



RESTORING WHOLENESS: HEALING, JUSTICE, & WELLNESS

An iOpening Enterprises' Professional
Development Experience

Isaiah B. Pickens, PhD

THE BREAKING POINT

Physical Pain

- Body holds the stress and trauma that accumulates over a lifetime.
- Has the potential to self-regulate despite stressful life circumstances present.

Emotional Pain

- Intense feelings of inadequacy can drive a person toward self-destructive behavior.
- Becoming aware of drivers of inadequacy can build skills for being vulnerable without shame.

Existential Pain

- Losing a sense of purpose that sinks a person into untenable pain.
- Discovering meaning in becoming psychologically brave can help a person soar.



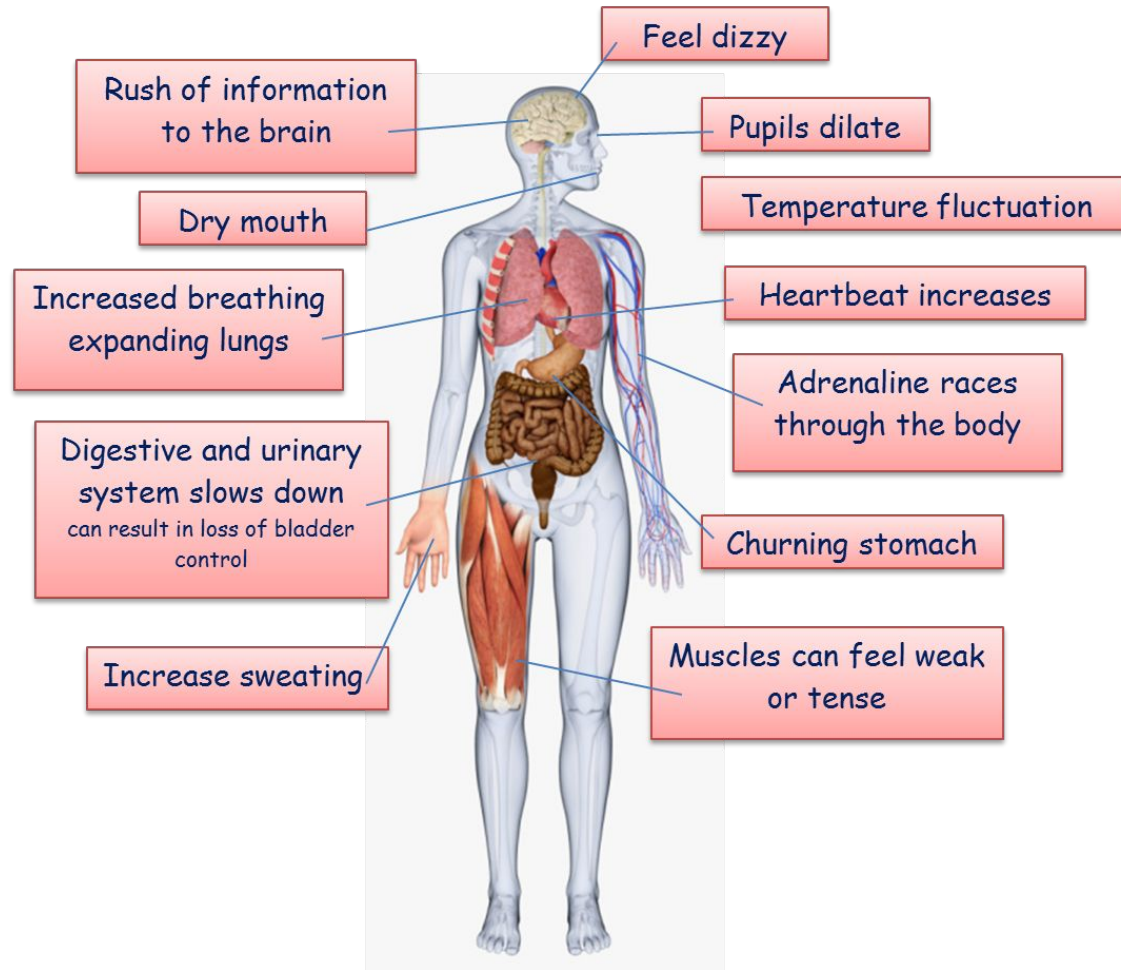
RADICAL HEALING



- Radical healing involves being or becoming whole in the face of identity-based wounds.
- Personal and collective actions to heal collective traumatic injuries and use wounds as inspiration to promote structural change.
- Cultivate radical hope based on heritages of survival.

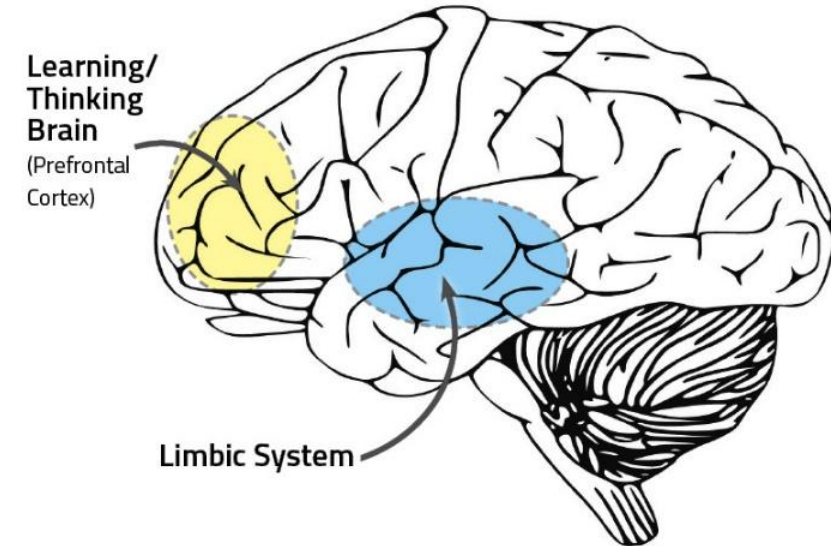


RAGING THROUGH LIFE



Survival Mode: Flight/Fight/Freeze

Frontal lobe (Prefrontal cortex) goes offline
Limbic system / mind and lower brain functions take over



EXPLORE THE SPECTRUM OF ANGER & JUSTIFIABLE RAGE





REIMAGINING THE FUTURE WITH COMPASSION

REFERENCES & RESOURCES

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iOpening Enterprises
www.iOpeningEnterprises.com

Contact
customercare@iopeningenterprises.com
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