

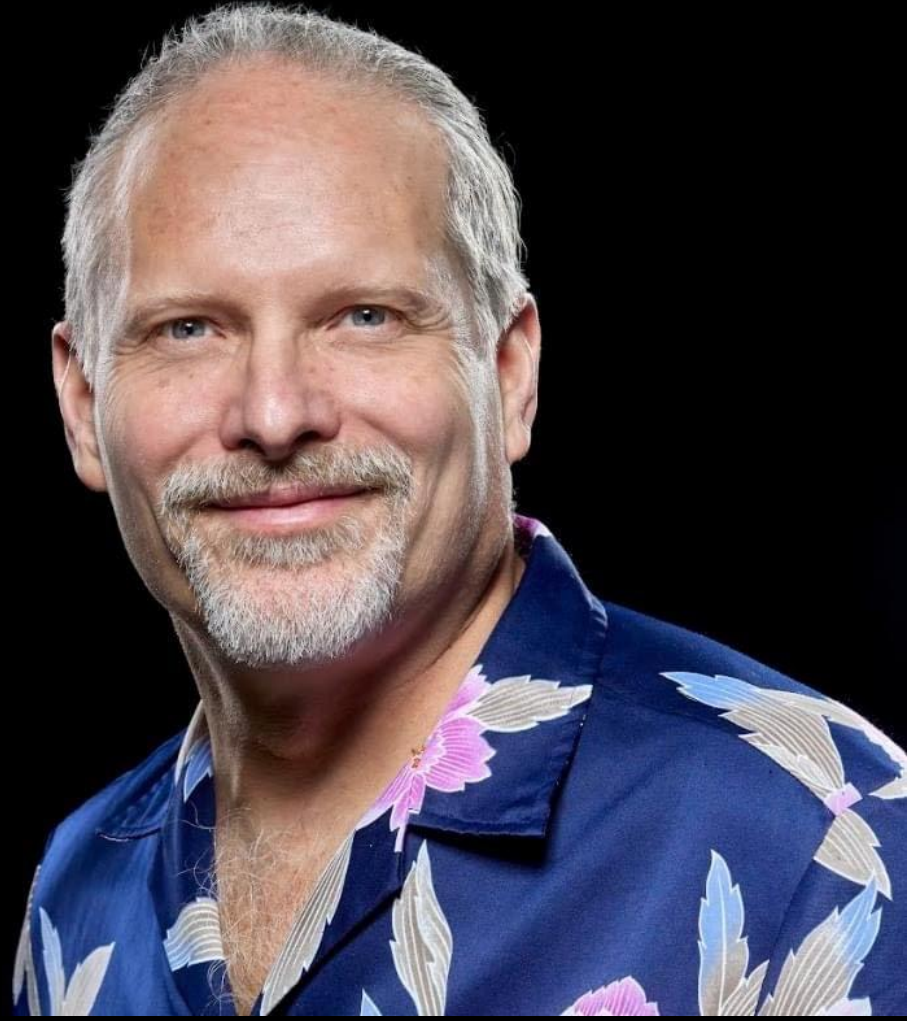
Advanced, Content Free Work

With mental techniques, NLP, Clean Language and somatic interventions for refugees, imprisoned persons and addiction recovery

MATERIALS:

[Peacefulheart.se](https://peacefulheart.se)

[Ulfsandstrom.se](https://ulfsandstrom.se)

