



the  
League of  
EXTRAORDINARY  
PEOPLE

# Rebooting Your Emotional Sobriety

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September 23, 2020



## Mission & Vision

### Our mission

is to launch an educational and spiritual enrichment revolution to build hope, resilience, and healing through community empowerment.

### Our vision

is to establish a transformational, integrative, and replicable self-healing Center of Extraordinary People. This residential community model will heal transgenerational trauma through a foundation of safety, trustworthiness and transparency, peer support, collaboration and mutuality, empowerment of voice and choice, and purposefully elevating historical ethnic and cultural legacies.

# Emerge Thriving - Mission



**Emerge Thriving's** mission is to reduce stigma surrounding health and to promote the power of health and wellness by partnering with mission-aligned wellness providers and community-centered organizations to host life-changing events, podcast conversations and to provide valuable and low-barrier resources.

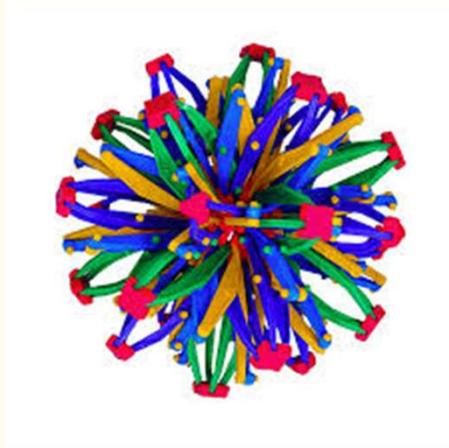
[www.emergethriving.com](http://www.emergethriving.com)

# Housekeeping

- This is a safe and inclusive space, and we warmly welcome and thank you for joining us today.
  - In order share the powerful message of Emotional Sobriety with those who were not able to attend in person, we will be recording this session.
  - If you would like to maintain your privacy, **please turn off your camera.**
  - Feel free to message the Moderator, Melissa McPheeters, privately with your anonymous questions - we will have a short time at the end and will respond to selected questions
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Take a breath together

If you are comfortable doing so, please join us for a collective set of three centering breaths together.



# Setting Up Your Healing Network

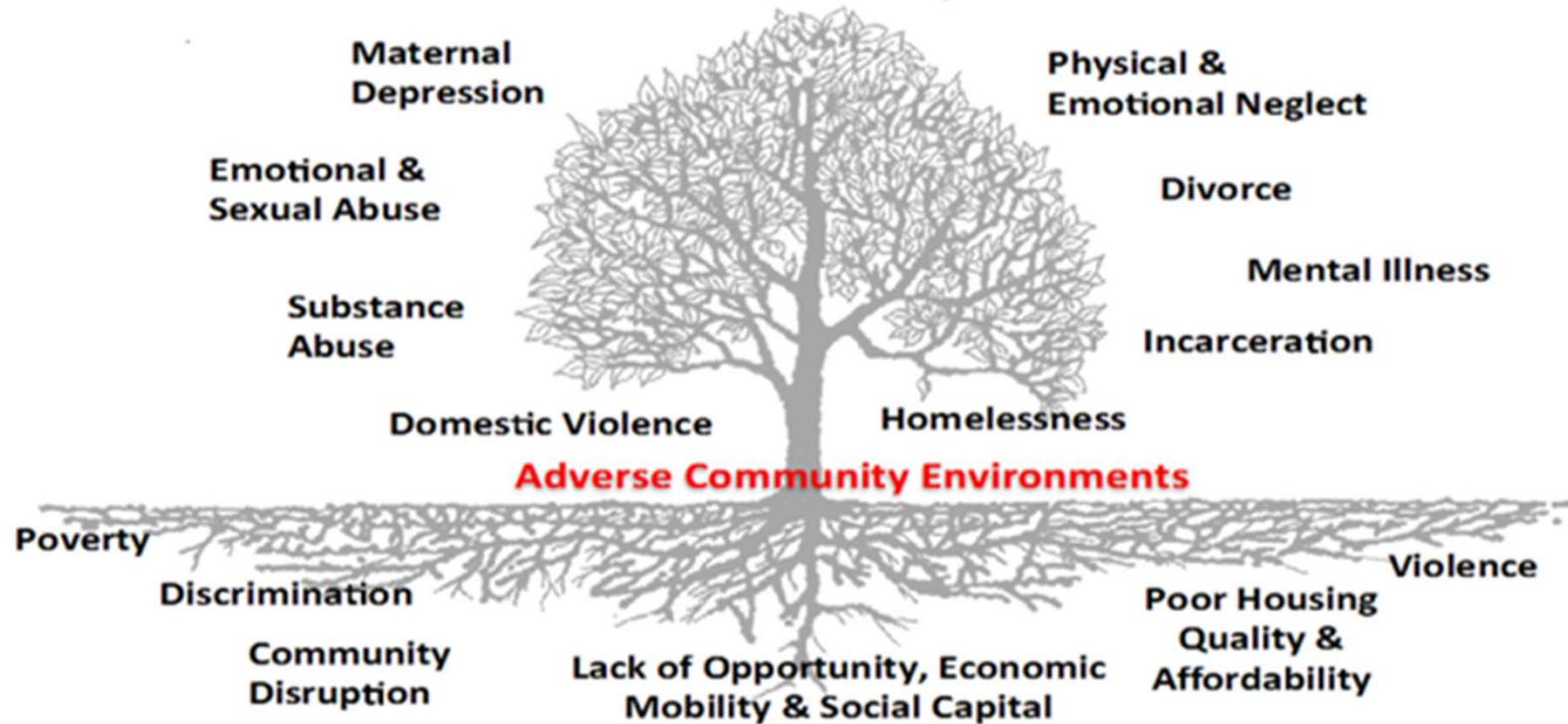
- Learning the skills of mind, body, and emotional self-regulation.
- Resolving childhood wounds so they don't undermine self-regulation.
- Learning effective and healthy ways of self-soothing.
- Learning effective ways to manage stress.
- Developing emotional literacy so emotions can be talked out rather than acted out.
- Maintaining a healthy body; getting regular exercise, rest, and proper nutrition.

