8:02 AM  

Joy and Identity

1. Brain development

The Bonding Process (Allan Schore)

Senses and Brain Development (myelination of sensory regions)

- 0-6 Weeks - taste, smell and temperature
- 6-12 Weeks - touch
- 3-12 Months - visual
- 12-24 Months - voice tone

Joy (excitement) and bonding--someone is glad to be with me

Right hemisphere to right hemisphere communication
Matched brain chemistry
Matched brain structure growth
Authentic, rapid (six per second), non-verbal communication

What is growing during bonding is the Right Orbital Prefrontal Cortex
Right-hemispheric growth spurts

- 0-18 months  Peak 9 mo
- 3-5 years     Peak 4
- 7-10 years    Peak 8.5
- 15 year peak
First child -- particularly for mother
Fetal biochemistry throughout life-span

Psycho-biology of Bonds

The Right Orbital Prefrontal Cortex
Developed by stimulation (prefrontal is 35% of adult brain)
First part of the cortex to receive incoming information from inside the body or outside
Control apex of the brain
   (1) Right hemispheric emotion regulation
   (2) Limbic system control
Non-verbal - knows and remembers in images and pictures
Center for "self" and bonds
The attachment center
   Secure
   Insecure (Fear Bonds)
      Avoidant (always OFF) [dissociative signs until 12]
      Ambivalent (always ON) [parental inversion]
      Disorganized (Mixed with strong FEAR) [most PTSD]

Characteristics of a Healthy Bond
1. Healthy Bonds grow stronger by moving closer or moving apart
2. Healthy Bonds grow stronger by sharing positive and negative emotions
3. Healthy Bonds help all parties feel stable and act like themselves
4. Healthy Bonds provide freedom and connection
5. Healthy Bonds stretch limits and capacities slightly to promote growth

The Development of Identity in Infants
   The theory of self center develops (right cortex) at 6 months.
   The joyful identity grows in the Right Orbital Prefrontal Cortex from 6-12 months.
   The return to joy circuits grow between 12-18 months.
   Limbic system myelinates at 15 months.
   The "joy ring" of an emotionally unified identity grows at 18 months.
   Use it or lose it principle - critical periods, pruning and parcellation

2. Joy and God

Joy is strength
   The joy of the Lord is your strength. (Nehemiah 8:10b KJV)

Joy and God's face and voice
   Thou hast made known to me the ways of life; thou shalt make me full of joy with thy countenance. (Acts 2:28 KJV)
   Blessed is the people that know the joyful sound: they shall walk, O LORD, in the light of thy countenance. (Ps 89:15 KJV)
   The Lord make his face shine upon you and be gracious unto you. The Lord lift up his countenance upon you and give you peace. (Numbers 6:24-26 KJV)

Return to joy
Weeping may endure for a night, but joy cometh in the morning. (Psalms 30:5 KJV)

They that sow in tears shall reap in joy. (Psalms 126:5 KJV)

I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow. (Jeremiah 31:13 KJV)

Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. (Psalms 51:8 KJV)

[From] their shame...and confusion...they shall rejoice. (Isaiah 61:7 KJV)

Jesus and joy
the babe leaped in my womb for joy. (Luke 1:44b KJV)

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11 KJV)

Who for the joy that was set before him endured the cross, despising the shame. (Hebrews 12:2 KJV.)

After First AM Break

Bonding and Dissociation of Trauma

1. Brain Development and Memory

The Memory Process (Daniel Siegel-The Developing Mind)
Input Processing and Memory
Thalamus (Central Receiving)
Amygdala (Guard Shack)
Hippocampus (Library)
Anterior Cingulate (Head Librarian) affect & cognition integrated
Prefrontal cortex (Identity Center)
Right Hemispheric Memory
Implicit
No subjective sense of being recalled
Non-focal
Not suggestible at all (can't be focused)
Not mediated by the library (hippocampus)

Left Hemispheric Memory
Explicit
Focal
Declarative
Conscious
Episodic/semantic
Very suggestible (focal)
Has a subjective sense of being recalled
Autobiographical with a sense of space and time
Cortically consolidated during REM sleep after age 8

2. Memory and Trauma
The Effects of Trauma
Two types of trauma
Type B
Type A

The Guard Shack's (Amygdala) Four Actions
Armed response (sympathetic-hypothalamus)
Disaster shut down (Parasympathetic-hypothalamus)
Fire Department (Cortisol-Hypothalamus-[ACTH]-adrenal cortex)
Send significant information to library for study

Effects of trauma on the Guard Shack (amygdala)
PTSD ping-pong between amygdalae of neutral stimuli
Hyperactivation to alarming material
  Fear tracking
  Fear bonding
  Fear mapping
  De-activation of Broca's region and prefrontal cortex

Cortisol
Effects on nervous system-solvent
  New connections
  New growth

Effects on Library (Hippocampus)
  21%-26% reduction in PTSD
  Toxic effects proportional to serum levels