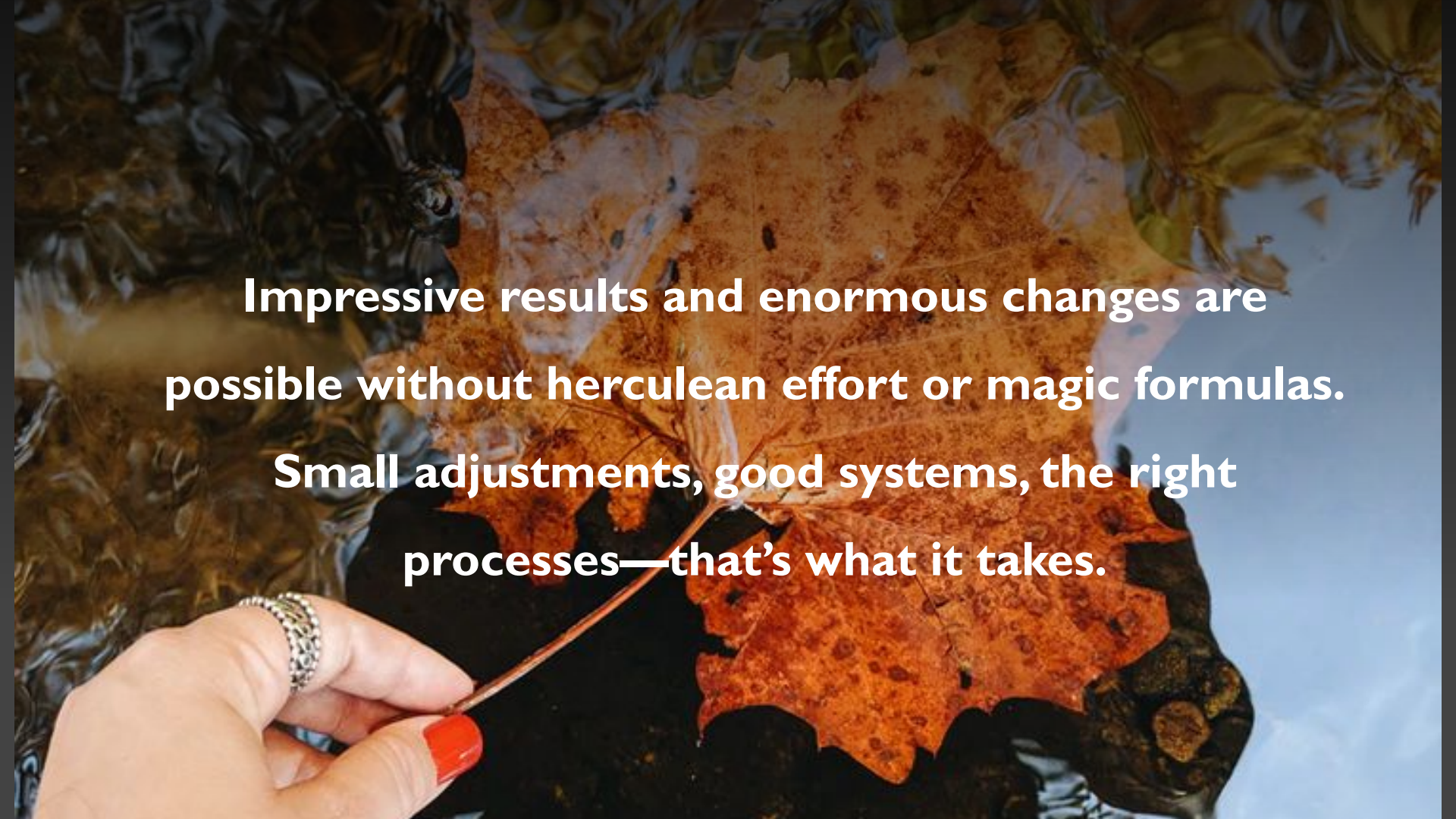




Put on your curiosity hat

Enter a know nothing state

What does that, feel, like?

A close-up photograph of a hand holding a large, brown, textured leaf over a body of water. The hand is positioned in the lower-left corner, with the thumb and index finger gripping the stem of the leaf. The leaf is large and has a mottled, brownish-orange color with some darker spots, suggesting it might be a type of maple or similar tree leaf. The water is dark and reflects the surrounding environment, including the leaf and the hand. The background is slightly blurred, showing more of the water and some green foliage in the upper right corner.

Impressive results and enormous changes are possible without herculean effort or magic formulas.

Small adjustments, good systems, the right processes—that's what it takes.



**Everything we do with our body
affects our mind**



Child soldiers in the Congo



Nepalese hurricane outreach



Inmates in Rwanda



Inmates in the US

Principles of therapeutic change

1. **Create a safe space**
2. **Focus on positive outcome**
3. **Identify challenges in the way**
4. **Resolve reactivity**
5. **Add resources**

Advantages of Content Free work

Integrity

Collective socially safe space

Testimonies can be collective healing

THE PROBLEM
IS RARELY, OR EVER
THE PROBLEM





Humans Are Not Clocks

- * Humans are multidimensional
- * Thoughts can be unintentional
- * Behaviors can be unintentional
- * Emotions are reactions
- * Our body is involved at all times

