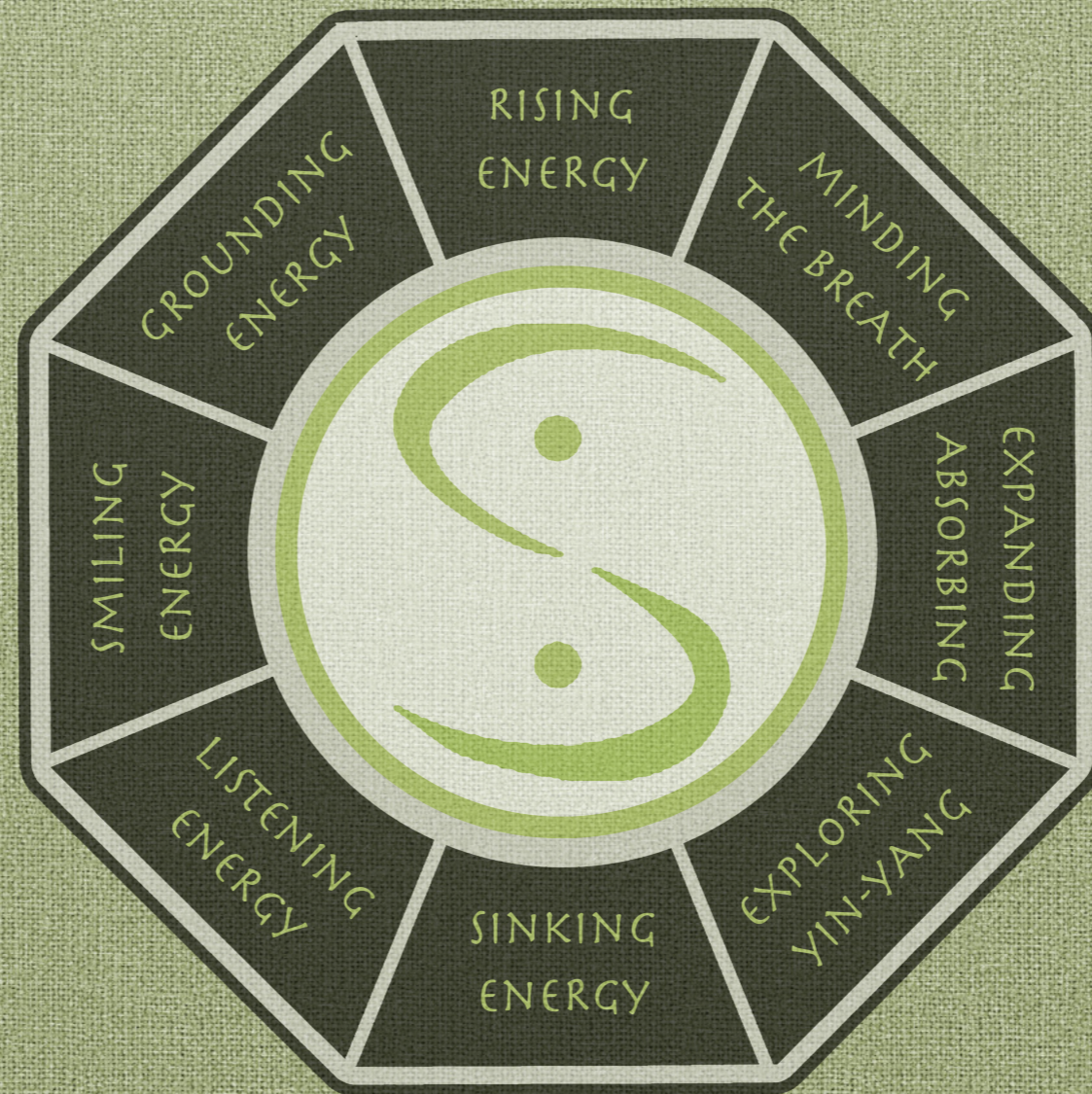


Healing Invisible Wounds



Presented by - Sifu Chris Bouguyon
Founder of SimplyAware
Creator of the
Training Mindfully with Qigong Principles™ Program

