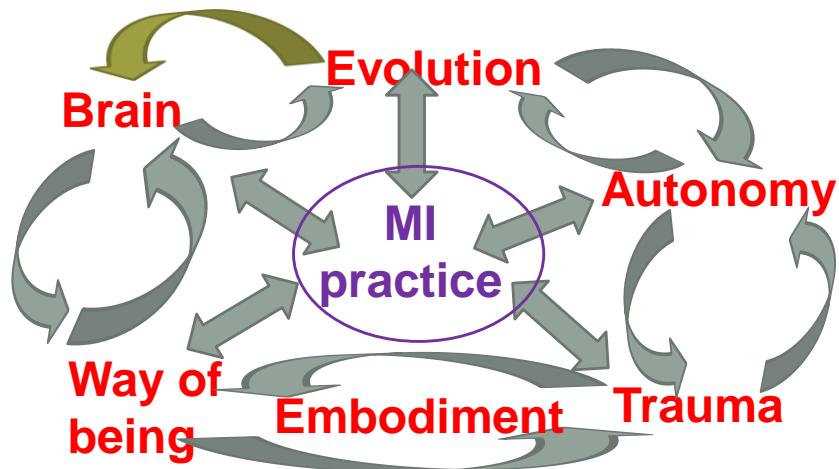
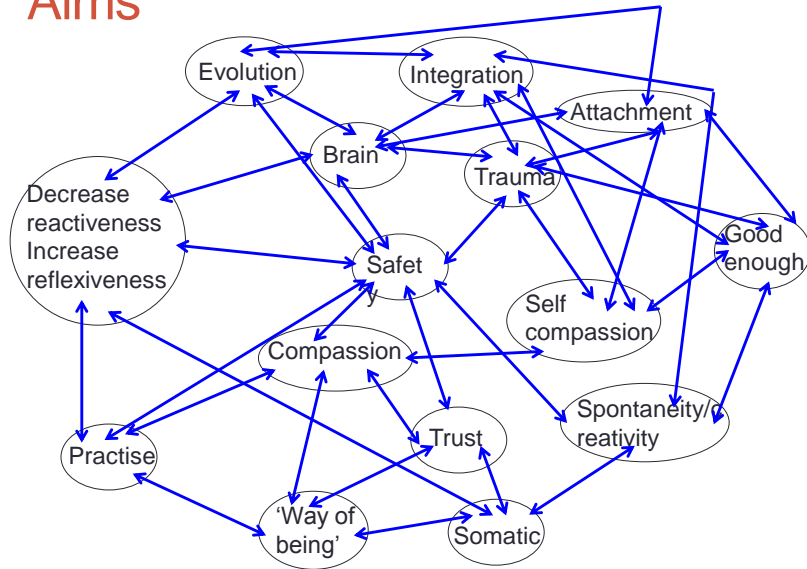

FIGHT, FLIGHT, FREEZE OR FLOP:

