

## Good News and Simple Tools



Linda Chamberlain PhD MPH

Capacitor Trainer  
HeartMath Practitioner  
Certified iRest Teacher  
Safe and Sound Protocol Certificate  
Feldenkrais ATM Teacher  
Tension and Trauma Release Exercise (TRE) Practitioner  
Therapeutic and Restorative Yoga Teacher

[WWW.DRLINDACHAMBERLAIN.COM](http://WWW.DRLINDACHAMBERLAIN.COM)

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## WELCOME GROUNDING PRACTICE

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## Everything is an Invitation

- Always take care of yourself and do what feels comfortable for you
- If you have concerns or have a health condition, check with your health care provider first
- If something doesn't feel OK, gently shift attention to your breath or your feet on the ground, allow yourself to rest, & ask for help if needed

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## WISDOM OF THE BODY



Walter Bradford Cannon  
(1871-1945)

- Homeostasis
- Fight flight response
- Toxic factor

**1920's: FIGHT, FLIGHT, FREEZE**  
=STRESS RESPONSE FOR SURVIVAL

*~half a century later*



Herbert Benson,  
MD  
• Founding President  
of the Mind/Body  
Medical Institute  
• Associate Professor  
of Medicine,  
Harvard Medical  
School

**1970's: RELAXATION RESPONSE (RR)=**  
SURVIVAL MECHANISM FOR HEALING

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## How do we shift to Relaxation Response?

- **RELEASE MUSCLES**
- **ALLOW THE BREATH**
- **CALM THE MIND**



- <https://www.health.harvard.edu/blog/using-the-relaxation-response-to-reduce-stress-20101110780>

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## SCIENCE CATCHING UP WITH CULTURAL WISDOM

BREATH of LIFE

or  
*mal-Respiration.*  
and its  
effects upon the enjoyments of life of man.

by  
*Geo Catlin*

Author of "Notes among the North Am. Indians,"  
Ch., Ch., Ch.

See-non-tya, an Iowa Medicine Man, by George Catlin, 1844-45

George Catlin, *Breath of Life*, 1862

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### Breath Awareness

What did you notice?

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### Your Breath is a Mood Shifter

- To calm when anxious
- Energize when tired
- Release excess energy when heated up, upset or angry
- Focus when distracted

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### Using the Senses: 5-Breathing

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

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### Somatic (Body-Based) Top-Down Strategies

These body-based strategies reflect generations of cultural traditions and people's way of knowing that rhythm, bilateral movement (drumming, dancing), singing/chanting (vocalization) have an essential role in treating trauma, managing stress and promoting well-being. These practices are now supported by a growing body of clinical studies, evidence reviews and meta-analyses.

Clinical applications of Polyvagal Theory, 2018, S. Porges & D. Dana

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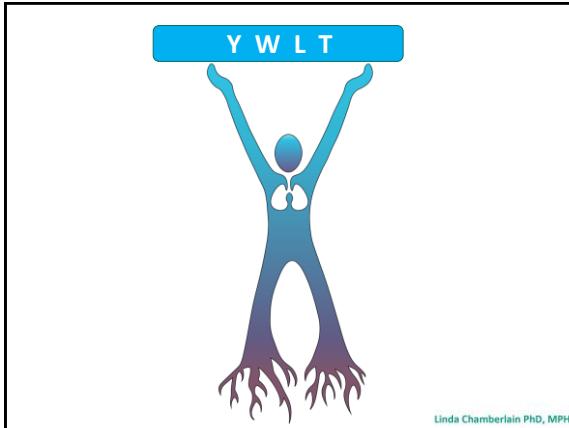
### Cross-Cultural Response

- Muscles' natural response to stress is to CONTRACT → Flexion
- Psoas muscles contract to protect our "under-belly" — pulls body forward
- Spinal muscles pull body backwards to compensate =compression

BACK, NECK, SHOULDER PAIN

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Expansive, open postures reduce anxiety and help us deal with stress

↓ 25% IN CORTISOL AND 19%↑ IN TESTOSTERONE  
(AMY CUDDY, 2018 )

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### Movement for Stress & Tension Release

- Gentle sweeping of limbs and torso with fingers and open palm
- Squeeze and release
- Gentle rocking or shaking of limbs—one limb at a time

“An anxious mind cannot exist in a relaxed body.”

Dr. Edmund Jacobson, Progressive Muscle Relaxation

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### Releasing Tension Tension & Trauma Releasing Exercises (TRE)



- Self-regulation technique
- Activate natural reflexes to release muscular tension patterns

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### TRE for Self-Regulation



**Squeeze as you inhale,  
Release as you exhale**

- Arms up in air, drop hands, exhale & shake it out
- Hands on top of head, squeeze scalp, drop hands, exhale & shake it out
- Cheeks...
- Squeeze left forearm with right hand; squeeze right forearm with left hand
- Intertwine fingers of both hands and squeeze one another....

