

In order to finally comprehend the light, we must first pass through and understand the darkness

~Edgar Cayce

Unified Theory of Everything Human

**Surviving Childhood Sexual Trauma and the
New Biopsychosocial Model of Disease, Suffering**

~ Dr Paul J Canali, DC - EH Institute

Welcome

Unified Theory of Everything Human



Dr Paul J Canali , DC
EH Institute
Miami, Florida

The Theory of Everything

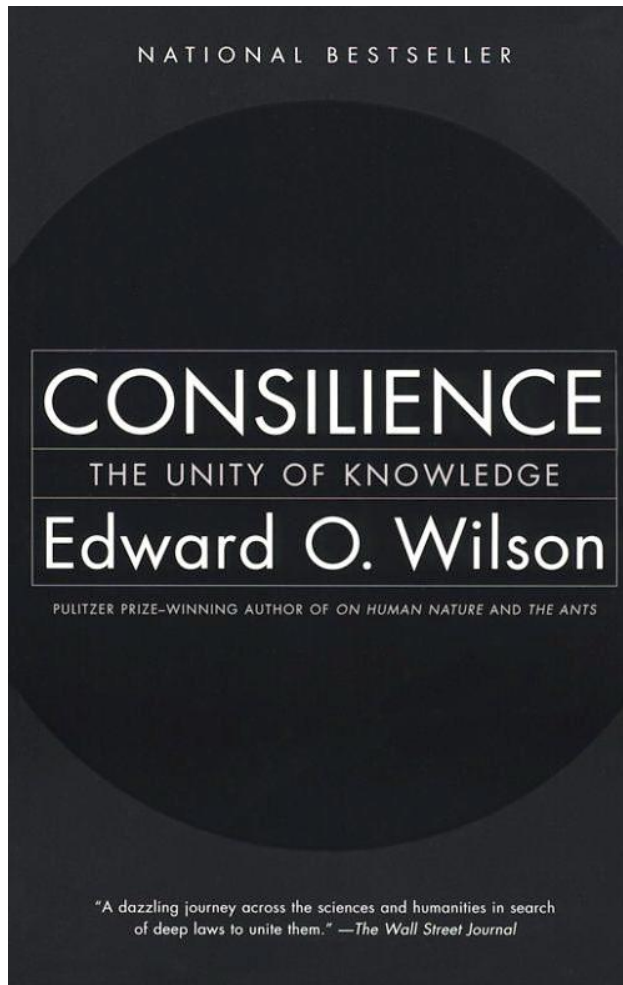
The hypothetical single, all-encompassing, coherent theory of physics that fully explains and links together all **physical** aspects of the universe.

What about our inner universe?



The Theory of Everything Human

Unified Therapy™



“An interdisciplinary view is aimed at finding the **convergence (consilience)** among independent fields...to enable a **unity of knowledge** to emerge...

An interdisciplinary approach bridges these separations and enables **science to progress.**”



Etiology

The study of causation, or origination. In medicine, etiology refers to the many factors coming together to cause an illness.



Traditional Psychotherapy: A Top-Down Technique



Traditional psychotherapy relies on top-down techniques to **manage** disruptive emotions and sensations.

These are approached as unwanted disruptions of “normal” functioning that need to be harnessed by reason, rather than as reactivated or unintegrated fragments of traumatic states.

~ Bessel van der Kolk, MD

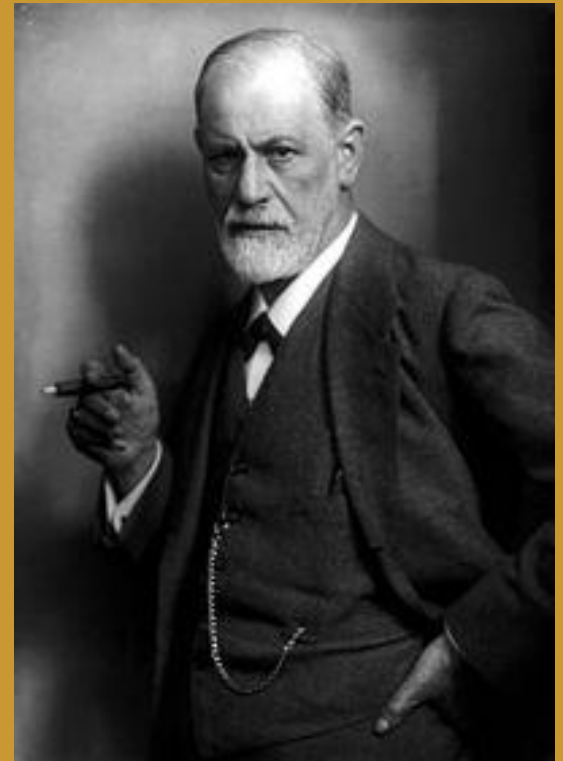
Beyond the Talking Cure: Somatic Experience, Subcortical Imprints, and the Treatment of Trauma (2002)



Pioneers in Neurology and Psychiatry

“Charcot, Janet and Sigmund Freud are associated with the discovery that trauma is at the root of hysteria, particularly the trauma of childhood sexual abuse.”