Overview

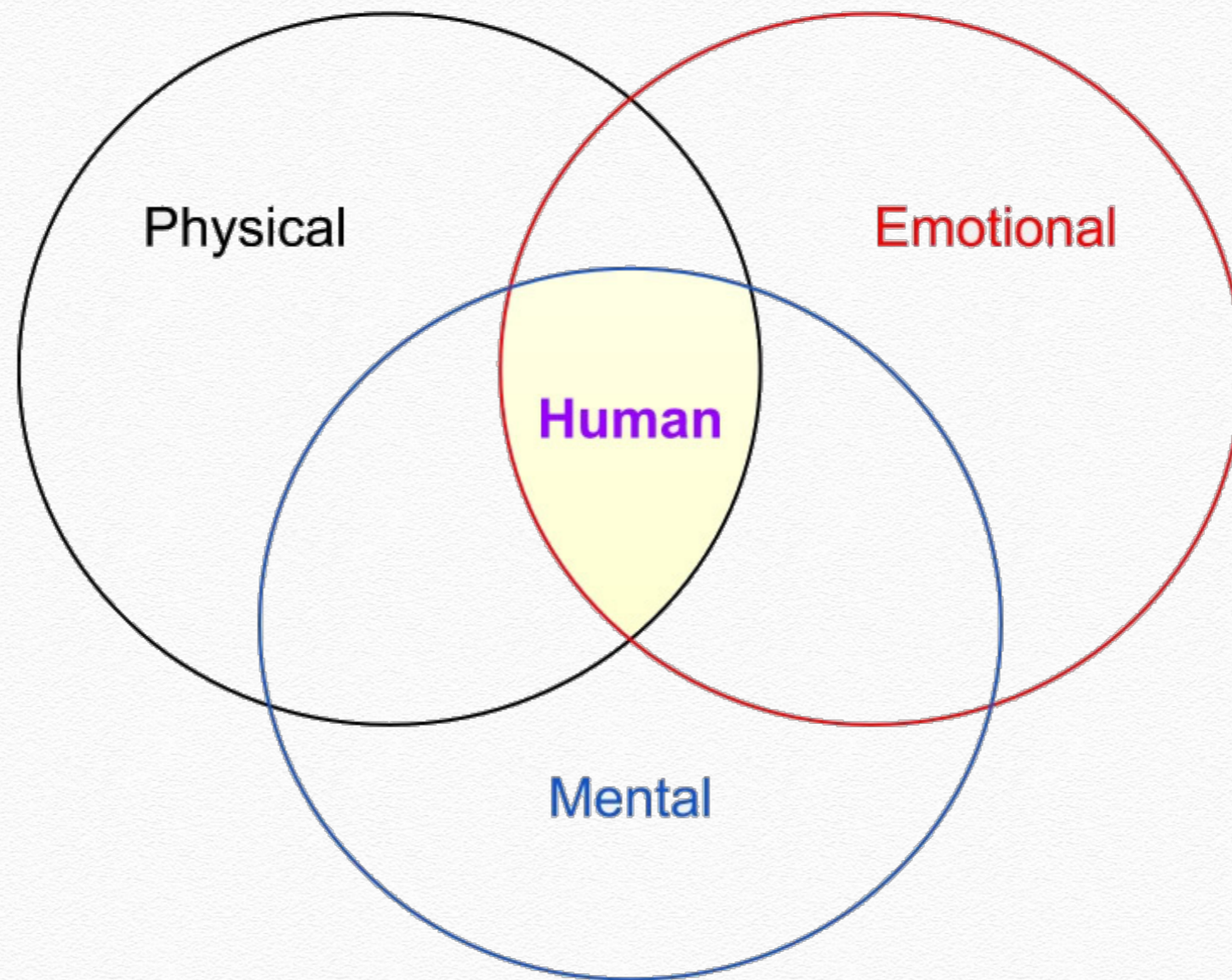
Humans, Trauma & Qigong

- ❖ What is balance?
- ❖ What is post traumatic stress?
- ❖ How does post traumatic stress impact us?
- ❖ How does Qigong help trauma survivors?

