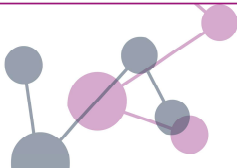


The Mind-Gut Connection: Why Getting Over Yourself is The Key to Happiness

by Dr Miguel Toribio-Mateas



Scan me



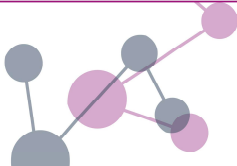
Hello! I'm Miguel!

Clinical Neuroscientist

Applied Microbiologist

Background in Nutrition

Human with Lived Experience



This is my story



My mum

- Survivor of the Spanish Civil war
- Lost her dad when she was 3 years old
- Lost a 6-month old baby girl, her second
- Had to be astute with the pesetas to make ends meet every month on my dad's salary



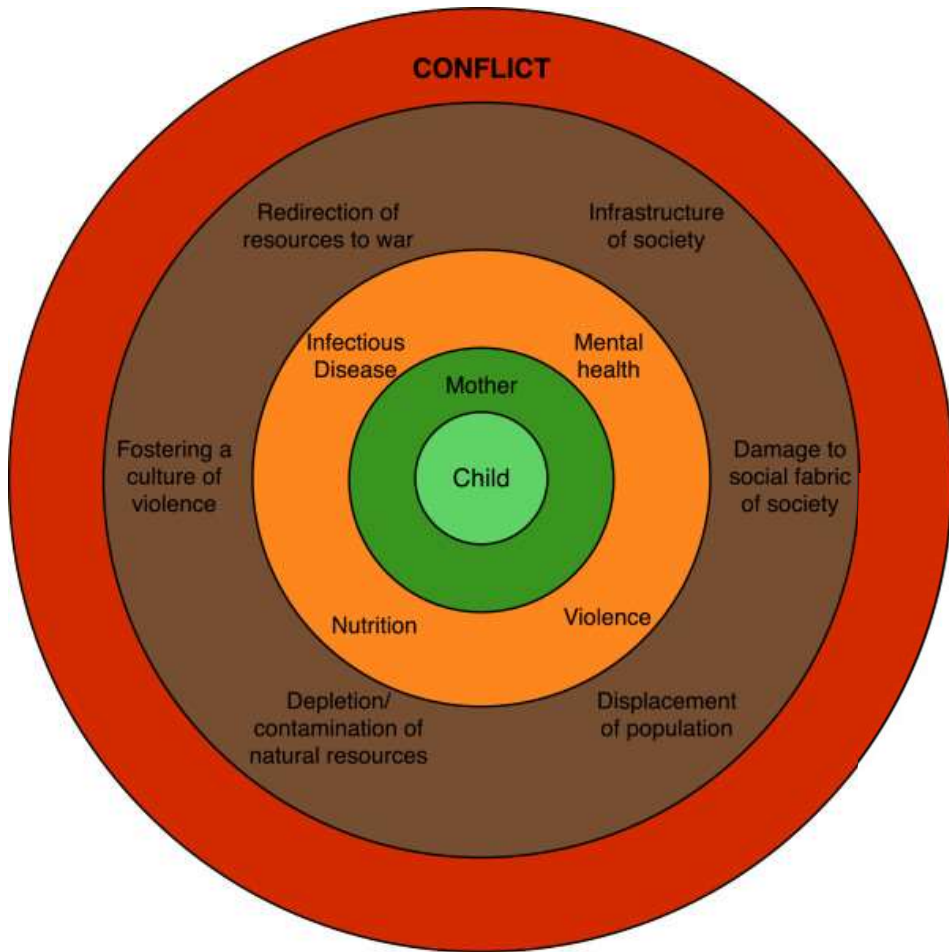
Madrid, 1977

“Intergenerational trauma is a discrete form of trauma which occurs when traumatic effects are passed across generations without exposure to the original event.”

Community Ment Health J . 2021 May;57(4):631-643



Madrid, 1977



[BMC Med.](#) 2014; 12: 57.

Published online 2014 Apr 2. doi: [10.1186/1741-7015-12-57](https://doi.org/10.1186/1741-7015-12-57)

The intergenerational effects of war on the health of children

[Delan Devakumar](#),¹ [Marion Birch](#),² [David Osrin](#),¹ [Egbert Sondorp](#),³ and [Jonathan CK Wells](#)⁴

While evidence is currently limited, parental trauma and psychosocial stress during conflict have been associated with adverse health effects in offspring, through both biological pathways (such as neuroendocrine and immune system modulation) and propagation of stressful social environments [83-85].

[BMC Med.](#) 2014; 12: 57.

[Review](#) > [Front Psychol.](#) 2022 May 11;13:852467. doi: [10.3389/fpsyg.2022.852467](https://doi.org/10.3389/fpsyg.2022.852467).

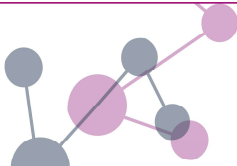
eCollection 2022.

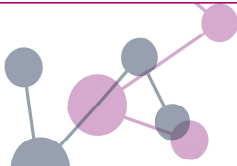
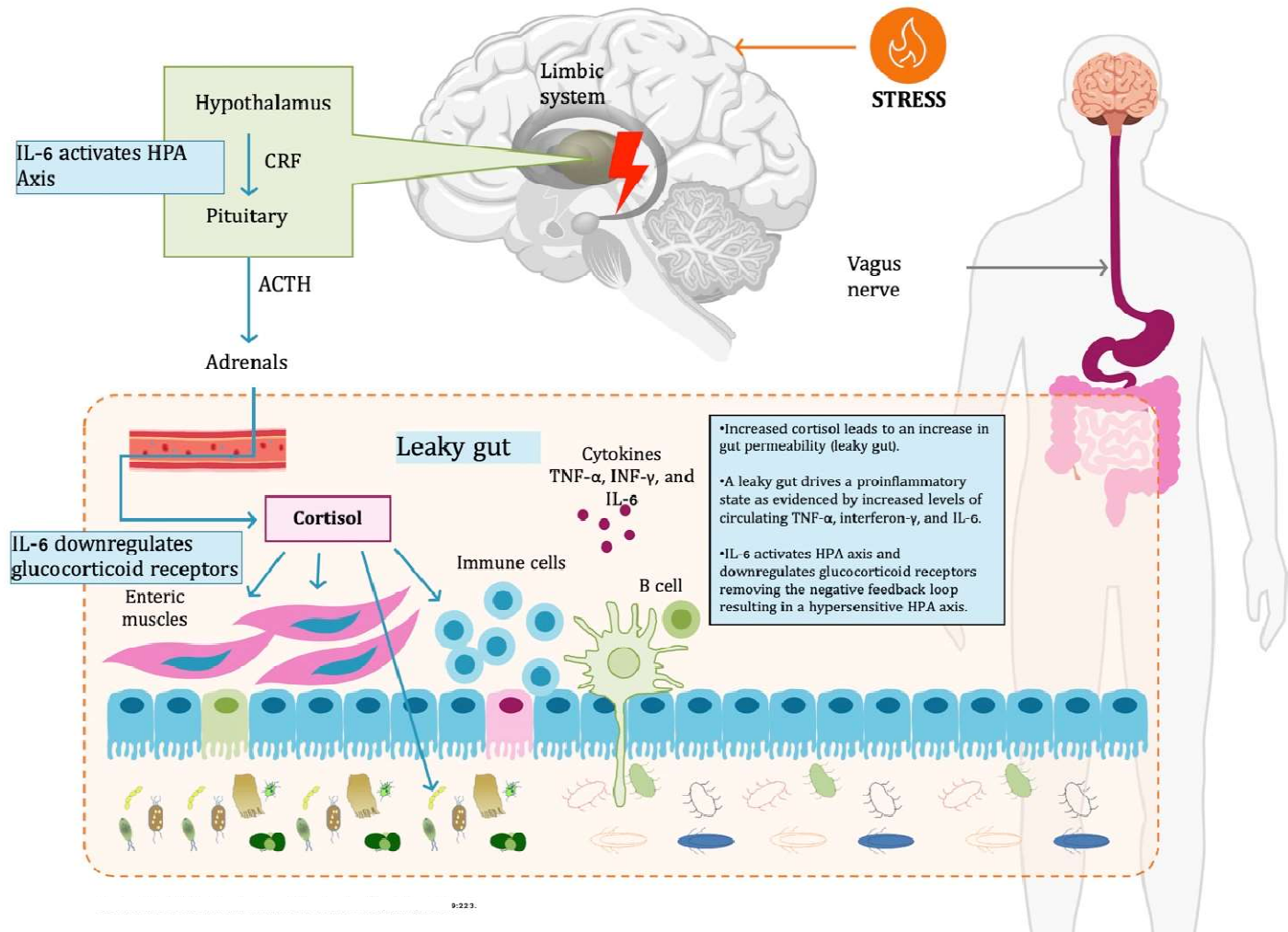
Intergenerational Transmission of Maternal Adverse Childhood Experiences on Next Generation's Development: A Mini-Review

[Keita Ishikawa](#)¹, [Natsuko Azuma](#)¹, [Mai Ohka](#)¹

Abstract Six studies were identified using three search engines. The results indicated that four out of six studies reported at least one significant direct association between maternal ACEs and child development. Additionally, maternal biological, psychological, and social factors were identified as mediators or moderators. **Summary** In summary, we identified that maternal

[Front Psychol.](#) 2022 May 11;13:852467







Maternal anxiety, depression and stress affects offspring gut microbiome diversity and bifidobacterial abundances

Jeffrey D. Galley^{a, b}, Lauren Mashburn-Warren^c, Lexie C. Blalock^c, Christian L. Lauber^{c, d},
Judith E. Carroll^e, Kharah M. Ross^f, Calvin Hobel^g, Mary Coussons-Read^h,
Christine Dunkel Schetterⁱ, Tamar L. Gur^{a, b, j, k}  

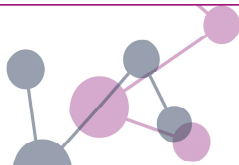
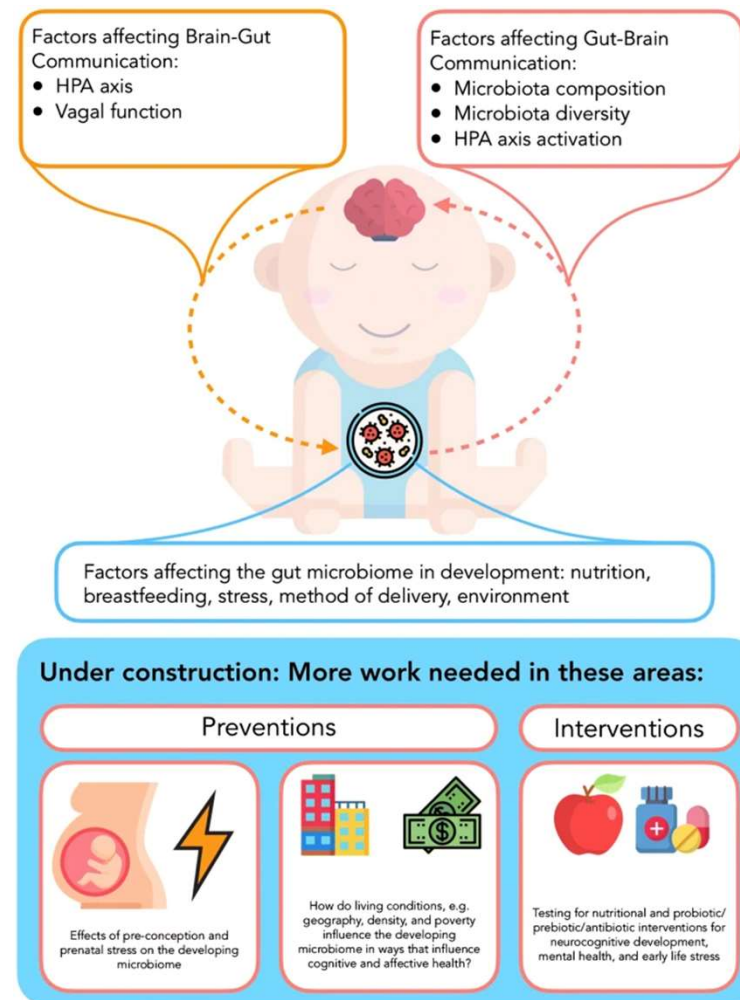
Highlights

- Maternal stress, anxiety, and depression are associated with shifts in infant microbiome alpha diversity.
- Beneficial microbes, including members of the bifidobacteria, were reduced in infants born to mothers with higher reported stress, anxiety, and depression.
- Infant beneficial bacterial abundances were also linked to maternal inflammatory levels in both pre- and post-natal timepoints.

