

Tumbled Smooth by the Rapids

Rediscovering and Reconnecting
in the Wake of Turbulence

Douglas College, May 3, 2022

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Resonance

history
culture
family
gender



context

Response

flight
freeze
orient
fight



crucible

Adaptation

dissociation
depression
anxiety
anger



adaptation

Addiction

hallucinogens
opioids
gambling
alcohol
gaming
cannabis
food
screens...



the key dynamic

resonance is the context
trauma is the crucible
mental illness is the adaptation
addiction is the fuel





Flight

distraction
dissociation
avoidance
denial
withdrawal
retreat



elsewhere

Freeze

deceleration
inertia
fatigue
driftiness
sleep
overwhelm



inward

Orient

acceleration
momentum
anxiety
speed
sleeplessness
fragmentation



onward

Fight

control
return
anger
fitfulness
expression
endurance



backward

the key insight



trauma responses lock



Retreat

fantasy
spirituality
ritual
imagination
dreams
storytelling



escape

Depression

silence
solace
comfort
sleep
overwhelm
erasure



collapse

Anxiety

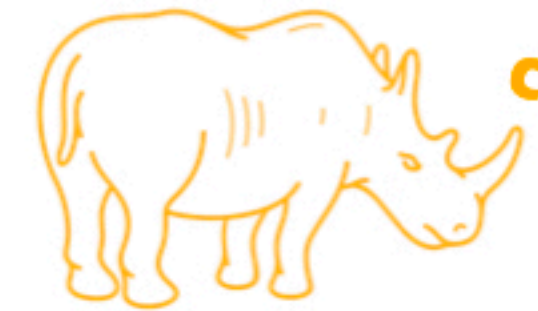
action
hypervigilance
rumination
impulsiveness
intensity
circularity



