

Tiger Taming

Empowering Self-Regulation

Presented by:

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Journey to Tiger Taming

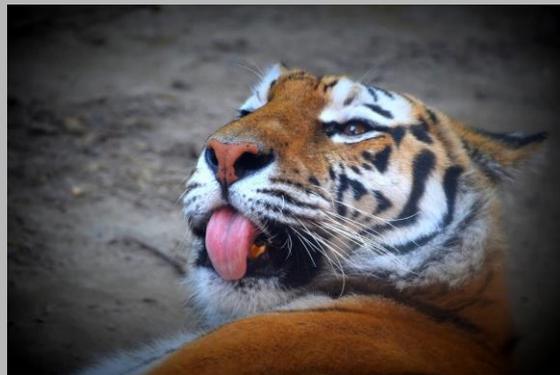
Adoption

Back to School

Sensory Processing Disorder -> ILS ->
Developmental Trauma

Polyvagal Theory - Dr. Stephen Porges

Client Process -> Book -> Toby the Tiger Tamer



I should leave here with...

A higher level of comfort in discussing the brain in both regulated and dysregulated states.

A narrative style of communicating with children, teens and adults about their brain.

At least 3 creative ways to explore with a client and help them gain insight into their own dysregulation.

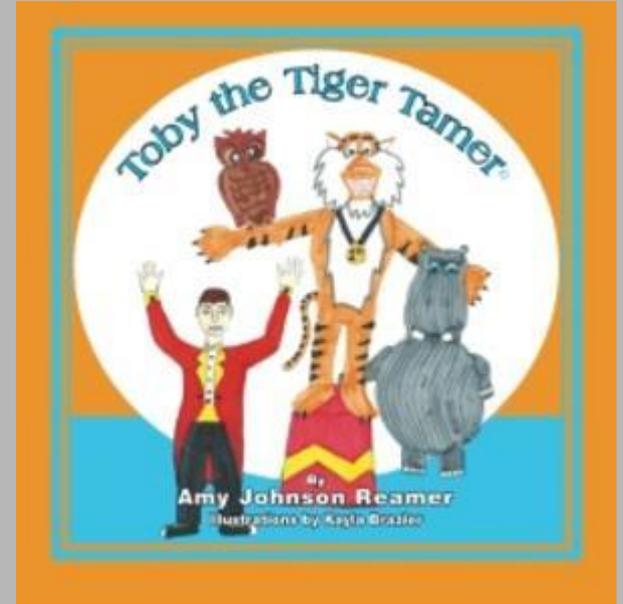
An understanding of the role the vagus nerve plays in dysregulation especially in complex trauma and how this contributes to some therapy being ineffective.

Tiger Taming Vocabulary

Tiger = Amygdala/Limbic

Owl = Cortex

Hippo = Hippocampus



Meet the Tiger

My only job is to keep you safe (P/E)

I live only in the present

EVERYTHING new is screened by me

Light Sleeper/Sensitive Radar

Hypervigilant - Don't Sleep

Stop listening to the Owl



FYI - I am one of the first parts of your brain to develop when you were in your mom's tummy.



Meet the Owl

I hold all your words/hear others

I enjoy logic and rational thought

Order

Problem Solving

Past - Present - Future

Facts - Opinions - Feelings



FYI - I'm not fully grown until you are about 25 years old!

Meet the Hippo

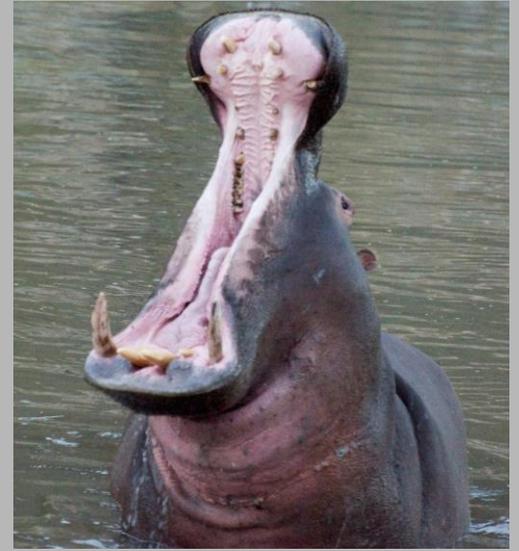
I swallow all kinds of information

Memories

I love school (as long as the Tiger is asleep)

Tiger is awake - under the water I go!

“Some neuroscientists believe the hippocampus helps select which memories are stored, perhaps by attaching an "emotion marker" to some events or information so they are more likely to be recalled.” Dr. John H Growden, MD



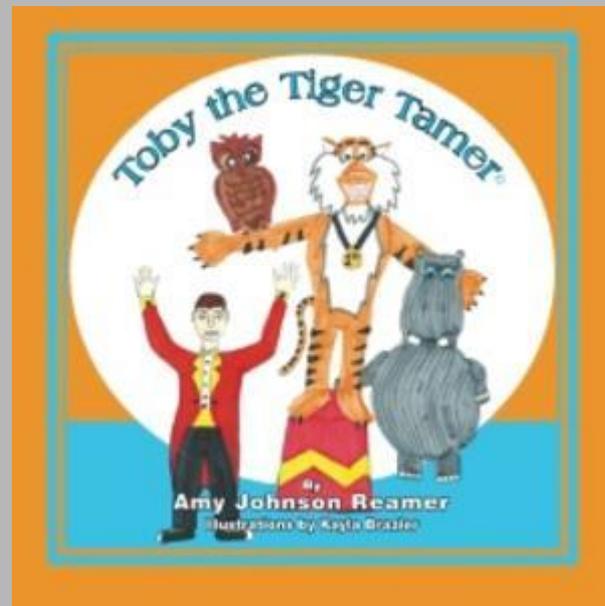
FYI - I don't develop fully until you are about 2 ½ years old but I'm with you since you were in utero.