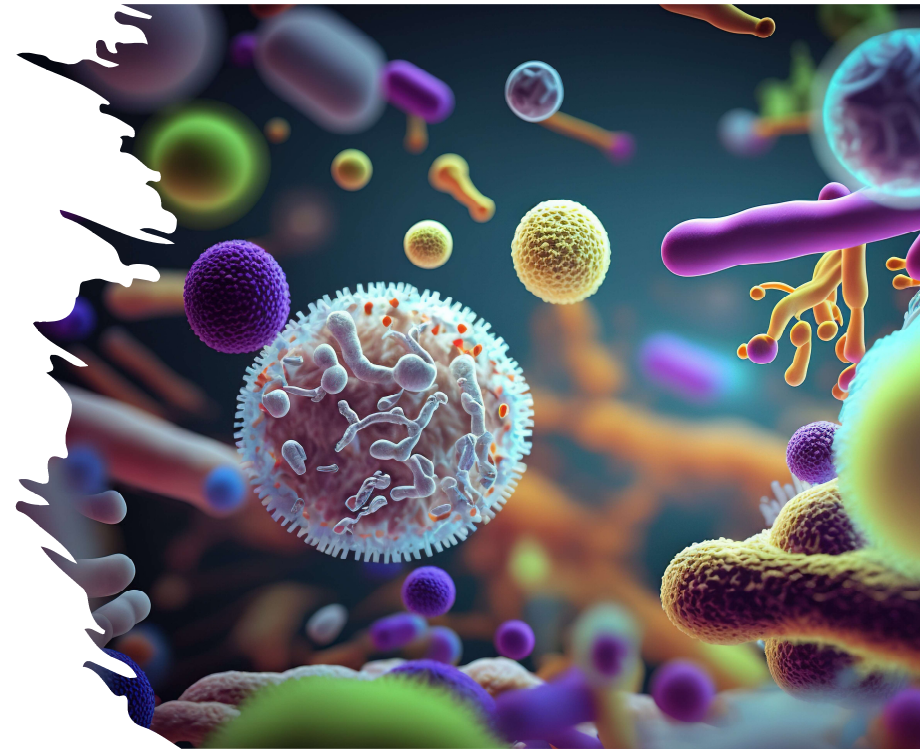


Madrid, 1977

“Exposure to early life stress is known to influence the developing gut microbiota. In humans, bacteria in the gut indirectly influence the amount of cortisol the body releases in response to stress via the hypothalamic-pituitary-adrenal (HPA) axis, and these bacteria are critically important for the development of normative stress responses”



*“Studies suggest that abundance of both **Bifidobacterium** and **Lactobacillus** in the infant gut microbiota may promote healthy neurocognitive development and that depletion of these bacteria may increase risk for neurodevelopmental disorders, e.g. autism, ADHD, etc.”*





Madrid, 1977



Madrid, 1981

My brother

- Diagnosed with synovial sarcoma at 9
- My mum and dad were told he was “terminal” at 10
- Passed away aged 13 in 1981



“Sibling bereavement is one of the most distressing childhood adverse life events and may lead to negative lifelong physical and psychological outcomes such as substance abuse, impaired relationships, poor academic performance, suicide, and early mortality”

J Pediatr Nurs . 2022 Sep-Oct;66:e82-e99.

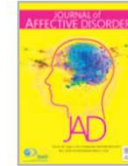


Madrid, 1983



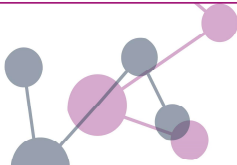
Journal of Affective Disorders

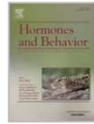
Volume 225, 1 January 2018, Pages 306-312



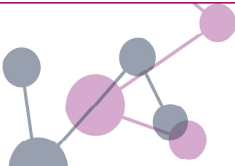
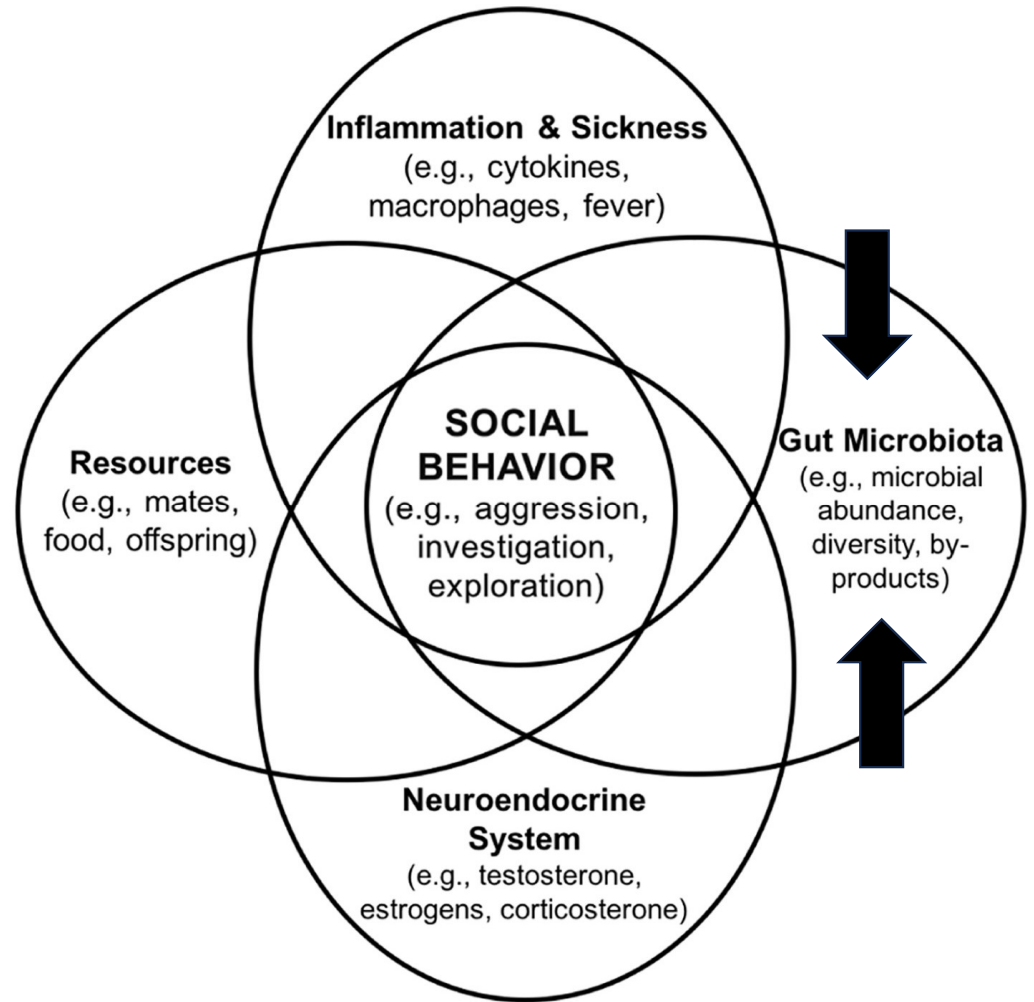
”Based on analysis of medical and clinical files from 309 sexually abused children, findings revealed that cumulative childhood trauma affects both internalized and externalized behaviour problems through three mediation paths: emotion regulation alone, dissociation alone, and through a path combining emotion regulation and dissociation.”

[J Affect Disord . 2018 Jan 1;225:306-312.](#)





“This model illustrates some of the brain-gut-immune interactions that play a role in behavioural outcomes, including social and affective behaviours and early mortality”







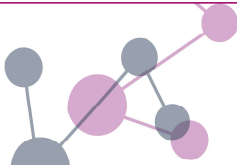
Research Article | 21 January 2020

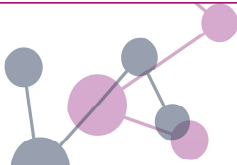
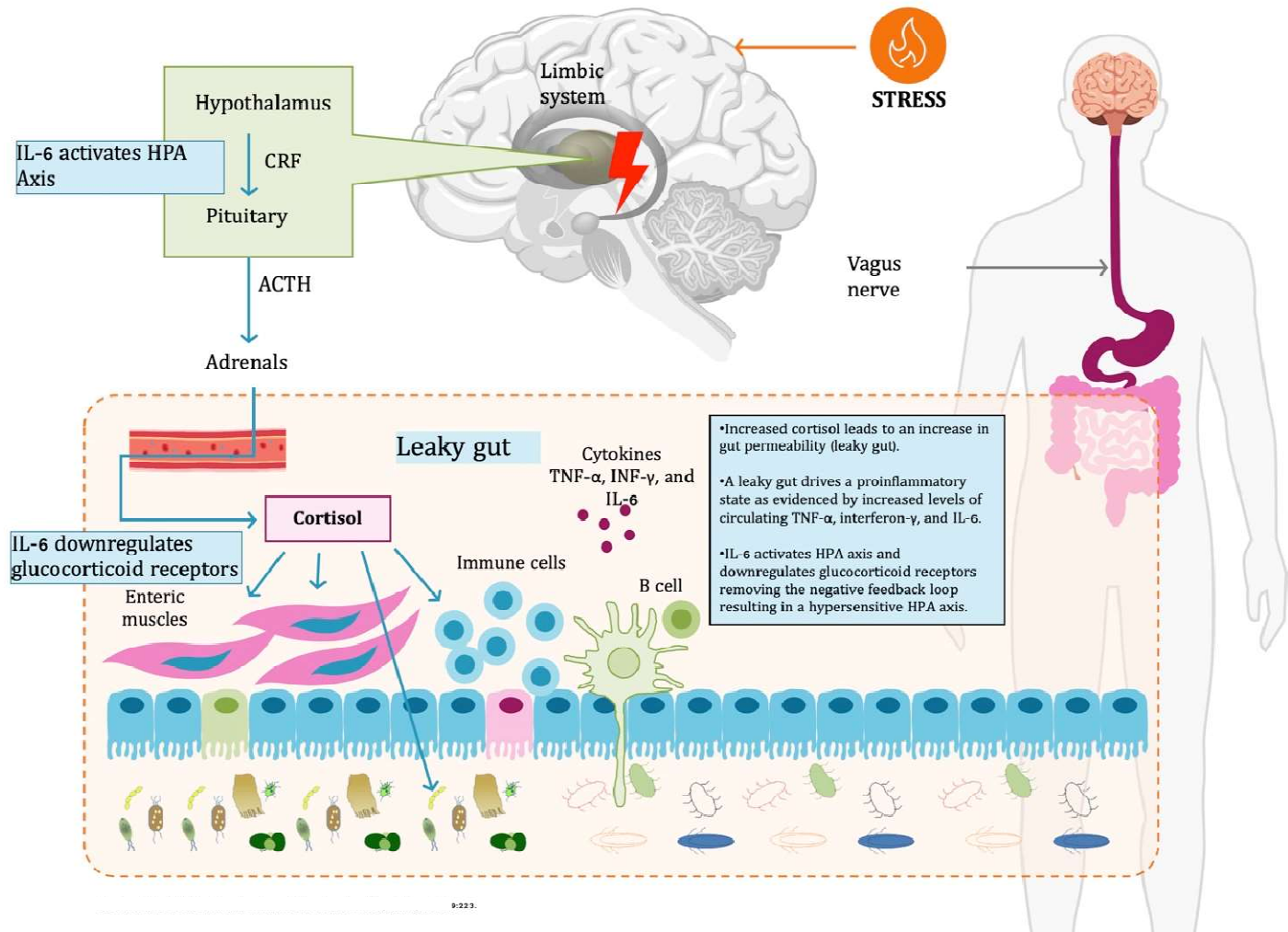


Gut Feelings Begin in Childhood: the Gut Metagenome Correlates with Early Environment, Caregiving, and Behavior

Authors: Jessica E. Flannery, Keaton Stagaman , Adam R. Burns , Roxana J. Hickey, Leslie E. Roos, Ryan J. Giuliano, Philip A. Fisher, Thomas J. Sharpton | [AUTHORS INFO & AFFILIATIONS](#)

*“Our analysis reveals that both socioeconomic risk exposure and child behaviours associate with the relative abundances of specific taxa (e.g., **Bacteroides** and **Bifidobacterium** species) as well as functional modules encoded in their genomes (e.g., monoamine metabolism) that have been linked to cognition and health.”*





[Can J Psychiatry](#). 2016 Apr; 61(4): 204–213.

