

2017 Fall Chat Series



**Sebern Fisher, Donna Jackson Nakazawa & Belleruth Naparstek**  
Chatting About Neurofeedback, Self-Care & Guided Imagery



**Sebern Fisher**

**Neurofeedback for ACEs**

Oct. 10th (10 AM /1 PM EST)



**Donna Jackson Nakazawa**

**Well-Being, Self-Care & ACEs**

Nov. 14th (10 AM /1 PM EST)



**Belleruth Naparstek**

**Guided Imagery & ACEs**

Dec. 12th (10 AM / 1 PM EST)

**How to Attend Online Chats:**

- Members of [ACEs Connection](#): Go to Chats (top of page). Find featured chat.
- Not a Member? Join [ACEs Connection](#) at least one day before chat (free). Go to Chats (at top of page). Find featured chat. *Question?* Cissy White: [cwhiteaces@gmail.com](mailto:cwhiteaces@gmail.com)



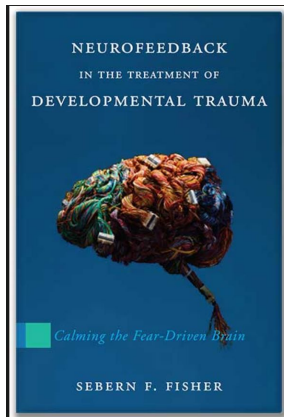
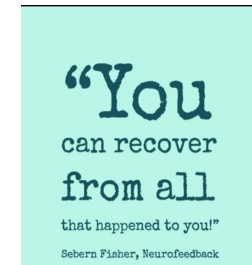
## [Sebern Fisher: Neurofeedback for ACEs](#)

Oct. 10th (10 AM / 1 PM EST)

### Chat topics:

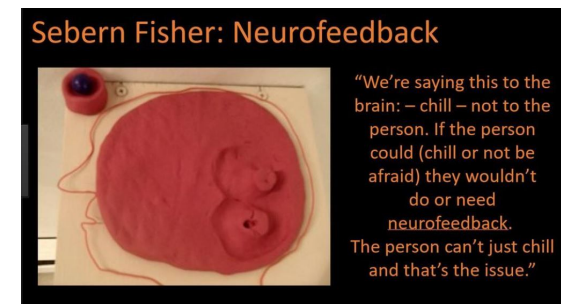
- Introduction to feedback.
- What brain plasticity means for people without a Ph.D.
- Why neurofeedback helps brains developing with ACEs.
- Time for Q&A

“Evidence with neurofeedback suggests that trauma-informed treatment should also be brain-informed treatment- and not just to know that the brain is an issue, but to work with it directly.” Sebern Fisher, *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*.



[Sebern F. Fisher, MA.](#) is a psychotherapist and neurofeedback practitioner in private practice who specializes in attachment issues. She trains professionals nationally and internationally on neurofeedback, neurofeedback and attachment disorder, and the integration of neurofeedback with psychotherapy. Sebern discovered neurofeedback for her own brain in the spring of 1996. She went into full time private practice in 1997 and began to integrate neurofeedback with psychodynamic psychotherapy. Her book, [Neurofeedback in the Treatment of Developmental](#)

[Trauma: Calming the fear-driven Brain](#) is a direct result of this work. Sebern trains and consults in the implementation of neurofeedback and on the integration of psychotherapy and neurofeedback nationally and internationally. She is the 2013 recipient of ISNR's Joel Lubar Award for contribution to the field of neurofeedback. More about [Sebern Fisher](#) and her work.



“Now, with brain wave training, we can reach what so deeply afflicts people who have suffered these childhoods; primal terror, shame, and rage. It is hard to imagine what mental illness would look like were everyone able to quiet fear, shame, and rage.” Sebern Fisher, *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*



[Donna Jackson Nakazawa](#) [Well-Being, Self-Care & ACEs:](#) Nov. 14th (10 AM / 1 PM EST)

**Chat topics:**

- Parenting with ACEs. What parents need to know.
- Affordable self-care for stressed and busy parents.
- Healing from ACEs & Family Wellness

"It's really not the survival of the fittest - it's the survival of the nurtured."