~ Van Der Kolk, *The Body Keeps the Score*



Treating Toxic Stress & Trauma

Somatization and conversion of emotional and repressed feelings, personality disturbances and unconscious psychobiological states are responsible for an incredible amount of misdiagnosis and human suffering.



To Heal Is
To Feel

Biopsychosocial Factors

That Affect Systemic Healing



Biopsychosocial Factors

- The Physical
- The Psychological
- The Social
- The Search for Purpose & Meaning

All factors must be addressed and *Unified* for genuine healing to take place.



The ACE Study

How does emotional trauma and early life stress change our biology over a lifetime?

The ACE Study

A collaborative effort between Kaiser Permanente and the CDC

**Many chronic diseases
of adults are determined
decades earlier, in childhood.**

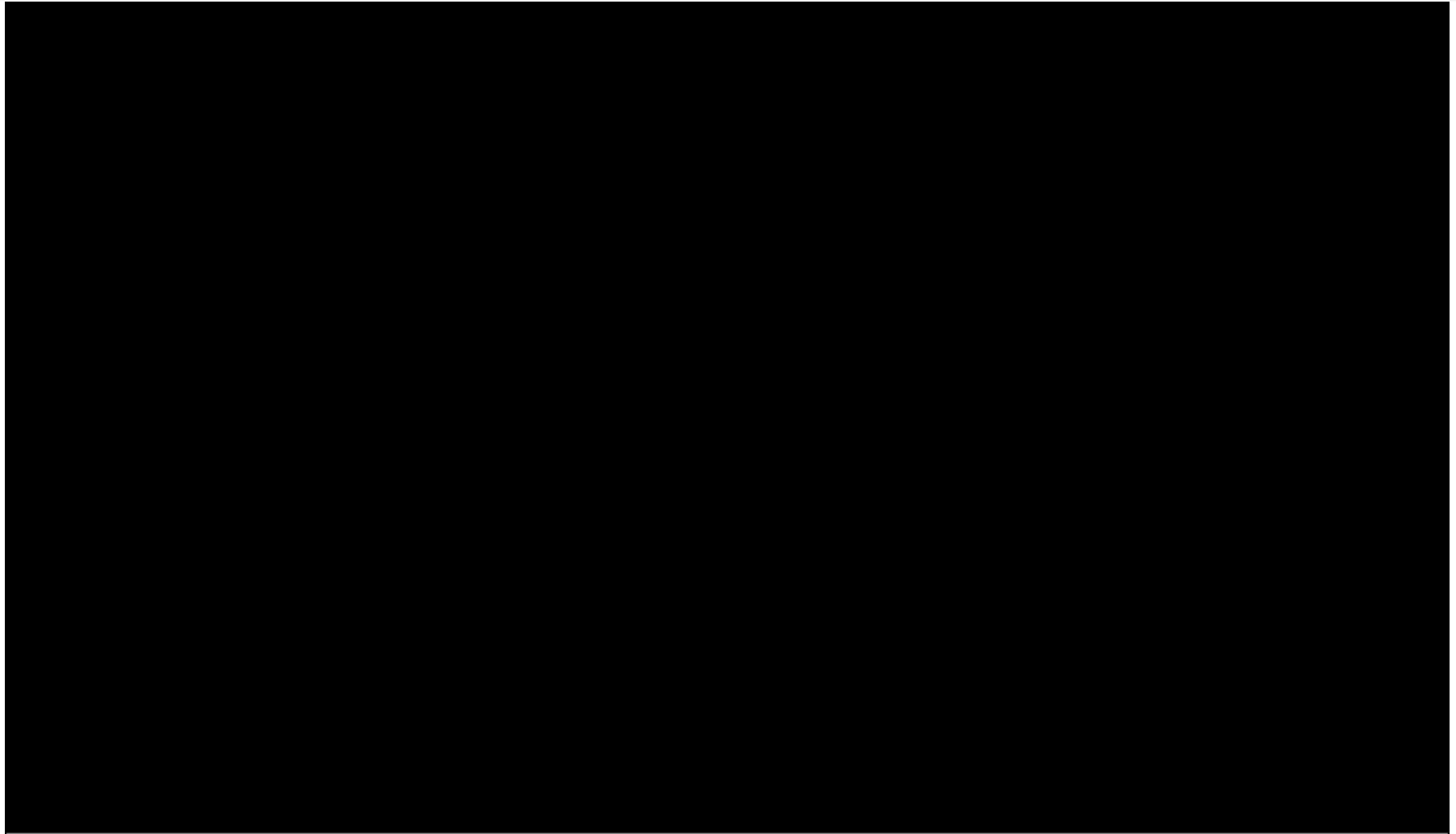
Not by disease, but by life experiences.

