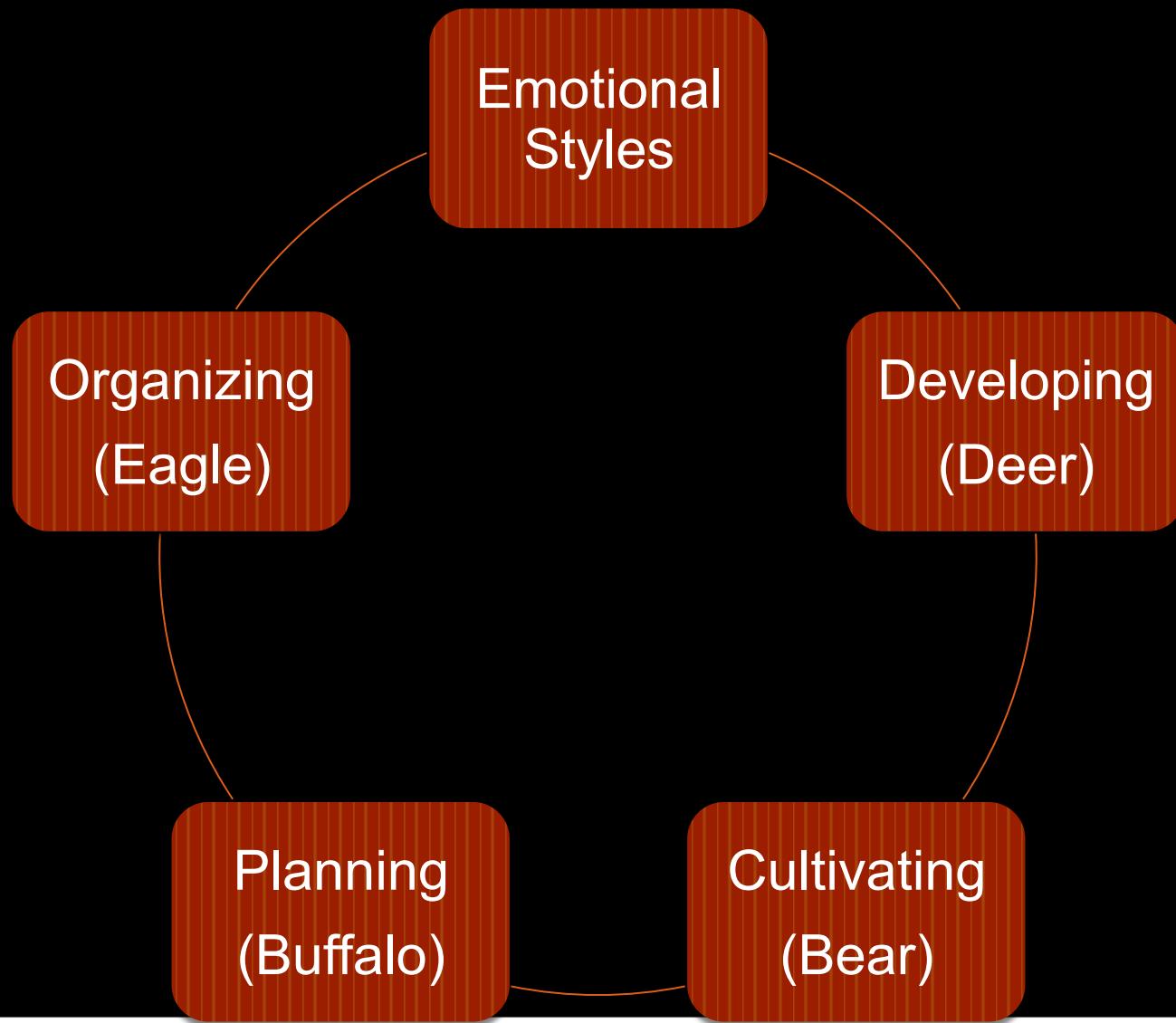


# The 21<sup>st</sup> Century's Search for Emotional & Social Connection: How Restorative Practices fulfills that Need

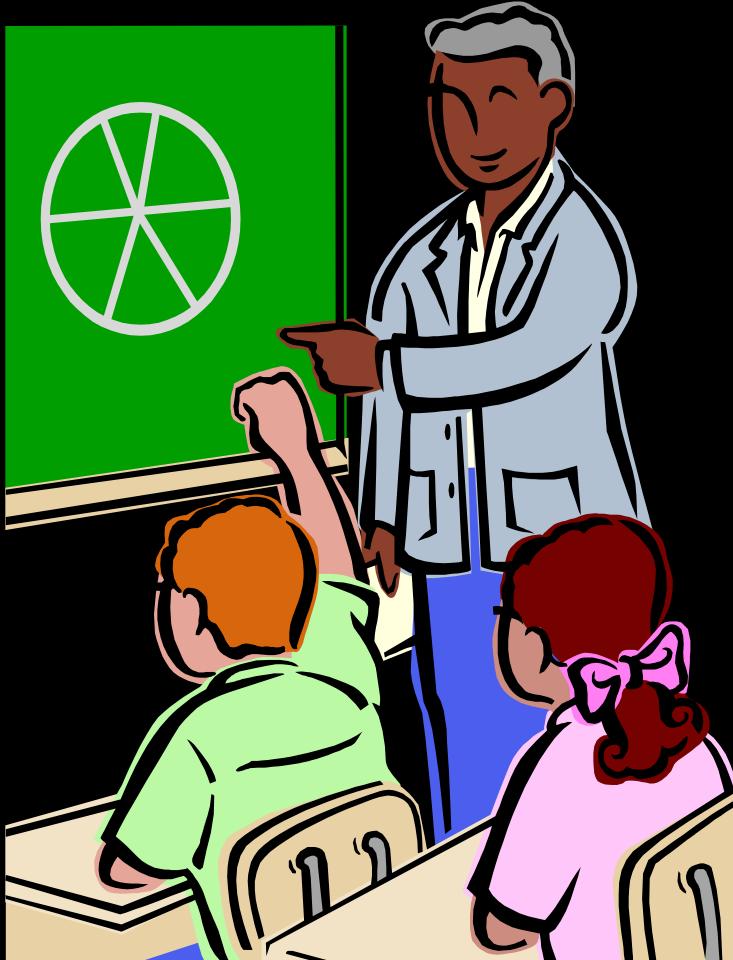


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# Emotional Balance



