

TREATING
TRAUMA
AND
ADDICTION
WITH THE

FELT SENSE POLYVAGAL MODEL:

FOCUSING

BORDEN

MODEL:

A BOTTOM UP APPROACH

PART ONE:
AN EVOLVING
PARADIGM



JAN
 WINHALL
MSW RSW FOT

以体会多层迷走神经模型：
一个自下而上的模型
治疗创伤与成瘾

第一部分：
一个不断演变的
范式

I AM A TRAUMA THERAPIST...I DON'T WORK WITH ADDICTION

我是个创伤治疗师...
我不处理成瘾问题

YES, INDEED
YOU PROBABLY
DO...

是的，的确
你也许是...

THE
IMPORTANCE
OF ASKING... 问一问
是重要的...

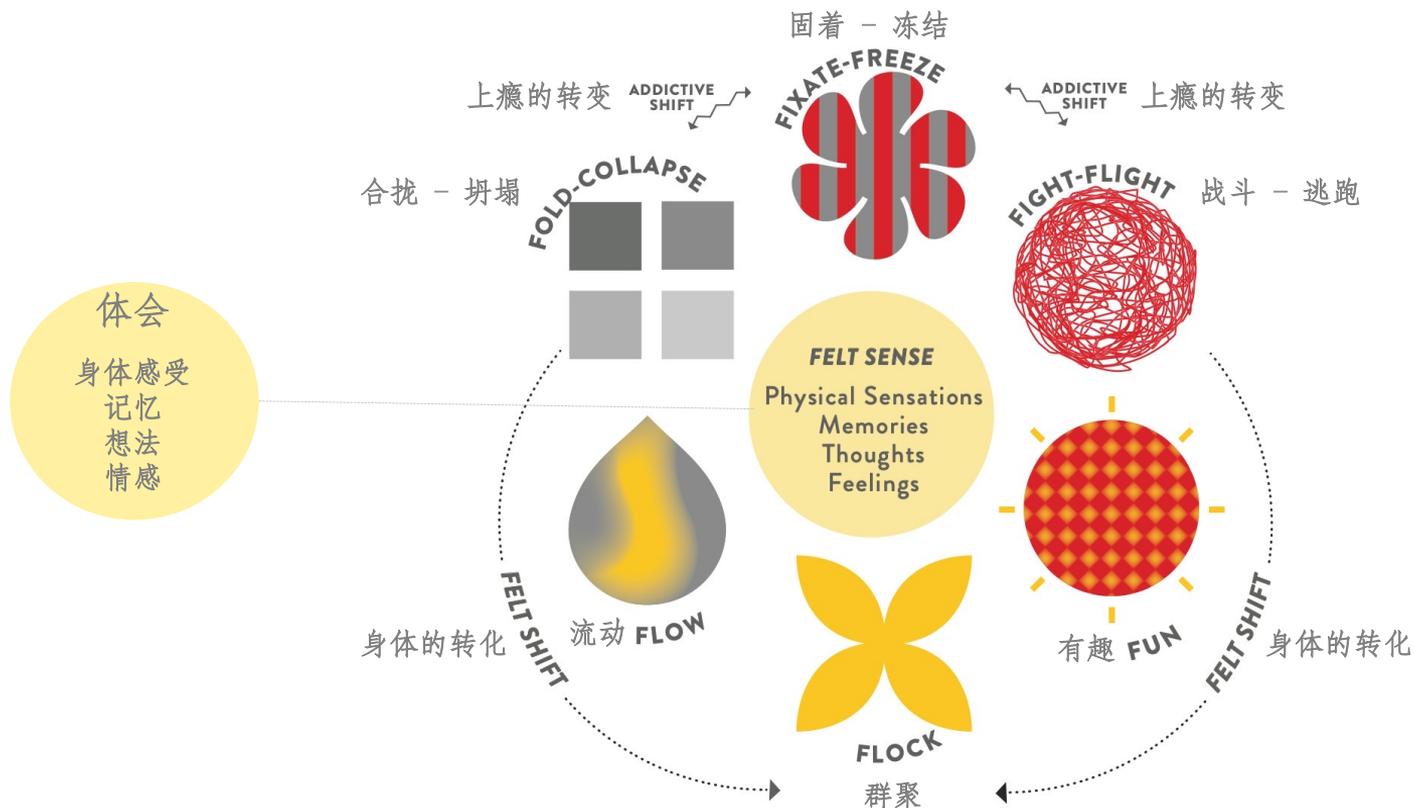
如果你不问，他们也许不会说...
然后，你会跟身体对着干...

IF YOU DON'T ASK
THEY PROBABLY WON'T
TELL...AND THEN YOU
ARE WORKING
AGAINST THE BODY...

