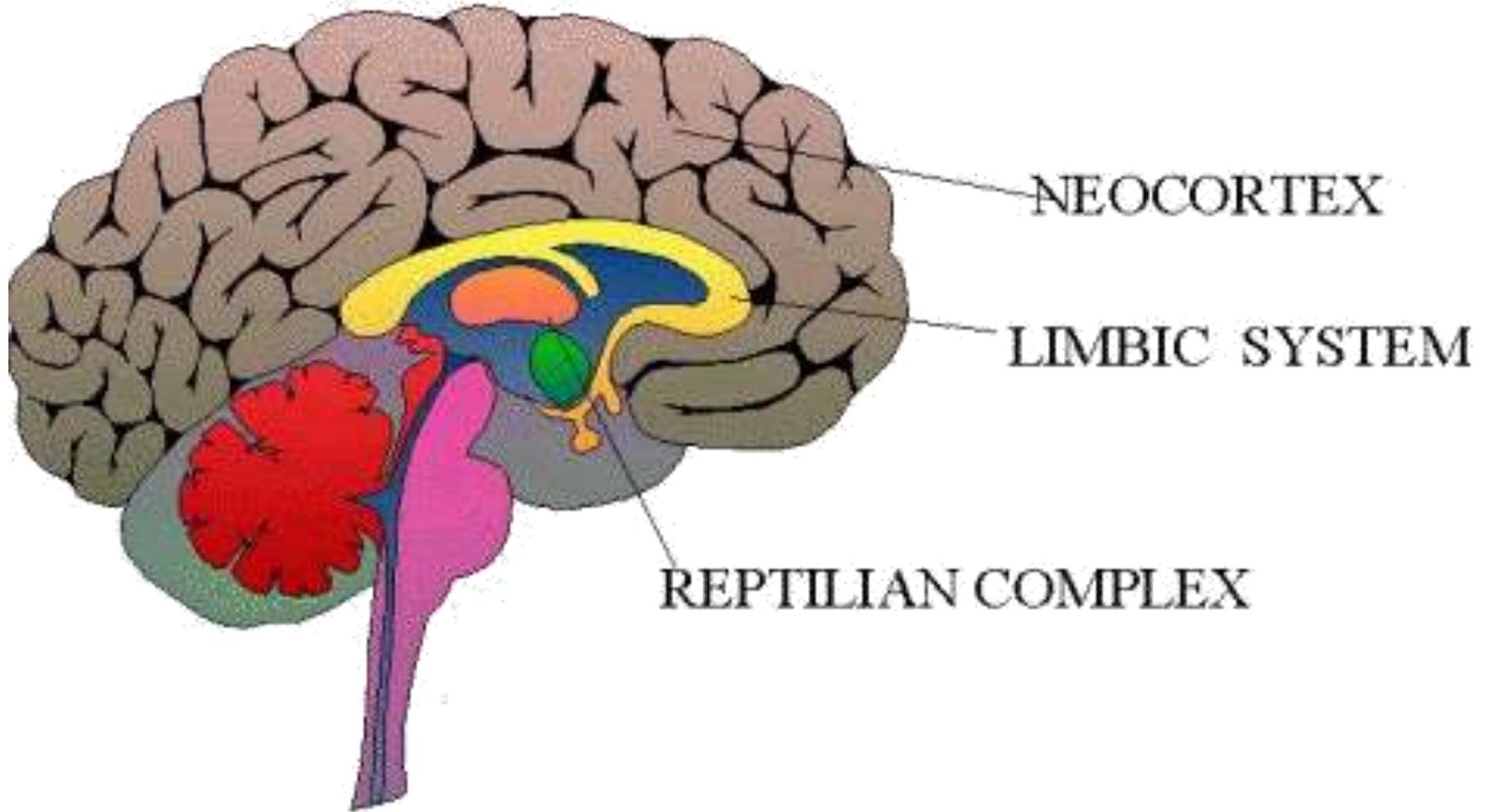


“Retraining the Triune Brain”

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Triune Brain

- Neocortex – mental/thinking/perceptual
- Limbic –emotional/feeling/reads situations
- Brain stem and cerebellum– physical/primal/habitual



NEOCORTEX

LIMBIC SYSTEM

REPTILIAN COMPLEX

Thinking Brain

- The higher brain regions modulate and inhibit functions of the more primitive (primal) regions
- Conscious section of brain.
- If neocortex in command, person has choices (adult brain)

Emotional Brain

- Plays a central role in the mind/body connection
- Modulates a feedback loop between the mind/body
- Amygdala analyzes information for emotional significance and survival
- If limbic system in control, chaotic lifestyle (child brain)

Physical Brain

- The primitive brain regions have a profound influence on the higher brain regions
- The unconscious section of brain
- If primal brain in control, shows through automatic/habitual behavior (infant brain)

Triune Brain

- Thinking = decisions – education
- Emotional = doing – resiliency
- Physical = being - behavioral

Why Important?

Need to be aware
“which brain in”
to survive

Intermediate brain (paleopallium)
Limbic system

Emotions



Rational brain
Neocortex (neopallium)
Intellectual tasks



Primitive brain (archipallium)
Self preservation, aggression



Survival Brain

The Autonomic Nervous System

- Sympathetic Branch – Accelerator
- Parasympathetic Branch – Brake

Two branches are reciprocal system
up or down – to maintain homeostasis

Sympathetic System

(survival)

- Increases – breathing rate, blood pressure, heart rate, sweating, stress hormones, energy to limbs
- Decreases – digestion, sex drive



Parasympathetic System

(parachute)

- Decreases - breathing rate, blood pressure, heart rate, sweating, stress hormones, energy to limbs
- Increases – digestion, sex drive

Stress vs Homeostasis

Functioning in this area speaks
to how we handle
options and opportunities.

Some people function well with changes
and adaptations; others need
more stability and rules.

Chronic Stress

Patterns of the stress cycle

Stress without adequate recovery leads
to becoming “stuck”

Overwhelming Experience

Get stuck on sympathetic - “HIGH”

- Physical – tachycardia, tachypnea, muscular tension, hyperstartle, hypertension, hot/flushed
- Emotional – rage, hyperactivity, mania, hypervigilance, anxiety/panic, high risk behaviors

Overwhelming Experience

Get stuck on parasympathetic – “LOW”

- Physical – muscle weakness, hypotension, constipation, cold/pale, sleepy/sluggish
- Emotional – numbness, exhaustion, disconnection, depression, hopeless, helpless

Plan of Action

- Grounding (lightening rod) – connection between you and surroundings, safety?
- Contain (oxygen mask) – calm self with slow/deep breathing, eye contact, touch if appropriate, create safety.
- Resource (blanket) – anything that elicits feelings of connection, support, strength, competence, confidence, trust, safety

Observing Self

Tracking the shifts

- in yourself – follow shifts in your nervous system
- the situation – follow changes in others behaviors

Just Notice

Why Important?

- Thinking Brain – you have to want and be committed to change “I’ll start tomorrow”
- Emotional Brain – rebels “This doesn’t feel right”
- Physical Brain – body has already learned a new way and restored homeostasis “Don’t want to change”

Success Cycle

- Create a Plan
- Visualize Possibilities
- Make a Commitment to take the Next Step
- Do It
- Celebrate and Reward Yourself
- Create or Capture a Plan

Thank you

Any Questions?

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