Eyes are Never Quiet, Listening Beneath the Behaviors of Our Most Troubled Students, Desautel & McKnight, 2019

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### SWITCHING

Cross-lateral Movement

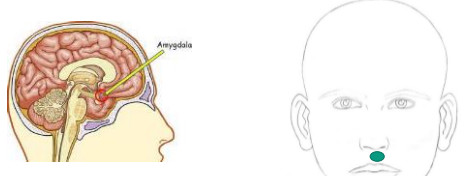
- Cross-lateral movements help to focus and balance brain
- Cross **left** ankle over **right** ankle
- Extend arms, back of hands touching with thumbs pointing down
- Cross **right** hand over **left** hand & interlace fingers
- Bring hands to center of chest
- Touch tip of tongue to touch upper front teeth and breathe deeply



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### Pressure Talks to the Nervous System



Acupoints ↓ activity in limbic system—amygdala, brain stem and midbrain structures involved in Fight, Flight and Freeze

Acupoint Beneath the Nose for Panic, Anxiety

Capacitar Emergency Toolkit Linda Chamberlain PhD, MPH

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Nausea-2 finger widths away from wrist joint, between bones on each side of forearm

Stomach Hurts

Stressed, emotional heaviness

HEAD HOLD

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### EMOTIONAL FREEDOM TECHNIQUE (EFT)/TAPPING



<http://battletap.org/Protocol.aspx>

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### RESEARCH

- Over 100 clinical outcome studies-over half are randomized clinical trials (RCTs)
- **Meta-analyses** indicate large effect size for anxiety disorders, depression and PTSD
  - Stress
  - Test anxiety & athletic performance
  - Phobias
  - Chronic pain
- Veterans Administration approved in 2017


Peer-reviewed research available at:  
<https://www.eftuniverse.com/research-studies/eft-research>

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### How Does it Work?

- Tapping acupoints reconditions brain with positive association→ sends calming signals to brain
  - derails stress response loop
  - ↓cortisol levels



SET-UP STATEMENT (COGNITIVE RESTRUCTURING)

Even though I have (name feeling/issue), I deeply and completely accept myself.


EXPOSURE → ACCEPTANCE

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### How Is tapping Done?

1. Choose issue to work on
2. Create **REMINDER PHRASE** to use while tapping
3. Select level of discomfort on SUD scale from 0-10 (0= no discomfort and 10=extreme discomfort)
4. Tap on side of hand while repeating **STATEMENT 3 times** (before or after)
5. **“Even though I ... (name issue), I deeply and completely accept myself.”**
6. Tap each point – 10-12 times, thinking of **REMINDER PHRASE**
7. After round of tapping, **Check where you are on scale, repeat practice until score of 0-2**



Gentle pressure,  
Like drumming on a desk  
Or tapping a melon

SUD= Subjective Units of Discomfort

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TH: top of head  
 KC: karate chop  
 EB: eyebrow  
 SE: side eye  
 UE: under eye  
 UN: under nose  
 CH: just above chin  
 CB: collarbone spot  
 UA: under arm

The Tapping Solution FOUNDATION © 2007

**For children, quick shift to positive—I am learning ways to help myself, I know I can do this... for resources, go to <https://www.thetappingsolution.com/>**

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**HOWLING WITH HUSKIES**  
 AND OTHER WAYS TO FEEL GOOD!  
 LINDA CHAMBERLAIN

<https://howlingwithhuskies.com/>

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### Fingerholds for Managing Stress and Emotions

- Simple technique combines breath work and holding each finger
- Practicing fingerholds helps with emotional literacy to manage emotions and stress
- Used with adults and children
- Done by yourself or with another person

TEARS, GRIEF, EMOTIONAL PAIN  
 FEAR, PANIC  
 ANGER, RAGE, RESENTMENT  
 WORRY, ANXIETY, PREOCCUPATION  
 LACK OF SELF ESTEEM

National Center on Trauma, Domestic Violence and Mental Health  
<http://www.nationalcenterdvtraumamh.org/>

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### Why Fingerholds Work

1. Finding words and using senses to express an emotion → social emotional literacy
2. Pressure speaks to the autonomic nervous system
3. Breath awareness
4. Visualization

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### Capacitar International

- Popular education approach
- Tools and Skills for self-care, healing and well-being
- Draws from many cultures and science
- Worldwide network for healing in over 40 countries and translated in more than 20 languages

Each person comes to the learning process with the wisdom of their own experience on which they can build.

Capacitar: A Multicultural Education Approach to Transforming Trauma

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### Capacitar International

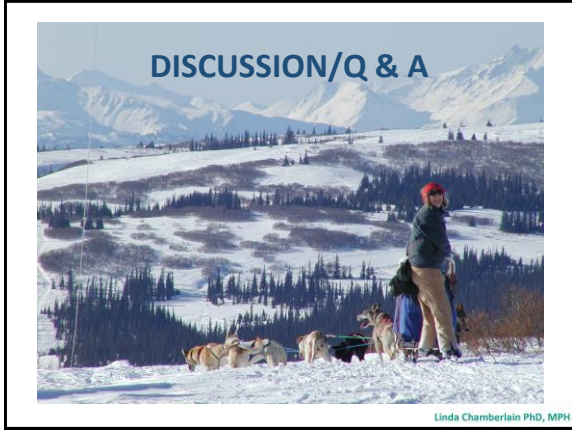
- Upholding the Sky
- Touching Earth and Sky
- Rocking while flexing wrists and ankles
- Looking Behind You
- Opening the Bow
- Waist Rolls
- HO-HO
- Roar Like a Lion

Capacitar's mission is to heal ourselves and heal our world. We teach body-based practices that empower people to use their inner wisdom to heal and transform themselves to heal injustice and build peace in their families and communities.

<https://capacitar.org/>

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