Tiger Taming Vocabulary

Tiger = Amygdala/Limbic

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Getting to know your tiger

What wakes up your tiger?

What helps it to go to sleep? (feel safe)

What does your tiger do when it's awake?

What wakes up your mom/dad/teacher's tiger?

What do others do to calm your tiger?

What do you do to help calm your tiger?

Get Creative

Drawing

Sand Tray

Songs

Puppets

Stuffed Animals

Coloring



Tiger is AWAKE!



Tame Your Tiger Brain Training

“Toby the Tiger Tamer” Book for psychoeducation

Integrated Listening Systems (iLs)

Vagus Nerve Stimulation

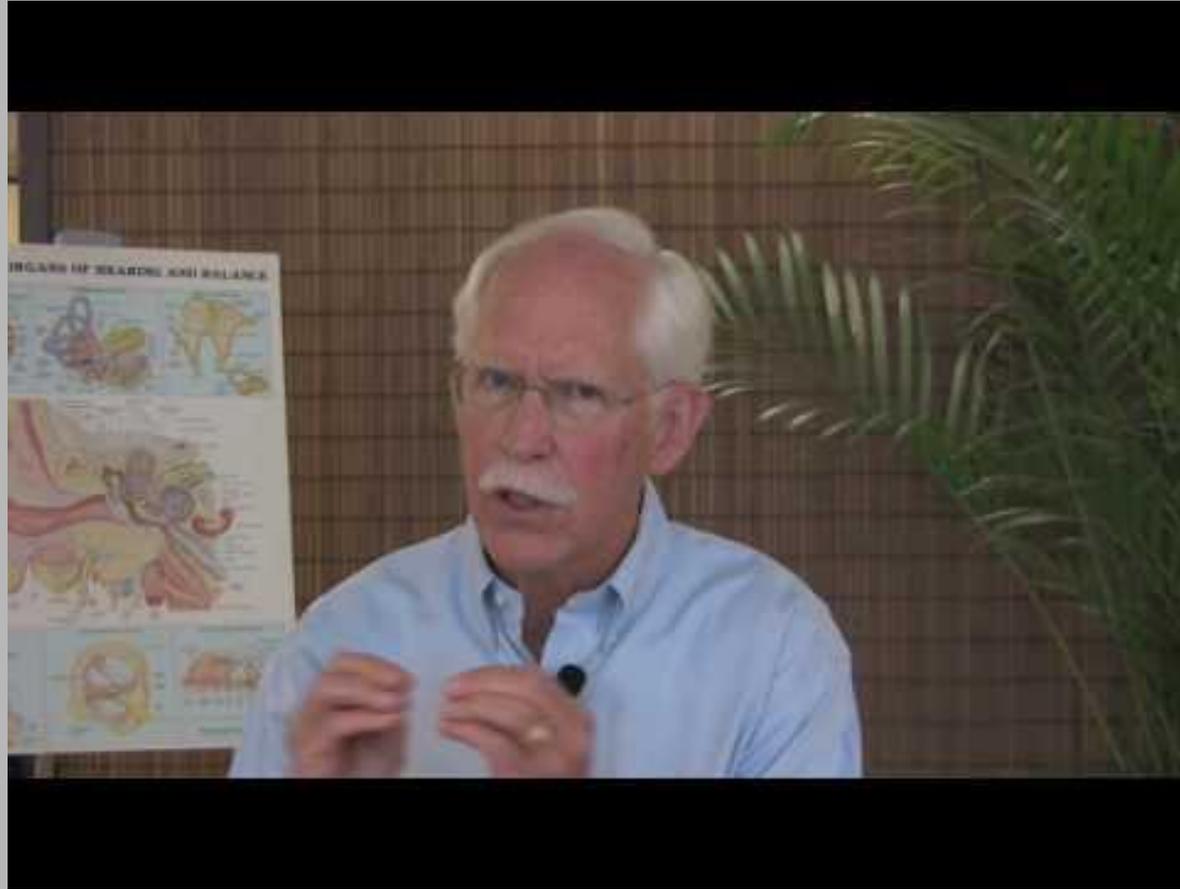
Strengthening the Owl’s ability to calm the Tiger

Safe and Sound Protocol (SSP)

Zones of Regulation®

Polyvagal Theory

Role of the Vagus Nerve
in Tiger Taming





The love connection starts a flowing.
Perhaps wedding bells might start to ring.

Questions/Comments

A black and white photograph of a glass jar. The jar is partially filled with a dark, granular substance at the bottom. The words "just breathe" are printed in a simple, lowercase, sans-serif font across the middle of the jar's body. The background is a plain, light color. There are solid black horizontal bars at the top and bottom of the image frame.

just breathe

Thank You and Thank Them

Dr. John H Growden, MD <https://www.sharecare.com/health/functions-of-the-brain/what-function-hippocampus>

Dr. Daniel Siegel, MD
<https://www.youtube.com/watch?v=qm9CUJ74Oxw>

Amy Johnson Reamer, LMFT, RPT, CTA, CTP
“Toby the Tiger Tamer” - <http://www.heartmindva.com/toby-the-tiger-tamer-1.html>

Dr. Stephen Porges www.stephenporges.com (Polyvagal Theory)

Integrated Listening Systems/Safe and Sound Protocol
www.integratedlistening.com