[Donna Jackson Nakazawa](#) is an award-winning an award winning researcher, writer and public speaker on health and family issues. She explores the the intersection between neuroscience, immunology, and

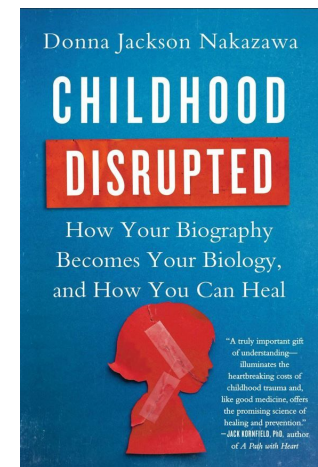
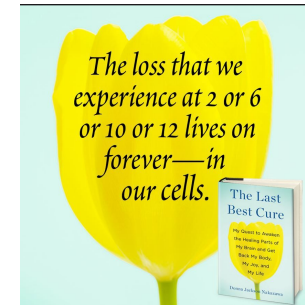
the deepest inner workings of the human heart. Her most recent book, [Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal](#), examines the lifelong consequences—both emotional and physical—of adverse childhood experiences and offers readers suffering from chronic conditions a window to healing. Donna's other works include [The Last Best Cure](#) (Hudson Street Press / Penguin, 2013), which chronicles a year-long journey to test a variety of mind-body therapies in order to unlock the restorative powers of the brain and [The Autoimmune Epidemic](#) (Touchstone, Simon &

It is never too late to help your child and your family. A good childhood or a bad childhood doesn't hang on a single moment or even a string of them. You can still make a change and intervene.

-Donna Jackson in *Childhood Disrupted*



Schuster, 2008, 2009), which investigates the causes of a growing environmental health crisis. She is also the author of *Does Anybody Else Look Like Me?: A Parent's Guide to Raising Multicultural Children* (Perseus, 2003). More about [Donna Jackson Nakazawa](#) and her work.



*"If we are caught in inter-generational trauma, we can't see our kids. They can't be seen or known. They can't be secure. We can't soothe them because we are caught in trying to soothe ourselves. ...the best thing we can do for our own kids is manage our own stuff. Good parents make safe kids." Donna Jackson Nakazawa, The Trauma Therapist Podcast*

*Note: This Chat will be Hosted by Jane Stevens, Founder & Publisher of ACEs Connection & ACEs Too High*

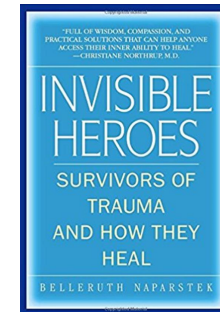
**Belleruth Naparstek: Guided Imagery for Parents w/ ACEs** Dec. 12th (10 AM / 1 PM EST)



### Chat Topics:

- Parenting with ACEs & Invisible Heroes
- Isn't Trauma to Tough for Something as Gentle as Guided Imagery?
- Challenges and tools for parents with Parents with PTSD and/or ACEs?

“Guided imagery is an especially portable, private, user-friendly, accessible intervention, available 24/7, 2 pm or 2 am? That's the beauty of it for somebody subject to panic attacks or extreme distress at unpredictable times... you put it on your phone or MP3 player, and it travels with you.”



Psychotherapist, author and guided imagery pioneer [Belleruth Naparstek](#) is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), which *Courage to Heal* authors, Ellen Bass and Laura Davis call "the most useful book for trauma survivors to be published in the last decade". More about [Belleruth Naparstek](#) and her work.

*...trauma isn't even stored in the parts of the brain where language can access it. Instead it's been cached as frozen, primitive, pre-language experience - sensation, perception, emotion, images and motor reactivity - in the survival-based structures of the brain.... What does help are tools that target the affected parts of the brain."*

### **Four Threads Run through Effective Approaches to Treating Post-Traumatic Stress:**

1. They first and foremost find ways to re-regulate the nervous system.
2. They destigmatize and normalize the experience by explaining PTS as the somatic and neurophysiologic condition it is.
3. They offer simple, self-administer-able tools that empower the end-user and confer a sense of mastery and control.
4. The interventions are cast as training in skill sets, not the healing of pathology.



