

# THE POWER OF CONNECTION

---

# Invitation

Invite you to not look at your phones/  
devices

Be present

Recognize and notice urges that try to  
draw you away

---

# THE THREE SISTERS

---

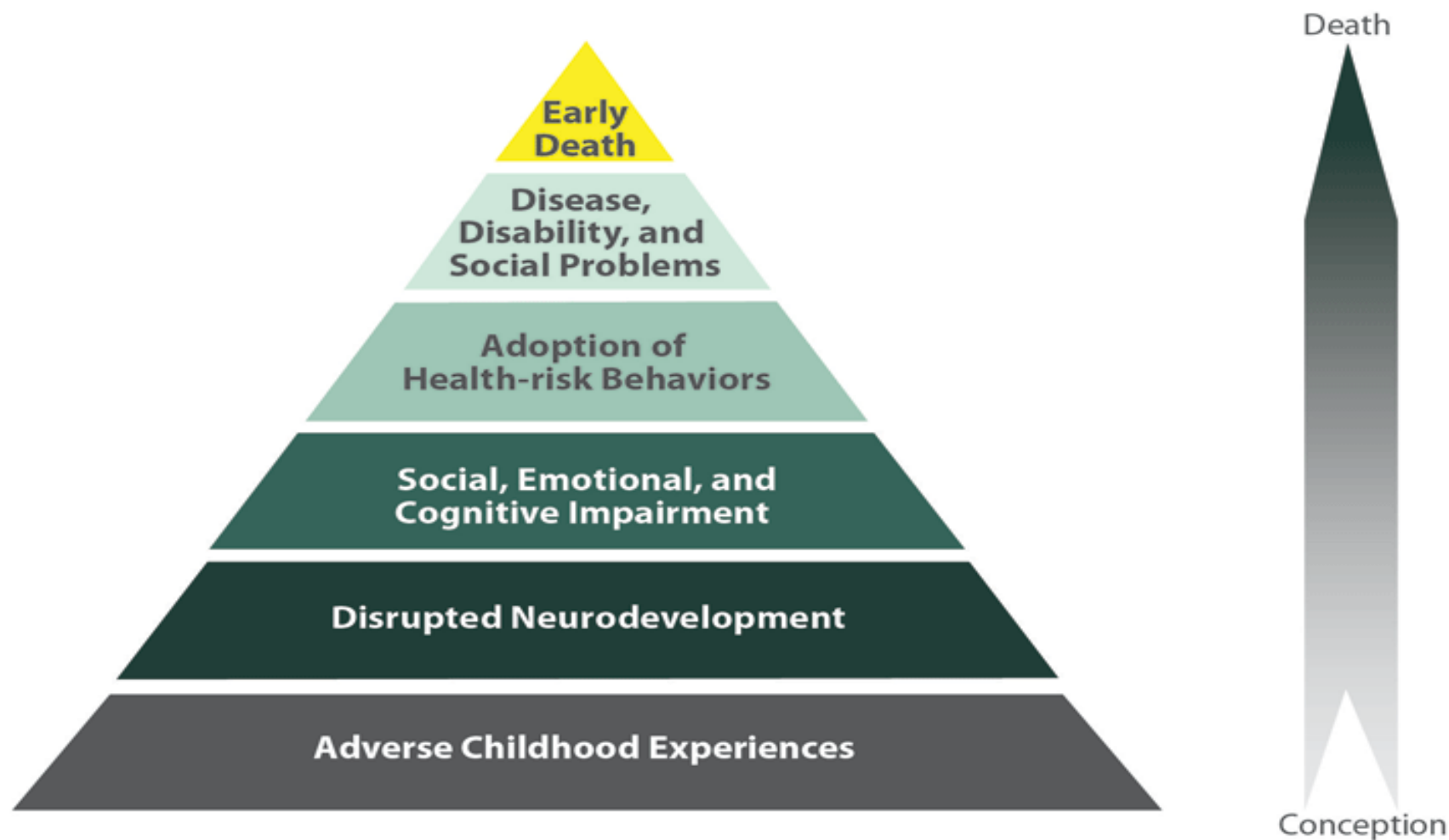
"In my beginning is  
my end."