What is Balance?

Homeostasis: the tendency toward a relatively stable equilibrium between interdependent elements, esp. as maintained by physiological processes.

Human Homeostasis



Defining PTSD?

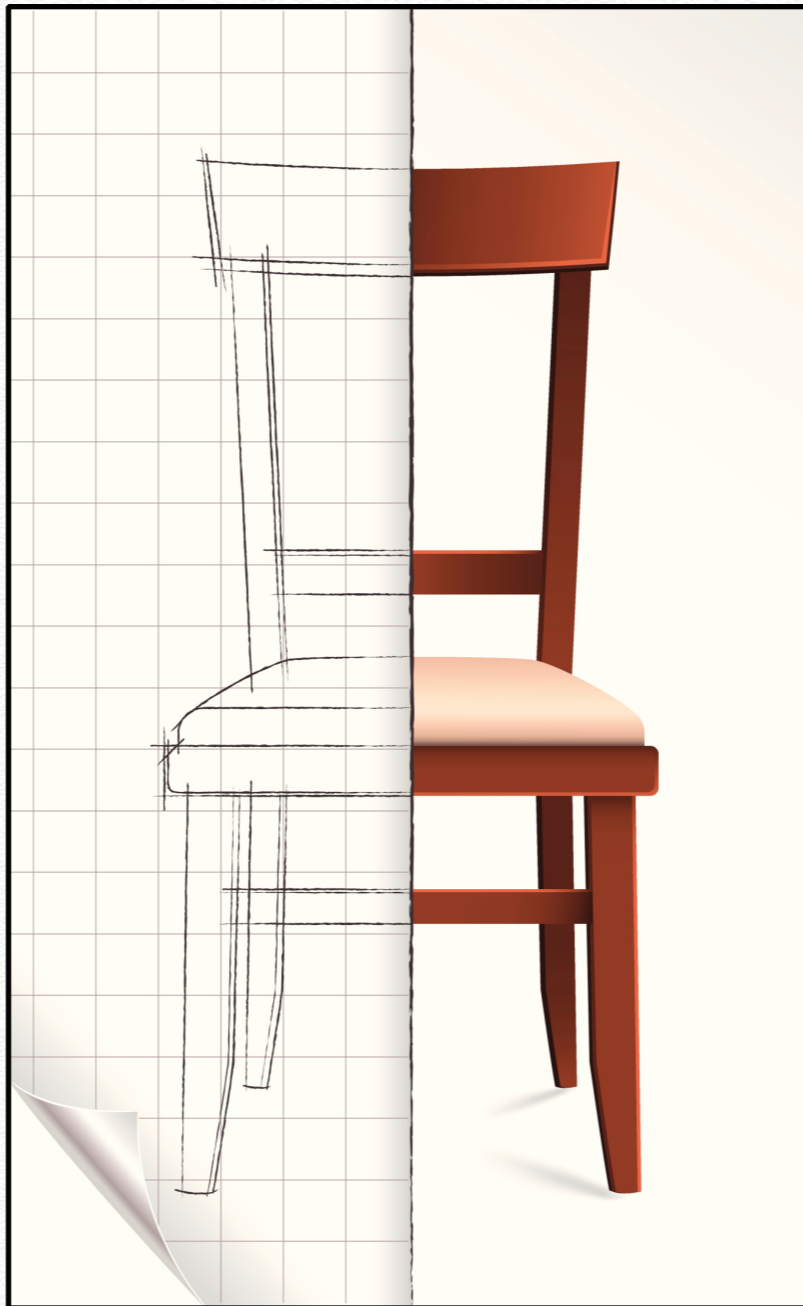
Post Traumatic Stress (Disorder?)

- ◊ A deeply engrained survival mechanism
 - ◊ Simple example: Car accident
 - ◊ Complex example: Car accident every day for six months
- ◊ Brain records traumatic experiences in great detail
 - ◊ Sounds, smells, tastes, emotions and sensations
- ◊ Post trauma, Memory recall becomes a powerful trigger
 - ◊ Triggers - Internal alarm system (Fight or Flight Mechanism)
 - ◊ Night Terrors / Flashbacks - Our own instant replay
- ◊ Suppressing trauma simply does not work

Details vs Big Picture

Left Brain

Wood
Fabric
Screws
Dowels
Sturdy?



