Healing through Relationships with Individuals, Organizations & Communities
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Brief Outline
I. The Power of Relationships in the Healing Process
II. World Café – Healing through Relationships
What can we do to heal

- Ensure a safe environment
- Emotional Regulation - Calming Skills
- Reprocessing Trauma (changes thoughts that are not helpful)
- Desensitization (decrease fear of similar situations). Help to identify triggers

Empathetic Human Interaction Is Necessary for Healing

“...human physiology is (at least in part) an open loop arrangement, an individual does not direct all of his own functions. A second person transmits regulatory information that can alter hormone levels, cardiovascular functions, sleep rhythms, immune function, and more-inside the body of the first.”

-Lewis, T., Amini, F., Lannon, R.  
Vintage Books, N.Y.
Healing Tasks

- Sense of Self Worth
- Positive Self Identity
- Ability to Calm Self
- Sense of Place in the World

Belonging

- We are all related
- This is your family
- This is where you belong
- You are valuable
- You have an important place in this community
- You have a purpose in this world
Building Community

- Hold yourself, peers and supervisors to the same standards you teach the children.
- Positive reframe
- Use and demonstrate calming strategies
- Take responsibility
- Public praise, private corrective action
- Label values
  – Spend time and energy on the positive!!

How Do We Do This?
Relationships

There are all kind of relationships
• Individuals
• Communities
• Organizations
• Systems
Relationships with Family

Individual Relationships

Husband & Wife

Husband & Wife
Systems/Organizations

Teacher/Students

Teacher/Students

Organizations/Community
Community

Organizations/Community
Why is it so Important to Healing?

- While effective therapeutic methods and techniques are helpful for us to know the fact of the matter is that at least 50% of improvement for people is in the therapeutic relationship.

Healing Relationships

- Do not underestimate your ability to be an agent of healing and change by being in relationship with others!
Positive Psychology

- The scientific study of the strengths and virtues that enable individuals and communities to thrive.
- Belief: People want to lead meaningful and fulfilling lives, to cultivate what is best within them, and to enhance their experiences of love, work, and play.

Positive Psychology

- Research has shown that people who experience positive emotion states, such as contentment, happiness, interest, and joy, receive many benefits, especially in their relationships to others.
Positive Psychology

• Studies show these people are more creative, able to show improved negotiation skills and outcomes, able to display more flexible thinking and problem-solving, able to think more clearly, and are able to handle more complex information.

Well Being Theory
Martin Seligman

• 5 Essential Elements of Well-Being were widely explored by Martin Seligman in his 2011 book, *Flourish: A Visionary New Understanding of Happiness and Well-Being*.

• Seligman has found that overall well-being is more than just feeling good. To flourish we need PERMA:
Well Being Theory

• To foster strong communities, organizations and individuals we must develop our own individual strategies to enhance that which makes our own lives worthwhile.
• What makes our lives worthwhile: Healthy Relationships with others

Positive Relationships

• We need positive relationships with others.
• Dan Buettner (2014) found 9 common traits, many of which involved relationships with others. He found people who live to be over 100 years old:
  – Belong – Need to create a sense of belonging
     -Put Loved Ones First
     -Find the Right Tribe
Example of Positive Relationships

• People from Okinawa, Japan have *moais* or groups of friends they are placed in at an early age who they travel through life with. They are people with whom they share the best of times and the worst of times. Who is in your *moai*?

  – “Happy” Director: Roko Belic  

Engaging in the Present - Mindfulness

• The practice of purposefully focusing attention on the present moment and accepting it without judgment.

• Benefits: better control of emotions, better self-awareness, more flexible thinking, increased positive emotion, and improved working memory (Grenville-Cleave, 2012).
5 Essential Steps of Mindfulness

1. Be non-judgmental or impartial.
2. Accept things as they are.
3. Notice thoughts and emotions as they occur.
4. Be fully in the moment.
5. Be observant.

Mindfulness Challenge

• There are many strategies you can use to increase your mindfulness.
• Challenge: Try engaging in a mindfulness activity for 30 minutes a day for 8 weeks to positively impact your memory, self-awareness, empathy and stress levels as the grey matter in your brain changes.
World Cafe Etiquette

- Focus on what matters.
- Contribute your thinking.
- Speak your mind and heart.
- Listen to understand.
- Link and connect ideas.

World Café Etiquette

- Listen together for insights and deeper questions.
- Play, Doodle, Draw – writing on the paper is encouraged?
- Have Fun!
Relationship Challenge

• Choose one relationship to invest in within the upcoming month.
  – Open your heart and take a chance.
  – Put out positive energy and intentions into this relationship in a mindful way
  – Be present and open