# 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

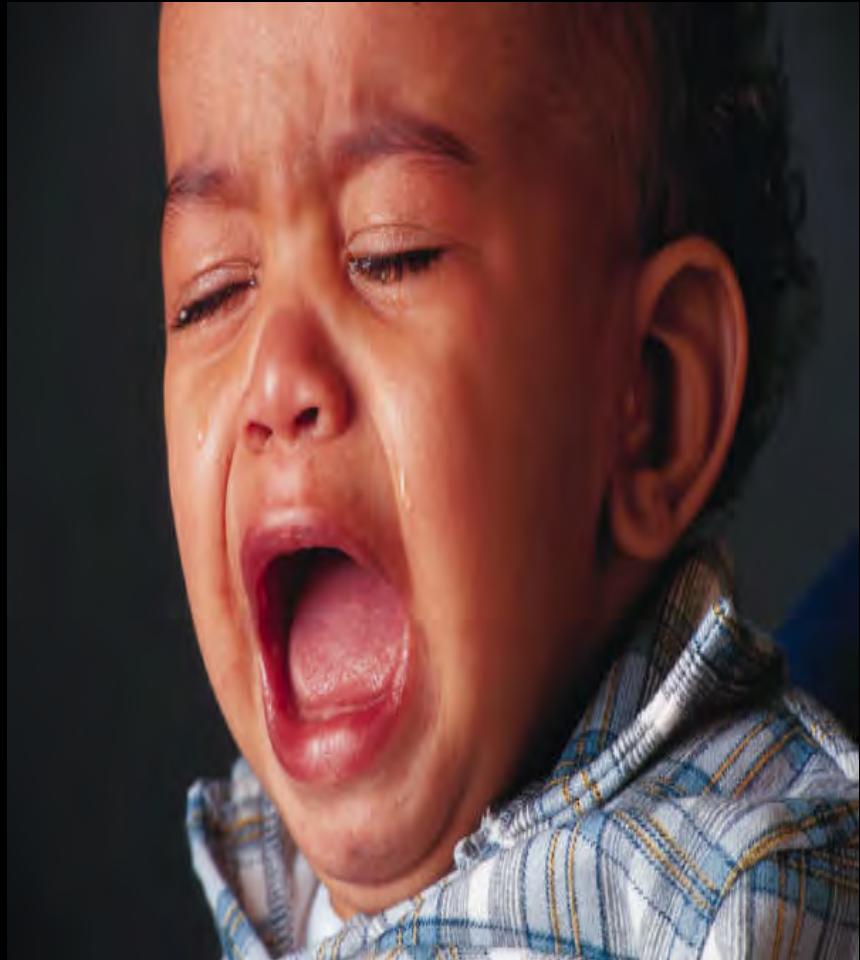


is a constant battle.

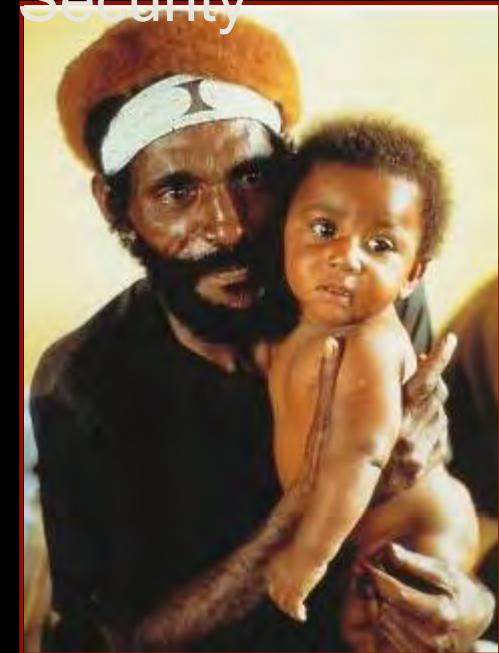


“It’s not working is it?”

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, 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.

