



Image Schemas Periaqueductal Gray Deep Listening

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4:00-4:20pm

Image Schemas, the Periaqueductal Gray, and Deep Listening

Image Schemas are representations of recurring dynamic patterns of our internal perceptual and motor programs. They give coherence and structure to our experience. Image Schemas usually run in the unconscious until they manifest themselves when triggered by highly charged emotional events. The theory of image schemas stems from a theory of embodied-cognition. In this sense, images are the connective tissue between mind and body carrying archetypal power.

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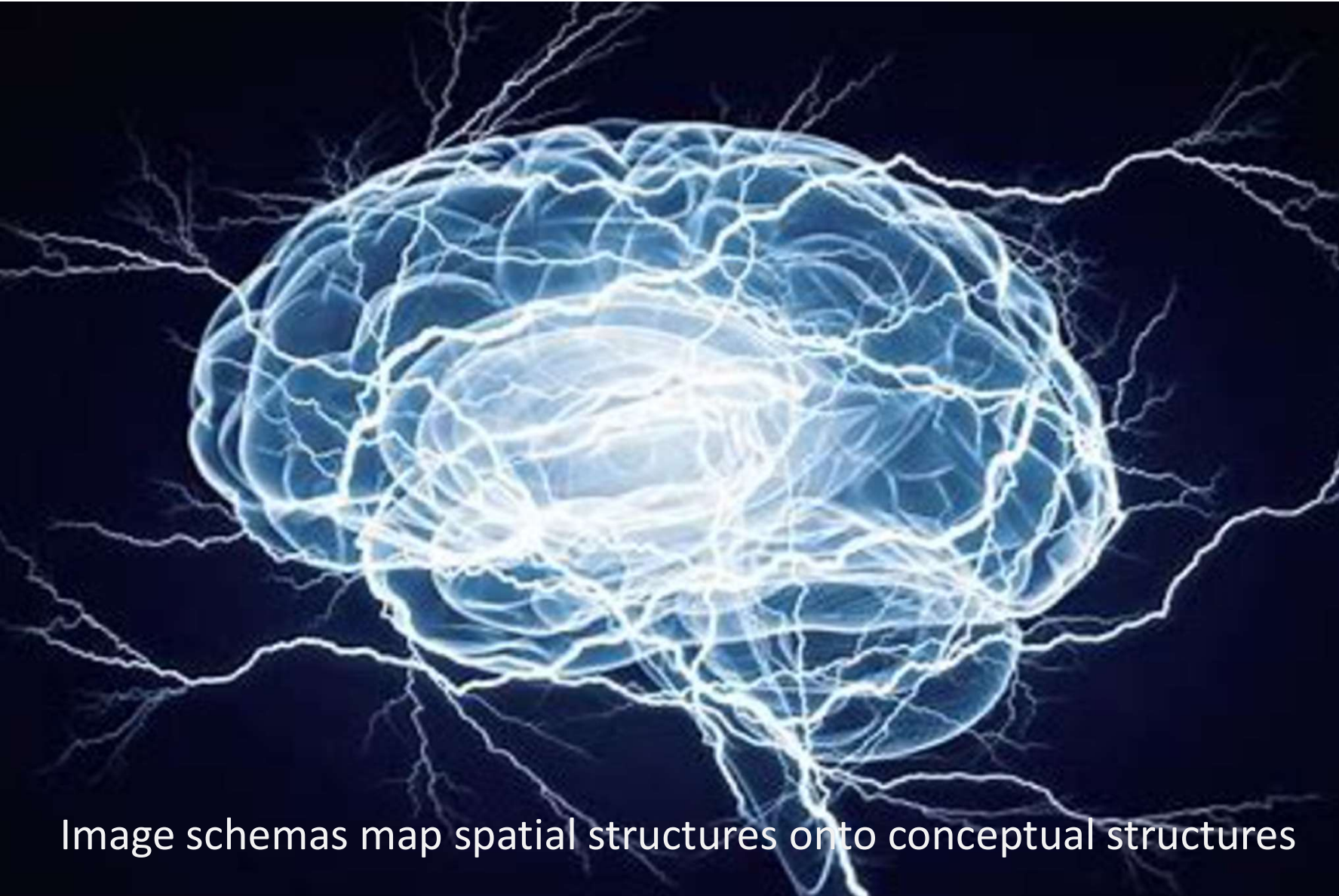