T.S. Eliot

---

# ADVERSE CHILDHOOD EXPERIENCES

- Abuse
    - Emotional, Physical, Sexual
  - Neglect
  - Household Dysfunction
    - DV, Substance, MI, incarceration, breakdown
-



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.”

ASAM

---





Want → Like → Need

# PREVENTURE

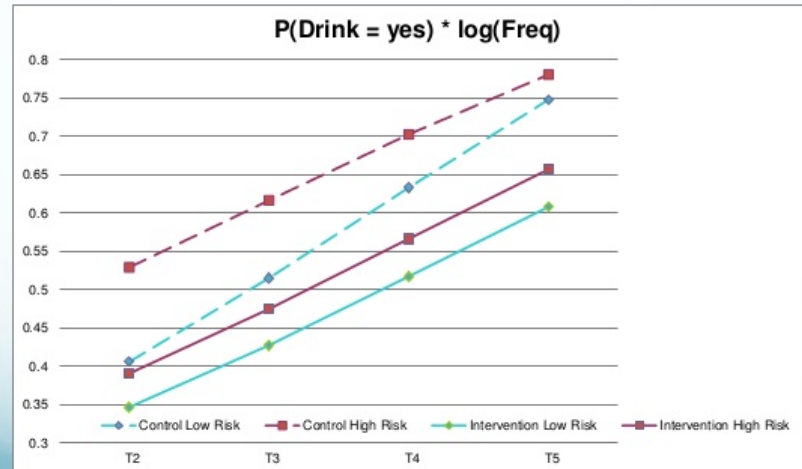
- Dr. Patricia Conrod
  - High Risk/Personality Traits
    - Impulsivity
    - Sensation Seeking
    - Hopelessness
    - Anxiety Sensitivity
-

# INTERVENTIONS

- Psychoeducational and Motivational Components
- Cognitive-Behavioral Component – Personality Specific
  - Impulsivity - Response inhibition “stop, focus, choose”
  - Sensation Seeking – thought challenging for boredom and need for stimulation
  - Hopelessness – negative thought challenging, growth mindset
  - Anxiety sensitivity – decatastrophizing and exposure

## ADVENTURE TRIAL: Two-Year Drinking Outcomes and Herd Effects

Conrod et al., *JAMA-Psychiatry*, 2013



YOU KNOW MY NAME, NOT MY  
STORY. YOU'VE HEARD WHAT I'VE  
DONE, NOT WHAT I'VE BEEN  
THROUGH.