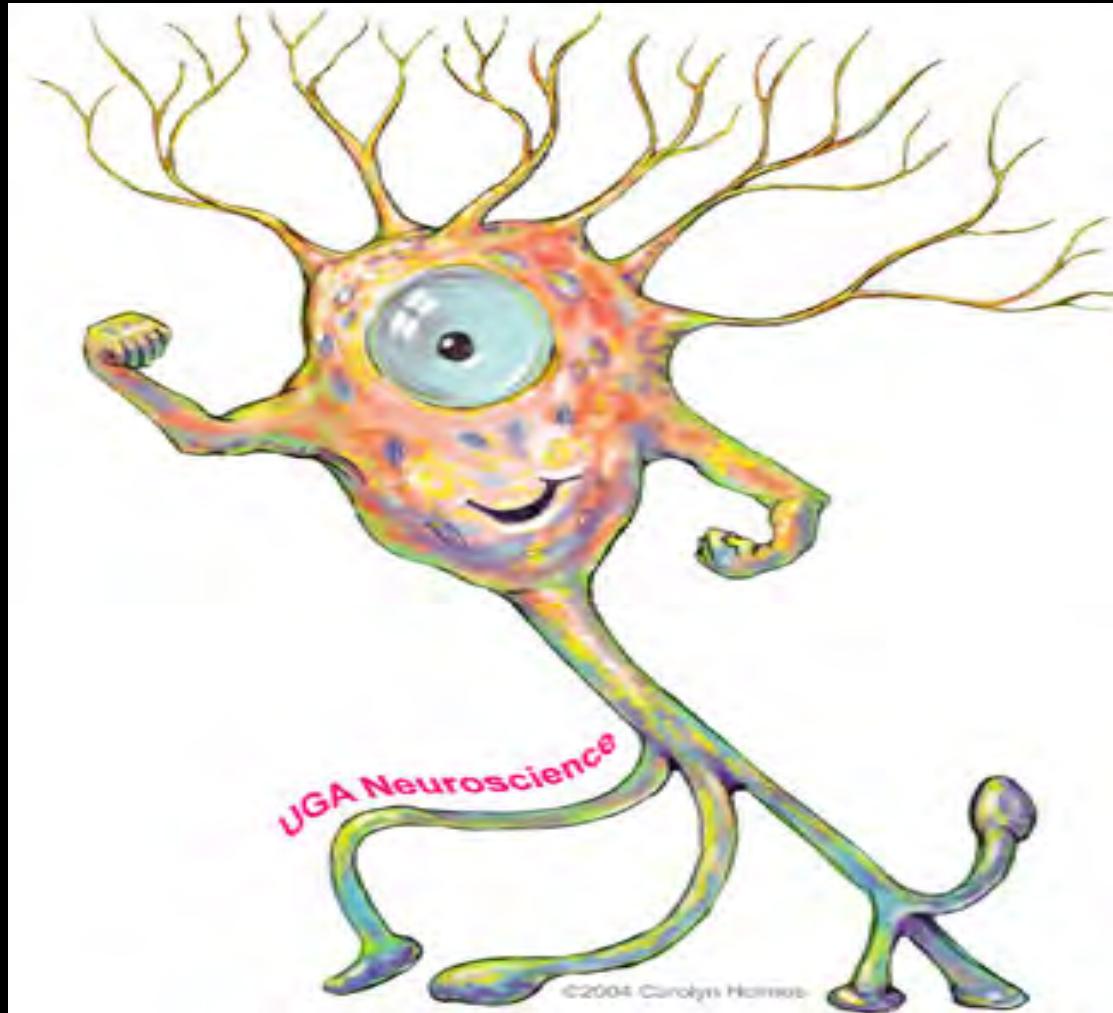
# PATHWAYS IN THE BRAIN

The Human Brain Has 100 Billion Neurons



# PATHWAYS IN THE BRAIN

One Neuron Can  
Make 10-100,000 Connections

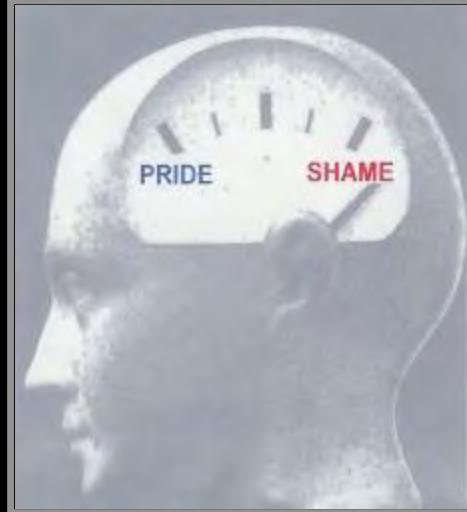


# The Triune Brain



Logical Brain  
Emotional Brain  
Survival Brain

# The Brain's SOCIOMETER



**Belonging Triggers  
PRIDE**