Image schemas map spatial structures onto conceptual structures

A Sandstorm is an Image Schema of Trauma

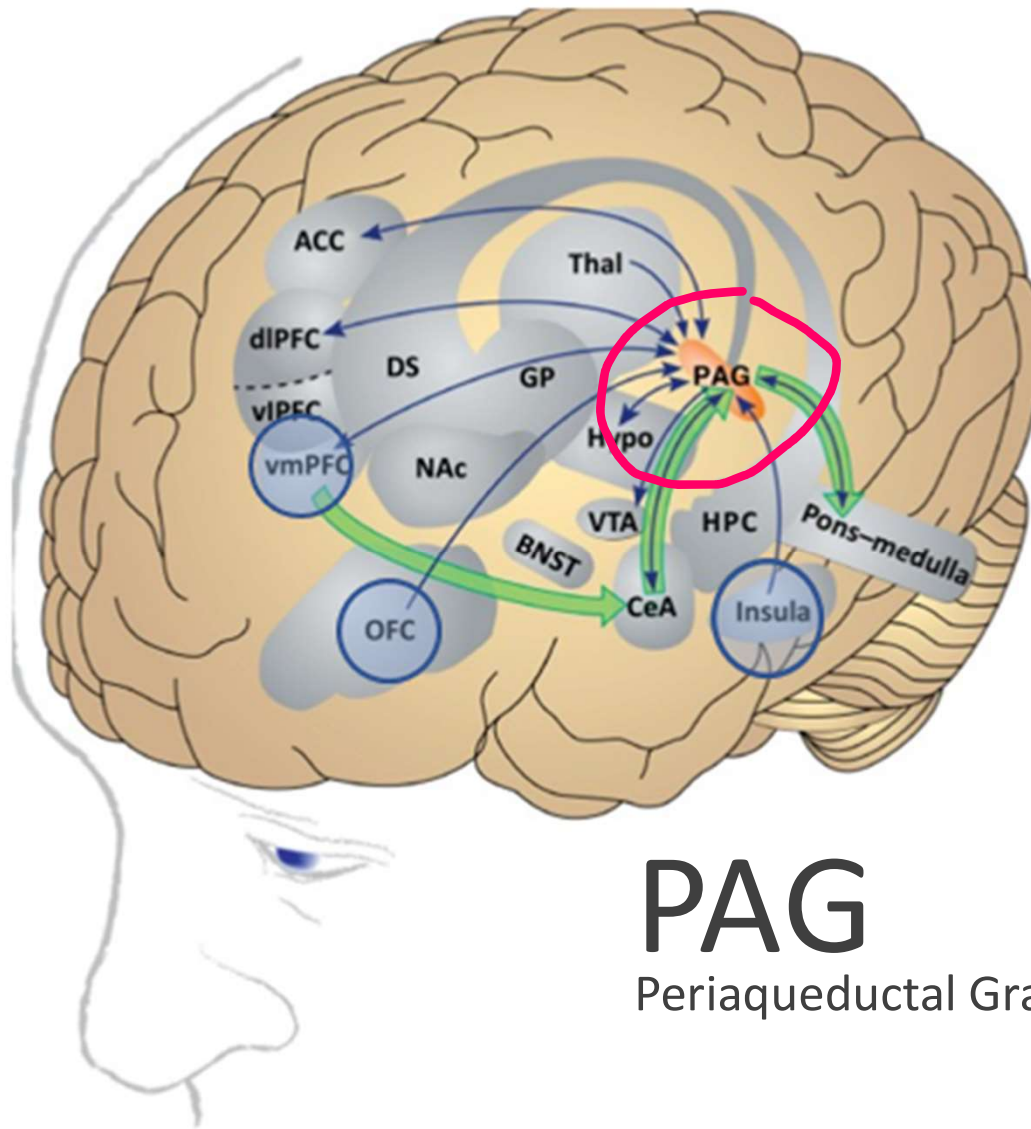


The Sandstorm of Trauma abruptly changes the contrast gradient in the brain's electric signaling capacity.



