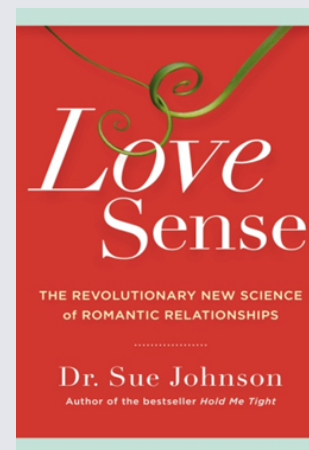
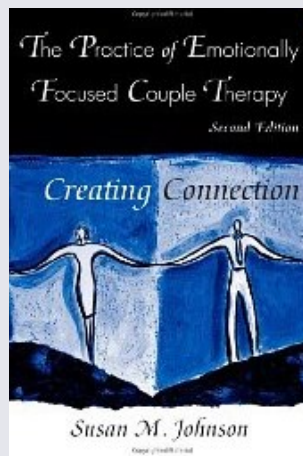
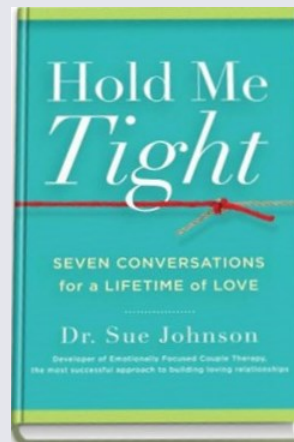


RESILIENCE THROUGH CONNECTION: IN THE DARKNESS I HEAR YOUR VOICE

DR. SUE JOHNSON



WWW.ICEEFT.COM

**Felt connection & actual bonding interactions
are the best recipe for resilience.**

The buffer - balance - bounce effect

EFFECTIVE DEPENDENCY IMPACTS ALL ASPECTS OF EMOTIONAL EXPERIENCE

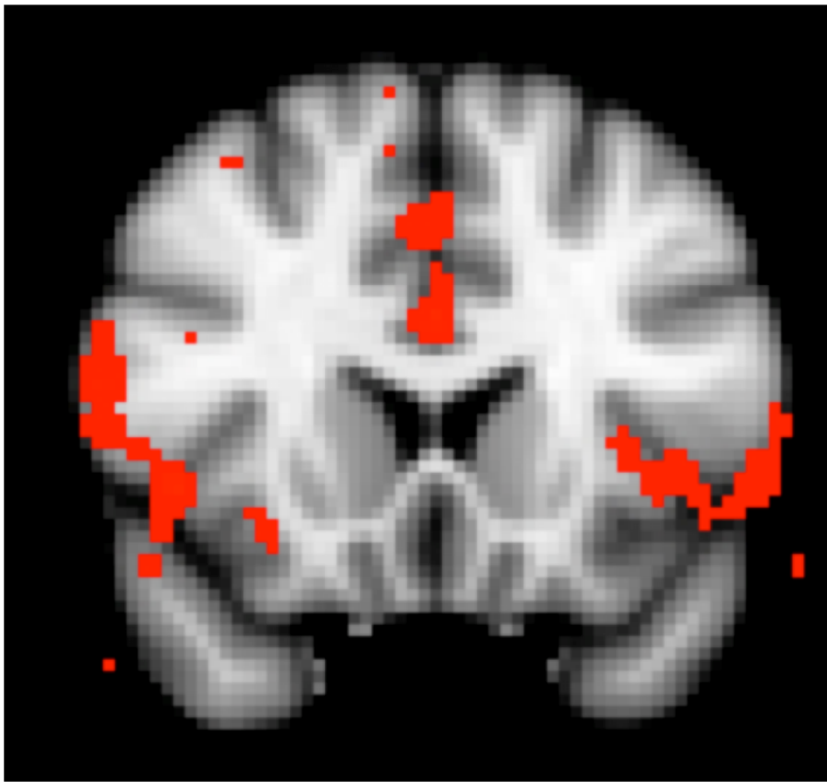
- The emotional trigger is perceived as less troubling.
- The physiological emotional impact is less overwhelming.
- The meaning ascribed to this incident is more ordered, coherent and less negative.
- Action responses have a greater range, are more contingent and integrated.

Vulnerable is manageable.

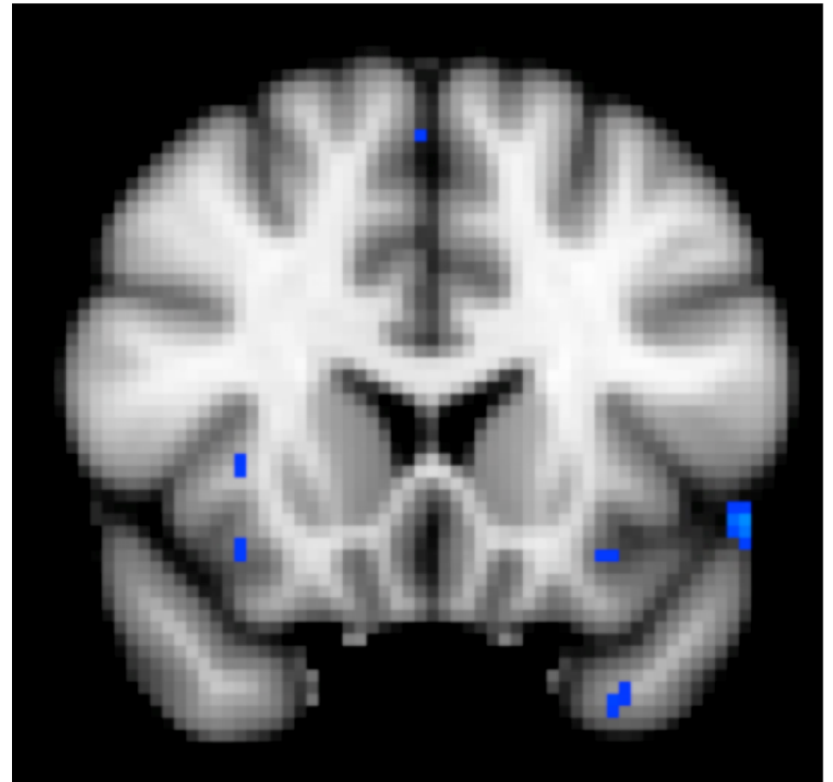
“The best predictor of the impact of any trauma is not the severity of the event, but whether we can seek comfort in the arms of another”.

Traumatic Stress : van der Kolk, McFarlane, Weisaeth (1996)

CHANGING RESPONSIVENESS TO THREAT WITH EFT



Pre-Therapy Partner Handholding



Post-Therapy Partner Handholding

**Attachment offers the kind of protection
that allows us to be
the strongest and best we can be.**