**Exclusion Triggers  
SHAME**

# Amygdala

*ah mig' da la*

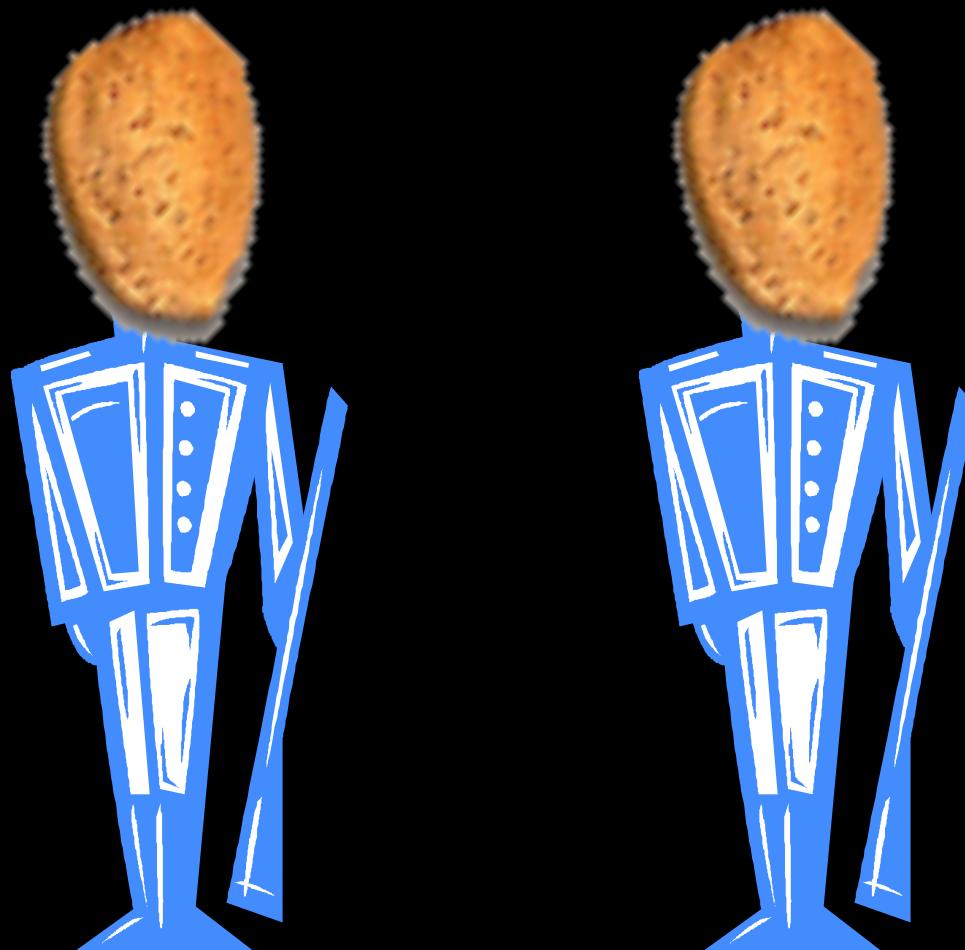


This is the Greek word for Almond

©Circle of Courage

# AMYGDALA

The Brain's Security System



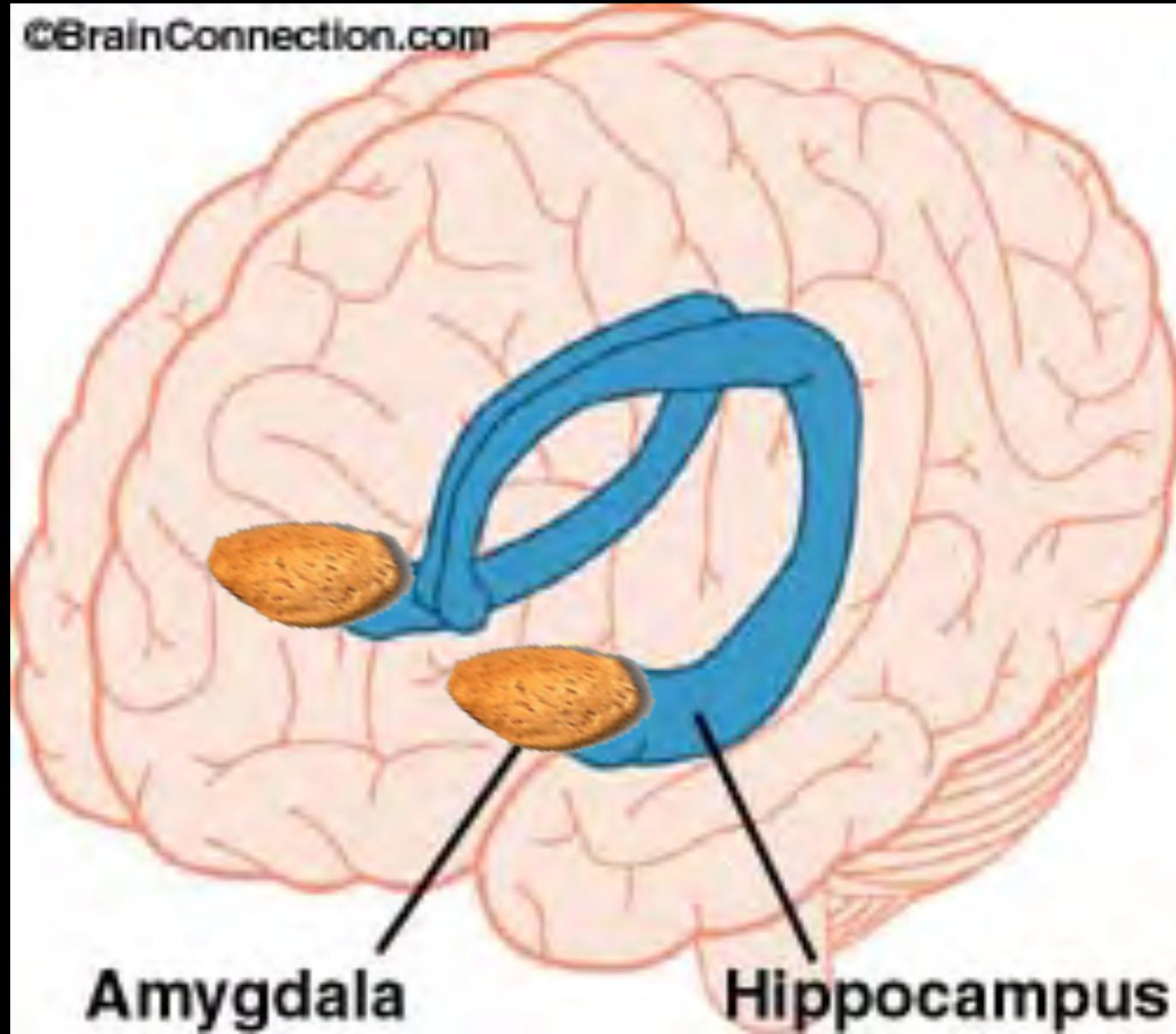
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# HIPPOCAMPUS