Human Nature & Early Experience
Notre Dame University, IN October 12, 2010

Vincent J Felitti, MD
Robert F Anda, MD

ACE Study

<https://www.youtube.com/watch?v=GSSbgwO6wm8>

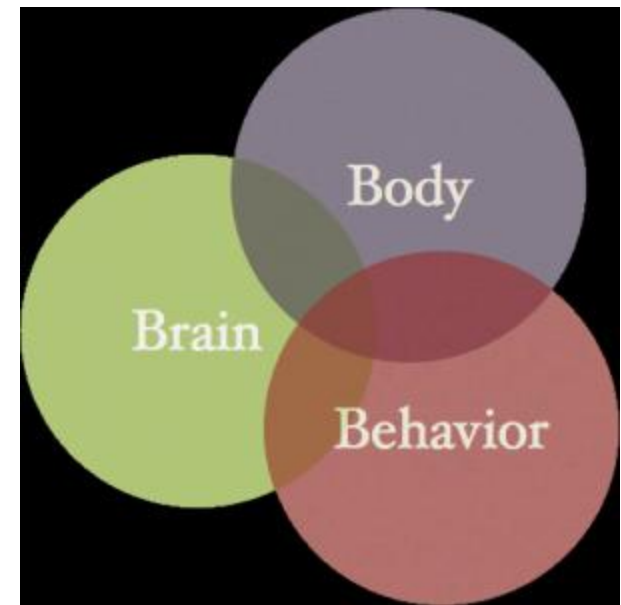


The ACE Study

It turns out that emotional trauma has an effect on three major areas:

- our **behavior**
- our **biochemistry**
- our **beliefs**

all of which lead to diseases and health conditions in later life.



The ACE Study

Why the Center for Disease Control recommends that every physician/therapist take the **ACE Score Questionnaire** before treating patients.



The Future of Any Society

The future of any society depends on its ability to foster the healthy development of the next generation.

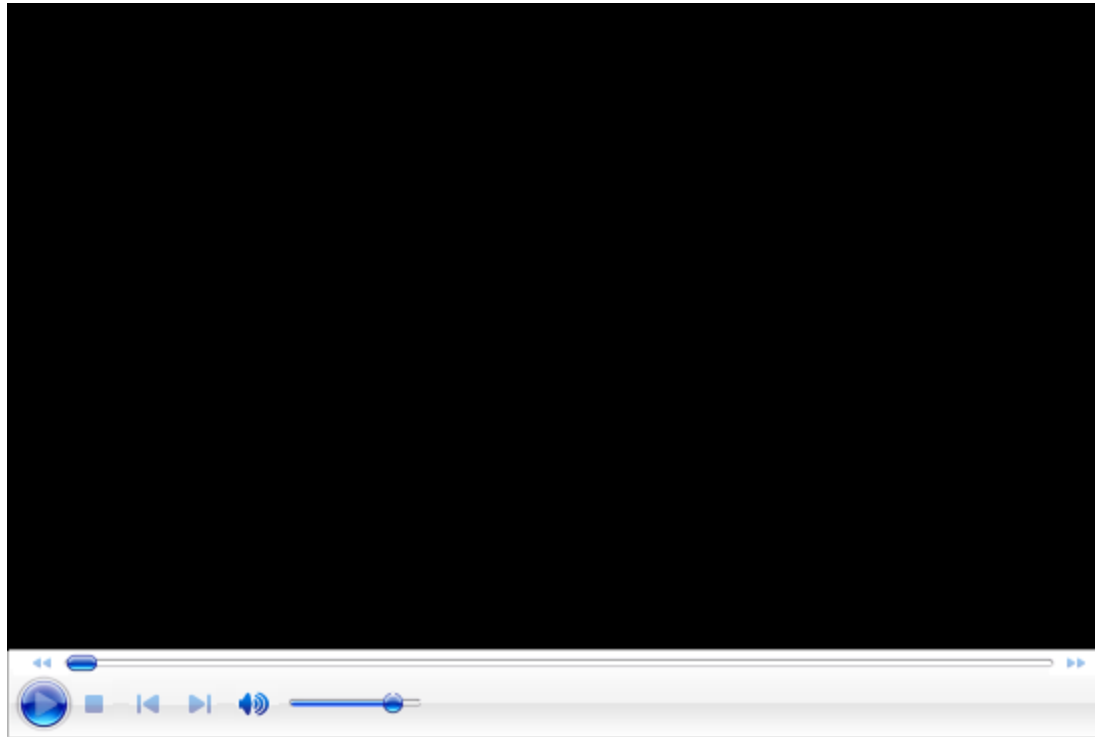
Extensive research on the biology of stress now shows that healthy development can be derailed by excessive or prolonged activation of stress response systems in the body and brain.

Such **toxic stress** can have damaging effects on learning, behavior, and health across the lifespan.

~ Center on the Developing Child
Harvard University



ACE Score – Dr Jeffrey Brenner



https://www.youtube.com/watch?v=g-8IIWFpE_g

Dr. Jeffrey Brenner: "I believe ACE scores should become a vital sign, as important as height, weight, and blood pressure."

