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#### The Way of Wisdom

#### Anthropology

In what story do you believe you are living?

#### A World of Machines

Diseases to be diagnosed and treated, with parts easily replaced or discarded

#### A World of Creatures

Thus says the LORD:

Stand at the crossroads, and look and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls.

But they said, "We will not walk in it."

Jeremiah 6:16

#### The Ancient Paths

Biblical Narrative

Interpersonal Neurobiology

#### The Ancient Paths (cont.)

Becoming Multilinguistic,
Border-stalking Interpreters

#### Biblical Narrative

#### Biblical Narrative (cont.)

- God/Human, Ancient, Jewish, Messianic, Meditative Wisdom Literature
- ► Created non-violently as underdeveloped objects of beauty to artistically create and curate beauty and goodness in the world, through differentiated, linked, vulnerable relationships in the absence of shame, extending the borders of Eden into the wilderness

#### Developing an Integrated Mind/ Becoming Whole, Even as Our Father in Heaven Is Also Whole

## Loving Our Patients, Training Them to Be Receptive To Love

#### Interpersonal Neurobiology

### The Mind in the Language of IPBN

Pan embodied and relational process that emerges from within and between brains whose task is to regulate the flow of energy and information.

## The Symphony of Integration

#### Storytellers and Time Travelers

Attachment

Remembering the Repair
Of Ruptures

# Trauma

# Genesis 3: Shame and the the unrepaired second wound



## Suffering and the Formation of Hope

#### Romans 5:1-5

▶ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

#### Just Faith

- ► Faith + Justification
  - Embodied and relational process
    - ▶Definition of the Mind...
- Secure Attachment
  - ▶The early construction of hope

#### At War With God

- Ancient cultural realities
- ► Genesis 1: A Hovering Presence
- ▶ A declaration of Peace via Presence
  - ▶The essence of the work we do
  - ▶Internal Family Systems and making peace

#### Standing in Grace

- Sequence of the developing mind
  - ▶ Genesis 2:7
- ▶ Bottom→Top/Right→Left
- ▶ We do not ultimately know something to be TRUE until we feel it in our chest

#### Boasting in Glory

- "We're so happy to see you!"
  - ▶The object of God's pleasure
  - ▶ The Trinity and Community
  - ▶ Joy and integration
    - ▶Inter- and intra-personally

#### Boasting in Glory (cont.)

- ▶ Initiating a transformational cycle
  - ▶ Developing secure attachment
  - ▶The 4 S's
    - ▶Seen, soothed, safe, secure
  - ▶The repair of ruptures
  - ▶ Widening the Window of Tolerance

#### Glory in Suffering

- ▶ People of Desire/Longing
- ▶ People of Grief
- ▶ Joy in the presence of both
- ▶ The presence and power of community

#### Suffering

Our Response to Pain Over Time

#### Suffering:

- In response to what life does to us
- In response to what we do to ourselves
- \* Sanctification
  - ♦ Attentional shift from addiction → love
  - Receptive to love: the most difficult thing

#### Suffering (cont.)

- ► Pain that persists particularly as a function of being in *isolation* 
  - ▶ Function of insecure attachment
    - ▶Genesis 3-4
    - ▶ Violence, shame and disintegration
    - ▶Psalm 22

## Suffering (cont.)

Temporal Domain of Integration

Narrative Domain of Integration

#### Temporal Domain:

Our relationship with time and the remembrance of the future

#### Two Tracks of Time

- ▶ Track 1
  - ▶ Automatic; no ticket purchase necessary
  - ▶Limited engagement of the MPFC
  - ▶Shame/Condemnation
  - ▶Past→Regret
  - ▶Future→Aniety/catastrophe

#### Two tracks of time (cont.)

- ▶ Track 2
  - ▶Intentionality: you must buy a ticket at the station
  - ▶ More active engagement of the MPFC
  - ► Hopeful behavior
  - Hallmark of curiosity, comfort and confidence
  - ▶ Past→Reflection
  - ▶Future→Planning

#### **Narrative Domain**

The story we tell about ourselves and about the world in which we believe we are living

#### Narrative Domain (cont.)

- ▶ Telling our stories collaboratively
- ► Telling our stories with curiosity (vis-à-vis contempt)
- ▶ Telling our stories biblically

#### Naming Suffering

- ▶ Naming as honoring
  - ▶ Curiosity vis-à-vis condemnation
- Naming as means of developing greater connection
- Withholding shame from the process of encountering someone's suffering

#### Perseverance/Endurance

- \*Practice
- Practice in the presence of community
  - Being Known and the payload of relationships