is Greek for  
SEAHORSE



**(memories are stored here)**  
Circle of Courage



**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



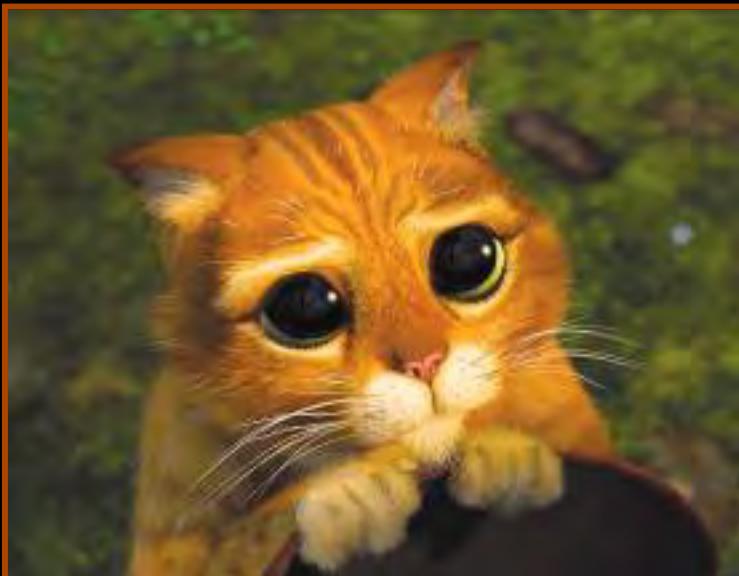
Fight

Appease

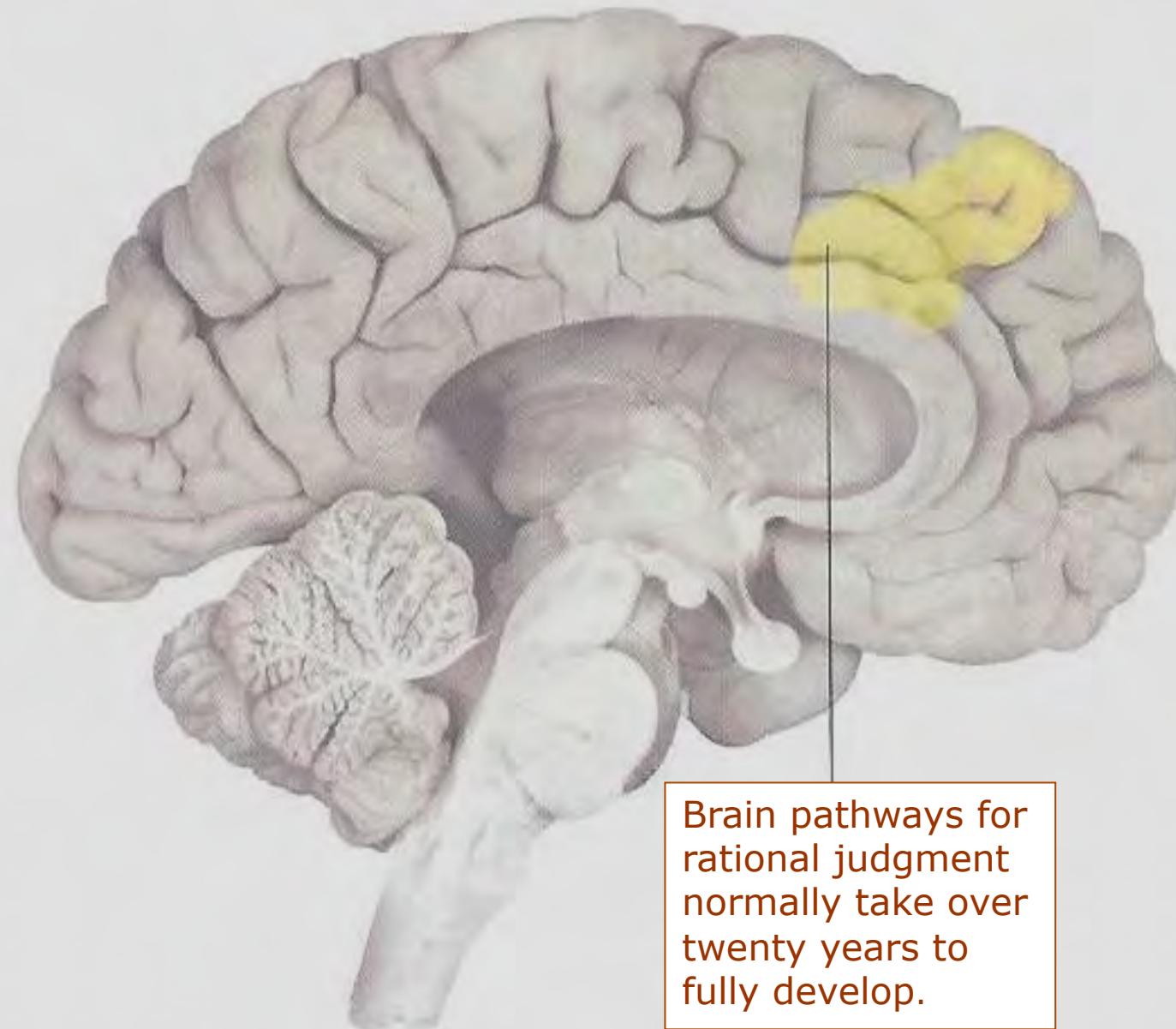


Flight

Attach



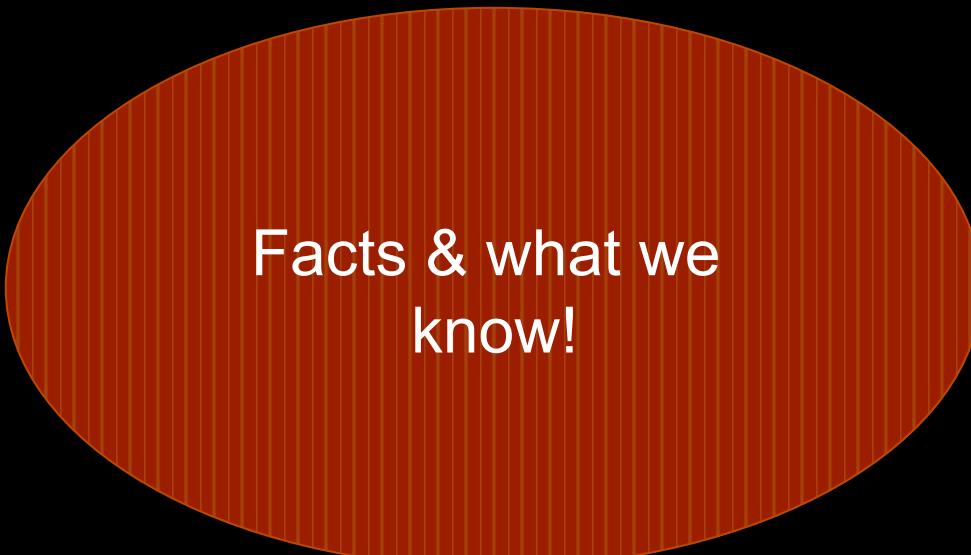
# The Center of Self Will



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? Peeling back  
layers?



