

# The Psychology of Wellbeing

1

A Presentation for BPS East of England by:

Robin Trewartha C Psychol., HCPC Reg,

9 Charles Avenue  
WATTON IP25 6BY

01953-797622

Mob: 07785-117179

Email: [robintrewartha@btinternet.com](mailto:robintrewartha@btinternet.com)

Web Site: <https://your-nudge.com>

Robin Trewartha C Psychol  
15/09/2019

# Who am I?

**My name is Robin Trewartha**

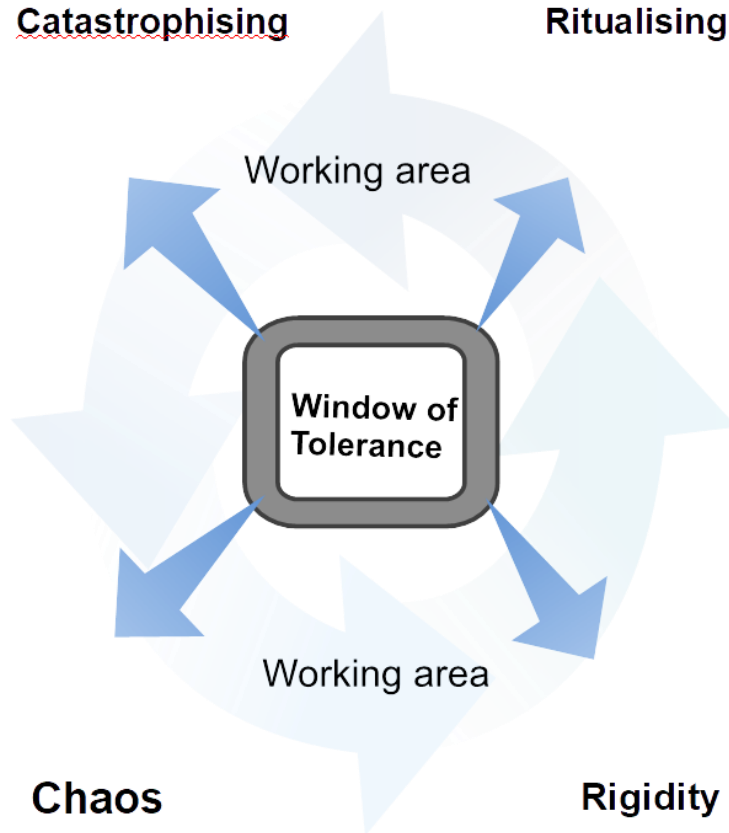
**I am in private practice. I have a interests in trauma and affect management. Of late, I have been using the Socratic 'safe experiment' – to examine my own mind and its ways of working.**

**My wish, today, is to:**

**to describe the impact of the clinical work of Dan Siegel and others on my own current clinical practice.**

**to talk about what the literature has to say about 'Well-being'.**

## Expanding the Window of Tolerance (WOT)



**Expanding the Window of Tolerance (WOT) may require step-by-step movement toward familiar, if avoidant actions**

See Ruth Lanius and Bessel van der Kolk discuss this on:

<https://www.youtube.com/watch?v=fmDk4sotWGs>

# Some conclusions relating to 'George'

The changes he made demonstrated how the mind is **both** embodied and relational; it is a body, with all its intricacies, and it has to assimilate a large array of internal and external connections.

Notice how his own **self-organising mind emerged over time showing his ability to** regulate his energy and information flow. Such regulation enables the mind to monitor and modify what is noticed.

Well-being – this seemed to improve as processes promoted harmony and integration. I contend this emerged from the linkage of differentiated elements within and outside his body - with other people and with other external systems, e.g. his work, his family and his social groups.

Had things not changed for him then I contend that impaired integration would foster chaos or rigidity, or evidence of him cycling between the two.



**IN BRIEF, Siegel and others seem to conclude that:**

Effective WELLBEING assumes integration of:

- bodily regulation,
- attunement of communication,
- emotional balance,
- fear management,
- flexibility, insight and empathy

# Sources to investigate (First authors only)

Damasio, A (2006) *Descartes Error*. Vintage Books

Fonagy, P et al (2004) *Affect Regulation, Mentalization and the Development of the Self*. Karnac

Omaha, J (2004) *Psychotherapeutic Interventions for Emotion Regulation*. Norton

Ogden, P (2015) *The Body as Resource: A Therapist's Manual for Sensorimotor Psychotherapy* W.W Norton

Lanius, R (2010) *The Impact of Early Life Trauma on Health and Disease: the hidden epidemic*. CUP

Porges, S (2017) *The Pocket Guide to the Polyvagal Theory*. Norton

Rossi, E 1993 *The Psychobiology of Mind-Body Healing*. Norton

Schore, A. (2015) *Affect Regulation and the Origin of the Self*. Taylor and Francis.

Siegel, D. J. (2017) *Mind: A Journey to the Heart of Being Human*. W. W. Norton & Co

Siegel, D. J. (2018) *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*. Guilford Press.

van der Kolk, B (2014) *The Body Keeps the Score*. Penguin