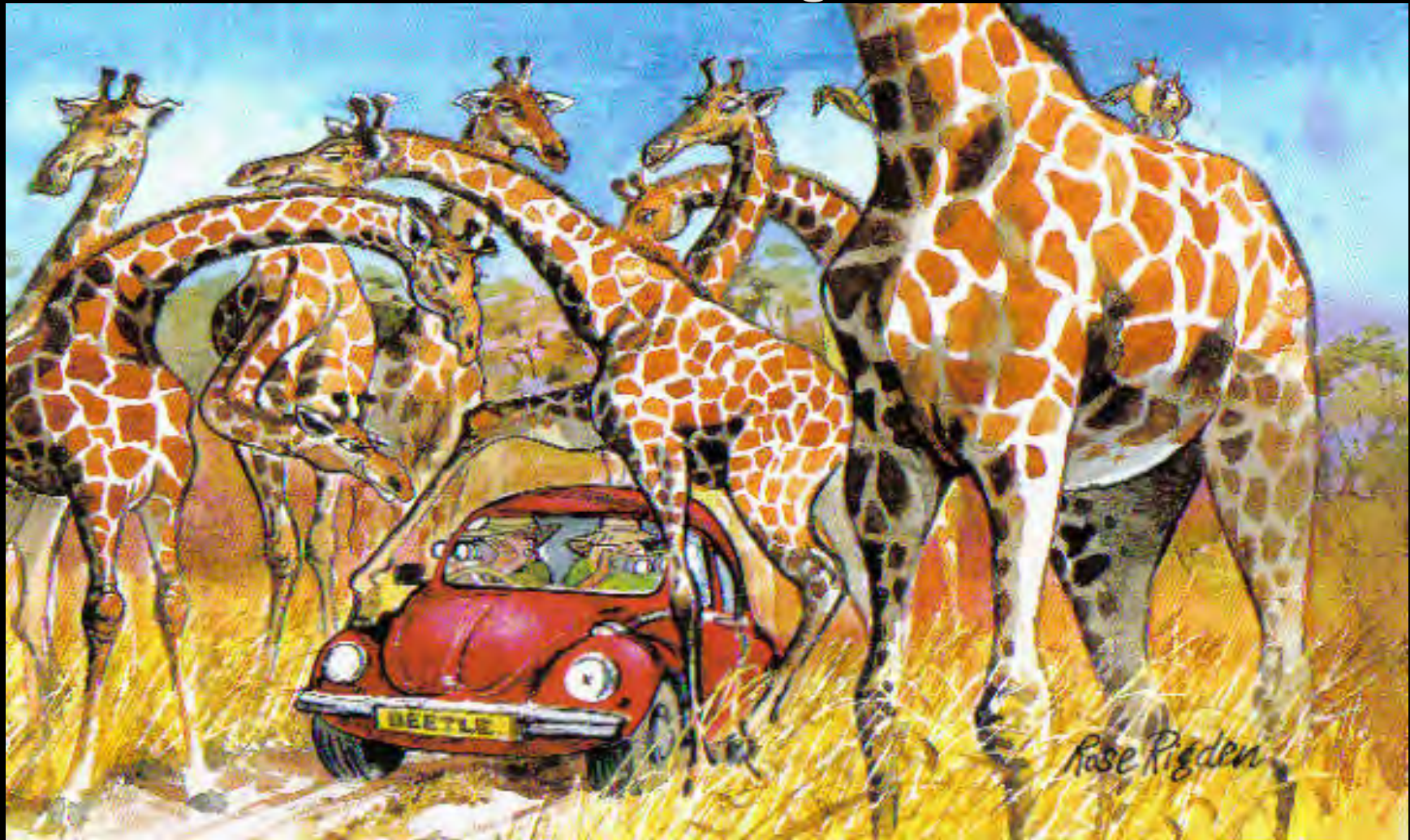


# Transformation





**Some of us spend hours looking very hard  
for the elusive game.**



**“Haven’t seen a thing all day”**

# Transformation of schema

- Juxtaposition experiences
- Verification experiences

1. RETRIEVAL

Discovery experiences

Integration experiences

2. TRANSFORMATION

Juxtapositions

Verification

# Procedure for dissolving an emotional schema into coherence

- 1. RETRIEVAL through discovery:

Find an experience where the emotional level is experienced in the body now even though it happened a long time ago. Experience the symptom-requiring schema vividly, emotionally, bodily. (Retrieval: Discovery).