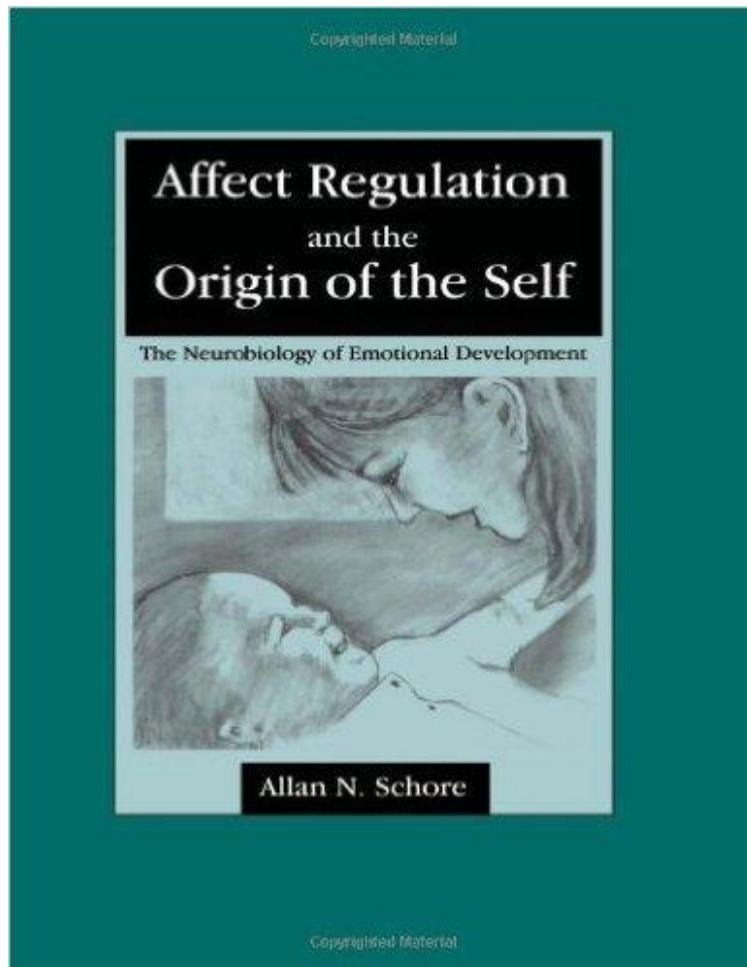
Dysregulation from Mother to Baby

Intergenerational transmission of psychopathology & neurological scars

~ Allen N. Schore, PhD. *Affect Dysregulation and Disorders of the Self*



Implicit Memory



It is important to recognize why early adverse developmental experiences imprint "neurological scars" (**implicit memories**), the relationship of **dysregulation** and the individual capacity to cope (**resiliency**) to future stressors.

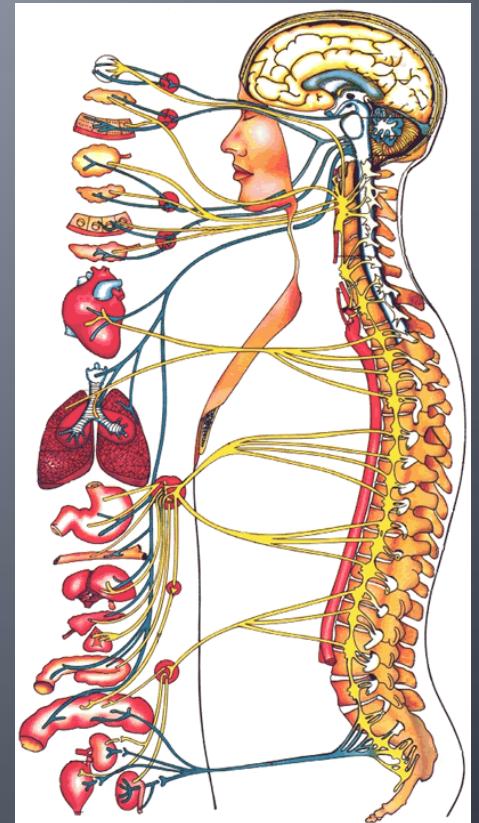
- Implicit Memories
- Dysregulation
- Resiliency

Autonomic Nervous System

And How It Relates to Growth and Healing

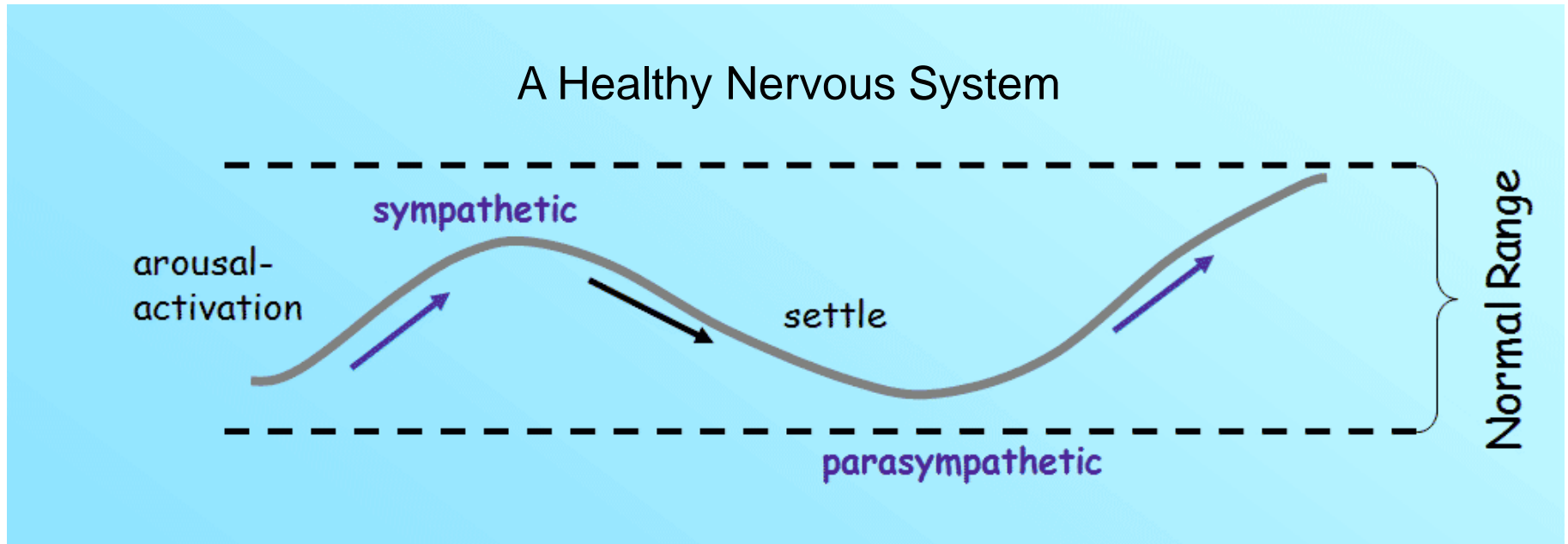
The Autonomic Nervous System influences every cell in the body.