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Grand Central Station in New York

PAG

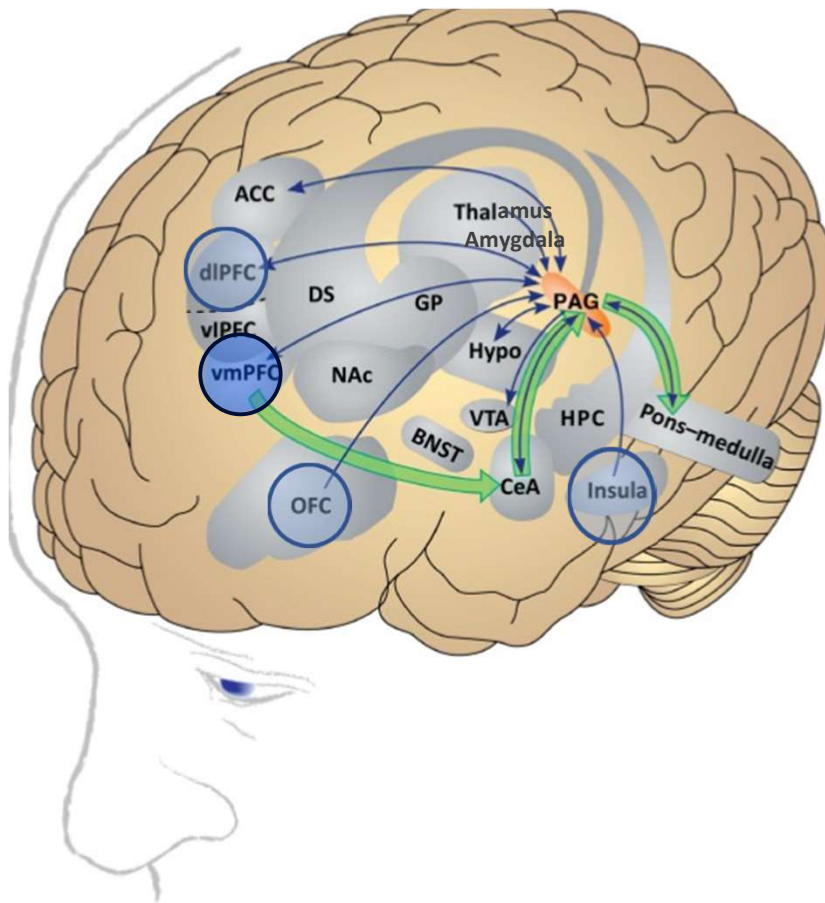
Periaqueductal Gray – The Brain's Grand Central Station



PAG

ANDRE FORB
SEPTEMBER

heavy rain caused flooding in New York City on
Friday morning



THE PAG IS FED BY TWO BRAIN AREAS
PLAYING DISTINCT ROLES:

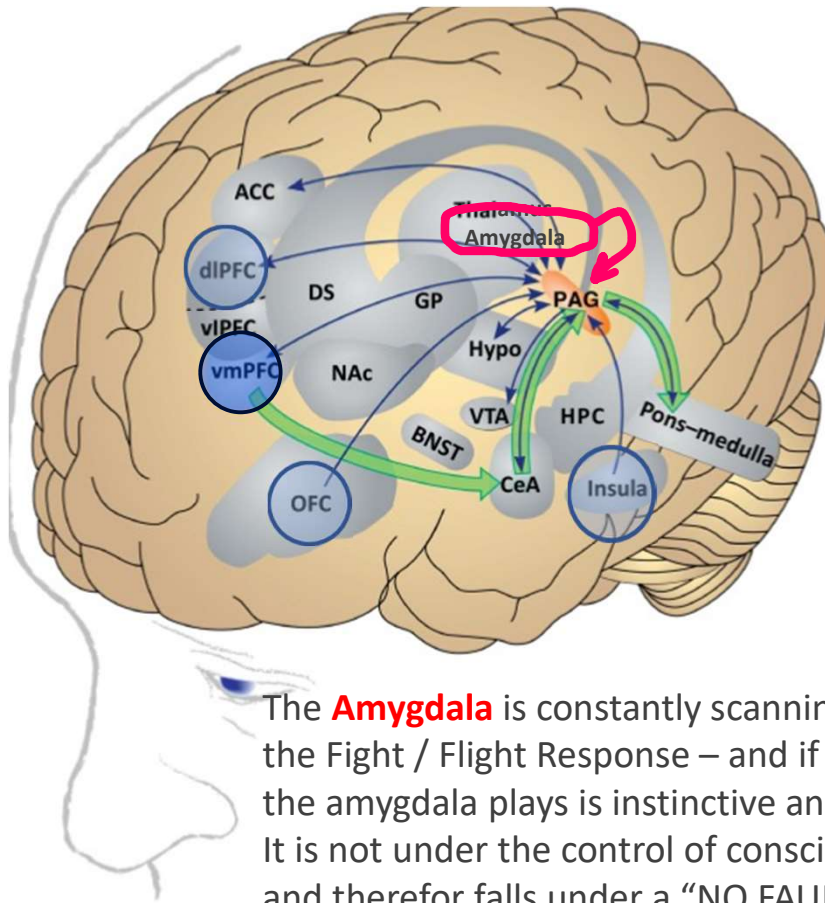
AMYGDALA – implicit / instinctively protective