## Setting Up Your Healing Network

- Processing emotional ups and downs as they happen.
- Learning to consciously shift between feeling and thinking states.
- Learning to use the thinking mind to regulate our feelings.
- Developing inner resources: quiet, meditation, spiritual pursuits.
- Developing outer resources: a strong relationship network, work, hobbies, social life, and a supportive community.

## The Pair of ACEs

### Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



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## EARLY DEVELOPMENT

### Caregiver With Traumatic Experience

Mother releases cortisol

Baby absorbs cortisol through placenta

Can impact baby's:

- HPA axis
- Central nervous system
- Limbic system
- Autonomic nervous system



Caregiver struggles to regulate

Attachment relationship between caregiver and child may be strained

Can impact child's:

- Development of a core sense of self
- Ability to integrate experiences
- Epigenetic expressions

## ADULTHOOD

A Person Who Has Had a Caregiver With *Untreated* Trauma May:

•Be more prone to PTSD after trauma

•Struggle to repair after conflict

•Struggle with relationships



•Unintentionally bring out negative behaviors in others

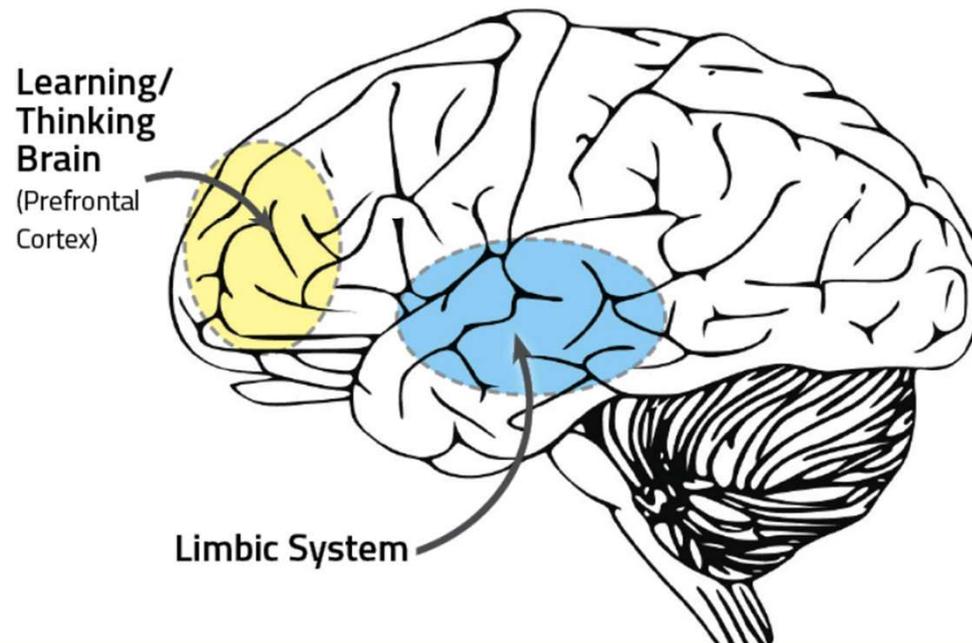
•Be emotionally detached

•Be more prone to dissociate

# The Limbic System

## **Survival Mode: Flight/Fight/Freeze**

Frontal lobe (Prefrontal cortex) goes offline  
Limbic system / mind and lower brain functions take over



## Continued Healing

- We welcome you to continue investing in your well-being. You are worthy, valued and deeply cared for.
  - Long term continued care is available through TLOEP
  - Therapy Services & Online Resources are available on our website and at <https://openpathcollective.org/clinicians/alfred-white/>
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## Continued Healing

- The Emotional Sobriety journey continues on Facebook <https://www.facebook.com/groups/tloepbookclub>
  - Stay in Touch @tloep1 and @emergethriving
  - Thank you for being with us today, and please reach out to us anytime!
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Q & A

# Thank you!

**We warmly welcome your inquiries and greatly appreciate your support in sharing our resources with others.**

**[contact@tloep.org](mailto:contact@tloep.org)**



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# References

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