Published online 2016 Feb 24. doi: [10.1177/0706743716635535](https://doi.org/10.1177/0706743716635535)

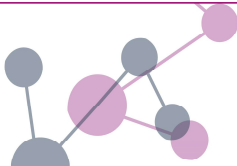


Posttraumatic Stress Disorder: Does the Gut Microbiome Hold the Key?

[Sophie Leclercq](#), PhD,^{1,2} [Paul Forsythe](#), PhD,^{1,3} and [John Bienenstock](#), MD^{1,2}

*”Recent experimental and clinical data converge on the hypothesis that **imbalanced gut microbiota in early life may have long-lasting immune and other physiologic effects that make individuals more susceptible to develop PTSD after a traumatic event and contribute to the disorder.**”*

[Can J Psychiatry](#). 2016 Apr; 61(4): 204–213.

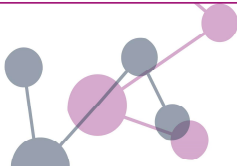




Trialling a microbiome-targeted dietary intervention in children with ADHD—the rationale and a non-randomised feasibility study

[Kate Lawrence](#) , [Kyriaki Myrissa](#), [Miguel Toribio-Mateas](#), [Lori Minini](#) & [Alice M. Gregory](#)

*“Several studies describe low alpha diversity as a factor contributing to the pathogenesis of ADHD with recently published clinical evidence indicating that significantly lower **Shannon index alpha diversity scores are seen in young ADHD patients compared to healthy controls.** [...] Noteworthy observations [in children with ADHD] include changes in **Lachnospiraceae, Roseburia and Blautia, Bifidobacteriaceae, Sutterella, Ruminococcaceae and Bacteroides.**”*



[Mol Psychiatry](#). 2016 May; 21(5): 642–649.
Published online 2015 Jun 2. doi: [10.1038/mp.2015.67](https://doi.org/10.1038/mp.2015.67)

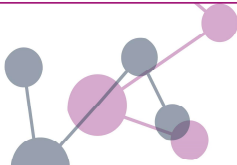


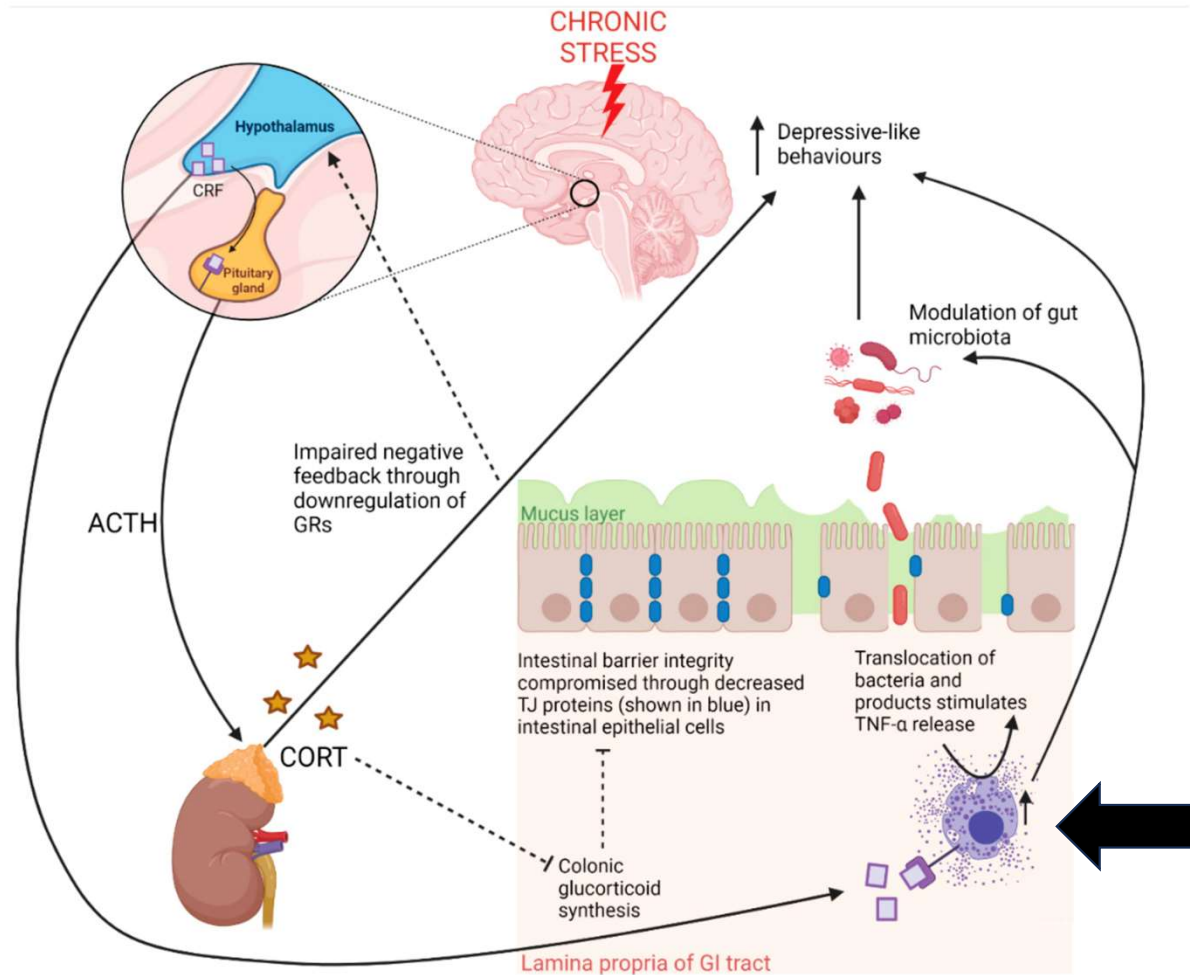
Childhood trauma and adulthood inflammation: a meta-analysis of peripheral C-reactive protein, interleukin-6 and tumour necrosis factor- α

[D Baumeister](#),^{1,2} [R Akhtar](#),³ [S Ciufolini](#),^{4,5} [C M Pariante](#),¹ and [V Mondelli](#)^{1,5,*}

*“This meta-analysis demonstrates that childhood trauma contributes to a pro-inflammatory state in adulthood, with specific inflammatory profiles depending on the specific type of trauma. For example, **physical and sexual abuse is strongly associated with increased TNF- α and IL-6, but not CRP.**”*

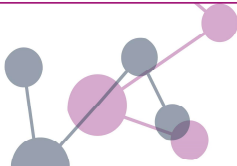
[Mol Psychiatry](#). 2016 May; 21(5): 642–649.





Stress leading to a vicious circle of inflammation

TNF- α release by mast cells upon binding of cortisol releasing factor (CRF) to CRF receptors





Madrid, 1986



Madrid, 1988

International Journal of

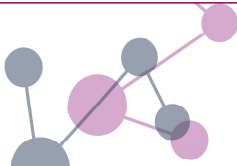
EATING DISORDERS

Is bullying and teasing associated with eating disorders? A systematic review and meta-analysis

Selma Øverland Lie ✉, Øyvind Rø, Lasse Bang

*“Being victimised through **bullying** and teasing is associated with the development of **eating disorders**.”*

Int J Eat Disord . 2019 May;52(5):497-514.

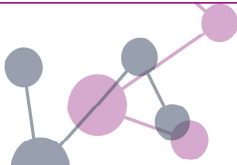


Prevalence of Various Traumatic Events Including Sexual Trauma in a Clinical Sample of Patients With an Eating Disorder

[Gry Kjaersdam Telléus](#),^{1,2,*} [Marlene Briciet Lauritsen](#),^{1,3} and [Maria Rodrigo-Domingo](#)¹

*“The majority of patients with an eating disorder reported that they had experienced at least one traumatic life event, including **bullying**, and about one in five reported that they had been the subject of a negative sexual experience or **sexual abuse**.”*

[Front Psychol.](#) 2021; 12: 687452.



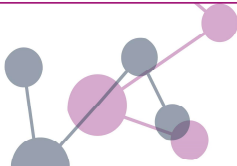
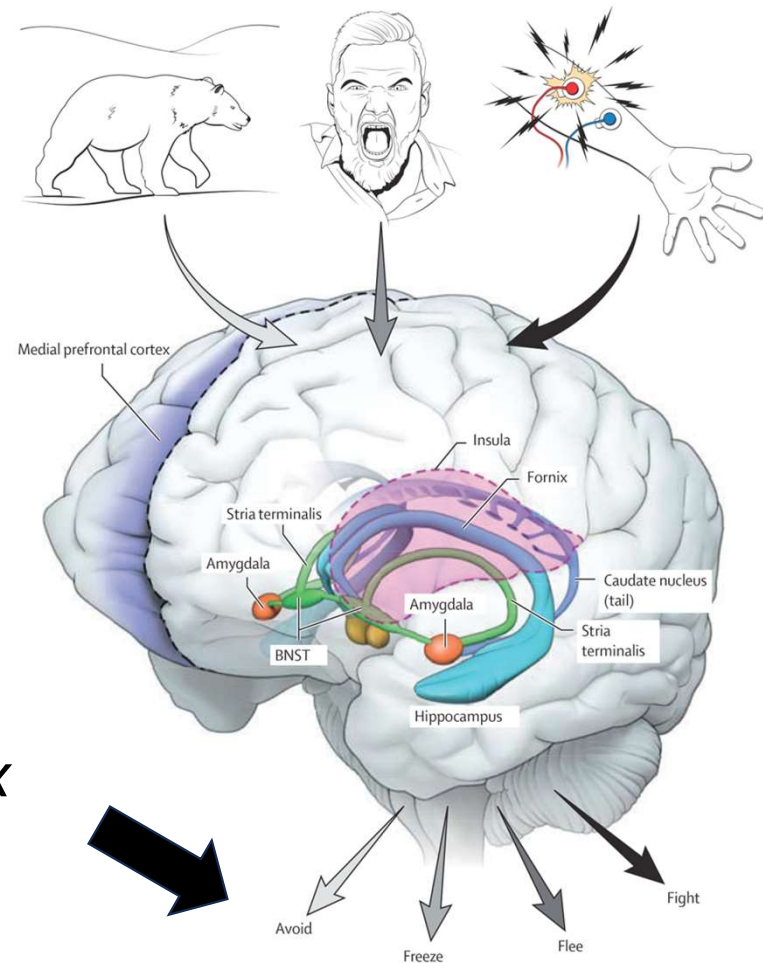
THE LANCET

Review > Lancet. 2021 Mar 6;397(10277):914-927.
doi: 10.1016/S0140-6736(21)00359-7. Epub 2021 Feb 11.

Anxiety disorders

Brenda Wjh Penninx ¹, Daniel S Pine ², Emily A Holmes ³, Andreas Reif ⁴

Avoid feeling feelings.
Numb: food, drugs, sex
Dissociate



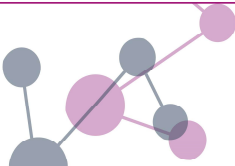


Overeating, Overweight, and Substance Use: What Is the Connection?