创伤与成瘾的
体会多层迷走神经模型

THE FELT SENSE POLYVAGAL MODEL™ OF TRAUMA AND ADDICTION

6个F 来访者版本 CLIENT VERSION 6 F's



POLYVAGAL THEORY

多层迷走神经理论

THREE MAIN BRANCHES OF THE ANS:

自主神经系统 ANS 的三个主要分支:



群聚 副交感神经的腹侧迷走神经, 安全, 社会交往系统

FLOCK: Ventral Vagus, Safety, Social Engagement System



战斗 / 逃跑 交感神经

FIGHT/FLIGHT: Sympathetic Branch,

合拢 (关闭) 副交感神经的背侧迷走神经, 关闭, 隔离



FOLD: Dorsal Vagus, Shut-Down, Dissociation
(SHUTDOWN)

POLYVAGAL THEORY

多层迷走神经理论

INTERTWINED STATES

交织状态



A BLENDING OF STATES

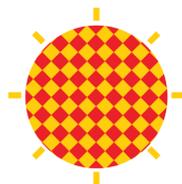
状态的混合调配



FLOW: Ventral and Dorsal Vagas,
Immobilization with safety

流动

副交感神经的腹侧与背侧迷走神经
安全、不动



FUN: Ventral and Sympathetic
mobilization with safety

有趣

副交感神经的腹侧迷走神经与交感神经
安全、移动



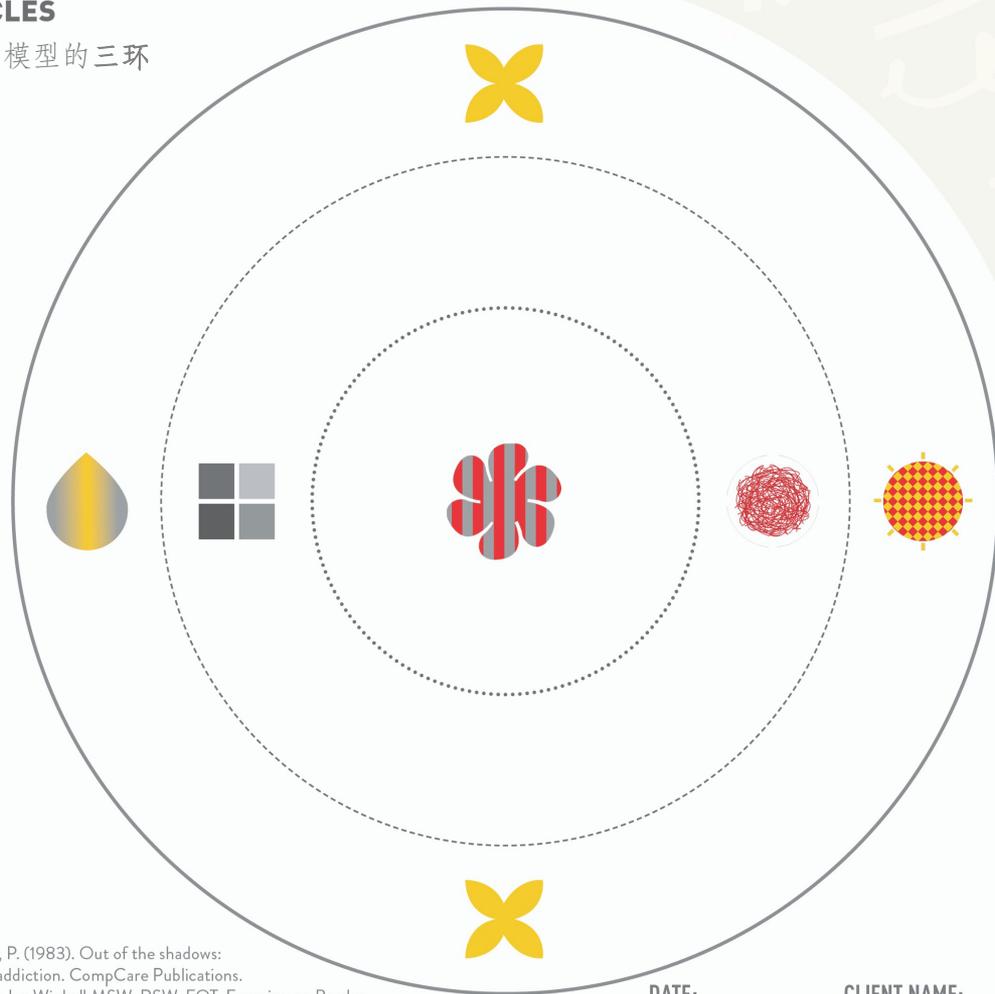
FIXATE: Dorsal and Sympathetic
Dissociation and addiction

固着

副交感神经的背侧迷走神经与交感神经
隔离、上瘾

THREE CIRCLES

体会多层迷走神经模型的三环



Adapted from: Carnes, P. (1983). Out of the shadows: Understanding sexual addiction. CompCare Publications.
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DATE:
日期

CLIENT NAME:
来访者