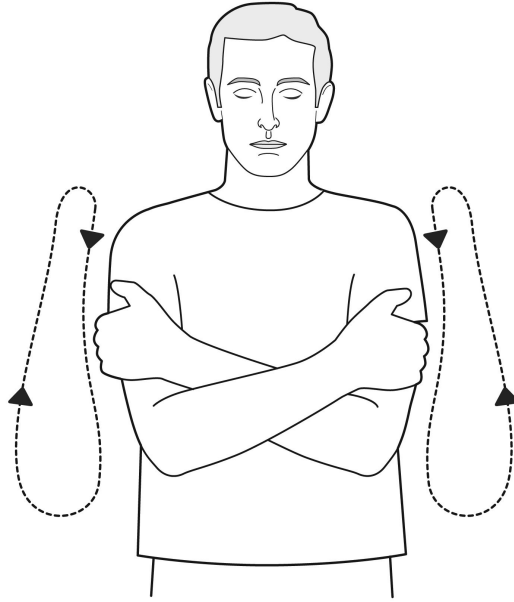
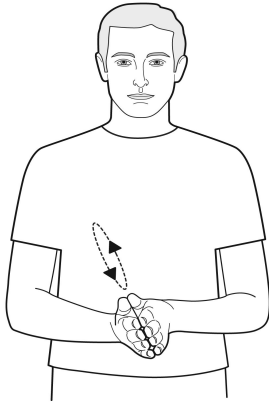
Efficiency in bottom-up, top-down

It is essential to lower arousal

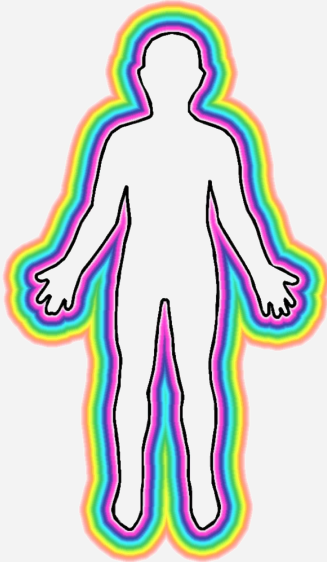
You state decides your access to your best self

Talk is the cherry on the cake

State Sculpting



INTEROCEPTION



How does it feel?

Where is it in your body?

Does it have a shape or direction?

How strong is it 0-10?

Resilience

The process of adapting in the face of stress



CREATING RESILIENCE

Access a good state
Reinforce it
Repeat daily



CRUCIAL

**If physiology and arousal are crucial,
somatic interventions to regulate are crucial.**

Working in large groups

Efficient

Less confrontative

Offers dimensions that are unique

Addiction, refugee, prison:



Social isolation, outcast

Shame

Trauma

Displaced from home

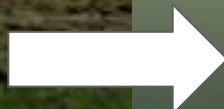
META STATES



SURVIVE



AVOID



EMBRACE



3 States of Mind

SURVIVE

Life or death

Brain shut down



THREAT

Stress

Reactive

Irritated

Solve!



PLAY

Games

Competition

Socializing

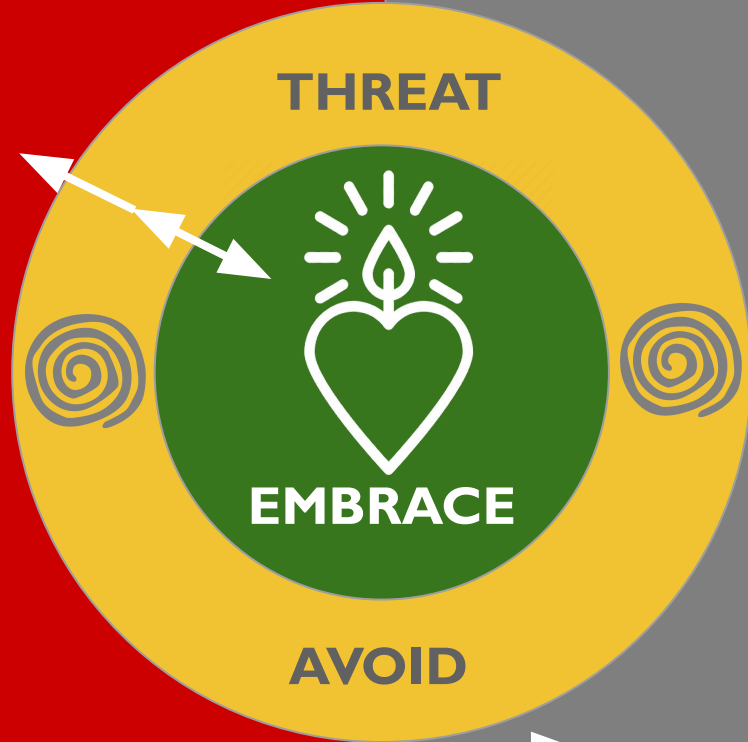
Everything is possible!



