

# See. Hear. Believe.

*Moving beyond behavior*

Sarah Buffie, MSW, LSW  
Soul Bird Consulting

Copyright © 2023 Soul Bird Consulting. All rights reserved.

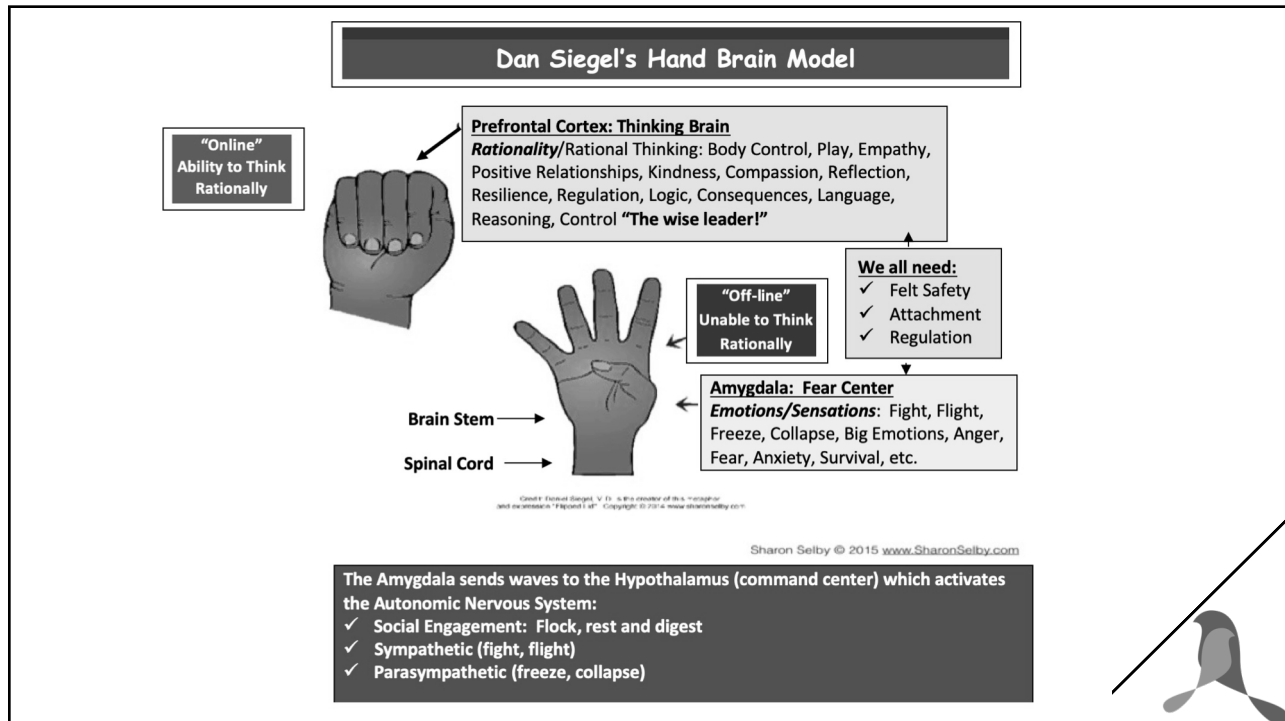


# Connecting

*If you were understood only by what  
was 'functionally observable' what might  
I get wrong about you?*

Copyright © 2023 Soul Bird Consulting. All rights reserved.

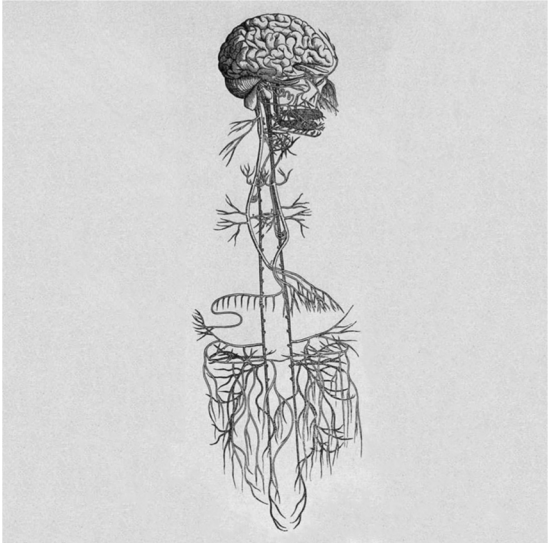




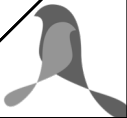
**See. Hear. Believe.**



# See Me.



Copyright © 2023 Soul Bird Consulting. All rights reserved.