Karen K. Saules¹ · Meagan M. Carr¹ · Kirstie M. Herb¹

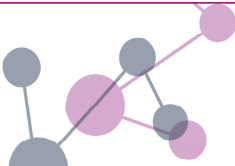
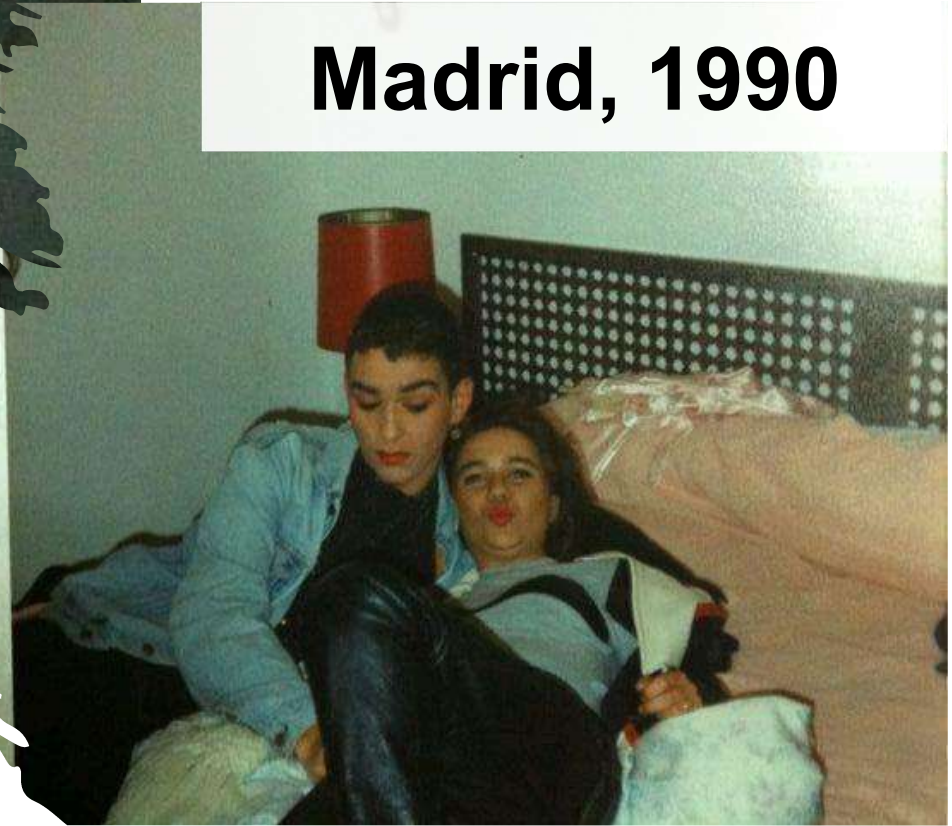
“Substance use disorder is often comorbid with depression, attention deficit hyperactivity disorder (ADHD), and most types of anxiety disorders, including social phobia, panic disorder, and post-traumatic stress disorder”

Curr Addict Rep 5, 232–242 (2018)





Madrid, 1990

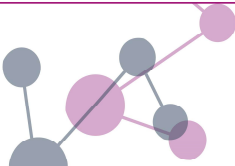


nature communications

Elevated rates of autism, other neurodevelopmental and psychiatric diagnoses, and autistic traits in transgender and gender-diverse individuals

[Varun Warriar](#) ✉, [David M. Greenberg](#), [Elizabeth Weir](#), [Clara Buckingham](#), [Paula Smith](#), [Meng-Chuan Lai](#), [Carrie Allison](#) & [Simon Baron-Cohen](#) ✉

“Compared to cisgender individuals, transgender and gender-diverse individuals have, on average, higher rates of autism, other neurodevelopmental and psychiatric diagnoses.”

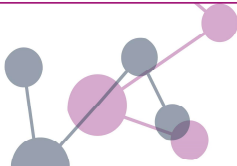




Interpersonal Trauma and Posttraumatic Stress in Autistic Adults

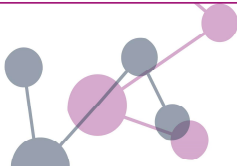
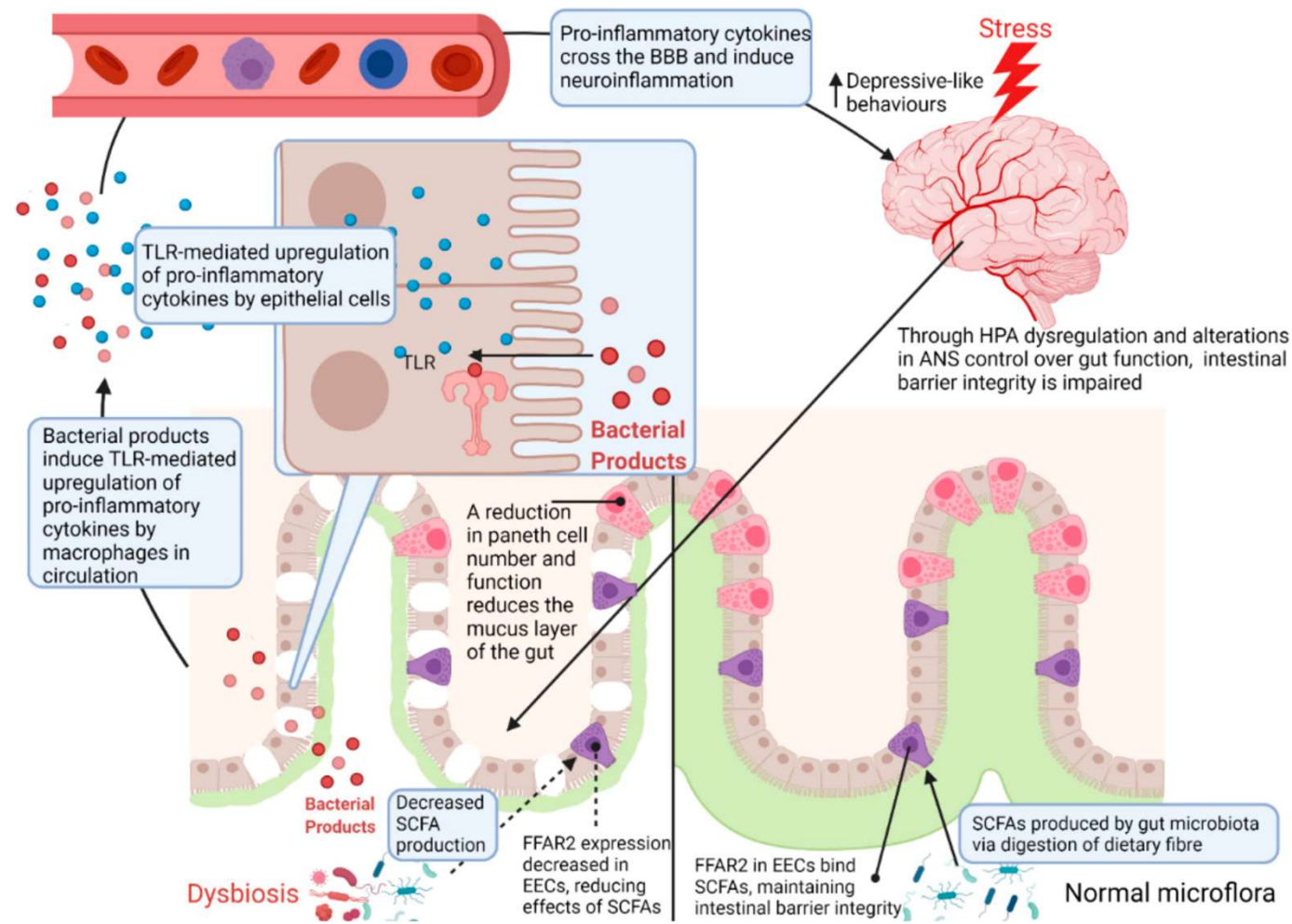
[Katherine E. Reuben](#), BS,¹ [Christopher M. Stanzione](#), PhD,² and [Jenny L. Singleton](#), PhD³

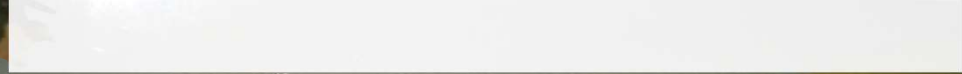
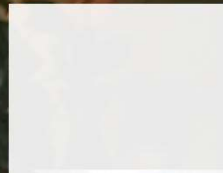
“Many autistic adults report interpersonal traumas (IPTs) such as physical or sexual assault, which are often associated with posttraumatic stress and dissociation. Factors such as gender might make autistic individuals particularly vulnerable to experiencing IPT and negative posttraumatic symptoms. Autistic women and **gender minorities** may be particularly vulnerable to sexual IPT and adverse outcomes.”



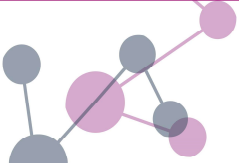


HPA dysregulation lead to dysbiosis and impaired gut barrier integrity





London, 1995

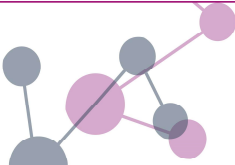




< BRAIN, COGNITION AND MENTAL HEALTH

Eating for numbing: a community-based study of trauma exposure, emotion dysregulation, dissociation, body dissatisfaction and eating disorder symptoms

There is a complex relationship between dissociation, emotional numbing and emotional dysregulation in the context of trauma, eating disorder symptoms and body dissatisfaction.



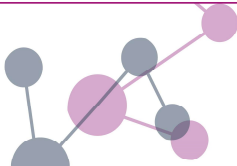


London, 1998

Suicide bereavement and complicated grief

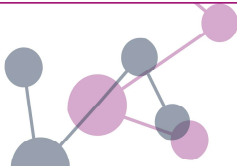
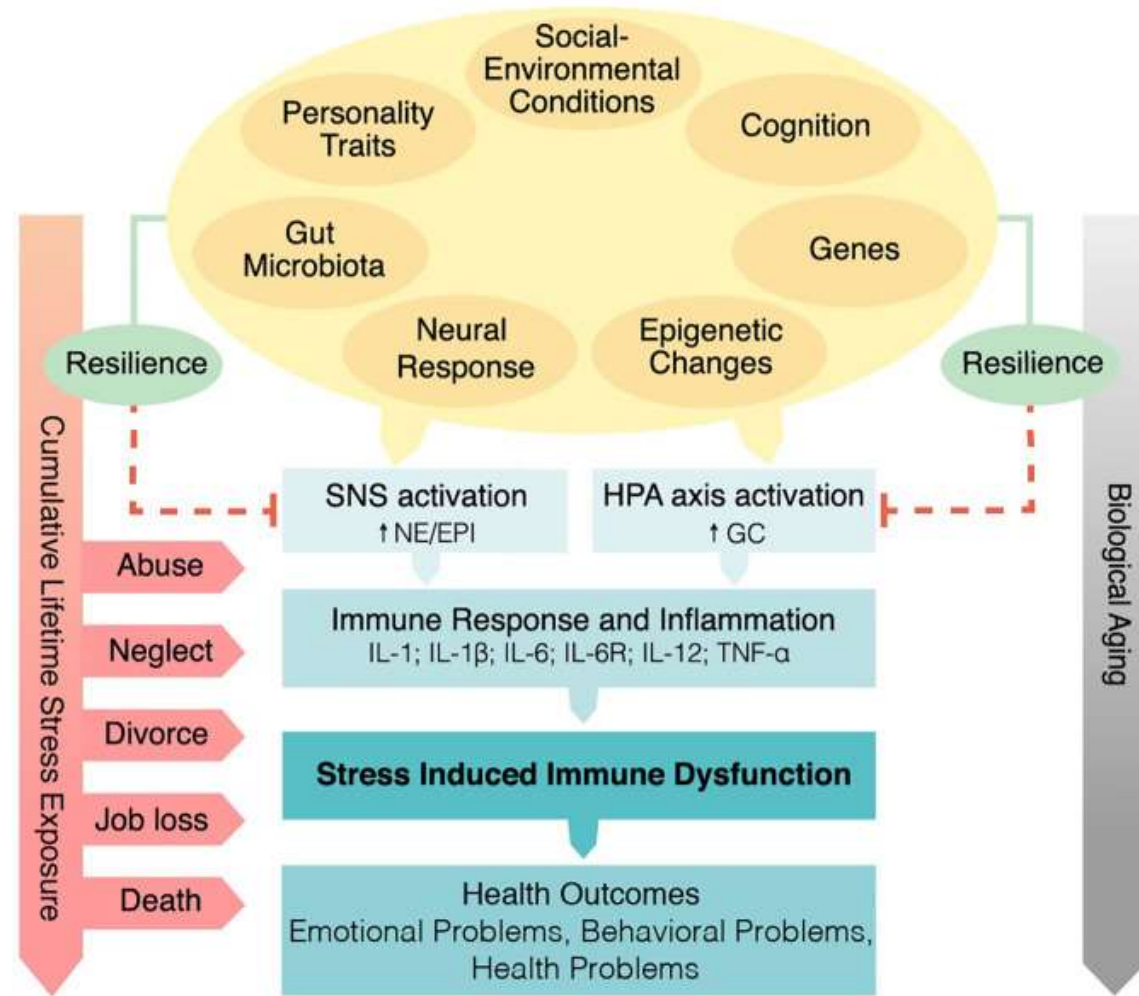
*Ilanit Tal Young, PhD; Alana Iglewicz, MD; Danielle Glorioso, MSW;
Nicole Lanouette, MD; Kathryn Seay, BS; Manjusha Ilapakurti, MBBS;
Sidney Zisook, MD*

“Losing a loved to suicide is one is one of life's most painful experiences. The feelings of loss, sadness, and loneliness experienced after any death of a loved one are often magnified in suicide survivors by feelings of guilt, confusion, rejection, shame, anger, and the effects of stigma and trauma. Furthermore, survivors of suicide loss are at higher risk of developing major depression, post-traumatic stress disorder, and suicidal behaviours, as well as a prolonged form of grief called complicated grief.”



