

Unlocking Secrets to Self-Regulation



Discover the Power of a Body-Oriented Approach to ADHD

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**“You’re not
trying hard
enough.”**

**“You’re so smart.
Why can’t you
do this?”**

**“You’re not
living up to
your potential.”**

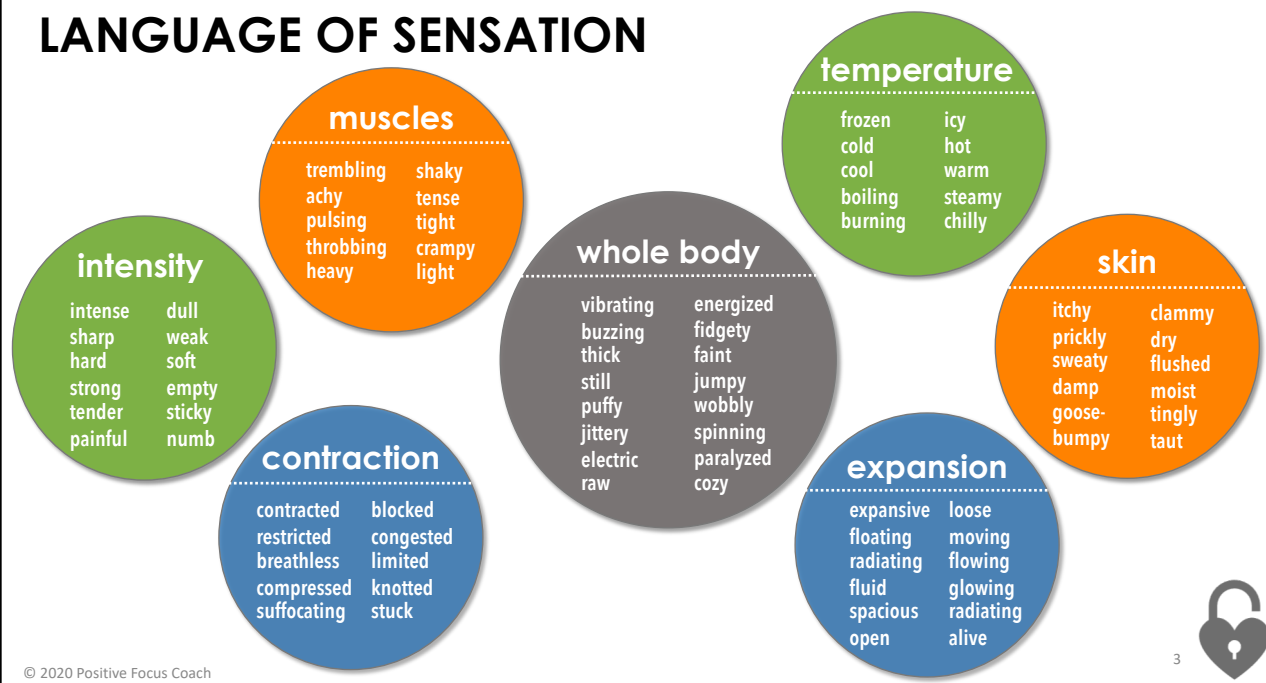
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LANGUAGE OF SENSATION



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ACTIVITY: The Dreaded Task



- 1 **Think of a task** you've been avoiding/dreading.
- 2 As you think of this task, **what do you notice**? What physical sensations are you aware of? Likely you will notice some discomfort. If you can, try to sit with that discomfort just a few moments longer than you might have in the past.
- 3 Look around the room and **let your eyes land on something pleasant or meaningful**. As you look at the object, notice its shape, its size, its color. What is it about that object that's draws your attention? How would you describe the sensations in your body? (Likely, you will notice some settling.)
- 4 Now, **bring your attention back to the task**. Once again, notice your body and the sensations there. What changes do you notice? Do you sense a difference from the first time you thought about this task? You might have noticed a return of some tension associated with the task, but – if this exercise went as planned – you may be noticing that the tension isn't quite as strong, and the task doesn't seem quite as daunting as it did before.
- 5 **Congratulations!** You have just **regulated your nervous system**. And that object you looked at is now a resource for you in the future.