Autonomy in MI and the What the Brain Tells Us

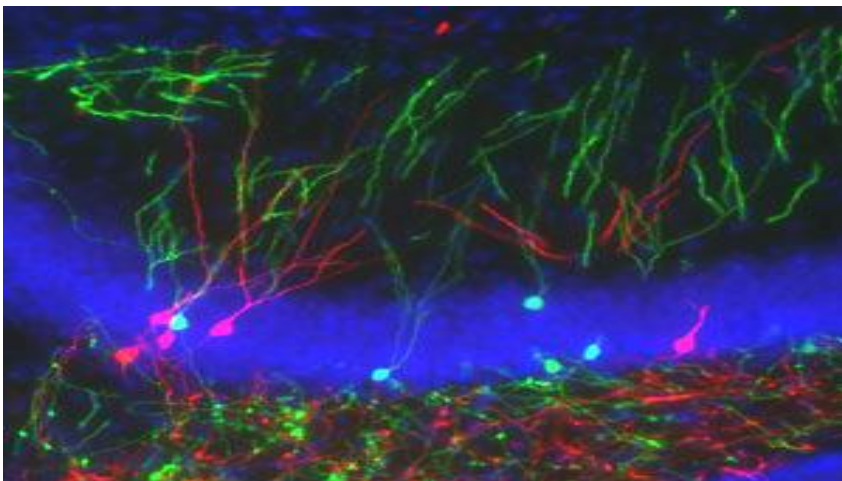
Introduction



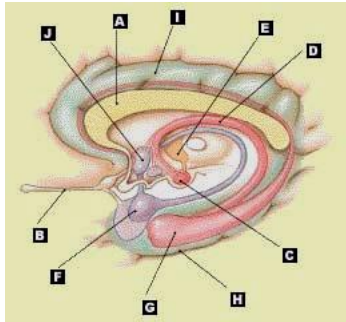
Aims



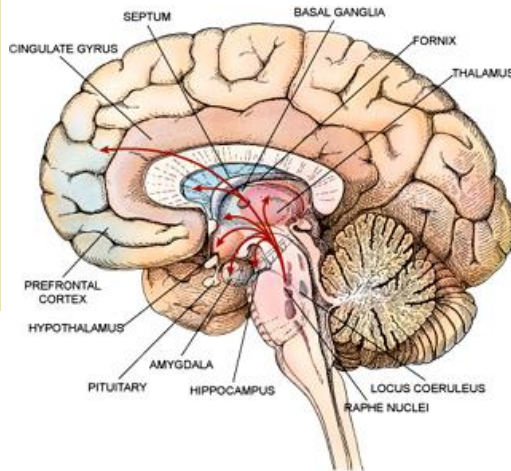
Dentate gyrus cells



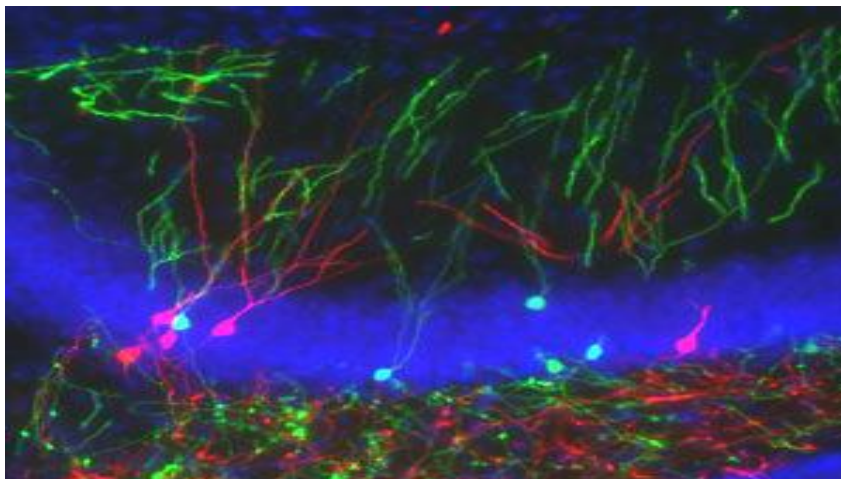
Cross section of the brain showing the limbic system



A- Corpus callosum B- Olfactory tract
 C- Mammillary bodies D- Fornix
 E- Anterior thalamic nuclei F- [Amygdala](#)
 G- [Hippocampus](#) H- Parahippocampal
 gyrus I- Cingulate gyrus
 J- Hypothalamic nuclei