Window of Tolerance

**HYPER
AROUSAL**
(fight & flight, freeze)

Scanning for threats
High arousal
Startle reflex
Reactivity



**HYPO
AROUSAL**
(flop)

Lack of energy
Social withdrawal
Memory problems
Passivity



Choose techniques



FIRST AID

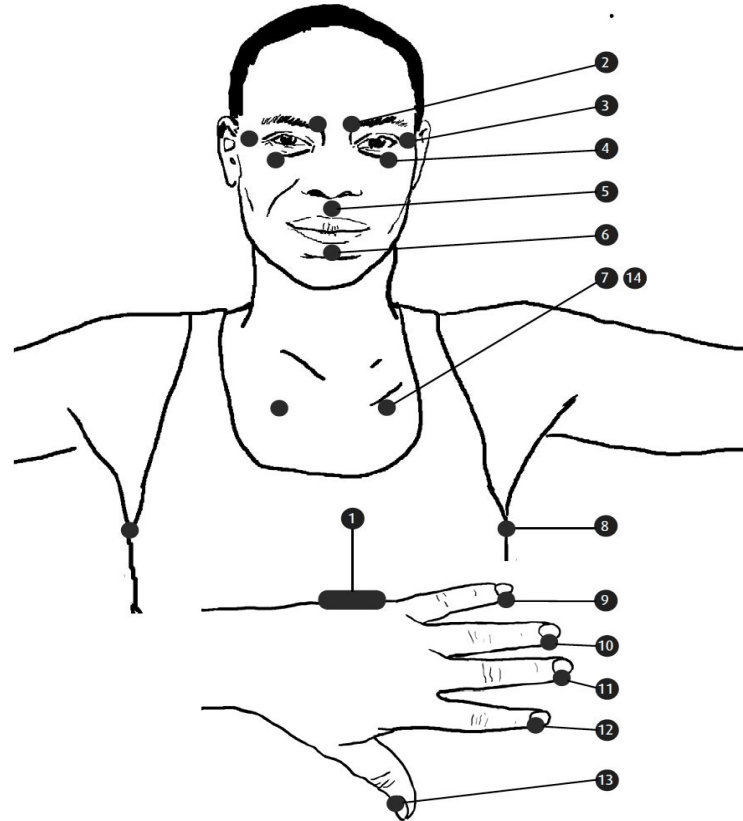


THERAPY

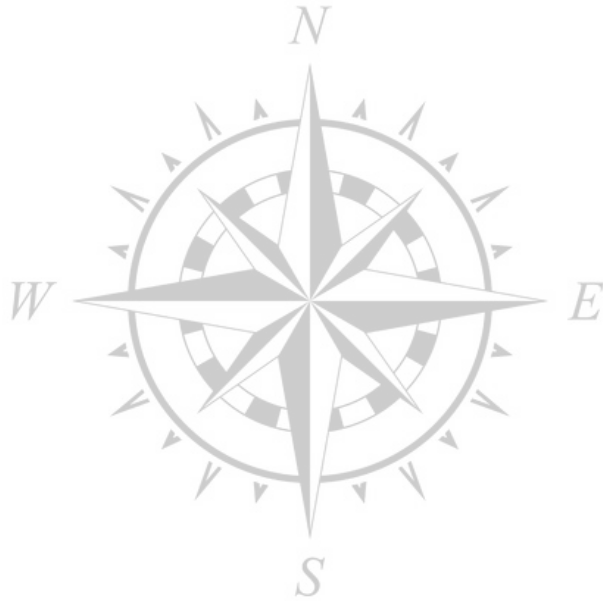


COACHING

Trauma Tapping Technique



5 FAVORITE NLP TAKE-AWAYS



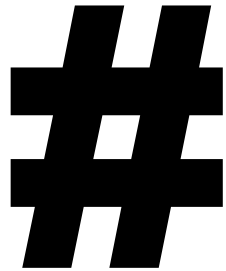
1. Timeline (physical)
2. Visual sorting (eye access/submod)
3. Change of State (New Code)
4. Rewind technique (fast phobia)
5. Everything has a positive intention

COACHING PRINCIPLES

What do you want to have happen?

