

Mindfulness and Emotional Regulation in Personality and Dissociative Disorders

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The Autonomic System

PARASYMPATHETIC NERVOUS SYSTEM

"Rest and Digest" response

- Constricts pupils
- Increases saliva production
- Decreases heart rate
- Indirectly dilates blood vessels
- Contracts bronchi
- Decreases blood flow to skeletal muscles
- Increases stomach and intestine motility, decreases blood flow to GI tract, and increases digestive enzyme secretion
- No involvement
- No involvement
- Contracts bladder

SYMPATHETIC NERVOUS SYSTEM

"Fight or Flight" response

- Dilates pupils to enhance far vision
- Decreases saliva production
- Increases heart rate
- Constricts blood vessels, increases blood pressure
- Dilates bronchi to allow more air into lungs
- Increases blood flow to skeletal muscles
- Relaxes stomach and intestine motility, shunts blood flow away from GI tract, and reduces digestive enzyme secretion
- Releases glucose to increase blood sugar
- Stimulate adrenal glands to secrete stress hormones
- Relaxes bladder

Early Brain Development

- Right Hemisphere (RH) develops first with deep connections into the body.
- RH is responsible for emotional regulation, creativity and some language
- LH does not begin development until age 2
- Language begins so if trauma was preverbal this ability to express those fear emotions or root of anxiety is stunted.
- Right, Left Development
- Deeper, non-cognitive therapy to get at RH damage