“Cumulative lifetime stress exposure may alter vulnerability to mental and physical health problems following bereavement/loss.”

Front Psychiatry. 2020; 11: 565239.





Ibiza, 2002

A-ha! Moment 1



ORIGINAL RESEARCH article

Front. Pharmacol., 09 March 2022

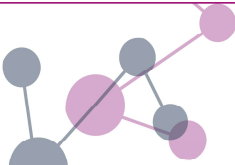
Sec. Neuropharmacology

Volume 13 - 2022 | <https://doi.org/10.3389/fphar.2022.841648>

Frontiers in Pharmacology

Psilocybin-Induced Mystical-Type Experiences are Related to Persisting Positive Effects: A Quantitative and Qualitative Report

“Psychedelic drugs such as psilocybin have shown substantial promise for the treatment of several psychiatric conditions including mood and addictive disorders. They also have the remarkable property of producing persisting positive psychological changes in healthy volunteers for at least several months.”



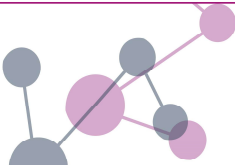
Randomized Controlled Trial

> [Psychopharmacology \(Berl\)](#). 2006 Aug;187(3):268-83; discussion 284-92.
doi: 10.1007/s00213-006-0457-5. Epub 2006 Jul 7.

Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance

R R Griffiths ¹, W A Richards, U McCann, R Jesse

“It is remarkable that 67% of the volunteers rated the experience with psilocybin to be either the single most meaningful experience of his or her life or among the top five most meaningful experiences of his or her life. Thirty-three percent of the volunteers rated the psilocybin experience as being the single most spiritually significant experience of his or her life.”





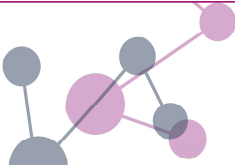
Health

People With ADHD Can Actually Focus So Hard it's Scary



People with hyperfocus tend to block out everything else going on around them.

TB By [Terena Bell](#)



[J Family Med Prim Care](#). 2022 Jul; 11(7): 3471–3475.

Published online 2022 Jul 22. doi: [10.4103/jfmpc.jfmpc.199.21](https://doi.org/10.4103/jfmpc.jfmpc.199.21)

PMCID: PMC9648241

PMID: [36387716](https://pubmed.ncbi.nlm.nih.gov/36387716/)

Effect of long-term yoga training on autonomic function among the healthy adults

[R Shobana](#), ¹ [K Maheshkumar](#), ² [S.T. Venkateswaran](#), ³ [M Bagavad Geetha](#), ⁴ and [R Padmavathi](#) ⁴

Conclusion:

The present study revealed diminished sympathetic activity and improved parasympathetic activity among the regular yoga practicing participants. It can be practiced regularly to reduce stress and prevent lifestyle-associated disorders in the future.

Keywords: Autonomic function, sympathetic and parasympathetic reactivity test, yoga

[J Family Med Prim Care](#). 2022 Jul; 11(7): 3471–3475.

03 April 2006

Dear Accredited Teacher

Congratulations on becoming an accredited British Wheel of Yoga Teacher.

We maintain your contact with us; we can only continue with the support of all our members. There will be advantages for you too, if you are one of us in the past have found that it is easy to feel after getting our Diploma – we need the support and help of other Yoga Teachers. So please, for instance, make an effort to attend your local AGM: you may not know others there but you soon will.

Even more important is your annual In-service Training attendance, either at one of our IST events or alternatively an event that fulfils your own organisation's IST requirement for the year. This is not too much to ask, but if you do not do this, then we will not continue to support you.

Remember also to renew your membership – it is due on 31st October each year and, by way of a reminder, a form for renewal is issued with the Autumn copy of your Spectrum magazine. Arrangements for payment by Direct Debit and for Gift Aiding the subscription are available. Remember – your renewal includes your teaching insurance so if you do not renew you will not be covered.

Best wishes for the future

The British Wheel of Yoga
Central Office

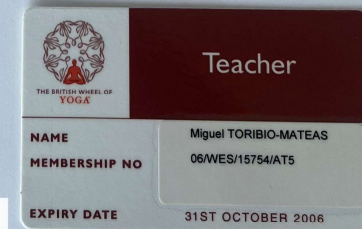


CENTRAL 25 Jermyn
OFFICE
Sleaford,
Lincolnshire
NG34 7R

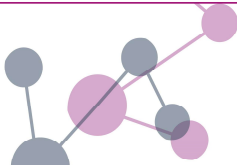
TEL 01529 30
FAX 01529 30
WEB www.bwyo

PATRONS Satish Kur
Dr Rosy
Kaustrub

Reg. Charity
VAT Reg. N

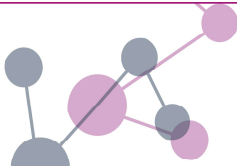


London, 2006



My hyperfocus. Or was it?

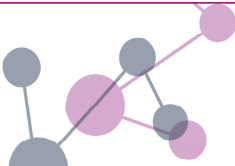
| | |
|--|-----------|
| MSc International Business | 2000 |
| PgDip Environmental Decision Making (Sustainability) | 2001-2003 |
| BSc (Hons) Nutritional Medicine | 2004-2009 |
| Fellowship in Metabolic & Nutritional Medicine (A4M) | 2010-2012 |
| MSc Clinical Neuroscience | 2014-2016 |
| Doctorate in Gut Microbiome & Mental Health | 2016-2021 |

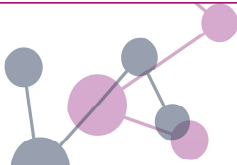
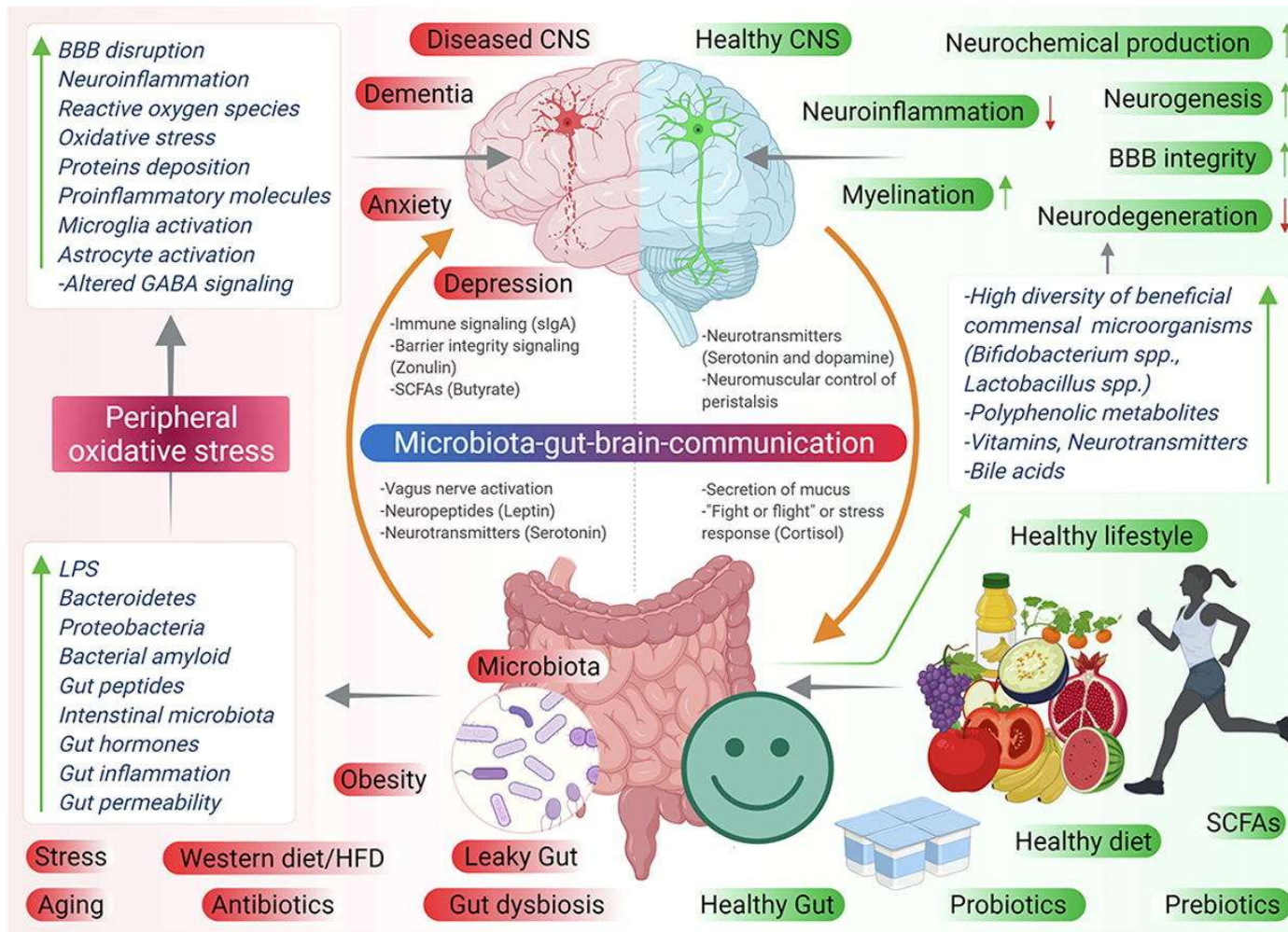


Lessons from work in addiction care

You can

- be addicted to control, e.g. strict diets, obsession with tracking data
- be addicted to shame (from self-sabotaging your control plans)
- be addicted to misery (a pattern of behaviours you have developed unconsciously to protect yourself)
- replace one addiction with another, e.g. drugs/alcohol with social media and/or an obsession with healthy living





> [Eat Weight Disord.](#) 2023 Jun 27;28(1):55. doi: 10.1007/s40519-023-01575-y.

Too healthy for their own good: orthorexia nervosa and compulsive exercise in the community

[Ada H Zohar](#) ^{1 2 3}, [Merav Zamir](#) ⁴, [Lilac Lev-Ari](#) ^{4 5}, [Rachel Bachner-Melman](#) ^{4 6}

[Eat Weight Disord.](#) 2023 Jun 27;28(1):55.

> [J Behav Addict.](#) 2018 Dec 1;7(4):1143-1156. doi: 10.1556/2006.7.2018.129.
Epub 2018 Dec 17.

Orthorexia nervosa: A behavioral complex or a psychological condition?

[Jana Strahler](#) ¹, [Andrea Hermann](#) ¹, [Bertram Walter](#) ¹, [Rudolf Stark](#) ¹

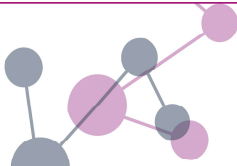
[J Behav Addict.](#) 2018 Dec 1;7(4):1143-1156.