Right Brain

Chair
Sit Down
Stool
Step Up
Comfortable?

Two Halves of a Whole

Left Brain Function	Right Brain Function
Uses Logic (Thinks the world)	Uses Feelings (Feels the world)
Detail Oriented	Big Picture Oriented
Facts Rule	Imagination Rules
Words and Language	Symbols and Images
Present and Past	Present and Future
Math and Science	Philosophy and Religion
Can Comprehend	Comprehends Meaning
Knowing	Believes
Acknowledges	Appreciates
Order and Pattern Perception	Spatial Perception
Knows Objects Name	Knows Object Function
Reality Based	Fantasy Based
Forms Strategies	Presents Possibilities
Practical and Safe	Impetuous / Risk Taking
Right Body Control	Left Body Control
Triggers Sympathetic Nervous System Response	Triggers Parasympathetic Nervous System

Physiological Response to Trauma

AUTONOMIC NERVOUS SYSTEM (ANS)	
SYMPATHETIC DIVISION (Fight or Flight) Neuron outflow T1 to L2	PARASYMPATHETIC DIVISION (Rest and Digest) Neuron outflow CN 3, 7, 9, 10 / S2 to S4
Dilates (Opens) Pupils	Constricts Pupils
Inhibits Saliva Production	Stimulates Saliva Production
Dilates (Opens) Bronchi	Constricts Bronchi
Accelerates Heart	Slows Heart
Stimulates Adrenal Glands to Release Epinephrine and Norepinephrine	
Stimulates Liver to Release Glucose	Stimulates Release of Bile
Inhibits Stomach, Pancreas and Intestines; Digestion Slows or Stops	Stimulates Stomach, Pancreas and Intestines
Inhibits Urination	Stimulates Urination
Inhibits Erection of Genitals	Promotes Erection of Genitals
Loss of Peripheral Vision (Tunnel Vision)	
Reduced Auditory Response (Temporary Loss of Hearing)	
Prioritizes Blood Flow to Heart, Brain and Muscles	Evens Blood Flow Throughout the Body
Accelerates Breathing	Slows Breathing
Prepares the Body for Intense Physical Activity	Relaxes the Body and Slows Many High Energy Functions

Common Symptoms of Post Traumatic Stress

- Preoccupied with, overwhelmed by, future / past
- Heightened situational awareness / readiness
- Extreme difficulty relaxing / hyper-vigilance
- Restless, interrupted sleep with night terrors
- Easily triggered to react vs respond to situations
- Elevated pain levels, enhancing vulnerability
- A strong sense of feeling "STUCK"
- Defining a "New Normal"

What is Qigong?

- ❖ Qi (Life Force) Gong (Work / Effort)
 - ❖ Practical translation - Breath Moves Body
- ❖ Qigong is the Soul of Tai Chi
 - ❖ Tai Chi without Qigong lacks integrity
- ❖ Qigong empowers self-healing

How does Qigong help manage trauma?

- ◊ Mentally

- ◊ Mindful attention to “breath moving body” creates a deep internal focus
- ◊ Settles mind allowing for clarity of thought
- ◊ Reduces vulnerability to external stimuli

- ◊ Physically

- ◊ Stimulates Para-Sympathetic control of the Sympathetic ANS which calms the body
- ◊ Slow, deliberate movements allow for deep strengthening
- ◊ Greater self-awareness reduces pain threats, enhances pain management skills
- ◊ Structural integrity stabilizes the core and increases overall circulation

- ◊ Emotionally

- ◊ Developing awareness of THIS moment in time reduces emotional overwhelm
- ◊ Reduces desire to “time travel” with emotions
- ◊ A solid structure enhances sense of self, empowering emotional stability
- ◊ A feeling of internal strength motivates self exploration and empowers meaningful change