## Show me you see me by:

- **Soft Eyes**
  - Are you distracted? Dismissive? Defiant?
- **Soft Face**
  - How might your gaze signal safety?
  - How might your mirror neurons signal danger?
- **Soft Voice**
  - Intonation comes in before information

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## Hear me.

The most important  
thing in communication  
is hearing what  
isn't said.

-Peter Drucker



Learn more at  
[SpiritualCleansing.Org](http://SpiritualCleansing.Org)

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## **Show me you hear me by:**

- **Getting on my level**
- **Regulating your inner environment**
  - Roots and Wings
  - Belly Breathing

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## **Believe me.**

*“I believe you, How can I help you feel safe?”*

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## Show me you believe me by:

- **Affirming my experiences**
  - Mirror, Affirm, Respond
- **Help me feel safe**
  - Roots and Wings
  - Co-regulation
- **Repeat!**

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## Healing Happens in Relationship

Our capacity to relate to another human IS the healing component.

Underneath my trauma is my deep isolation.

The feeling that nobody knows who I am.

### Trauma Responsiveness is:

*I want to know who you are. Underneath what happened to you, I want to know who you are, what matters to you, the stories you hold.*

Copyright © 2023 Soul Bird Consulting. All rights reserved.



## How might we...?

- How might we center our own healing so we may show up for others more wholly and fully?
- How might we cultivate the internal resilience necessary to ***sit in the pause?***
- How might we engage vulnerability so we no longer have to go at it alone?
- How might we move the conversation beyond 'behavior management' and towards an expansive notion of *feeling* safe, seen and heard?

Copyright © 2023 Soul Bird Consulting. All rights reserved.



### CONNECT WITH US!



Sarah Buffie, MSW, LSW  
[sarah@soulbirdconsulting.info](mailto:sarah@soulbirdconsulting.info)  
[www.soulbirdconsulting.info](http://www.soulbirdconsulting.info)



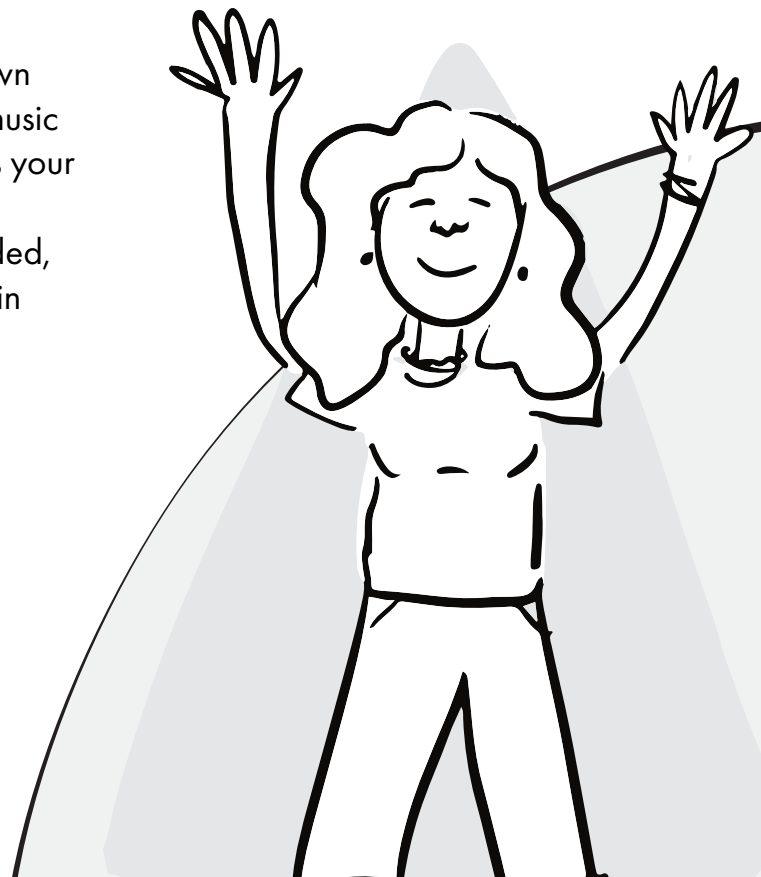
# Roots AND Wings

**Roots and Wings is an art activity that can help you and your loved one explore what grounds you (Roots) and what lifts you up (Wings). For the Roots think about what music, people, activities, experiences help you to feel safe, calm and present. For the Wings, consider what people, activities, music give you a sense of joy or lift you up!**