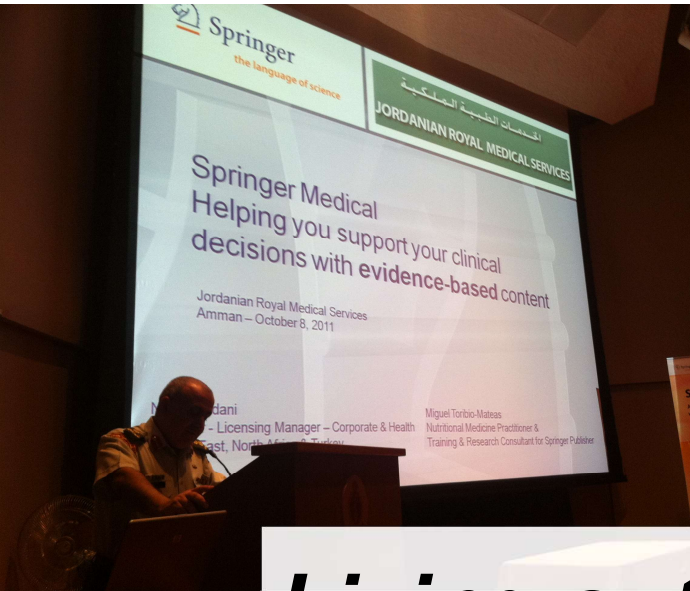
> [Cureus.](#) 2023 May 2;15(5):e38451. doi: 10.7759/cureus.38451. eCollection 2023 May.

Is Orthorexia Nervosa a Non-specific Eating Disorder or a Disease in the Spectrum of Obsessive-Compulsive Disorder?

[Nazan Dolapoglu](#) ¹, [Duygu Ozcan](#) ¹, [Riza Gokcer Tulaci](#) ²

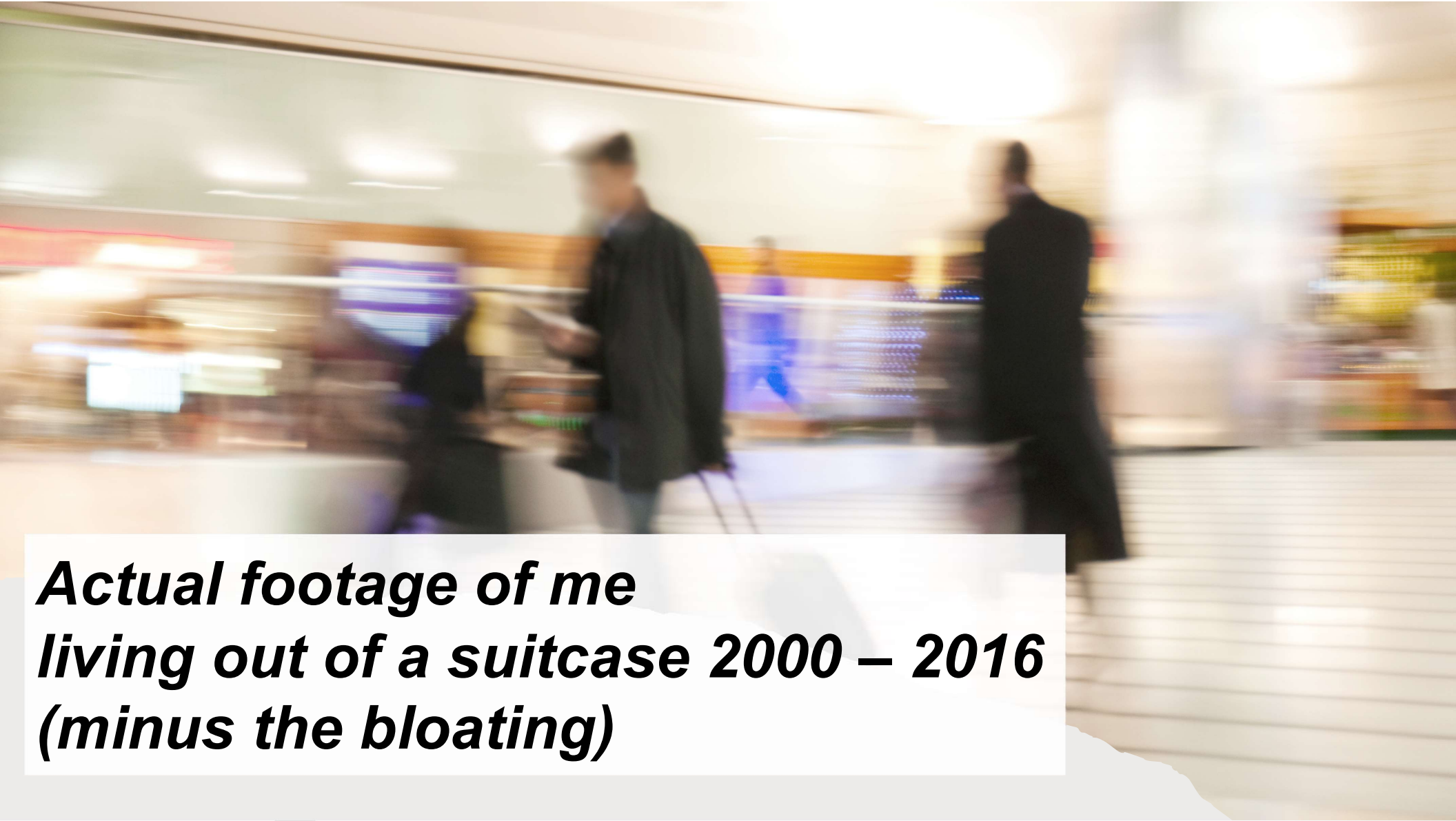
[Cureus.](#) 2023 May 2;15(5):e38451.





Living out of a suitcase 2000 – 2016





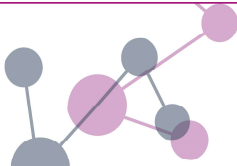
***Actual footage of me
living out of a suitcase 2000 – 2016
(minus the bloating)***

Journal of Gastroenterology

New insights into irritable bowel syndrome pathophysiological mechanisms: contribution of epigenetics

[Giovanni Dothel](#), [Maria Raffaella Barbaro](#), [Aldo Di Vito](#), [Gloria Ravegnini](#), [Francesca Gorini](#), [Sarah Monesmith](#), [Emma Coschina](#), [Eva Benuzzi](#), [Daniele Fuschi](#), [Marta Palombo](#), [Francesca Bonomini](#), [Fabiana Morroni](#), [Patrizia Hrelia](#) ✉, [Giovanni Barbara](#) & [Sabrina Angelini](#)

“Early life adverse events (EAEs), comprising psychological and physical stress as well as traumatic experiences during childhood have been identified as a predisposing factor for IBS development. Several factors are involved in the pathophysiology of IBS including unbalanced gut microbiota, low-grade immune activation, overactive serotonergic system, and intestinal barrier dysfunction.”



What is Meerkat Mode?

Hypervigilance

Seeking a monotropic flow-state
(but difficulty accessing)

Increased sensory dysregulation
(Usually interoceptive,
proprioceptive, and vestibular)

Indicative of Atypical Burnout

AuDHD, may not feel tired or be
able to rest

Tanya Adkin, 2023

emergentdivergence.com



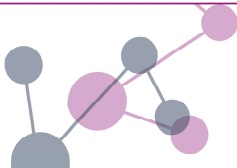
*I had spent my
life “meerkating”*

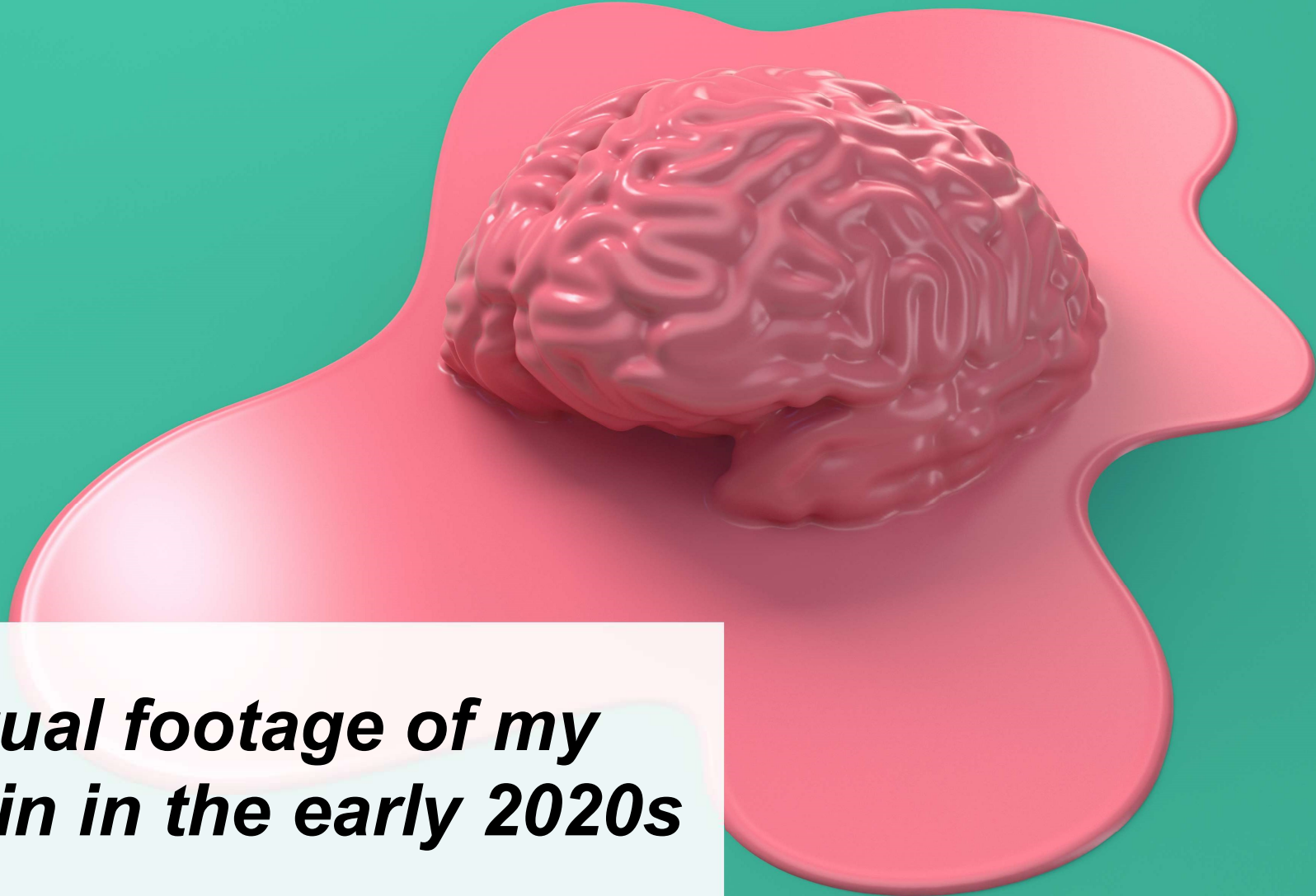




Fast-forward to 2020

If you'd asked me if there was anything "wrong" with me or if my life had been traumatic. I'd have said "NO". I was happy and everything was wonderful.