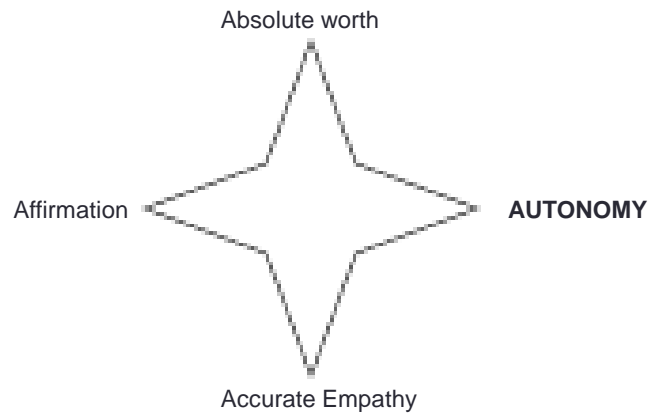


Dentate gyrus cells



Autonomy

Four Aspects of Acceptance

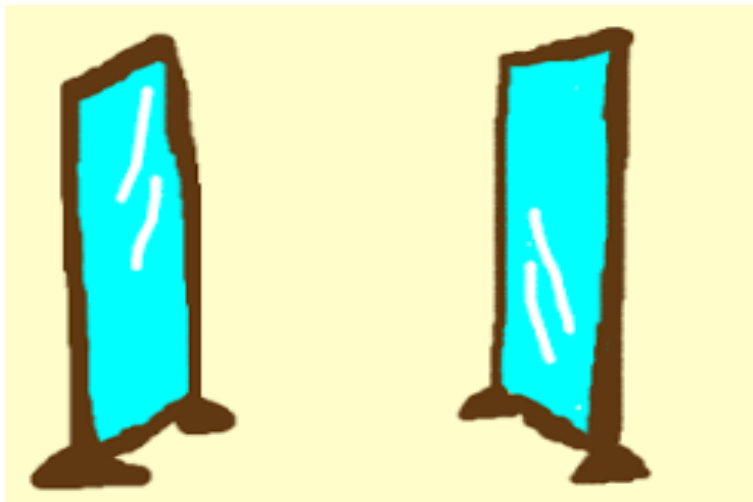


Evolution





Mirror selves and mirror neurons

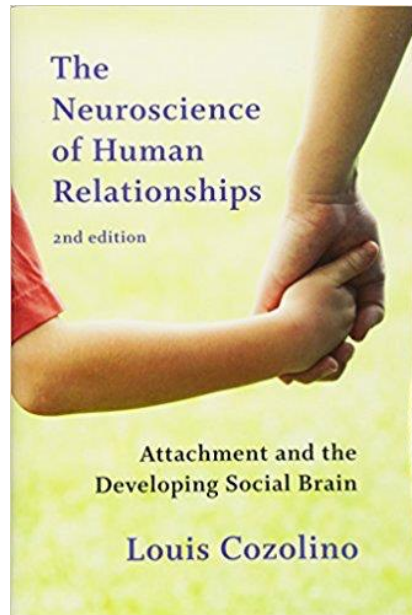




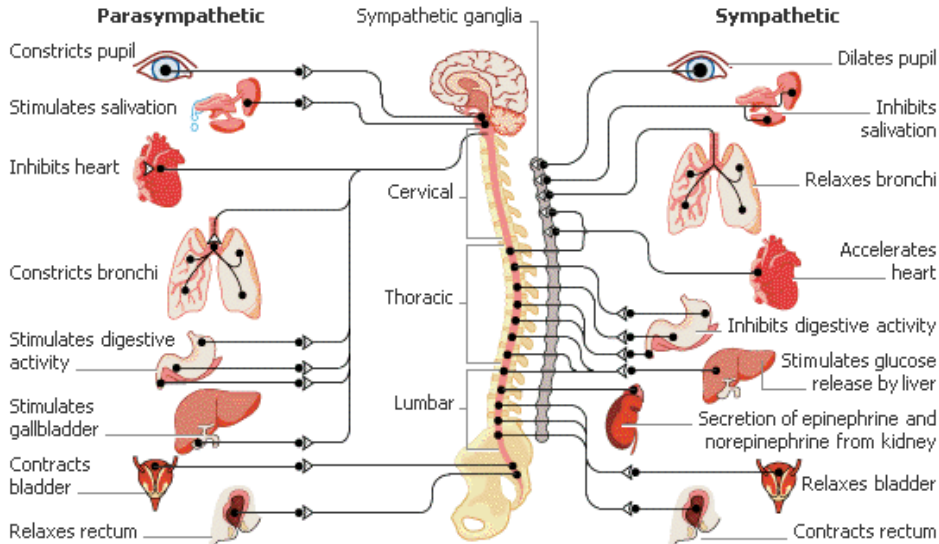
Attachment



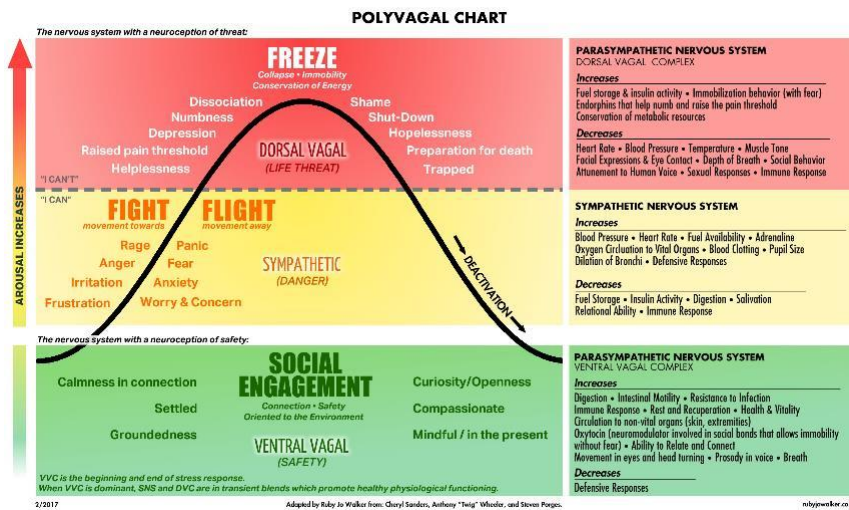
Attachment



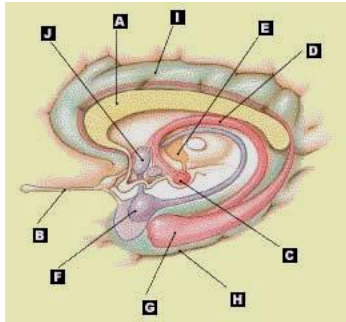
Autonomic Nervous System



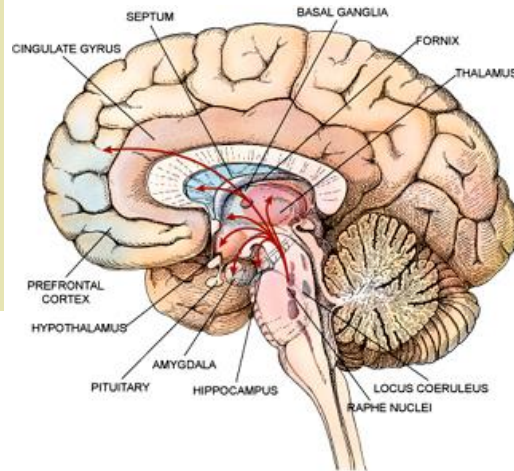
The Poly Vagal Nerve



Cross section of the brain showing the limbic system

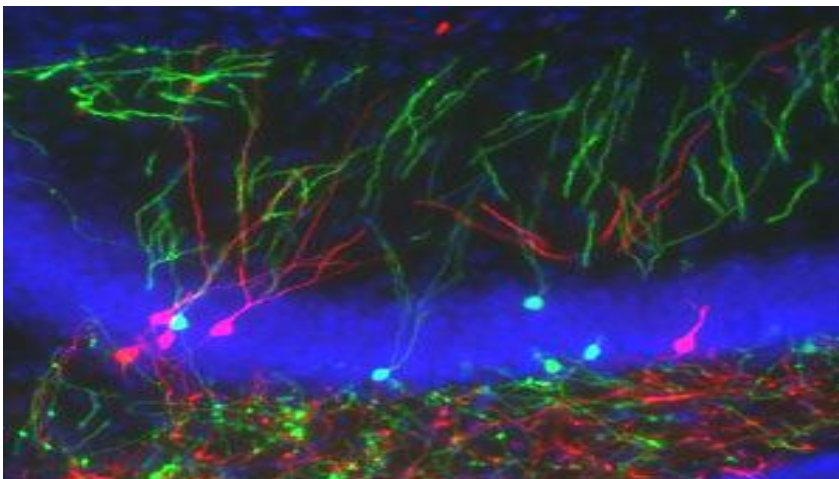


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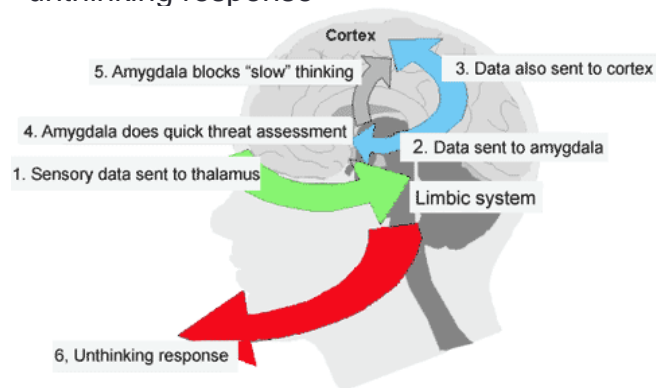
18

Dentate gyrus cells



Chronic stress & the 'amygdala hi-jack'

- After traumatic incident, amygdala stays on 'high alert'
