

ROADMAP FOR MODULE THREE



1 Attach/Cry for Help

List some behaviors that can indicate attach/cry for help:

I can differentiate between signs of the attach/cry response and Borderline Personality Disorder

Fisher suggested a somatic resource to help therapists stay regulated when working with a client in an attach/cry response. What is it?



Have you noticed any of these signs in your clients? Add them to your "My Clients" list.

My Clients:

In Ogden's attach/cry for help case, what was she trying to shift?

Steele talked about 2 problematic therapist responses to attach/cry. What are they?

What polyvagal approach does Dana use with clients in attach/cry?

Have you updated your client list with the approach you'll try using?



Collapse/Submit

List some physical signs of collapse/submit that Ogden models :

Four horizontal lines for writing physical signs of collapse/submit.

I can distinguish between collapse/submit and treatment resistant depression

What are the 4 ways that collapse/submit may present?

Four horizontal lines for listing the 4 ways collapse/submit may present.



Have you noticed any of these signs in your clients? Add them to your "My Clients" list.

Section titled "My Clients:" with three horizontal lines for listing clients.

According to Lanius, what are the neurobiological and chemical changes that accompany collapse/submit designed to do?

A large empty rounded rectangular box for writing neurobiological and chemical changes.

Draw lines to match:

Dorsal Vagal State	Balanced, Socially Engaged
Sympathetic State	Collapsed State
Ventral Vagal State	Charged with Energy

Note: A dashed line connects the 'Sympathetic State' box to the 'Charged with Energy' box.





Please/Appease

How might please/appease show up in the therapeutic relationship?

What's the function/purpose of the please/appease response?

Once you understand the origins of the please/appease response, what does Dana recommend you explore?



Have you noticed any of these signs in your clients? Add them to your "My Clients" list.

My Clients:

Tummala-Narra, Dana, and Bryant-Davis all modeled ways of responding to a client whose please/appease response is active in the therapeutic relationship. Which are you most likely to use with your clients?

Have you updated your client list with the approach you'll try using?