## Perseverance (cont.)

- Making neuroplasticity possible
  - Growth in size of neurons
  - Growth in number of neurons
  - Growth in connection between neurons
  - **SNAG** the brain

### Two Millimeters Per Day

Neuroplasticity and the New Creation

Psalm 22, re-mixed

#### Neuroplastic Enhancement

- 1. Aerobic Exercise
- 2. Diet
- 3. Sleep
- 4. Mindfulness practice
- 5. Creative Novelty
- 6. Deep Reading
- 7. Humor
- 8. Securely attached relationships

#### Character

- ► Expansion of the WOT
- ▶Interpersonal Neurobiological Jiu-Jitsu
- ▶ Development of Resilience/Durability

### Character (cont.)

Something often not seen by the person himself/herself, but rather something that is observed by others.

#### Integration of the Person

- \*FACES
  - **\*Flexible**
  - \*Adaptive
  - **\*Coherent**
  - \*Energized
  - **\*Stable**

### Hope

#### Hope (Cont.)

Anticipated Future

The future emotional state of joy

Function of present moment

Formed—not hoped for

Hope (cont.)

Antithesis of disappointment

The indirect absence of shame

Resistance to isolation

### Hope (cont.)

- Function of God's "love" being poured out
  - ▶Into our hearts
    - ▶ Embodied experience
    - ▶Bottom→Top/Right→Left

# Hope (cont.)

- ▶ Developed via personal encounter
- ▶ Given, not paid for
- ▶ Receptive to love
- ▶ Recycling Time

Hope (cont.)

The outcome of every endeavor of psychiatric healing and regenerative act



#### Confessional Communities

In what story do you believe you are living? (Remix)

### Confessional Communities (cont.)

Storytelling as a path of healing

#### Story: Features

- ▶Told before we are born
- ▶ Told collaboratively
- ▶ Told mostly without words
- ▶Told to be heard
- ► Listeners as storytellers

Story: Features (cont.)

Extensions of either the first or the second wound

#### Confessional Communities

- ► Biblical Anthropology
- ►Interpersonal Neurobiology
- Group Psychotherapy Dynamics
- ▶ Formation: Purveyance of Wisdom

## Group Psychotherapy Dynamics

- Multiple dimensions of intersecting relational dynamics
- The activity of the system, and systems within systems
- ▶ Physics of relational mass effect

# Confessional Communities (cont.)

- ▶ Groups of 4-8 men and women
- ▶Time-limited and Ongoing
- Qualifications for participation
- Model developed at NSBH
- Exported to additional contexts

# Confessional Communities: Group Formation

- ▶ By invitation
- ► Men and women: sex in the room
- ▶ At least 4; up to 8
- ▶Therapist team

### Confessional Communities: Time Frame

- ▶Time-Limited: 6-8 months
- ▶Ongoing: Lasting up to years

# Confessional Communities: Qualifications for Participation

- ► Affect Regulation
- No active addictions/commitment to sobriety and recovery
- ▶ Commitment to well-being
- ▶ Commitment to the process
- ▶ Curiosity vs. Condemnation

# The Urban Legend of Psychotherapy

►Unique?

- What separates psychotherapy from "real life":
  - ▶Name things to tame things

#### Confessional Communities:

Model

### Storytelling Liturgy

- ▶ Phase 1: Twenty minutes of story
- ► Phase 2: Group members' emotions (SIFT-B)
- ▶ Phase 3: Speaker's emotions
- ▶ Phase 4: Group members' emotions
- ▶ Phase 5: Ongoing exploration

### Goodbye Liturgy

- Active lament
  - ▶ Address, Complain, Request, Praise/Thanks
- All parties express at lest three things:
  - ▶What growth you have seen
  - ▶Longings for the departing member
  - ► How the departing member has changed your life

# Confessional Communities: 3 Phases of Development

The Home Depot

### **Home Depot Effect**

▶From Imagination to Incarnation

►The Physics of Relational Mass Effect

### CC Laboratory: New Story Behavioral Health

- ► Model is developed over last 12-15 years
- ▶Immersion for clinicians (observation)
- ▶Intensives and Year-long training

## Opportunities for Learning and Training at NSBH

▶2 ½ Day Intensives

►Year-Long Training for clinicians (begins November 2024)

#### Additional Opportunities in Alternative Contexts

- ▶The Center for Being Known
  - ▶thecbk.org
  - ▶ Connections Conference (Oct. 24-25)
- Exporting to additional contexts
  - **▶**Churches
  - **▶**Businesses
  - Schools

We are not primarily solving problems; we are practicing for heaven by co-laboring to reveal icons of beauty and goodness.