INSULA – explicit / seat of compassion



Grand Central Station

THE PAG IS FED BY TWO BRAIN AREAS PLAYING DISTINCT ROLES

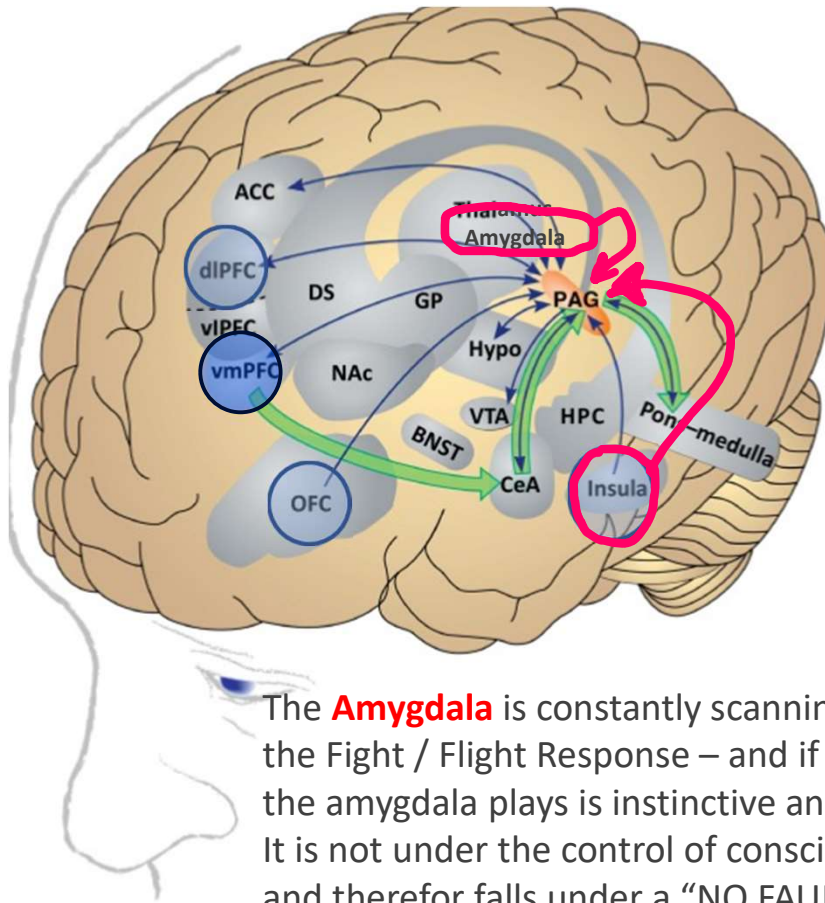


The **Amygdala** is constantly scanning for Threat. It is the **first alarm** initiating the Fight / Flight Response – and if not checked, leads to PTSD. The role that the amygdala plays is instinctive and automatic – thus it is an **implicit** response. It is not under the control of consciousness. It is nature’s response to Threat and therefore falls under a “NO FAULT” Zone. In PTSD, a Limbic Oriented Treatment is often required to shut off the alarm and reprocess the Amygdala - clearing out the underlying *static* interfering with the PAG’s function.



Grand Central Station

THE PAG IS FED BY TWO BRAIN AREAS PLAYING DISTINCT ROLES



The **Insula** is the seat of compassion and motivation. It plays an **explicit** role – meaning it is under the patient’s conscious control and thus, his or her responsibility to engage in the healing process. The Insula regulates the PAG by introducing the patient’s and physician’s empathetic feelings into conscious action. A type of compassion that allows the caregiver to **Listen Deeply** to the patient’s narrative and to learn what makes him or her suffer.

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Grand Central Station


A deep field image of the universe, showing a vast field of galaxies and stars. The galaxies are scattered across the frame, with some appearing as bright, elongated structures and others as smaller, more distant points of light. The background is a dark, starry field.

Deep Listening

More than a billion years ago, in a galaxy far, far away, two black holes collided so violently they released more energy than the combined output of every star in every galaxy in the observable universe. Yet, unlike starlight which we can see in the sky, this energy was dark – black – and could only be “heard” across space as a mere whisper of its thunderous beginning by the time the sound waves were heard on earth in November 2015 – the collision between two black holes. It took a very special laser with highly polished mirrors to listen and hear and interpret the meaning of that whisper-of-a-sound traveling from the depths of space.