...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System.



The Autonomic Nervous System

And How it Relates to Growth & Healing...

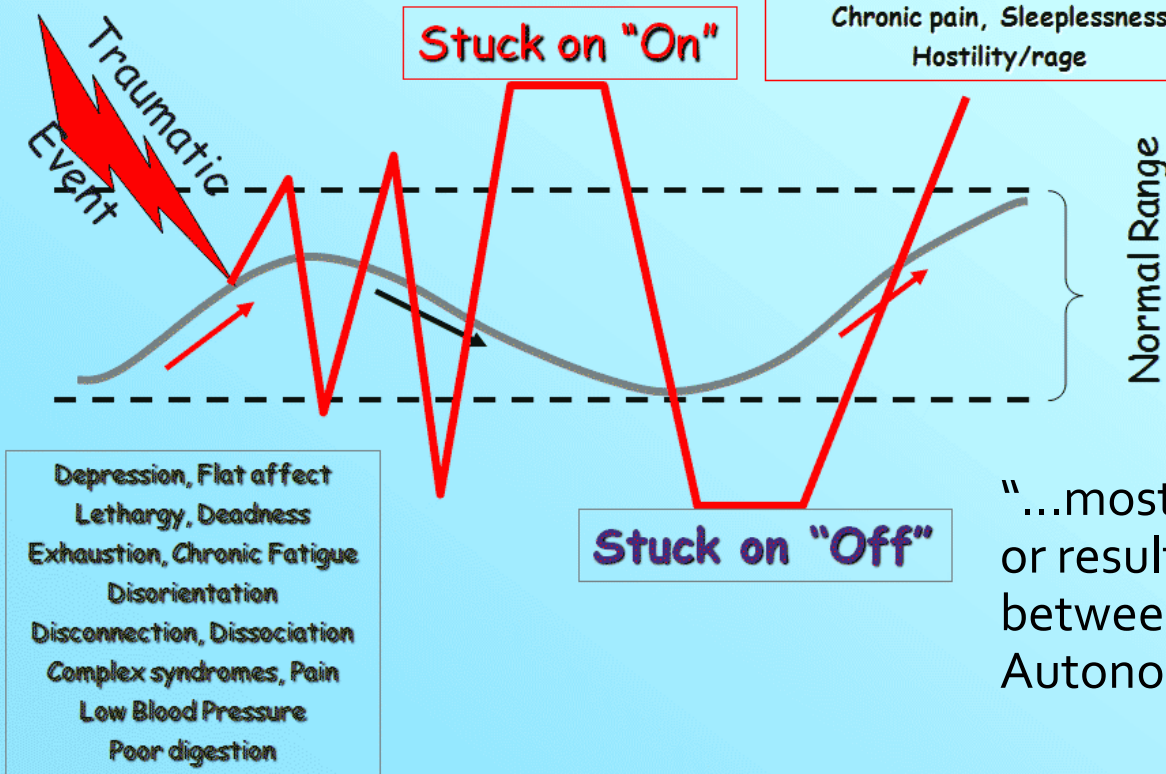


A balance between the two branches of your ANS is essential for good health.



Signs of ANS Dysregulation

Symptoms of Un-Discharged Traumatic Stress



The Autonomic Nervous System influences every cell in the body

"...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System."



Disorders Related to Autonomic Dysregulation

- Loss of Purpose & Meaning
- Pain
- Living in Fear
- Anxiety
- Depression
- Addiction
- Digestive Disorders
- Insomnia / Sleep Disorders
- Headaches
- PTSD
- FND / Conversion Disorder
- Anything and Everything



Functional Neurological Disorder

FND is due to a problem with the functioning of the Nervous System and thought to derive from the brain's inability to send and receive signals properly.



How Do We Heal?