- The amygdala hijack impairs capacity to judge threat
- Creates 'unthinking response'



Trauma

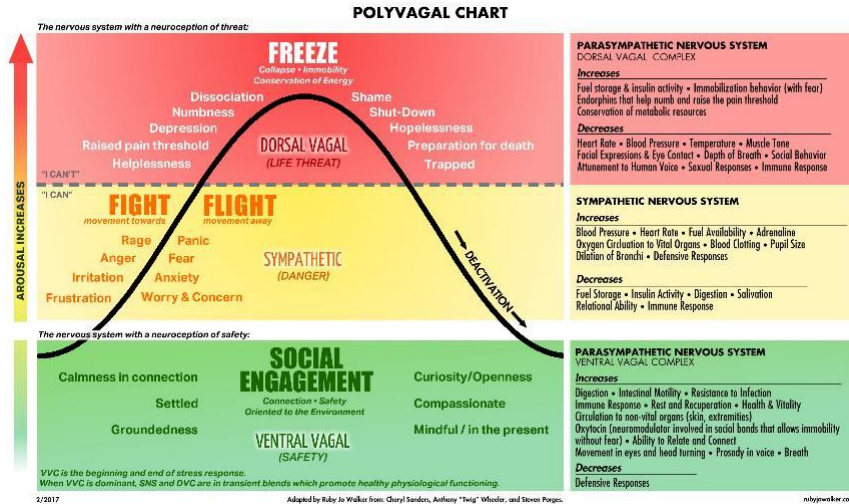
- Substance misuse and trauma experience:
- 30-58% reported for lifetime Post Traumatic Stress Disorder (PTSD)
- 20-38% for current PTSD
- 'Core shame' – "fundamental sense of being defective as a person, accompanied by fear of exposure and self-protective rage"

-
- **Fight:** “I told them to @*!% off”
 - **Flight:** “I didn’t turn up for the appointment”
 - **Freeze:** “I just seemed to shut down”
 - **Flop:** “I just went along with it, said I’d do what they wanted”
-

As a client, a [perceived] threat to one's autonomous self

produces a similar response in the brain as to a physical threat, like being punched.

The Poly Vagal Nerve




Autonomy in MI

Autonomy: “[a person’s] irrevocable right and capacity to self direction” (Miller & Rollnick 2013 p18)

“A respect for human dignity” *Ibid* p123

“The opposite of autonomy support is the attempt to make people do things, to coerce and control” *Ibid* p19

“It is our assertion that MI, by virtue of its reliance on discrepancy with intrinsic values, **cannot** work in violation of a person’s autonomy.” *Ibid* p246

- 
- **A threat to one's autonomous self** *produces a similar response in the brain as a physical threat*, like being punched.
 - The positive mindset (affirming, strength-oriented) helps the mind/brain integrate connections and brings to life the neural connections in the cortical region (future-goal-oriented region) rather than focusing energy in the lower limbic (threat) regions.
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