- 2. RETRIEVAL through integration:

Find and experience vividly in some other, contradictory living knowledge/story where it happened differently. Tell it and connect with the difference. (Retrieval: Integration).



# Procedure for dissolving an emotional schema into coherence

- 3. TRANSFORMATION through juxtaposing both together:  
Experience 1 & 2 stories simultaneously.  
Both feel real & both cannot be true.

( Transformation: Juxtaposition).

- 4. TRANSFORMATION through verification  
Symptom-requiring schema and emotion is depotentiated, lacks realness, cannot be re-evoked; symptom ceases.  
(Transformation: verification).

**As you travel!**



**“I’m sure I gave the tickets to you.”**

# Correlation of Awareness

with Emotions.

Hawkins



# EMOTIONS (Hawkins, 2002)

- | LEVEL OF AWARENESS   | CALIBRATION |
|----------------------|-------------|
| <i>Consciousness</i> | 10*         |
|                      |             |
| 175                  | Pride       |
| 150                  | Anger       |
| 100                  | Fear        |
| 75                   | Grief       |
| 50                   | Apathy      |
| 30                   | Guilt       |
| 20                   | Shame       |
- FORCE present: Rigid positions assumed (0

100)

# AWARENESS (Hawkins, 2002)

- LEVEL OF AWARENESS
  - *Consciousness*
  - 400
  - 350
  - 300
  - 310
  - 250
  - 200
  - POWER appears and releases any positions 200-480
- |  | CALIBRATION |
|--|-------------|
|  | 10*         |
|  | Reasoning   |
|  | Reading     |
|  | Acceptance  |
|  | Willingness |
|  | Neutrality  |
|  | Courage     |



# Awareness // Emotions

- Level of awareness
  - Consciousness
  - 1000
  - 700
  - 600
  - 540
  - 500
- Calibration  
10\*
- Enlightenment  
Peace
- Joy  
Love