Training Mindfully with Qigong Principles™ Program

“Learning to live one breath at a time”

- ◊ Grounding Energy
- ◊ Rising Energy
- ◊ Minding the Breath
- ◊ Expanding / Absorbing
- ◊ Exploring Yin -Yang
- ◊ Sinking Energy
- ◊ Listening Energy
- ◊ Smiling Energy



Training Mindfully with Qigong Principles™ Program

- ❖ Course work is typically 12 weeks / 24 classes (24 hours total)
- ❖ The 8 fundamental Qigong Principles are introduced individually and explored physically, mentally and emotionally (on average weekly)
- ❖ Veterans are guided through a self exploration and encouraged to be honest with themselves throughout
- ❖ Over time, they begin to actively redefine their physical, mental and emotional well-being
- ❖ Real life explorations further empower Veterans to integrate this awareness into their daily lives
- ❖ This patient, methodical approach gives Veterans time to apply the Principles daily, gaining insights with each step they take on their healing path

What do Veterans say about the TMQP™ Program?

- ◊ “I am much more aware of my posture and where I hold my tension. I can also now identify my triggers and how to deal with them.”
- ◊ “It has improved relations at home” ... “strengthened my bad knees,” and “allowed me to acknowledge the issue I have from being stationed overseas.”
- ◊ “It opened a new way for me to help me deal with my pain. It has helped me begin to learn about myself. I have always felt that I was not worthy to think about myself.”
- ◊ “Lower Blood Pressure. Now down to one B/P med due to this” ... “Less knee pain” ... “I can now take the stairs.” “Ability to control anger due to what I have learned and continue to gain in understanding myself and others.”
- ◊ “Program has improved my posture, increased awareness of and strength of core muscles, improved my stamina, given me new concepts to understand stress and coping”
- ◊ “Gained insight into various areas of psychological / emotional states of mind as it relates to anger and the victim role I found myself playing”
- ◊ “I love the relaxation and anxiety reduction possibilities that Qigong can provide. I also love the philosophy of the program as a way of being in the world”

Through Qigong, our Veterans are becoming...



SIMPLYAWARE
SPIRIT • BODY • MIND

"We bring wellness to you"

Contact Information

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Sifu Chris' path to Qigong Principles™ based training

- ◊ 1970 - Moved to the USA at age 5, began a cycle of mental, emotional, physical and sexual abuse
- ◊ 1978 - Began martial training to channel deep seated anger - age 12
- ◊ 1983 - Severe car accident (55 MPH head on collision) Causes damage to spine, head and RT shoulder
- ◊ 1983-87 - Served in United States Navy (Medically Discharged, Honorable) Lumbar Spine Injury
- ◊ 1991 - Began training in Tibetan-Chinese Gung-Fu, Taiji and Qigong Systems (My healing path begins)
- ◊ 1993 - Began working with Vietnam era Veterans through Martial Arts, Meditation and Qigong
- ◊ 2001 - Began training in traditional Yang Style Taiji with Dr. Alan Chen (Chen Youhong)
- ◊ 2003 - Began training as a Community First Responder (rescue, triage, first aid)
- ◊ 2006 - Certified in Advanced Wilderness First Aid - Wilderness Medicine Institute
- ◊ 2009 - Using Qigong for Somatic Movement Therapy in Behavioral Health Hospitals - Weekly groups supporting Women's Trauma, Chemical Dependency, Adult Psychiatric, Critical Stabilization, Geriatric, Chronic Pain, Veterans in Crisis
- ◊ 1991 to Present - Apprenticeships in, Recreational and Physical Therapy, Rheumatology, Neurology, Psychology
- ◊ 2012 - Successful Pilot of Veteran TMQP Program at the Dallas VA
- ◊ 2013 - 11 Successful Veteran TMQP Programs at the Dallas VA / Pilot Staff TMQP Program Successful
- ◊ 2014 - Expanding Programs to Fort Worth and Bonham VA Facilities with interest nationwide
- ◊ 2015 - 26 successful TMQP Programs today at Dallas, Fort Worth and Bonham VA Facilities