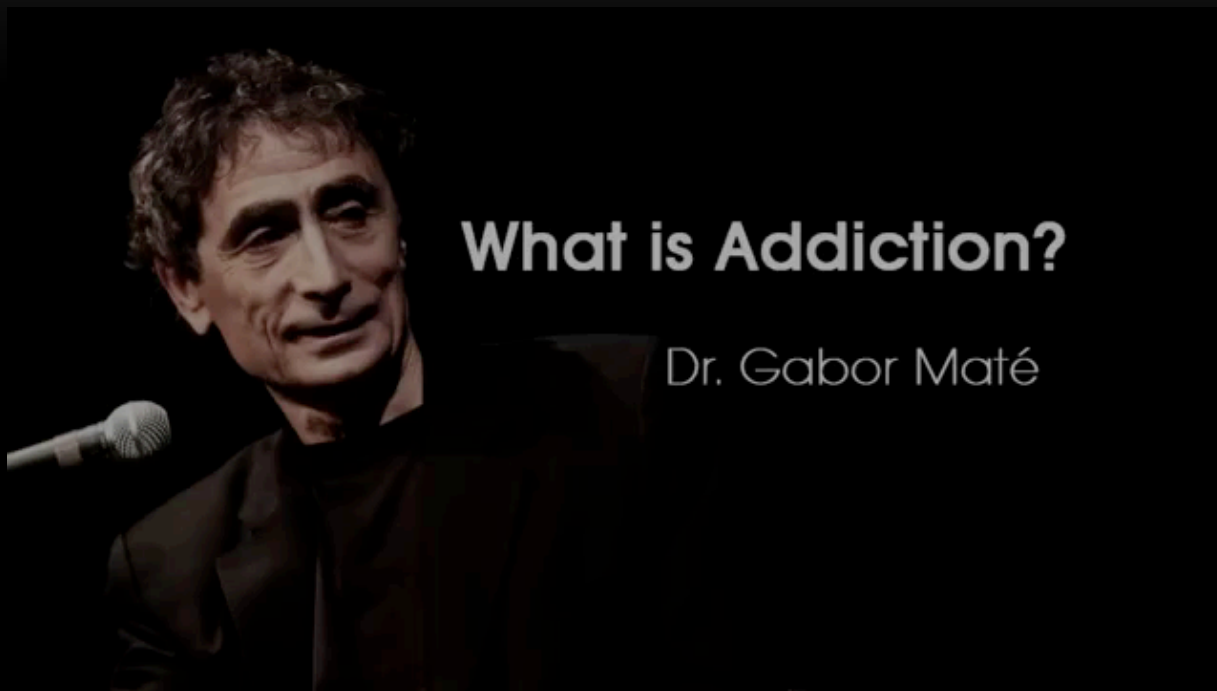


**“I have absolutely no pleasure in the stimulants in which I sometimes so madly indulge. It has not been in the pursuit of pleasure that I have periled life and reputation and reason. It has been the desperate attempt to escape from torturing memories, from a sense of insupportable loneliness and a dread of some strange impending doom.”**

---







# What is Addiction?

Dr. Gabor Maté

“If you do not transform your pain,  
you will surely transmit it to those  
around you and even to the next  
generation.”

Richard Rohr

---

Turn your wounds  
into a gift for society.

---

AFTER A LONG DAY OF ALLIANCE!



HEAL THE HEALER?

---

# SCOTT MILLER, SUPERSHRINKS

- Control
  - Top performers spend two and a half to four hours more per week OUTSIDE their work trying to improve
  - Alliance is a means to an end
  - Over-empathizing can lead to burnout
  - Alliance is being attuned but being differentiated
-



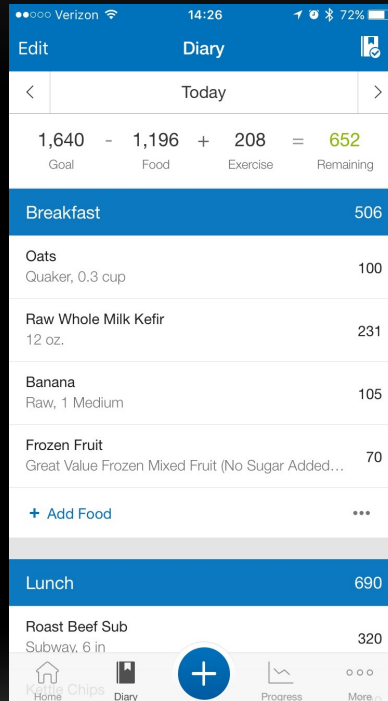
# MACRO

Do less...

Do more...

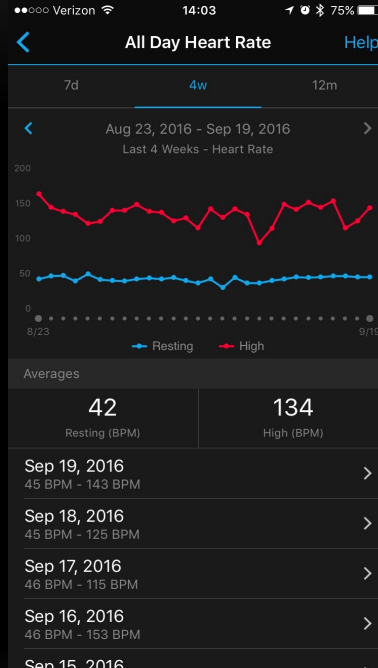


# FOOD





# EXERCISE





IDIOT...



WHAT WORKS FOR YOU?