What do you need more of for that to happen?

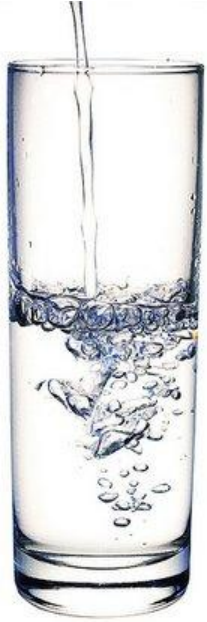
*(information, resource, skill or **state**)*



ANYTHING CAN BE A HASHTAG

”A series of related, unconsciously coded events, stretching backwards over time”

A CLEAN APPROACH



Assume nothing

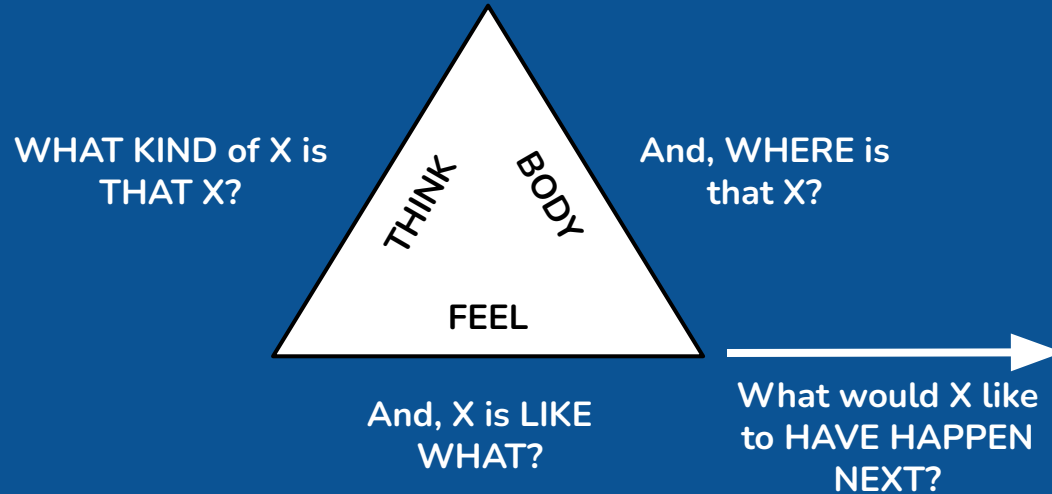
Don't trigger; don't add, don't evaluate

Use the words or non-verbals of the person

Ask for no details

Focus on the future, what they want

Clean Language



AFTER A SESSION



What do you notice?

Where is the SUD (0-10) now?

Is this good or bad?

Congratulations!