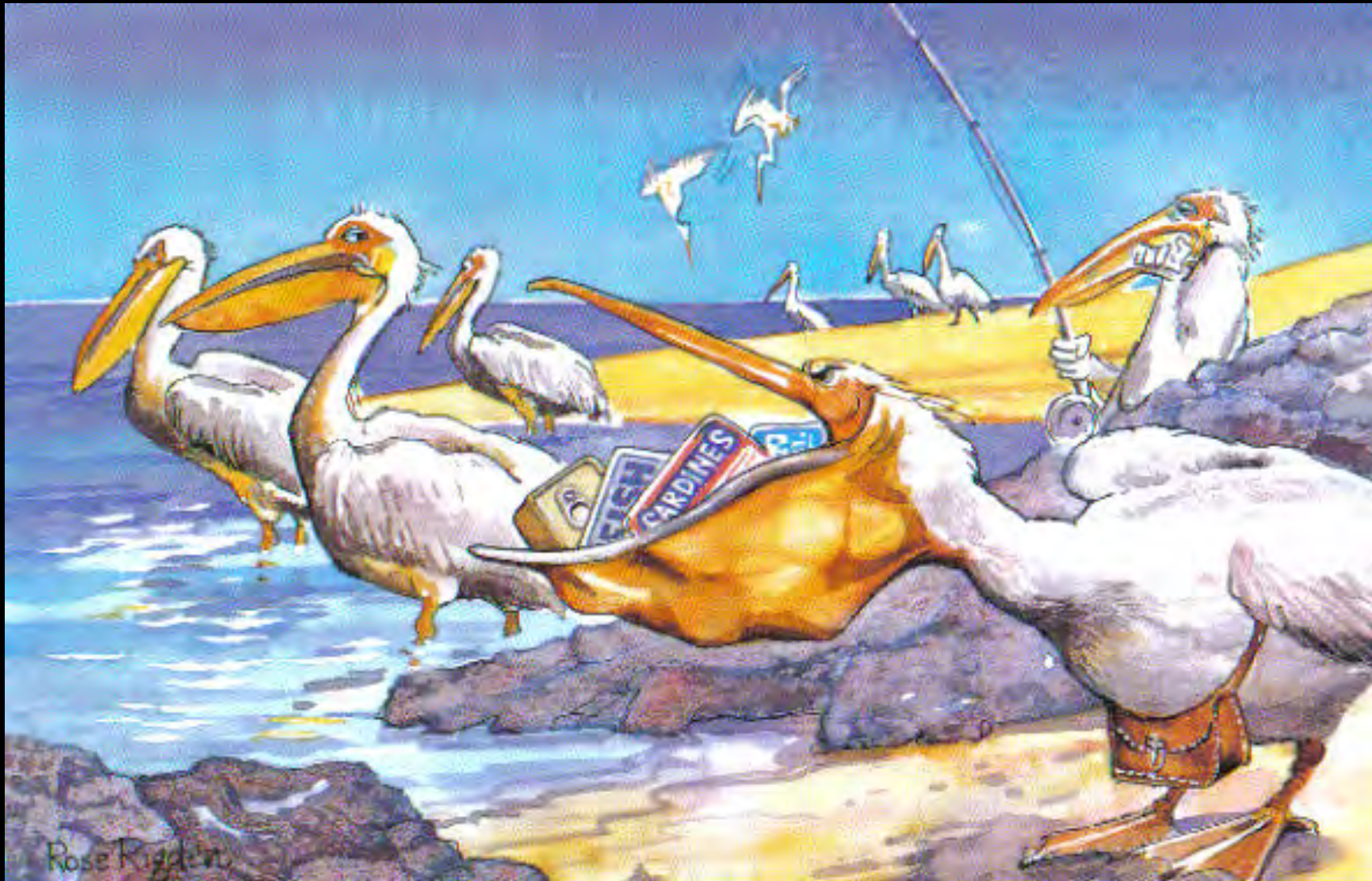
**We all work hard ...**



**“There must be an easier way!”**



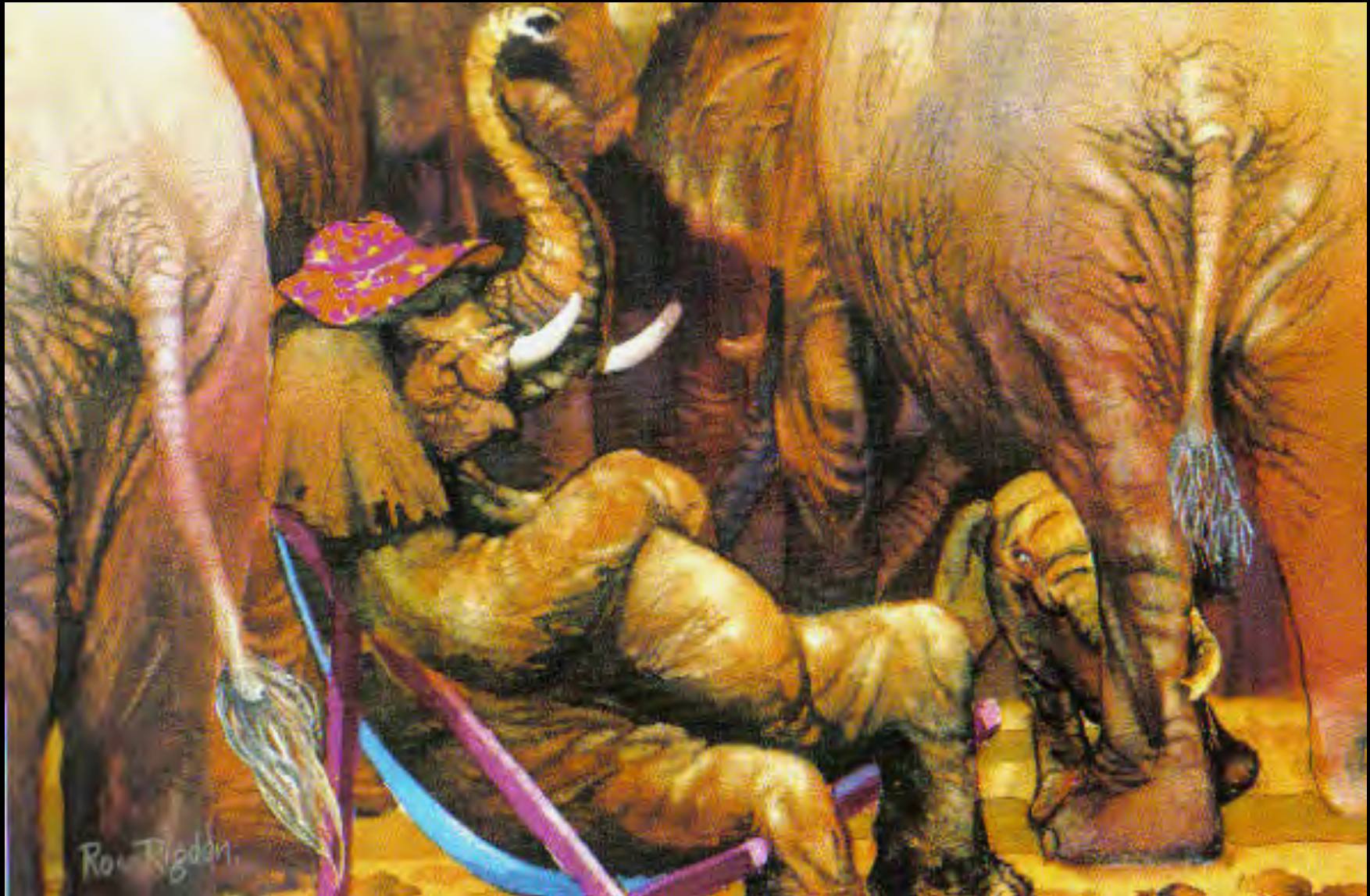
**By introducing new ideas.**



**“Psst! ... Want to buy some take-a-ways?”**

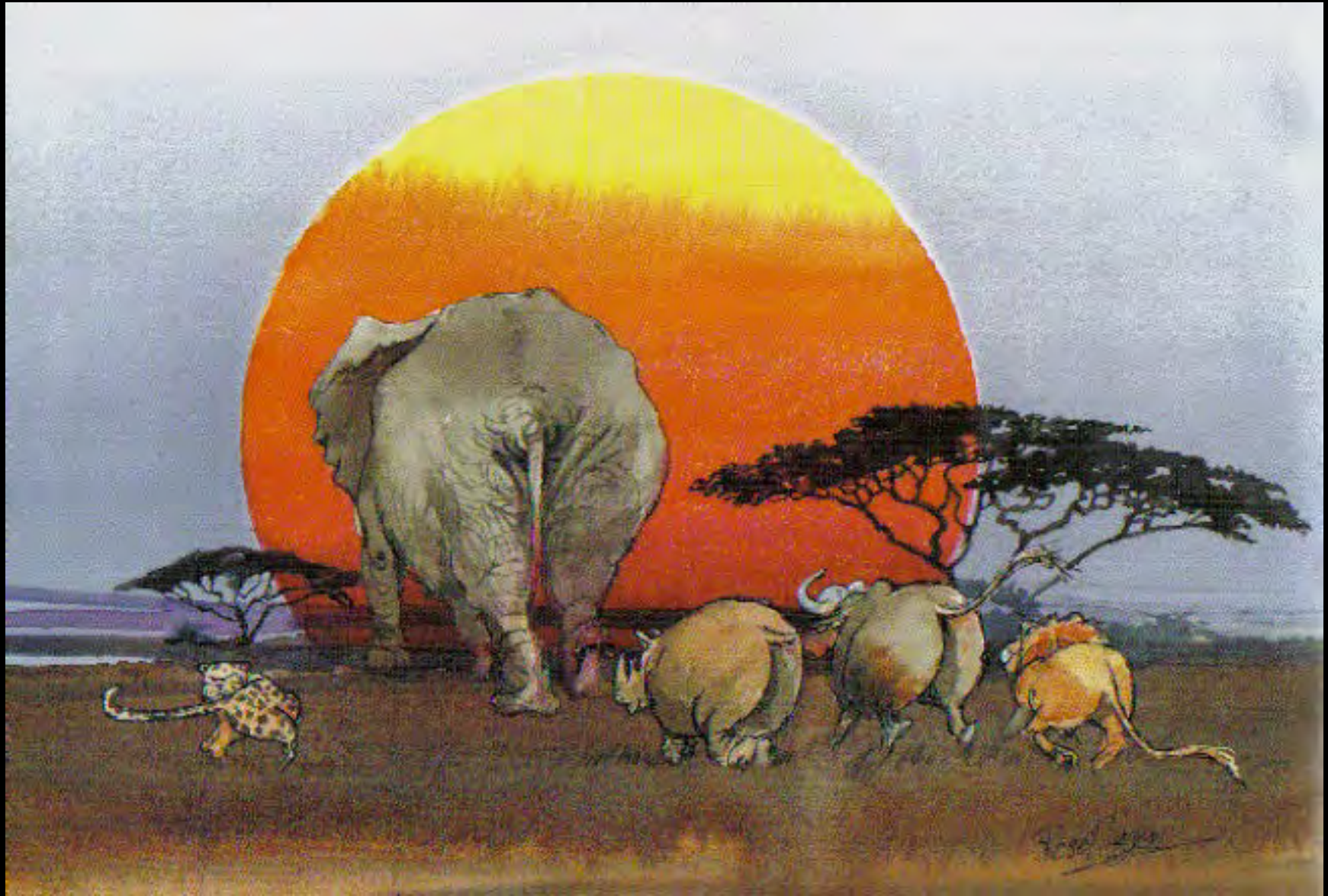