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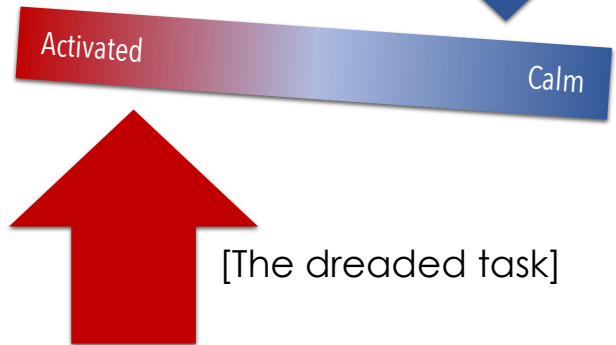
PENDULATION

The contraction and expansion of the nervous system between states of alertness/action and calm/ rest. A **resourced**, regulated nervous system can **pendulate** without getting stuck at either extreme.

TITRATION

Working with only small bits of difficult experiences at a time, interspersed with resourcing activities.

[Resourcing activities]



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THE ACTIVATION CYCLE

PARASYMPATHETIC Nervous System

Dorsal Vagal Complex

Threshold where energy releases

SYMPATHETIC Nervous System

PARASYMPATHETIC Nervous System

Ventral Vagal Complex

FREEZE

hypoarousal, collapse

FIGHT ↑ FLIGHT

hyperarousal, reactive, in motion

Rage	Panic
Anger	Fear
Irritation	Anxiety
Frustration	Worry

SOCIAL ENGAGEMENT

connection, safety

Integration

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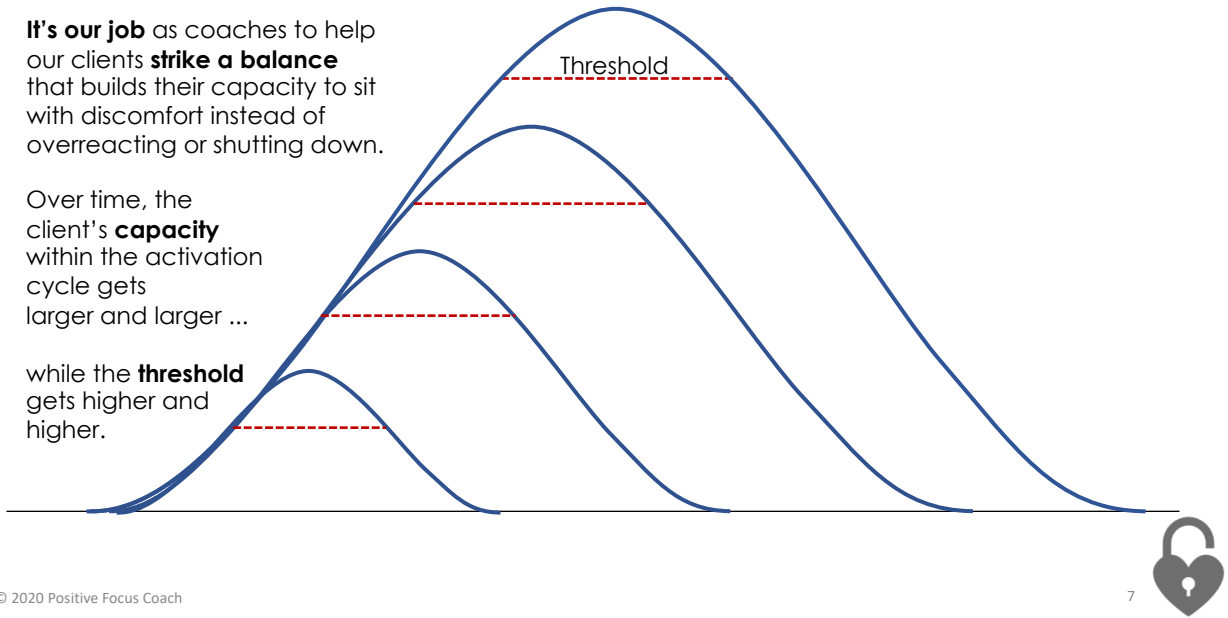
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EXPANDING CAPACITY