That Affect Systemic Healing

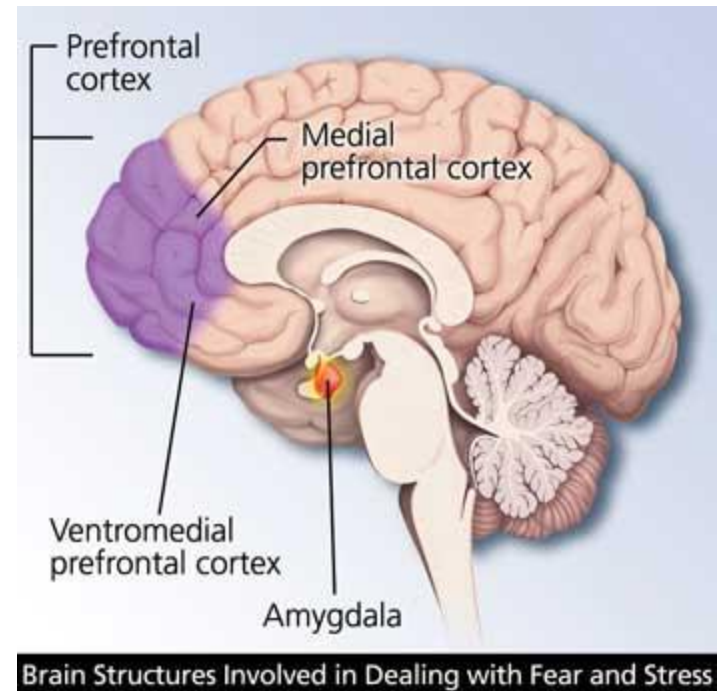
No long term healing, learning or development can happen regardless of the therapy, practice or technique you may currently employ unless the *brain~body connection is made.*

~ Dr Paul Canali

The Pre-Frontal Cortex

Nine functions of the PFC:

- Body Regulation
- Attuned Communication
- Emotional Balance /Affect Regulation
- Response flexibility
- Empathy (Mind Sight)
- Insight or Self-Knowing Awareness
- Fear Modulation / Fear Extinction
- Intuition
- Morality



Homeostatic Reflex

Discharge of Stress & Trauma - Emptying Allostatic Load

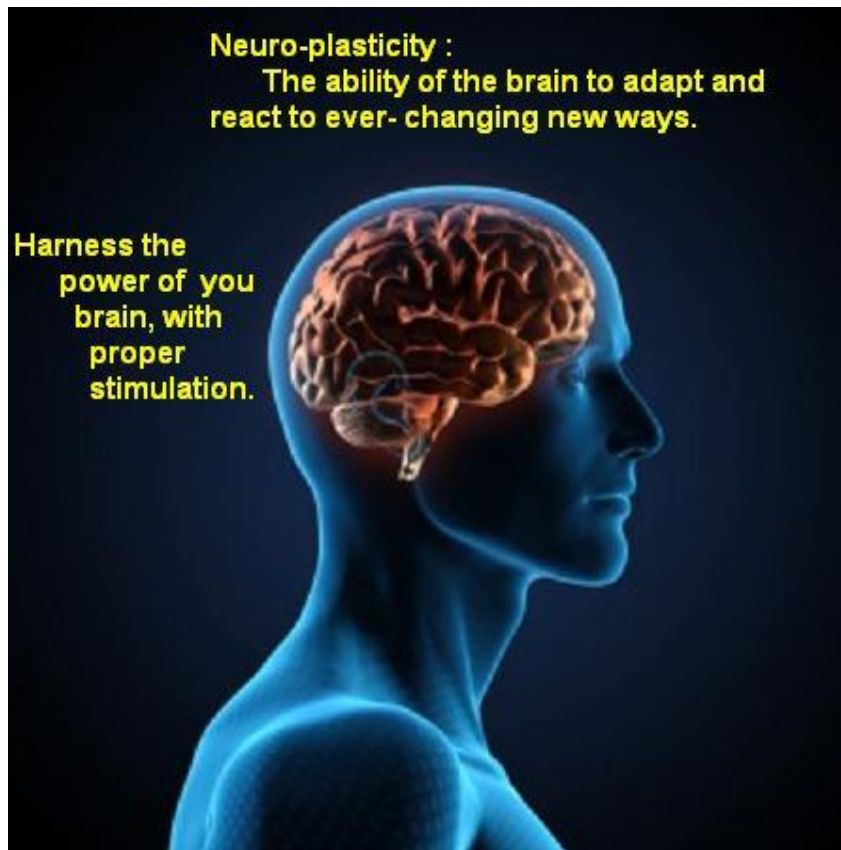
The Autonomic Nervous System, or ANS, will automatically try to discharge frozen energy by trembling, shaking, emotional expression, and temperature changes.

This release in turn will be followed by rest and deep states of peace and healing.