**Leave time for reflection.**

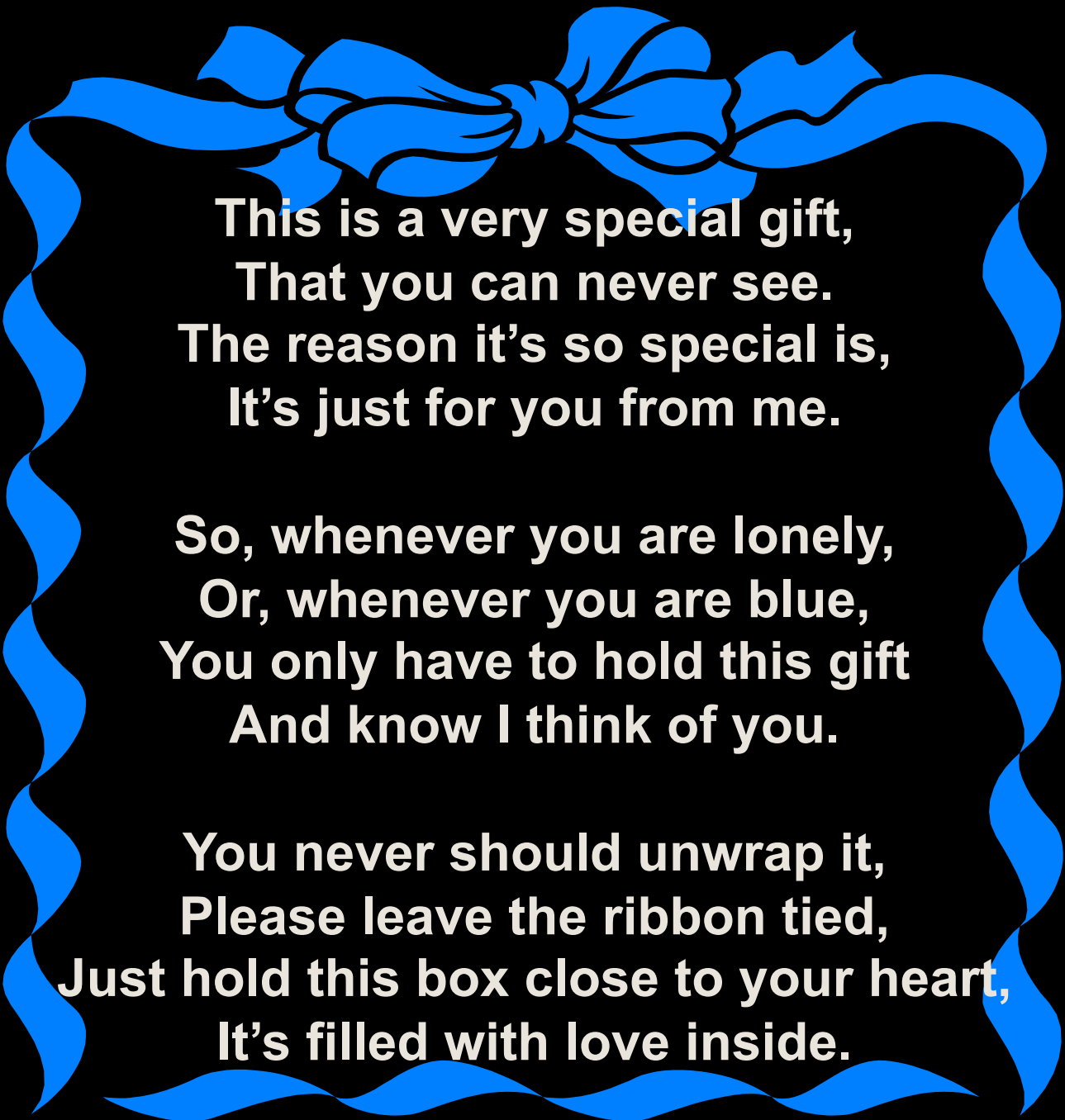




**The very END!**







**This is a very special gift,  
That you can never see.  
The reason it's so special is,  
It's just for you from me.**

**So, whenever you are lonely,  
Or, whenever you are blue,  
You only have to hold this gift  
And know I think of you.**

**You never should unwrap it,  
Please leave the ribbon tied,  
Just hold this box close to your heart,  
It's filled with love inside.**

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