The Library (Hippocampus)
Developed between 2-3 can be lesioned by high cortisol levels
Can be blocked by
  Massive discharges of the Guard Shack (amygdala)
  Split attention
  High cortisol levels

A life-long disturbance in managing emotions is the major outcome of childhood trauma (van der Kolk)

Age-specific effects of trauma and high cortisol levels (Fire Dept)
During Joyful Identity growth (6-12 mo) - Decreased coping capacity
During Return to Joy (12-18 mo) - Avoidance of certain feelings
During Integration of Self (18-24) - Mood/affect ego states
During Library myelinization (2-3 yr) - Memory disruption
Without Corpus Callosum (Before 3) - No story of trauma in Right Hemispheric Memory
During CC growth (about 3) - localized damage of bilateral integration between words and negative emotional states

Disorders connected with damage
   Joy Ring Deficits and Mood States--borderline
   Trauma and the Library--dissociative disorders
   Programming and the Guard Shack--preconscious control

3. The Size of a Strong Joyful Identity: How big is your "joy bucket?"

The ability of an individual to experience and integrate the right hemispheric memories related to a trauma is limited by two factors:
   1) the strength of his joyful identity in the right prefrontal cortex, and
   2) his learned capacity to regulate the negative emotions and return to joy.

Several key emotions to be regulated are: (Schore)
   terror
   rage
   shame
   disgust
   hopeless/despair.

The individual will not be able to tolerate a higher level of these negative emotions than the capacity he/she has grown to withstand the positive emotion of joy. Joy sets the limits for our emotional capacity. Our "joy bucket" is the limit of what we can bear. The emotional capacity to maintain a traumatic event in memory is limited by the growth level achieved in the prefrontal cortex. This makes joy, a joyful identity, and the capacity to return to joy from negative feelings, the limiters of trauma recovery.
4. Other Aspects of the Brain's Function:

Front of brain for acting like oneself (joy/love)

Back of brain for solving problems (fear)

Left of brain for explanations and beliefs (same old story)

Right of brain sees something is wrong (upset)

5. An Eight Step Process for Resolving Traumas

Take God your best evidence for the painful view of reality and your beliefs created through traumatic experiences. You will be able to do this for any traumatic events that you can carry in your "joy bucket." You have that amount of strength with which to face the pain.

1. Find the upset. (right hemisphere)
2. Find the belief that goes with the upset. (left hemisphere)
3. Ask the Holy Spirit to find the best evidence for that belief.
4. Invite Jesus into that event or evidence.
5. Test the truth of your evidence and conclusion.
6. Check for peace and rest internally.
7. Repeat if necessary.
8. Give thanks.

Some blocks to step 4. (Ed Smith)
- Wrong question
- Holding on to anger
- Thinking (still want to figure it out yourself)
- Demonic blockage

Responses to step 5. (Ed Smith)
- See Jesus
- Hear God
- No-see no-hear
After Second AM Break

Bonding

1. The Joy Camp and Joy Mountain analogy

Joy Camp
- Our natural state
- Our destination each night
- Where we want others to be

Joy Mountain

Getting back to Joy Camp

The Ring of Joy
- Direct paths back -- no avoidance and quick resolution
- No path back
  - avoidance
  - side tracks to other feelings (sad, rage, sex)
  - extended disturbance (depression)

2. Two ways to bond

Climbing Joy Mountain
- Our voice and face
- Smells, food and touch and temperature (fellowship meal)
- Bears, blankets, stories, tapes, singing, dogs, babies and old people

Giving joy to others

Returning to Joy Camp

Getting back from every emotion
- Climbing strength--or the size of the bucket
- Acting like oneself--ROPFC takeover under strong emotions
- The flashlight of awareness
Touch is powerful

Jesus acted like himself (Mark 3:5 Colossians 3:8)

Sin as "not acting like ourselves" (Ephesians 2:10)

Singing our way back to joy (Psalms)

3. Joyful identity as the limiter of upset we can carry (joy bucket size).

The strength of the joyful identity in the ROPFC sets the limits for trauma resolution.

The strength of joyful love bonds set the limits of the joyful identity.

4. Joy and healing.

Building joy can be more important than resolving memories.

Teach joy as the goal (from bed to a happy classroom).

The necessity that the counselor enjoy the client if there is to be joy.

5. Remedial bonds.

When are they needed?

