



# The Fundamentals of the Internal-Focused Dialogue

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**Family Peace Initiative**

1

## OBJECTIVES

- Participants will learn:
  - How to incorporate emotional expression into work with those who cause harm
  - The fundamentals of the Internal-focused dialogue
  - Explore the impact of “Enlightened Witnesses”
  - The application of the “Golden Shadow Message”

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2

*“I can certainly aver that I have never come across persecutors who weren't victims in their childhood.”*

--Alice Miller

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3

**Trauma:  
What does  
it do?**

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- *“Trauma, whether it is the result of something done to you or something you yourself have done, almost always makes it difficult to engage in intimate relationships.”*

--Van Der Kolk, p 13

***Trauma disconnects us from our bodies, and disconnects us from others.***

**–Gabor Mate’,  
*The Wisdom of Trauma***

4

**APPLICATION OF THE “3 R’S”\***  
**\*PERRY & WINFREY**

**Regulate**

**Relate**

**Reason**

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5

**R #1:  
REGULATION**

- Generally speaking, “Emotion regulation” is a term used to describe a person’s ability to effectively manage and respond to an emotional experience.

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6

# Emotion:

Our body's response to our perceived environment.



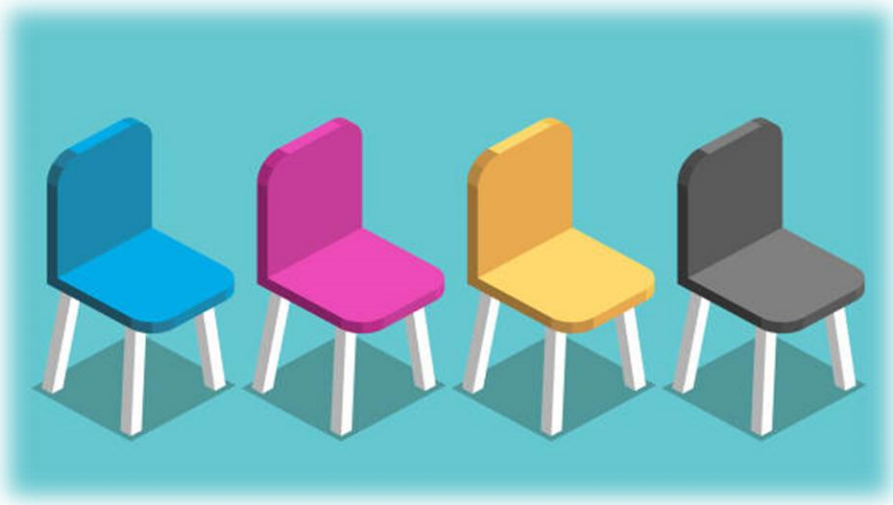
7

Afraid	Sad	Glad	Mad
Something bad might happen.	Something has been lost.	Something pleasant has taken place.	Something needs to change!

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8





9



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## CO-REGULATION

*“Dysregulated people cannot regulate other dysregulated people.”*

--Perry & Winfrey

10

## Our Primitive Brain: Mapping to Danger, or Safety

• To Danger



• To Safety



*“We Cannot Help People Make Positive Change  
When We are Mapped to Danger.” –Russell Strand*

What Needs to Happen to be Mapped to Safety?

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11



**INTENTIONALLY  
CREATING SAFETY**

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12

# WHAT ARE PRACTICES THAT INTENTIONALLY CREATE SAFETY?


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13

## R #2: RELATE

*“To have a therapist who herself has worked on her story and doesn’t hesitate to share it can be very helpful to the patient because it creates trust, understanding, and a shared experience.”*

--Alice Miller, *For Your Own Good*, p xi

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14



## ENLIGHTENED WITNESS

*People who are willing, as professional helpers, to be the guiding light for those who are struggling. They provide the message, "I can go there with you and share the load, and we will be okay."*



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Who made a significant impact on your life?	What did they do?	What was the message about <u>you</u> ?	Shadow Message

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**R #3: REASON**

- All that great info that we want participants to know comes here!
  - Understanding the impacts of trauma they experienced
  - Challenging pro-abuse beliefs
  - Learning healthy conflict resolution skills
- Learning about disregulation – and that they can be OK when emotionally activated!

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**REGULATE;  
RELATE; AND  
THEN, REASON**

The order we do these steps allows participants to **ALSO** follow the steps in order – especially in the early stages of group membership.

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## FPI APPLICATION OF THE 3 R'S

At FPI, much of our curriculum is a **BLEND** of all 3 R's

Class structure and activities are designed to allow participants to **PRACTICE:**

Stress response and soothing

Increased emotional awareness

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## THE PATH WE CHOSE:

- Create a culture of safety, emotional health and cruelty-free accountability through the use of compassion, integrity, and expertise.
- Ask participants to take responsibility for:
  - The trauma they have caused others, and
  - Healing from the trauma they've experienced.
- Lead by example. We can only take others as far as we are willing to go ourselves.

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21



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22



## Effectiveness Of Approach



- Evaluation of effectiveness done by OAG & BIP Advisory Board in collaboration with the OJA
- CSO's examined all 2012 completers of 6 Kansas BIPS in 2015
- 88% have not been charged with another "person" crime since their date of completion
- 90% have not had another protection order filed against them

[https://www.ag.ks.gov/docs/default-source/publications/bip-program-evaluation-study-report.pdf?sfvrsn=c5b5da1a\\_4](https://www.ag.ks.gov/docs/default-source/publications/bip-program-evaluation-study-report.pdf?sfvrsn=c5b5da1a_4)

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23

- The Center for Safety and Empowerment compared the list of all Shawnee County FPI completers 2015 through 2021 with the Topeka Police Department lethality assessment database: 14.9% had police contact that prompted use of the lethality assessment tool. 85.1% did not.

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24

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25



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26