Stimulating and Re-Sculpting Areas of the Brain

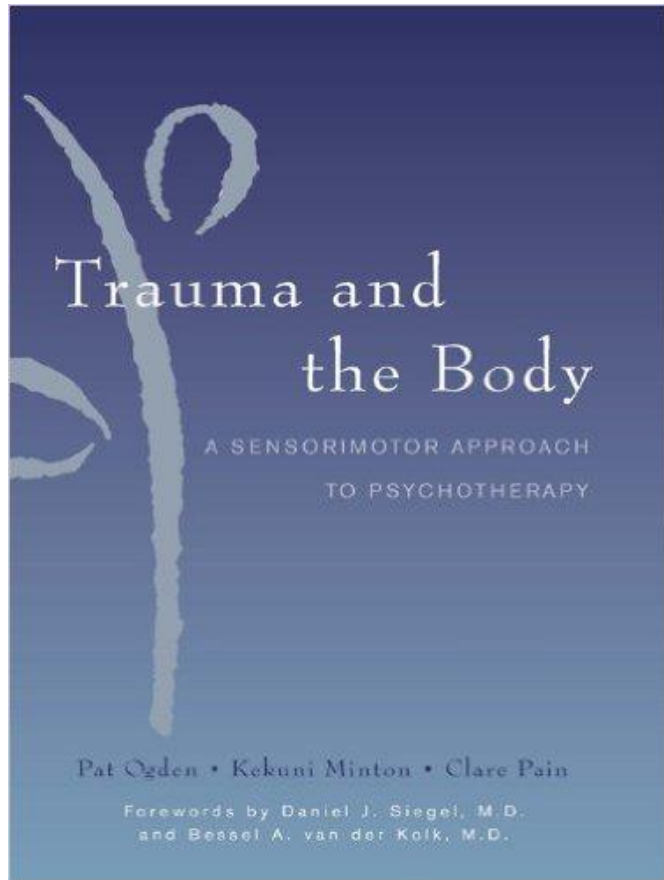
Critical to healing trauma and affect regulation



- *Mindful Focused Attention*
- *Sensory Stimulation*



Changing Procedural Tendencies & Rewiring the Brain

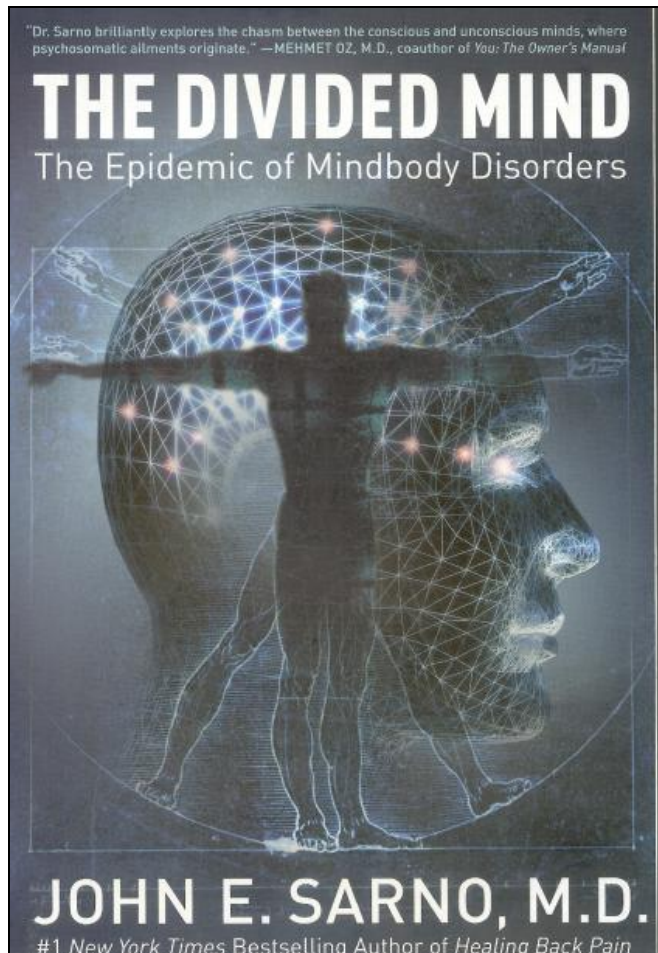


~ Pat Ogden, PhD

- Repetition of habitual thoughts, feelings, body sensations, and movements connected to patterns of symptoms and memory will not change the brain.
- Repetition only reinforces established neural networks, and habitual procedural actions.
- To change the brain, we must interrupt and inhibit procedural patterns, and experiment with new amounts and kinds of **sensory stimulation**.



Somatization



Somatization

"Everyone is under pressure or stress of some kind or another, and we all have both internal and external reactions to these pressures, and then physical symptoms manifest in response to these feelings."