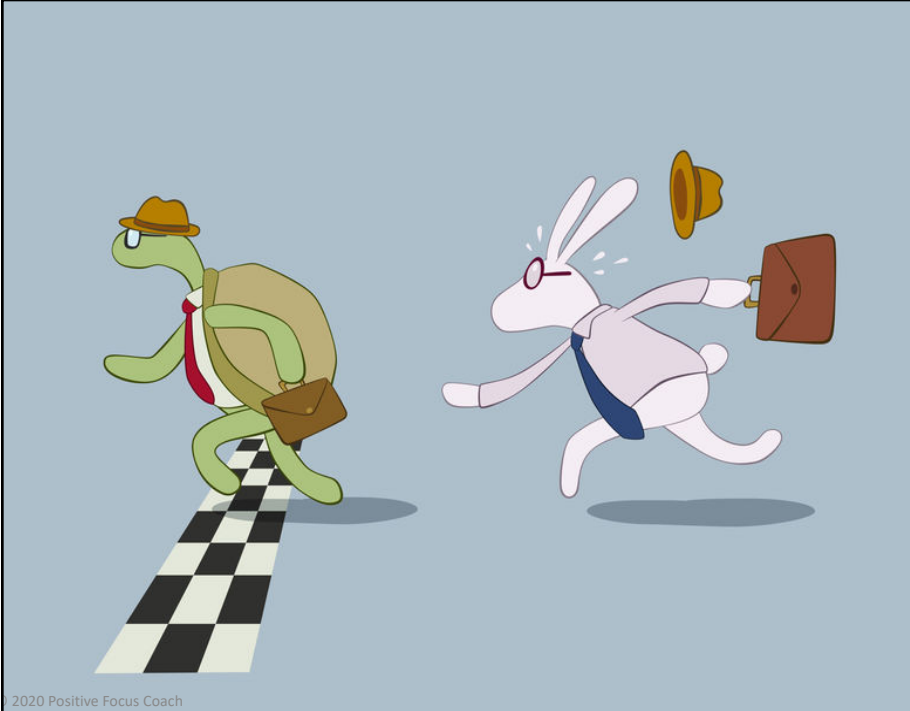
It's our job as coaches to help our clients **strike a balance** that builds their capacity to sit with discomfort instead of overreacting or shutting down.

Over time, the client's **capacity** within the activation cycle gets larger and larger ...

while the **threshold** gets higher and higher.



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Slow and steady wins the race

“When the moral judgment is removed, individuals are able to acknowledge and experience their authentic life energy freely.”
 — Peter A. Levine,
Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body

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ACTIVITY: The Slo-Mo Jaw



- 1 Settle into your seat. Take a deep breath or two. **Begin by closing your lips and noticing the current state of your jaw.** How tight or loose is it? What sensations are you aware of? Is there any movement in the muscles? Any pressure? Any temperature?
- 2 Now, with the slowest and smallest but smoothest and steadiest possible movements – **begin to part your lips and open your jaw.** As you make these micromovements to open your jaw, look out for any interruption to the smooth movement. **When you notice a hitch, pause.**
- 3 With your mouth open at this position where you felt the hitch, again, notice. **What does it feel like around your jaw?** What other sensations do you notice in your body? Do any images or colors come to you? Perhaps even some emotion arises.
- 4 When you're ready, resume the slow opening. **Stop again when you notice another hitch and explore from that open-mouthed position.** Open your mouth as far as you can comfortably go and then repeat the same observations as your mouth slowly closes.
- 5 **And as you bring mouth to a close, notice any shifts from when you began this exercise.** How are you feeling now? What changes are you aware of in your body? In your mood?



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Thank you
for being here!



CONTINUE THE CONNECTION

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Nurturing Resilience, Kathy L. Kain, Stephen J. Terrell
Waking the Tiger, Peter Levine
Healing Trauma, Peter Levine
The Body Keeps the Score, Bessel van der Kolk



Somatic Experiencing Trauma Institute

traumahealing.org

The Strozzi Institute

<https://strozziinstitute.com>



Polyvagal Theory

stephenporges.com

TraumaGeek (lots of great graphics)
facebook.com/TraumaGeek