Deep Listening

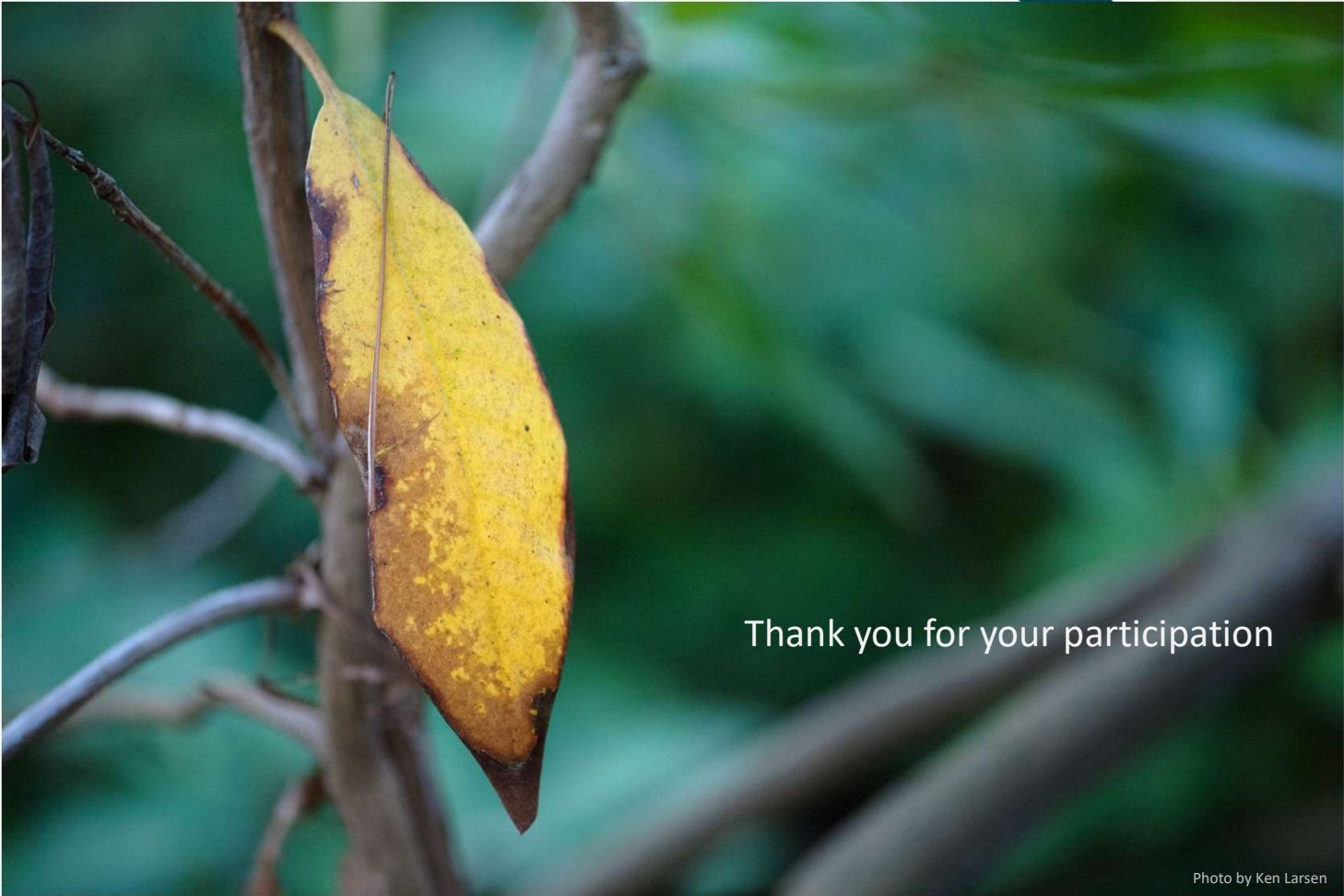
A deep field astronomical image showing a vast field of stars and a prominent nebula. The nebula features a central region of bright blue light, surrounded by wispy, filamentary structures of orange and red. The background is a dense field of stars of various colors and magnitudes, set against a dark, black sky.

Deep Listening

“evenly hovering attention”

2024

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Thank you for your participation

Photo by Ken Larsen



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