THE CORRECT ACRONYM

P T S D

Perpetuating Traumatic Stress Defence

Trauma Encoding

L I F E

Lived experiences

Interpretation

Failing to cope

Experience(s) involved

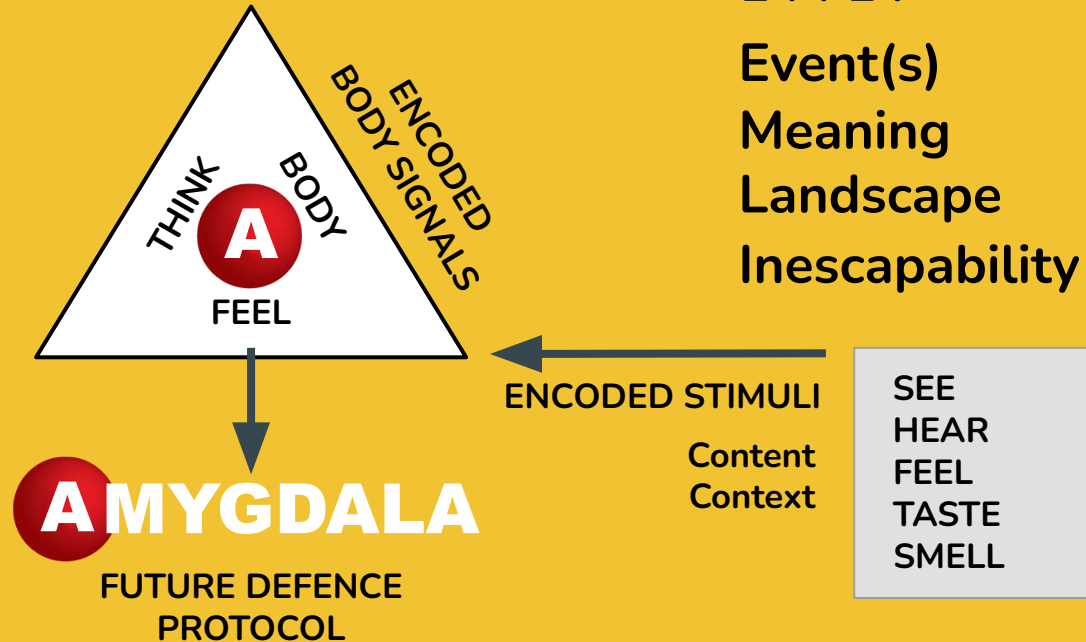
E M L I

Event(s)

Meaning

Landscape

Inescapability



THE WINDOW OF HEALING



GENERALIZATION

1 2 3

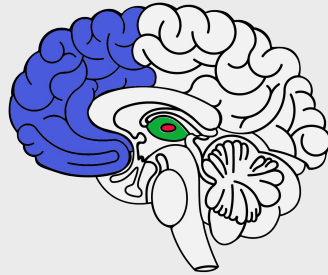
Works both ways

Distraction Techniques

auditive: Call and response of numbers, sounds

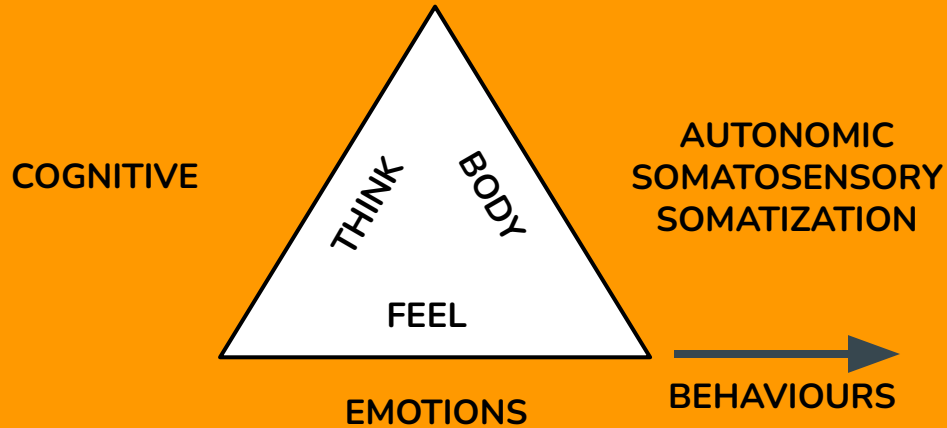
visual cortex: Spell a word backwards

Focus their attention
Lead them neutrally
Own the interaction
Watch and Note



Timing
Executive function focus
Memory avoidance
Playfulness
Open to anything

Stress Symptoms



THE ANSWER TO EVERYTHING

IT

IT

Depends

Depends



Pass The Balloon, PTB

Dr. M. Brunck und U. Sandström: AK-Emotional: Sport Coaching -Coaching for Peak Performance - Held in English

Freitag, 15. März 2024 bis Sonntag, 17. März 2024 14:00 - 13:00



- Verständnis der neuronalen Grundlagen im Sport und körperlicher Aktivität
- Grundlagen des Mentalen Trainings
- Einfluss mentaler Zustände auf Muskelfunktion
- Verbindung zwischen Muskelfunktion, Visualisierung und Zieldefinition
- Zustände der „Exzellens“ : Definition und Ankerung
- Erklärung des Begriffs „The zone“
 - Wie bereitet man sich vor und hält sich darin als Individuum und als Gruppe
 - Resilienz: wie bringt man sich zurück in die „Zone“ und welche Rolle spielt das autonome Nervensystem

Nummer	15/24
Status	Buchung möglich
Leitung	U. Sandström und Dr. M. Brunck
Veranstalter	Dr. Martin Brunck
Zielgruppe	Interessierte, keine AK-Ausbildung erforderlich
Ort	Praxis Dr. Martin Brunck & Dr. Simone Maack
Gebühren	€ 595 pro Person



After Action Review

What have we learned?

How can we use it next time?



**FIND
CALM
AND
PASS IT
ON**

Surface competence

I R S

Information

Resources

Skills

Deep Competence

S

State

E

Experience

E

Evaluate