

The Lion Theory Workshop- Full Schedule.

How the Recovery Model works.

Extreme trauma causes a hormone imbalance and neurons to weaken and misfire, by taking the service users out of survival mode, we allow for healthy cognitive behavioural pathways to develop. Allowing the effects of the trauma to be reduced and recovery to be possible. Mimicking ADHD (outward behaviour) and autism (inward behaviour) pathways being created in prolonged stress response.

The Lion Theory Recovery Model.

The Lion Theory workshop contains 4 sessions over 4 weeks. Each session is 60 mins in total.

Week One: Thoughts:

What is a Thought: an idea or opinion produced by thinking or occurring suddenly in the mind.

Tool used; Cognitive Behavioural Therapy (CBT).

What is CBT; Cognitive behavioural therapy is widely used form of psychotherapy that focuses on identifying and changing negative thought patterns and behaviours. It is based on the premise that our thoughts, emotions, and actions are interconnected, and that altering the negative thoughts can lead to changes in feelings and behaviours.

Description; Reducing the effects of negative, intrusive and racing thoughts. Impulsive and loop thoughts.

*How the Dual adhd and autism pathways develop during prolonged stress response. And the relationship with hormones.

*What is a hormone imbalance.

*Looking at different types of thoughts, triggers, how it makes us feel, reflection, building healthy cognitive pathways.

*Looking at patterns and how the brain learns thought patterns.

*Learning how to slow down the thought process and making informed choices.

*Learning how to brain dump and writing down out thoughts to see the triggers and patterns.

*Learning about the delay in the thought process.

*Self-doubt.

*Inner head.

Aim: To learn Coping and grounding skills for all the above and gain better understanding of ourselves. Allowing us to break old cognitive behavioural pathways and develop new healthy cognitive pathways.

Week Two: Emotions:

What are Emotions: strong feelings deriving from one's circumstances, moods or relationship with others.

Tool used; Dialectical Behavioural Therapy (DBT).

What is DBT; Dialectical behavioural therapy, a type of psychotherapy designed to help people manage intense emotions and improve coping skills.

Description; Creating positive emotional regulation pathways

- *Looking at our emotions, triggers and reflection and setting goals to reduce the effects.
- *Looking at emotional numbness, feeling again, masking
- *Emotional overload and shut down.
- *Looking at cognitive jams during pressure cooker mode.
- *How to slow down the brain.

Part Two: Anger reduction.

Working on the following areas:

- *Inner rage
- *Uncontrollable rage.
- *Anger overload.
- *Hyper and pacing.
- *Extreme switching in moods.

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Week Three: Behaviours:

What is behaviour: The way a person behaves in a particular situation or under particular conditions.

Tool used; Resilience Therapy (RT).

What is RT; Resilience therapy is designed to enhance an individual's ability to recover from adversity, trauma or stress while maintaining or quickly regaining psychological well-being.

Description; Exploring and understanding the negative behaviour produced by extreme trauma.

- *Looking at identity, beliefs.
- * The addiction reward pathways and how to break them.
- *Gaps in memory and forgetfulness.
- *Self-sabotage and self-pity.
- *Detachment from self and effect on relationships.
- *Feeling safe and not seeing danger.
- * Learning to get back up and core principles of resilience. Setting goals.
- *Finding you again and an outlet.
- *Social media ghosting.
- *Sleep hygiene and 3am night terrors.
- *Social anxiety.
- *Impulsive behaviour.
- *Escapism.
- *Routine.
- *Energy levels.
- *Depression.

*Setting boundaries.

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Week Four: Physiological Responses:

What are physiological responses: is the body's natural reaction to a stimulus, whether originating from the environment or within the body itself. These responses are involuntary and managed primarily by the autonomic nervous system, which regulates essential functions like heart rate, breathing, digestion and hormone secretion to maintain homeostasis and ensure survival. The main purpose is to allow the body to adapt to changes, restore balance and respond to threats and challenges.

The sensory nervous system, often referred to as the somatic nervous system, is responsible for transmitting sensory information from the body to the central nervous system. While both the autonomic and sensory nervous systems are integral parts of the nervous system, they serve different roles but work as part of the overall nervous system.

Tool used; Sensory Therapy (ST).

What is ST; Sensory therapy works on the senses, to help individuals regulate their emotions and their body's stress responses in a crisis

Description; Acute Stress Pathways: Learning to reduce and control the responses produced by the body.

*Looking after the senses.

*Looking at Sensory and nervous system, Gut,

*How the brain works,

*Eye contact.

*Foot tapping, rocking, etc.

*Sleep hygiene and 3am night terrors.

*Anxiety

*Flashbacks,

*Dissociation,

*Mind wandering,

*Panic attacks,

*Detachments.

*Looking at cognitive jams and how to reduce the effect.

*Box breathing.

Aim: To learn Coping and grounding skills for all the above and gain better understanding of ourselves. Allowing us to break old cognitive behavioural pathways and develop new healthy cognitive pathways.