# 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

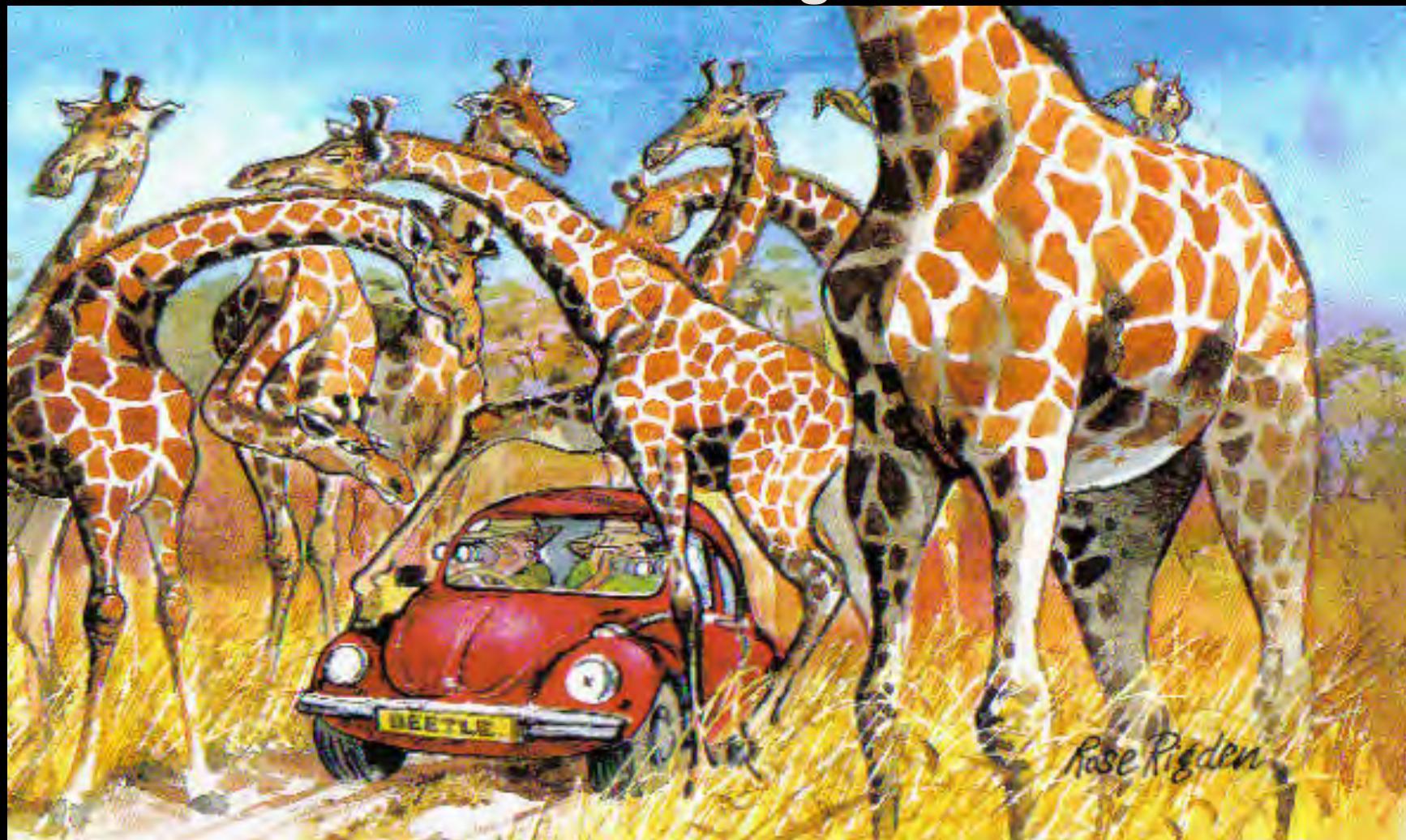
## INCREMENTAL CHANGE



# 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.RETR  
IEVAL**

Discovery  
experiences

Integration  
experiences

**2.  
TRANS  
-  
FORM  
ATION**

Juxtapositio  
ns