---

# MICRO

Little things done often carry the day

Grounding

Tension/Release

Mindfulness

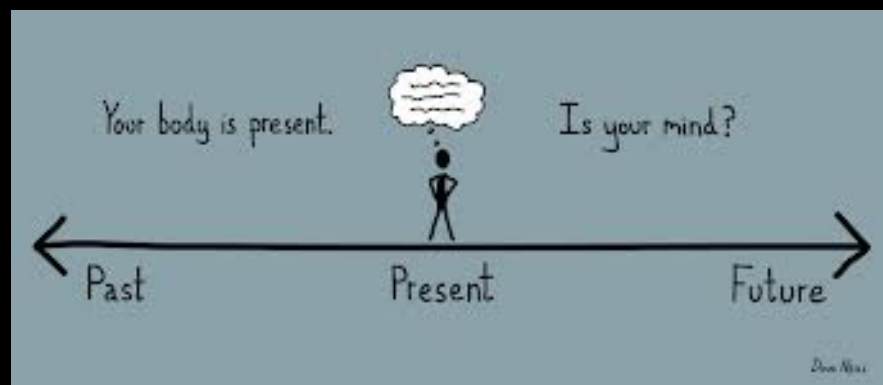
---

MINDFULNESS

The key to everything?

---





DR. ELLEN LANGER

Mindfulness is Active Noticing

---



LET'S TRY?

---

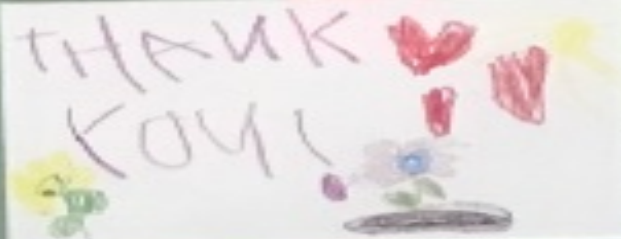
Mayo Mindfulness Exercise

# RITUALS OF POSITIVE EMOTION

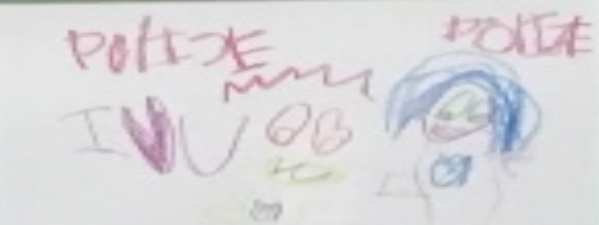
---



THANK  
YOU!



POLICE  
INVOLVED  
FOR HELPING  
MY MOMMY  
MURDER  
HILL



CONNECTION

---



**WHERE  
HAS THE**

**HUMAN**

**CONNECTION**

**GONE?**

“We are like islands in the sea,  
separate on the surface but connected  
in the deep.”

— William James

---

LET'S TRY?

---

“Authentic social connection has a profound effect on your mental health – it even exceeds the value of exercise and ideal body weight on your physical health. It triggers the same reward centers in your brain that are triggered when people do drugs, or drink alcohol, or eat chocolate. In other words, we get sick alone, and we get well together.”

James Doty, MD

---

"The only way to truly change and transform your life for the better is by transforming and changing the lives of others."

---



If you want others to be happy,  
Practice compassion.  
If you want to be happy,  
Practice compassion.

-Dalai Lama

“What the world needs now is more compassion and less judgement, more ‘I understand’ and less ‘shame on you.’ Then the healing of humanity will be more common than suffering.”

–Lisa Prosen

---

MEANING

---



“He who has a why to live for  
can bear almost any how.”

Nietzsche

---

**SPUN**  
BICYCLES

**SPUN**  
BICYCLES  
515.541.SPUN (7786)  
SPUNBICYCLES.COM



*Bicyclist  
Travel*

# INVICTUS

---

William Ernest Henley

WHERE WE STARTED...

"In my beginning is  
my end."

T.S. Eliot

---

ELLIOT IS ULTIMATELY WRONG...

“In my beginning is my beginning but I can change my path through connection.”

Floerke

---

# Phone/Device




I'M SORRY WHAT?  
there's some idiot screaming behind me

- What did you notice?
- Was it difficult?
- Were you able to ignore?

QUESTIONS?

---

Peace and  
Thank You!!!





# CONTACT INFO

[shaunrfloerke.com](http://shaunrfloerke.com)

[shaunrfloerke@gmail.com](mailto:shaunrfloerke@gmail.com)

218-340-5301

---