Neuroplasticity / Neurogenesis



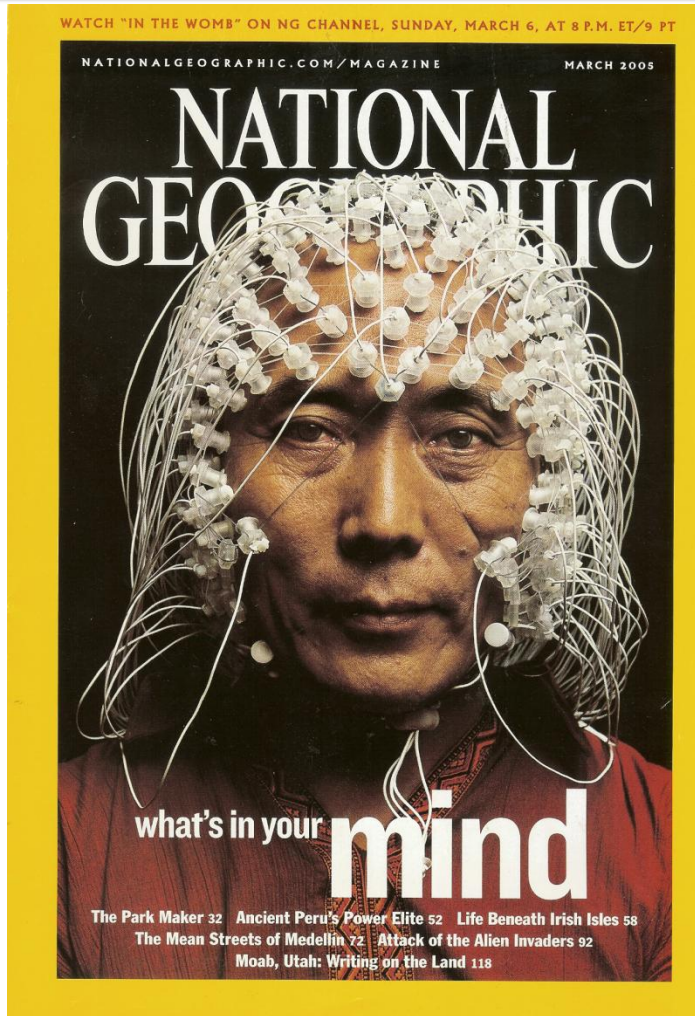
Daniel J. Siegel, MD

“...we now know from the findings of neuroscience that the mental and emotional changes we can create through cultivation of the skill of mindsight [mindful attention] are transformational at the very physical level of the brain.

By developing the ability to focus our attention on our internal world, we are picking up a “scalpel” we can use to re-sculpt our neural pathways, stimulating the growth of areas of the brain that are crucial to mental health.”



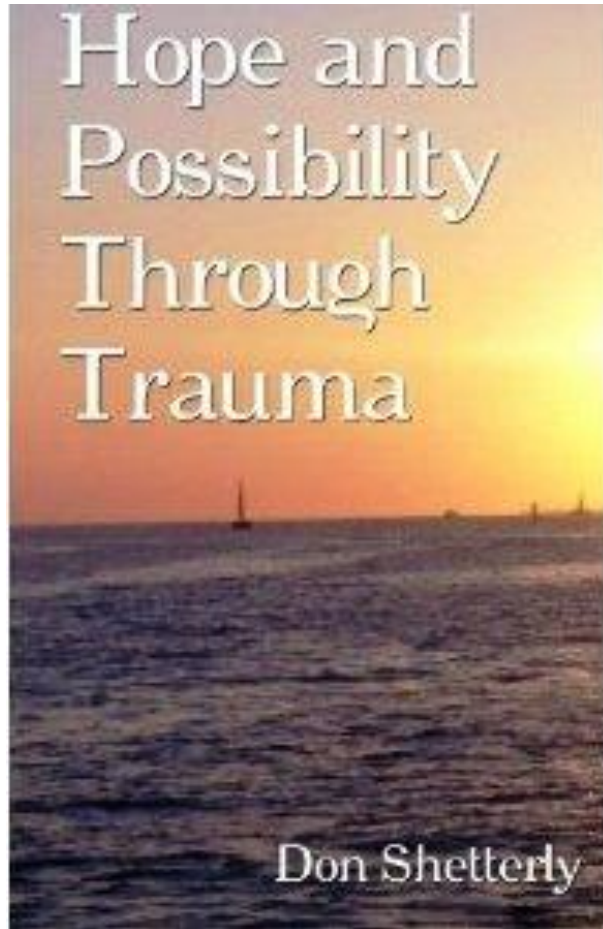
Neuroplasticity / Neurogenesis



The mind is
what the
brain does
?



Case Study – Conversion Disorder



Conversion of unresolved traumatic experiences and toxic stress in the brain and body remain one of the most misdiagnosed conditions in all of healthcare today.

Unified Therapy™

Unified Therapy™ is based on the discovery of an entirely new operating system that allows unprecedented communication into the brain, nervous system and the mysterious higher self.



Heal Yourself, then
Heal Others

Embrace your wounds, they will teach
You to Love Yourself

I see you...

I feel you...

I hear you...

Unified Therapy™

- **Accesses regulatory processes** that promote safe, fast and efficient ANS & Limbic re-regulation.
- **Teaches interaction through direct** experience with Sensory Processing & Mindfulness (Middle Prefrontal Cortex).
- **Promotes development of Prefrontal Cortex to gain Conscious** control over affect of Limbic Structures by directly interacting with fears that arise during the process.
- **Treats Comorbid Conditions Concurrently.**
- **Accesses and teaches how to interact** with Implicit & Explicit memory in a safe environment.
- **Re-Creates Conditions** (memories, emotions, traumatic experiences) moment-to-moment and returns from this challenging stimulus to a safe baseline (homeostasis).
- **Decreases acquired Allostatic Load**
- **Supports shift from Dysregulation to Re-Regulation to Self-Regulation.**
- **Highly reproducible and evidence based.**



Questions

Thank You
for joining us
this evening