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

# Awareness // Emotions

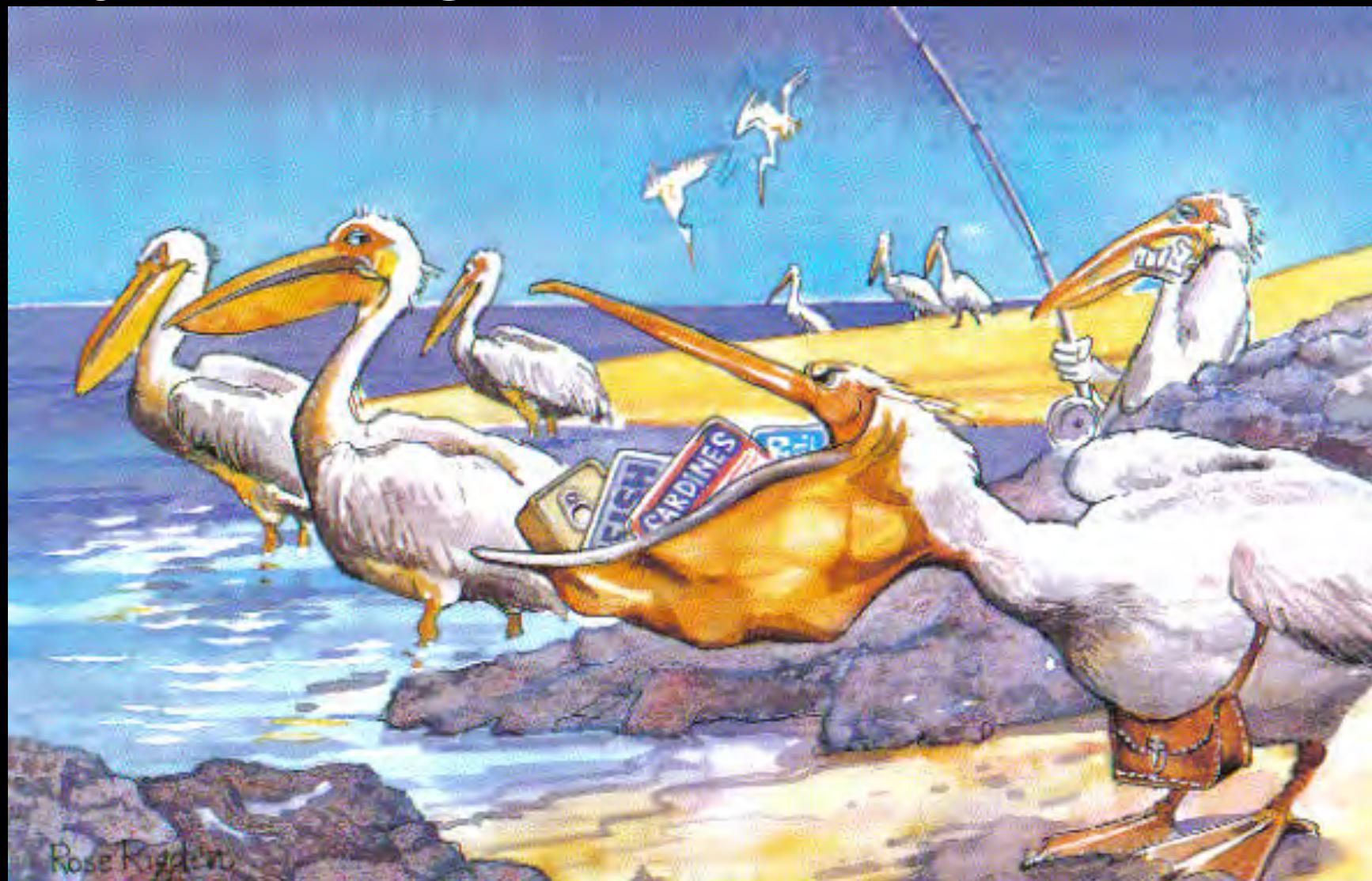
- Level of awareness Calibration
- Consciousness 10\*
- 1000
- 700 Enlightenment
- 600 Peace
- 540 Joy
- 500 Love

We all work hard ...



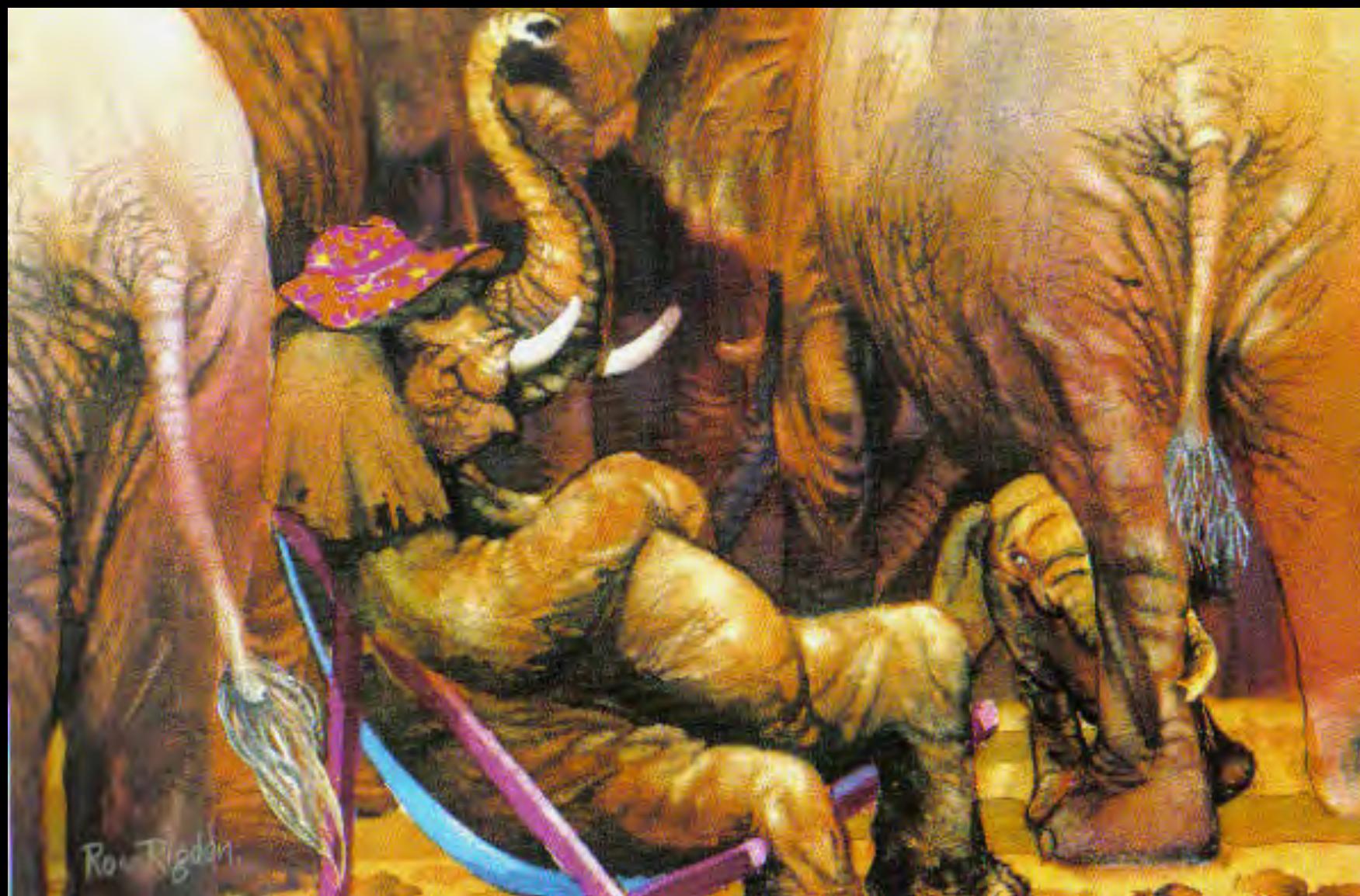
“There must be an easier way!”