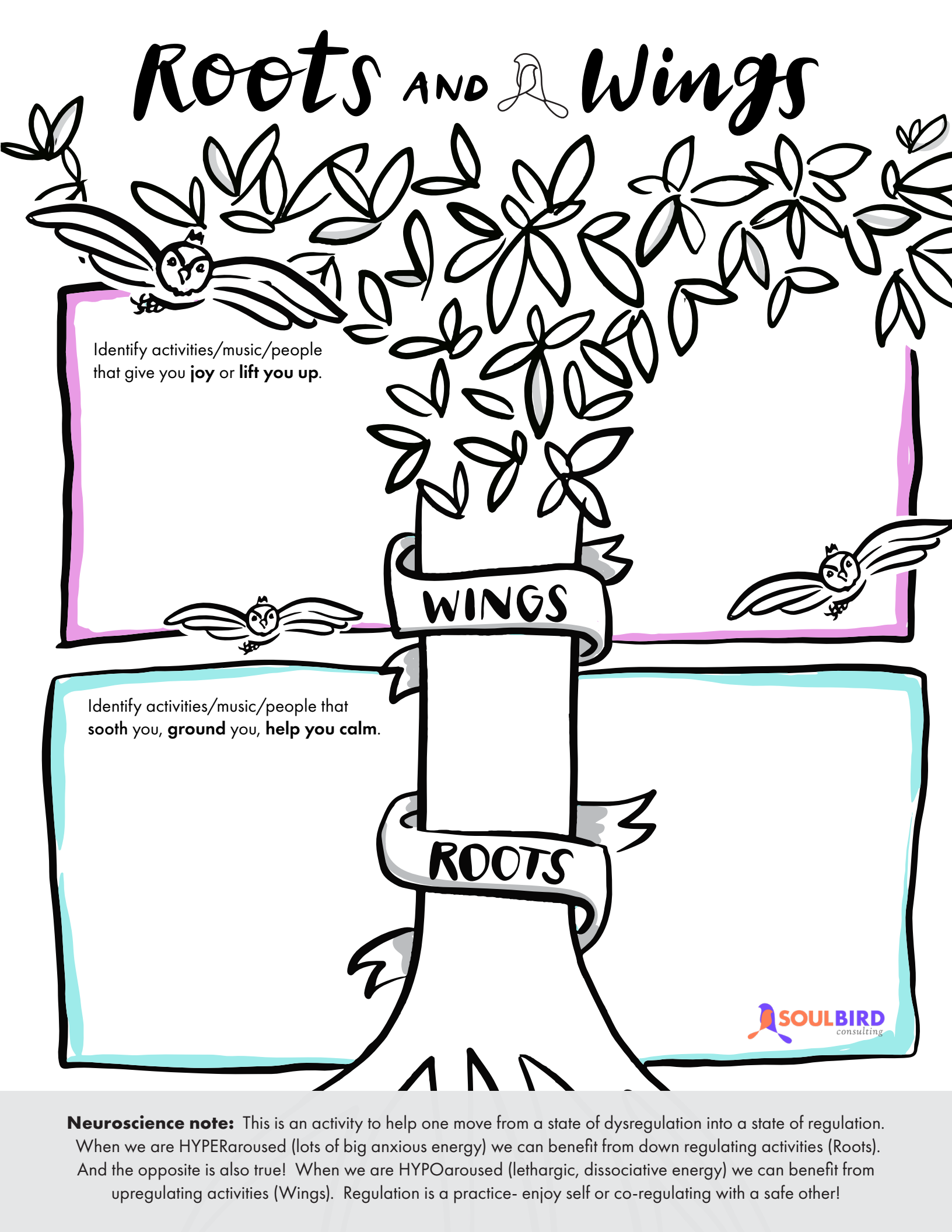
If you're facilitating this activity it will be great for you to do your own Roots and Wings alongside whomever you are supporting. Get out blank pieces of paper and begin drawing your tree, the ground, the roots and the birds in the sky- you don't have to be an artist! This is just for fun! Then take some time to think about and write down or draw the Roots and Wings on your picture.

If you get stuck, you can brainstorm together! Otherwise, share each of your Roots and Wings with your partner when you're done.

Now you have a quick guide for when you're down in the dumps- you know what activities, people, music experiences you need to lift you up! And so does your partner! If you have a lot of big energy and need something to help you feel more calm and grounded, look no further than your Roots! You can engage in these practices by yourself or with a safe other.



# Roots AND Wings



Identify activities/music/people that give you **joy** or **lift you up**.

Identify activities/music/people that **sooth you, ground you, help you calm**.

WINGS

ROOTS



**Neuroscience note:** This is an activity to help one move from a state of dysregulation into a state of regulation. When we are **HYPER**aroused (lots of big anxious energy) we can benefit from down regulating activities (Roots). And the opposite is also true! When we are **HYPO**aroused (lethargic, dissociative energy) we can benefit from up regulating activities (Wings). Regulation is a practice- enjoy self or co-regulating with a safe other!