***Actual footage of my
brain in the early 2020s***

Our Ref: [REDACTED]
NHS No: [REDACTED]
Clinic Date: 24 September 2020
Typed: 5 October 2020

Private and Confidential

Dr D Kearns
Central Surgery
Bell Street
Sawbridgeworth
Herts CM21 9AQ

Dear Dr Kearns

Re: Miguel TORIBIO-MATEAS
Date of Birth: 1973
Address: [REDACTED] Sawbridgeworth, Herts, [REDACTED]

| | |
|------------------|---|
| Diagnosis | DSM CRITERIA 1. ADHD (F90.0) 2. Predominantly inattentive symptoms 3. Generalised anxiety disorder 4. Fibromyalgia/chronic pain syndrome |
|------------------|---|

[REDACTED] [REDACTED]
[REDACTED] [REDACTED]
Clinic Date: 04 May 2023
Typed: 22 May 2023

Private and Confidential

Dr D M Kearns
Central Surgery
Bell Street
Sawbridgeworth
Hertfordshire CM21 9AQ

Dear Dr Kearns

Patient: Miguel Toribio-Mateas
Date of Birth: 1973
Address: [REDACTED] Sawbridgeworth, Hertfordshire, [REDACTED]

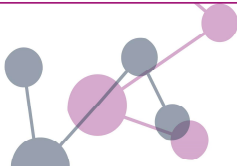
| | |
|------------------|--|
| Diagnoses | 1. Autism Spectrum Disorder (ASD) 2. ADHD 3. General Anxiety disorder in context of Autism 4. Social Anxiety 5. Fibromyalgia |
|------------------|--|



“Having All of Your Internal Resources Exhausted Beyond Measure and Being Left with No Clean-Up Crew”: Defining Autistic Burnout

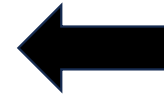
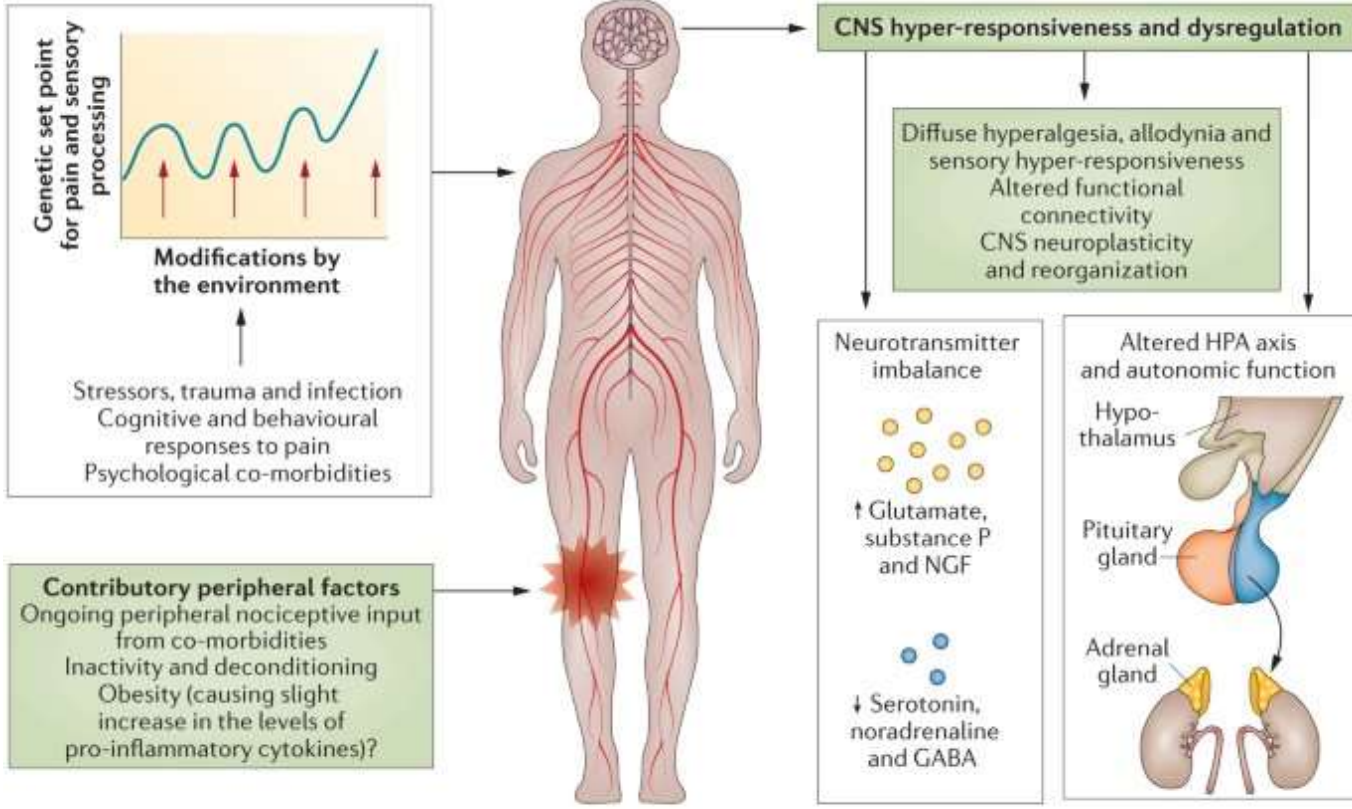
[Dora M. Raymaker](#), PhD,^{1,2} [Alan R. Teo](#), MD, MS,^{3,4,5} [Nicole A. Steckler](#), PhD,⁶ [Brandy Lentz](#),¹ [Mirah Scharer](#), BS,¹ [Austin Delos Santos](#),¹ [Steven K. Kapp](#), PhD,^{2,7} [Morrigan Hunter](#), MA,² [Andee Joyce](#), BA,² and [Christina Nicolaidis](#), MD, MPH^{1,2,5,8}

“The primary characteristics of autistic burnout were chronic exhaustion, loss of skills, and reduced tolerance to stimulus. Participants described burnout as happening because of life stressors that added to the cumulative load they experienced, and barriers to support that created an inability to obtain relief from the load. These pressures caused expectations to outweigh abilities resulting in autistic burnout.”

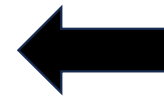


nature reviews disease primers

Fibromyalgia

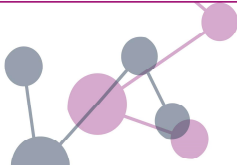


Fibromyalgia or trauma aftermath?



Herts, 2020

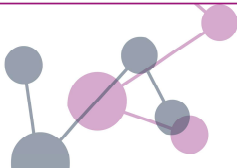
Nature Reviews | Disease Primers



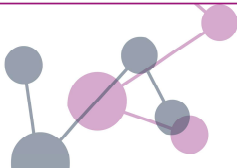
SUMMARY



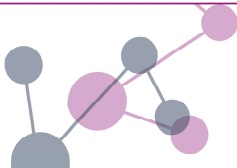
Childhood adverse events (ACEs), such as abuse, neglect, or household dysfunction, are traumatic experiences that can have significant, long-term effects on a person's physical and mental health. The lived experience of an individual, or the first-hand accounts and interpretations of their experiences, often shape the way these impacts manifest and are expressed.



In recent years, the gut-brain axis has emerged as a possible pathway through which ACEs could impact health outcomes. This axis is a complex system of communication between the gut and the brain. It involves various biological and physiological processes, including the immune system, endocrine system, and the gut microbiota.



ACEs can lead to prolonged activation of the stress response system in children that extends into adulthood. Additionally, chronic stress has been associated with alterations in the gut microbiota. These alterations can, in turn, impact brain function through the gut-brain axis, potentially leading to mental health issues like depression, anxiety, and PTSD. They can also make the lived experience of neurodivergent people more challenging.



LESSONS LEARNED



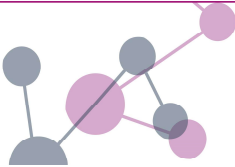


Everyone has a story...

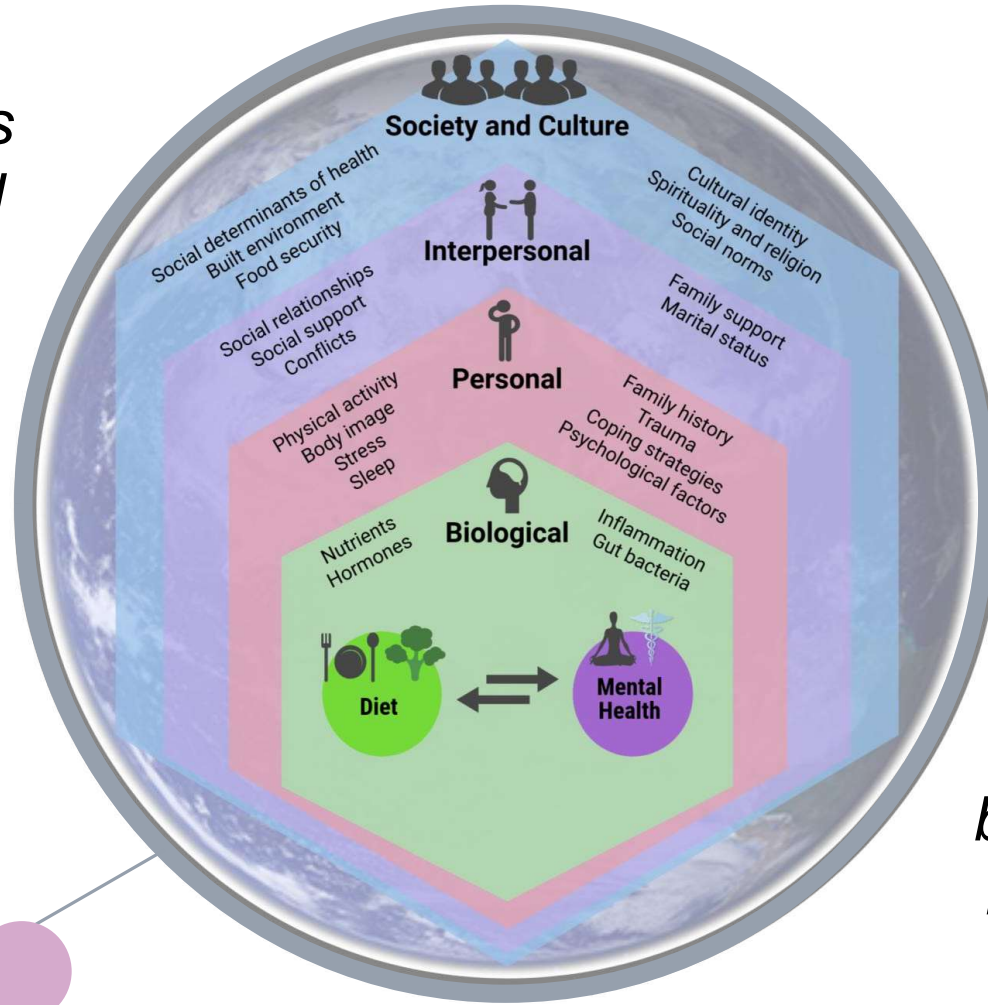


“Storytelling has the potential to provide patients with a more active role in their health care by identifying their specific needs as well as gaps in knowledge and skills, while allowing them to form strong bonds with peers who share similar disease-related experiences.”

[BMC Health Serv Res 16, 249 \(2016\)](#)



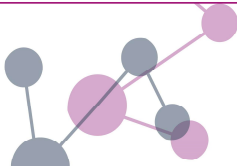
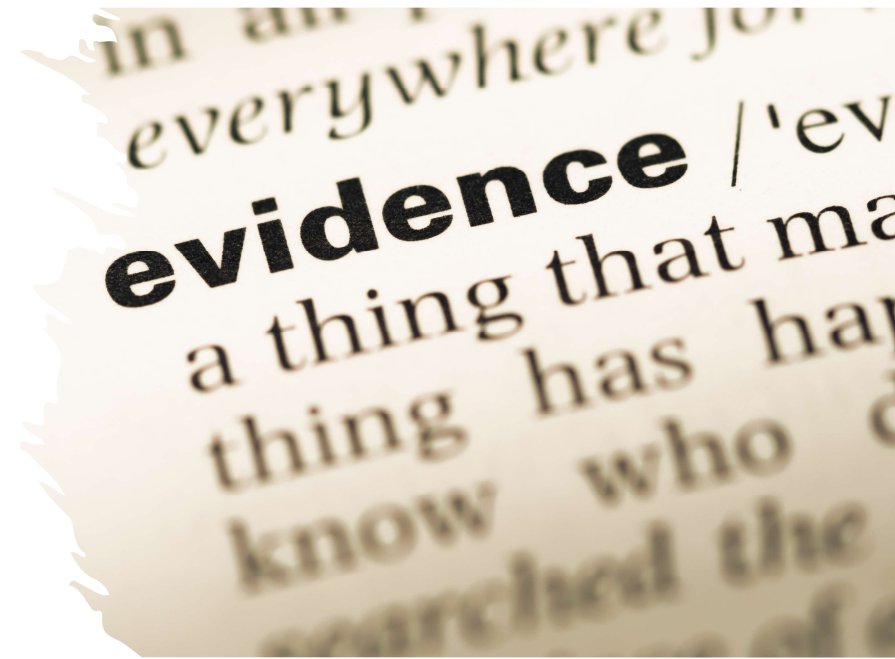
Determinants of health and disease are complex.



Biological data can be fascinating, but there's so much more to the story...

“Stories (i.e. narratives of patients, friends, family, and caregiver experiences) are a tremendously popular and effective medium to support the uptake of research evidence.”

Implement Sci Commun 3, 35 (2022)

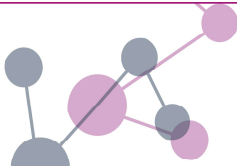


A red heart-shaped padlock is shown in an open position, with its shackle curved upwards. The padlock is resting on a weathered wooden surface. A small red key with a heart-shaped head lies on the wood to the left of the padlock. The background is a blurred, light-colored wooden surface.

*Listen with
an open heart*

See people with an open heart too.