**By introducing new ideas.**

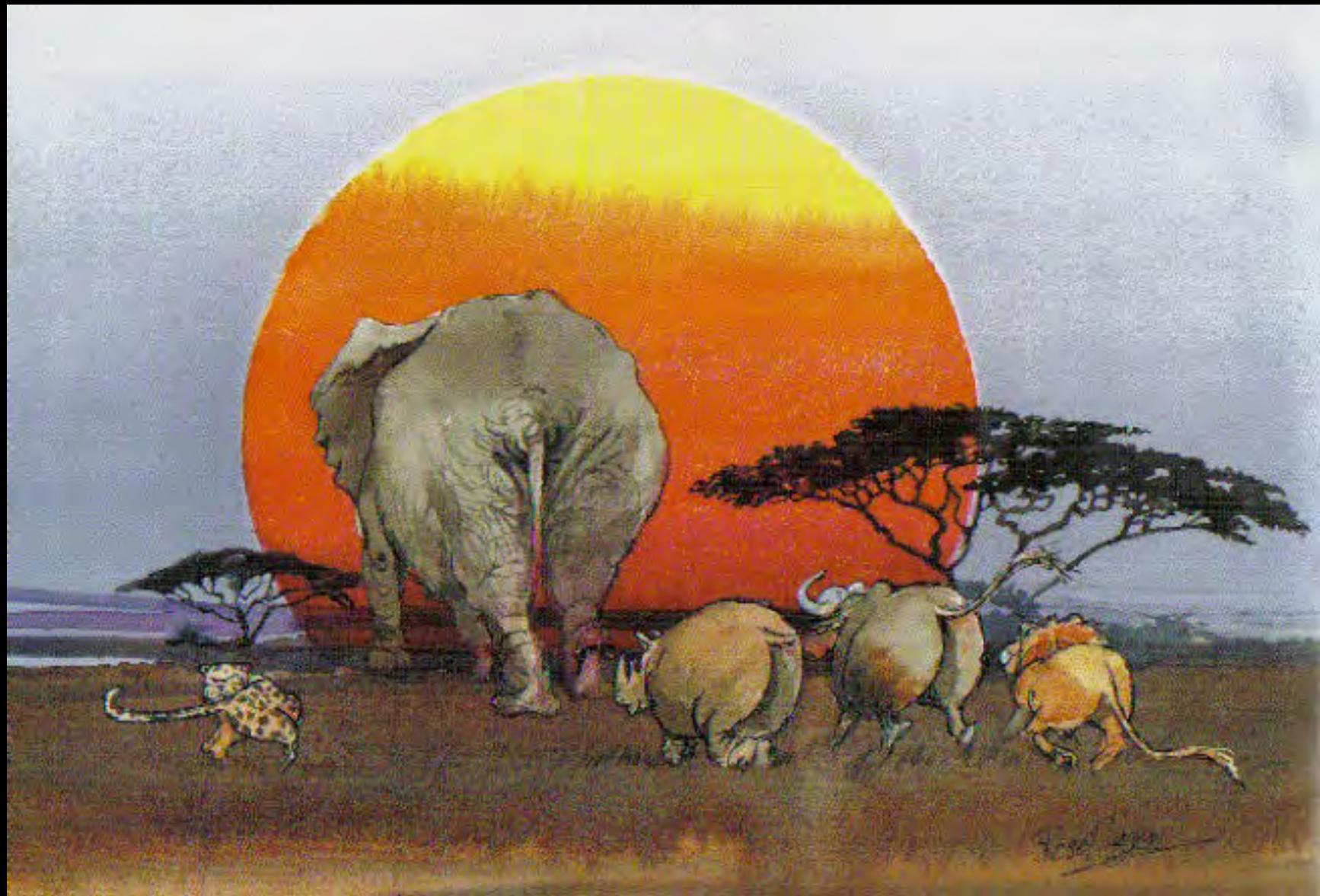


**“Psst! ... Want to buy some take-a-ways?”**

**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.**

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



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