The 21st Century’s Search for Emotional & Social Connection: How Restorative Practices fulfills that Need

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Emotional Balance

Emotional Styles

Organizing (Eagle)

Planning (Buffalo)

Developing (Deer)

Cultivating (Bear)
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 21st Century?
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 21st 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
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

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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 21st 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 20th 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
<table>
<thead>
<tr>
<th>LEVEL OF AWARENESS</th>
<th>CALIBRATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consciousness</td>
<td>10*</td>
</tr>
<tr>
<td>175</td>
<td>Pride</td>
</tr>
<tr>
<td>150</td>
<td>Anger</td>
</tr>
<tr>
<td>100</td>
<td>Fear</td>
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<td>75</td>
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<tr>
<td>50</td>
<td>Apathy</td>
</tr>
<tr>
<td>30</td>
<td>Guilt</td>
</tr>
<tr>
<td>20</td>
<td>Shame</td>
</tr>
</tbody>
</table>

FORCE present: Rigid positions assumed (0-100)
AWARENESS (Hawkins, 2002)

- LEVEL OF AWARENESS
  - Consciousness
  - Reasoning: 400
  - Reading: 350
  - Acceptance: 300
  - Willingness: 310
  - Neutrality: 250
  - Courage: 200

- POWER appears and releases any positions 200-480
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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