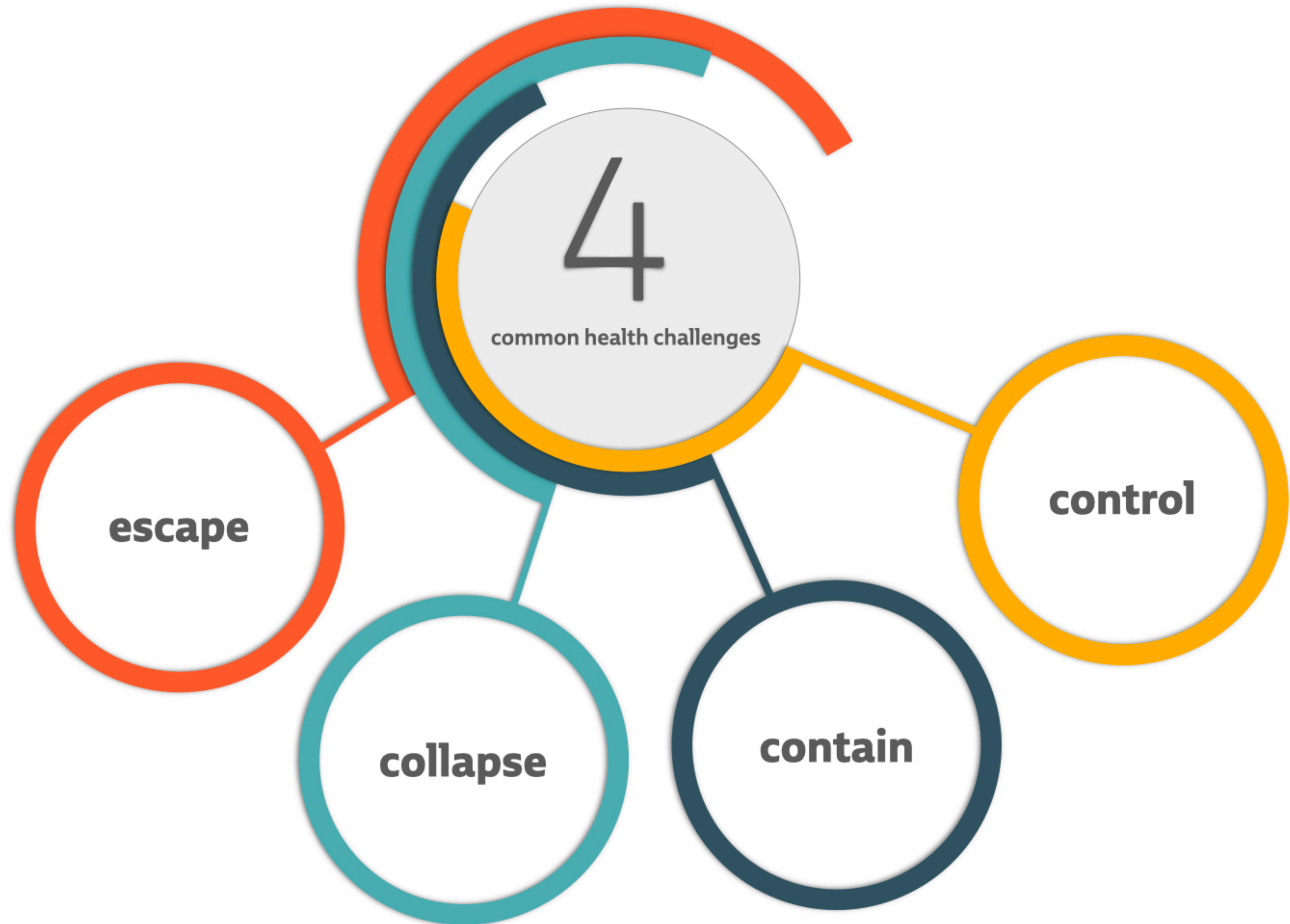
contain

Anger

aggression
judgement
expression
dominance
clarity
direction



control



Escape

hallucinogens
fantasy gaming
escapist reading
imaginal worlds



Collapse

opioids
cannabis
binge watching/eating
sleep as coping



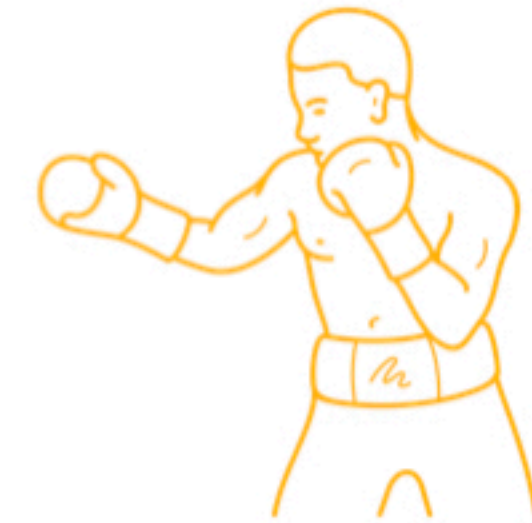
Contain

stimulants
action media
intense gaming
incompletion



Control

alcohol
conflict media
conflict gaming
endurance





Belonging

Welcome.
You belong here.
This is your place.
We're happy you came.



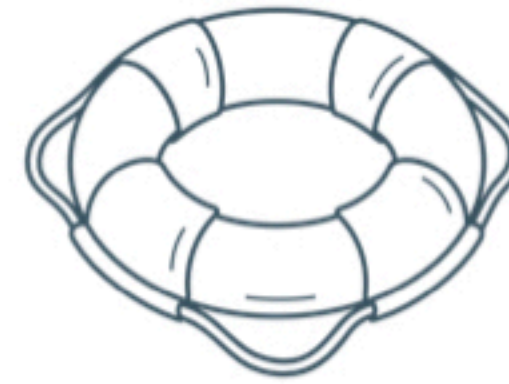
Trust

We will help you.
How can we help you?
What do you need?
What should we know?



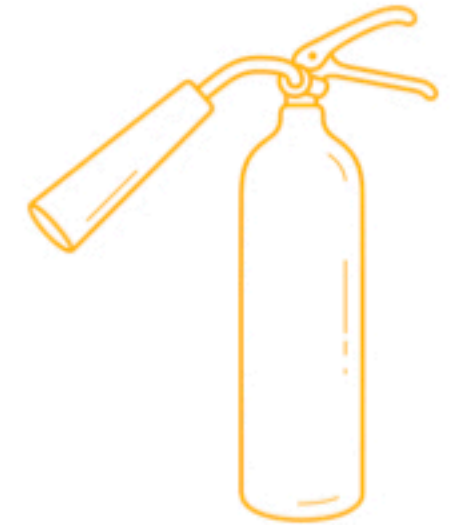
Safety

Explore and enjoy.
Ask and share.
Express yourself.
Find the limit.



Empowerment

How can we empower you?
We will stand in.
Strong emotion is OK.
We support action.





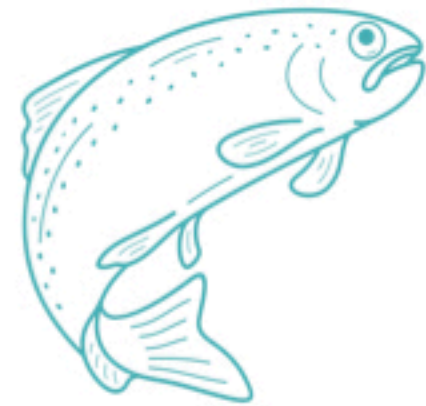
Presence

embodiment
physical work
environment & nature
the world



Connection

trust
empathy
nurturing & intimacy
people



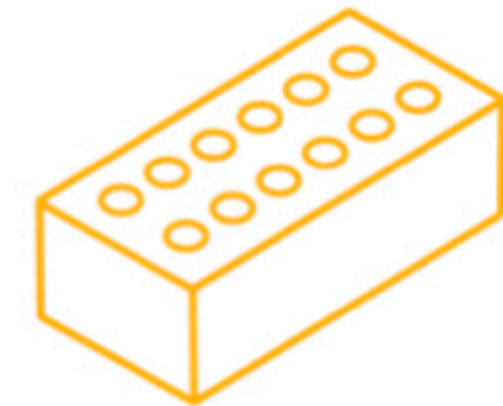
Containment

emotional safety
slowing down
wonder
completion



Capacity

acceptance
relationship
mentorship
community



the fundamentals

What do you carry?
What do you embody?
What do you follow?
What do you need?





Movement

ocean
dance
music
groups



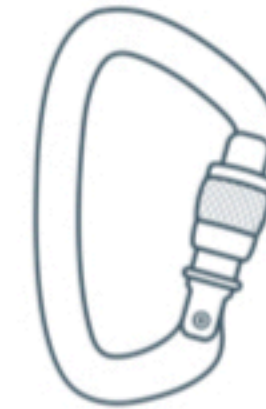
Relationship

forest
animals
craft
partnership



Creativity

mountain
story
wonder
self



Community

culture
service
mentorship
others



What might you do?



What should you
remember?