We often hide aspects of ourselves because of stigma and shame. We need to be seen in our entirety



Disparities in Adverse Childhood Experiences among Sexual Minority and Heterosexual Adults: Results from a Multi-State Probability-Based Sample

Judith P. Andersen, John Blossich
Published: January 23, 2013 • <https://doi.org/10.1371/journal.pone.0054691>

| Article | Authors | Metrics | Comments | Media Coverage |
|---------|---------|---------|----------|----------------|
| ✓ | | | | |

RESEARCH PAPER

Altered microbiome composition in individuals with fibromyalgia

Minerbi, Amir^{a,c}; Gonzalez, Emmanuel^{b,c}; Brereton, Nicholas J.B.^d; Anjarkouchian, Abraham^e; Dewar, Ken^{c,f}; Fitzcharles, Mary-Ann^{a,g}; Chevalier, Stéphanie^{a,h,i}; Shir, Yoram^a

Author Information
PAIN 160(11):p 2589-2602, November 2019. | DOI: 10.1097/j.pain.0000000000001640

OPEN SDC Editor's Choice Video



> [Cureus](#). 2022 Jul 18;14(7):e26966. doi: 10.7759/cureus.26966. eCollection 2022 Jul.

Maladaptive Eating Behaviors and Childhood Trauma: A Focus on Food Addiction

Maxime Legendre¹, Stéphane Sabourin¹, Catherine Bégin¹

Affiliations + expand
PMID: 35989855 PMCID: PMC9382990 DOI: 10.7759/cureus.26966
Free PMC article

Intersectionality matters

[Am J Public Health](#). 2016 February; 106(2): 314–320.

PMCID: PMC4815563

Published online 2016 February. doi: [10.2105/AJPH.2015.302904](https://doi.org/10.2105/AJPH.2015.302904)

PMID: [26691127](https://pubmed.ncbi.nlm.nih.gov/26691127/)

Adverse Childhood Experiences Related to Poor Adult Health Among Lesbian, Gay, and Bisexual Individuals

[Anna Austin](#), MPH, [Harry Herrick](#), MSHP, MSW, MEd, and [Scott Proescholdbell](#), MPH

▶ [Author information](#) ▶ [Article notes](#) ▶ [Copyright and License information](#) [Disclaimer](#)

[J Clin Psychiatry](#). Author manuscript; available in PMC 2021 Jun 1.

PMCID: PMC779052

Published in final edited form as:

NIHMSID: NIHMS165459

[J Clin Psychiatry](#). 2020 Dec 1; 81(6): 20m13291.

PMID: 3326482

Published online 2020 Dec 1. doi: [10.4088/JCP.20m13291](https://doi.org/10.4088/JCP.20m13291)

Sexual Orientation, Adverse Childhood Experiences, and Comorbid DSM-5 Substance Use and Mental Health Disorders

[Sean Esteban McCabe](#), PhD,^{a,b,c,d,e} [Tonda L. Hughes](#), PhD,^f [Brady T. West](#), PhD,^{b,g} [Rebecca J. Evans-Polce](#), PhD,^a [Phil T. Veliz](#), PhD,^{a,b,c} [Kara Dickinson](#),^a [Vita V. McCabe](#), MD, MHSA,^{a,g,h} and [Carol J. Boyd](#), PhD^{a,c,e,g}

▶ [Author information](#) ▶ [Copyright and License information](#) [Disclaimer](#)

[Am J Public Health](#). 2007 November; 97(11): 2048–2055.

PMCID: PMC2040376

doi: [10.2105/AJPH.2006.087254](https://doi.org/10.2105/AJPH.2006.087254)

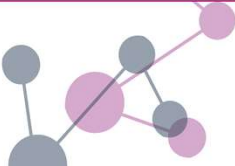
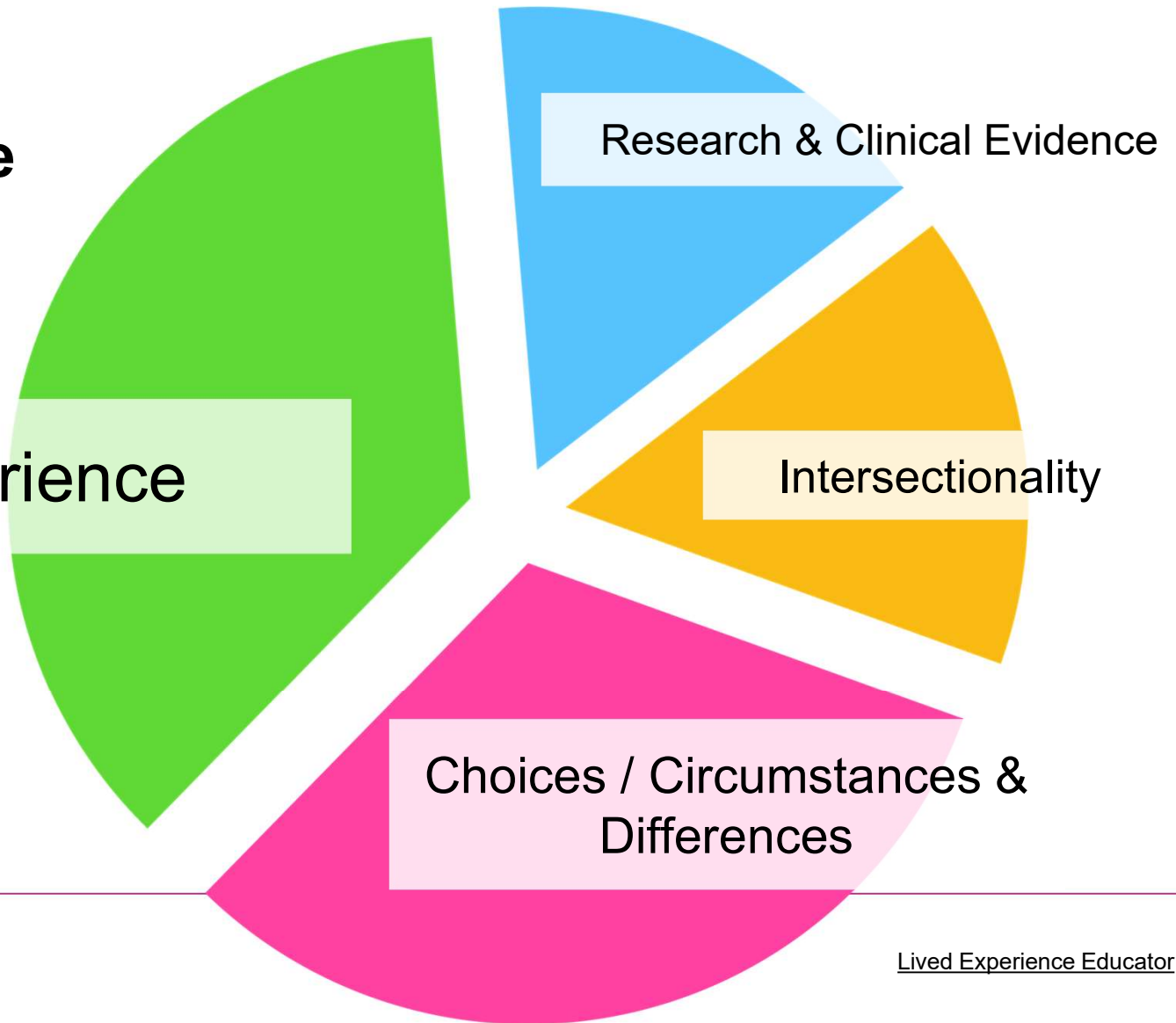
PMID: [17463371](https://pubmed.ncbi.nlm.nih.gov/17463371/)

Physical Health Complaints Among Lesbians, Gay Men, and Bisexual and Homosexually Experienced Heterosexual Individuals: Results From the California Quality of Life Survey

[Susan D. Cochran](#), PhD, MS and [Vickie M. Mays](#), PhD, MSPH

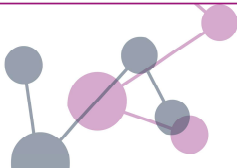
Lived Experience Informed Practice

Lived Experience

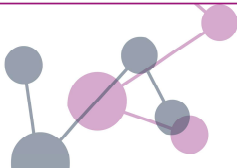


In order to move on from a traumatic past, we need to make our world smaller and simpler. I call this **“getting over yourself”**.

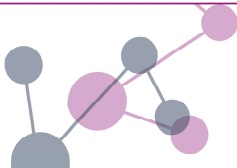
I also call it cultivating a **“wabi-sabi brain”**.



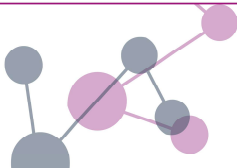
In traditional Japanese aesthetics, wabi-sabi (侘寂) is a world view centred on the acceptance of transience and imperfection. **The principles of wabi-sabi resonate deeply with the experience of mental health challenges in our lives.**



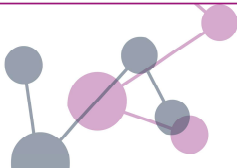
1. Imperfection and Authenticity: Wabi-sabi emphasises the acceptance of imperfection. Similarly, in the realm of mental health, we should be encouraged to accept our flaws, struggles, and challenges. This acceptance is crucial to self-understanding, self-compassion, and reducing stigma around mental health issues.



2. Transience and Adaptability: Wabi-sabi teaches that nothing is permanent and everything is in a state of constant change, **just as we are.** Emotional states and mental health conditions are not static. Wabi-sabi reinforces the idea that with time, resilience, and appropriate support, change and improvement are possible.



3. Beauty in Simplicity: Just as wabi-sabi finds beauty in simple, everyday things, mindfulness—a beneficial practice for mental health—encourages us to find peace and contentment in the present moment. This could mean appreciating simple joys which can have a positive impact on overall mental well-being.



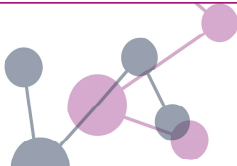
A-ha! Moment 2



Psychedelic Therapies at the Crossroads of Trauma and Substance Use: Historical Perspectives and Future Directions, Taking a Lead From New Mexico

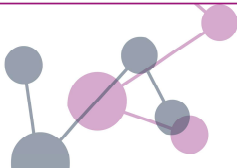
[Snehal R. Bhatt](#),^{1,*} [Maya Armstrong](#),² [Tassy Parker](#),^{2,3,4,5,6} [Marcello Maviglia](#),^{2,5} [Rebecca Kass](#),¹
[Lawrence Leeman](#),² [Paul Romo](#),¹ and [Douglas Ziedonis](#)⁷

“By bringing about a “pivotal mental state” a hyper-plastic state which can lead to rapid and deep learning and psychological transformation, psychedelics may promote post-traumatic growth (both neurologic and psychologic).”

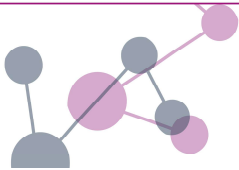




The world pushes us to handle our difficult emotions by faking positivity, pushing them aside or even banishing them from our lives. Grief is to be overcome. Anxiety is to be defeated. Fear is to be conquered.



integrative
mental health
CONFERENCE 23



Experience uncomfortable emotions

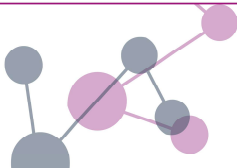
As well as trust, and love

= Wider emotional bandwidth

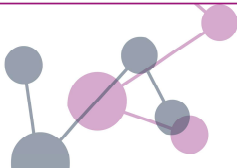
= Feel better



4. Resilience: Wabi-sabi embraces the cycle of growth and decay, symbolising resilience. Similarly, lived experiences often require resilience, especially when dealing with mental health challenges. The process of recovery, growth, and **sometimes relapse**, aligns with the understanding that there can be beauty and strength in overcoming adversity.



5. Integration and Acceptance: Just as wabi-sabi represents an integrated view of life and its different phases, mental health is about integrating all parts of our lived experience, including joys, sorrows, victories, and challenges.



Thank You





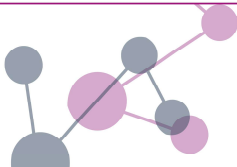
IT'S BEEN
A JOURNEY

the

WABI-SABI BRAIN



Scan me



Versha Carter

Sophie Potten

Neil Bindemann

Everyone at the P-CNS!

Daniel O'Shaughnessy

Thank You