When right hemispheric memories and emotions aren't processed due to:

2. Lack of self (Joyful identity) - this requires climbing Joy Mt.
   1. can't hold on to a complete traumatic memory
   2. does not return to joy by the end of the day
   3. consistently overwhelmed by feelings
   4. forgets who she/he is when upset
   5. simply can't get into the emotion at all

3. When there is extensive type A trauma--climb Joy Mountain

4. When there is infant level maturity--climb

5. When functioning keeps dropping--build joy

6. The Joy Component in discipleship. (The Joy Component by Sandra Martin)
Building the brain through joy

Returning to joy

Restoring the brain through joy - (Life Model list)
  Smile whenever you greet those you love
  Use a warm tone of voice
  Do what you can to end positively
  Before you fall asleep make every attempt to reach joy
  Make sure those you love are in "Joy Camp" with you
  Touch whenever appropriate
  Give surprises that make their eyes light up. Let your eyes light up too. The joy builds as glances go back and forth.

Bonding to God with Joy

Bonding to the church with Joy

Bonding with the wounded by returning to joy

Raising God's children to maturity in joy

The cost
**Afternoon**

**Bonds**

1. **Bonds and motivation.**

Love or fear bonds (see chart from Life Model)

Weak or strong bonds

Motivation in:
   - diads
   - groups and group dynamics
   - internal to self

2. **Bonds and identity.**

Joy based identity

Fear based identity
   - dragon tracking
   - fear mapped
     - from the back of brain
     - concerned with results--not truth
     - not concerned with acting like ourselves

Identity change through replacing fear bonds with love bonds.

3. **Bonds-stories-symbols.**

4. **Bonding in churches, cults and in spiritual adoption.**
Guidelines for Redemptive Bonding

1. Begin by accepting the fear bonds as your first connection, it is usually all they know.
2. Avoid all intensity/trauma bonding by staying calm during intense emotion and then moving close after the intensity has started to subside slightly.
3. Add love bonds to fear bonds until the fear bonds can be dropped.
4. Form bonds according to the structure of the spiritual community. If you will be a parent, form parental bonds, if you will be a sibling form sibling bonds, if you will be an adopted child form child bonds.
5. Be clear about the kind of bond you are forming: parent-child or sibling-sibling.
6. Expect suffering and pain. The stronger the bond, the more pain it will likely have to sustain.
8. Review your objectives and the nature of your bond and speak them often.
10. Always build toward strong, permanent bonds.
11. Establish your bond through public ceremony or confession with symbols and stories.
12. Expect rejection, misunderstanding, criticism, judgement, doubt, suspicion, hostility, abandonment, and distancing from others, especially when things get worse and you could really use some help, understanding and support. Use this time to purify your bonds and motives and clearly interpret the bond to the person you are bonding with as well as the skeptics. Be very patient with them all.
13. Teach others how to form love bonds. There are two ways:
   1. Building Joy - Joy produces love bonds when people are genuinely glad to be together. The main sources of joy are nonverbal--a face that lights up to see us, and a warm tone of voice. Touch is third but may have the opposite results with sexually abused people.
   2. Returning to Joy - Meeting people in their unhappy feelings, sharing the feeling, and letting them know you are still glad to know them, returns people to joy. The six biggest negative feelings are sadness, anger, terror, shame, disgust and hopeless despair.
1. **The Life Model: Living From the Heart Jesus Gave You**  
*The Essentials of Christian Living*

What is a model?

How is it different from a theory?

2. **Wholeness**

Seeing the "big picture" of life.

Knowing what is God's responsibility and what is our part of life.

   Redemption

   Maturity

Discovering the proper relationship between the weak and the strong.

The structure of human identity is built on joy.

3. **Maturity**

How we grow and mature is based on our bonds.

   Fear bonds

   Love bonds

We mature in six stages:

   Unborn - grow a body

   Infant - develop a self

   Child - learn to care for self

   Adult - develop a group identity (care for 2 or more at once)

   Parent - give life sacrificially so children can grow

   Elder - raise a community

The grow-repair-transform cycle.

   Grow our existing identity

   Repair our existing identity

   Transform - die and change to a greater identity

4. **Recovery**
A & B traumas

Type A trauma - the absence of necessary good things
Type B trauma - bad things that happen

"Joy bucket" - the size of our strength.

Removing the destruction caused by lies.

5. Belonging

Spiritual adoption in the family of God.

Two ways to form love bonds:

Building joy
Returning to joy

6. Your Heart

The heart, soul and mind.

The heart as the organ of spiritual discernment - how we see God.

The heart Jesus gives us and lives in is a new creation.

The sark (sarx) is the enemy of our heart.

In the garden - the sark is the "picker"

The sark is a hallucinated vision of what is good
The sark is always wrong about what is good or evil

Learning the main characteristics of your believer's heart.

How pain reveals your heart, it cares as Jesus would care

Hurting like it is like us to hurt
The main characteristic of the heart causes the most pain
Pain will be felt by "good" until the end of the age
We need enough joy (someone is glad to be with us) and a strong enough joyful identity to live with our
hearts
  Peter -- I will die for you
  Loving the abuser (those who despitefully use)

7. Living *The Life Model*

Life in the church community.

  Multi-generational structure
  Bonded relationships
  Building maturity
  Changed by redemption

Life in the spiritual family.

A discipleship of joy.