

Wilderness Trips and the challenges of Re-entry

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Midwest Risk Management Symposium

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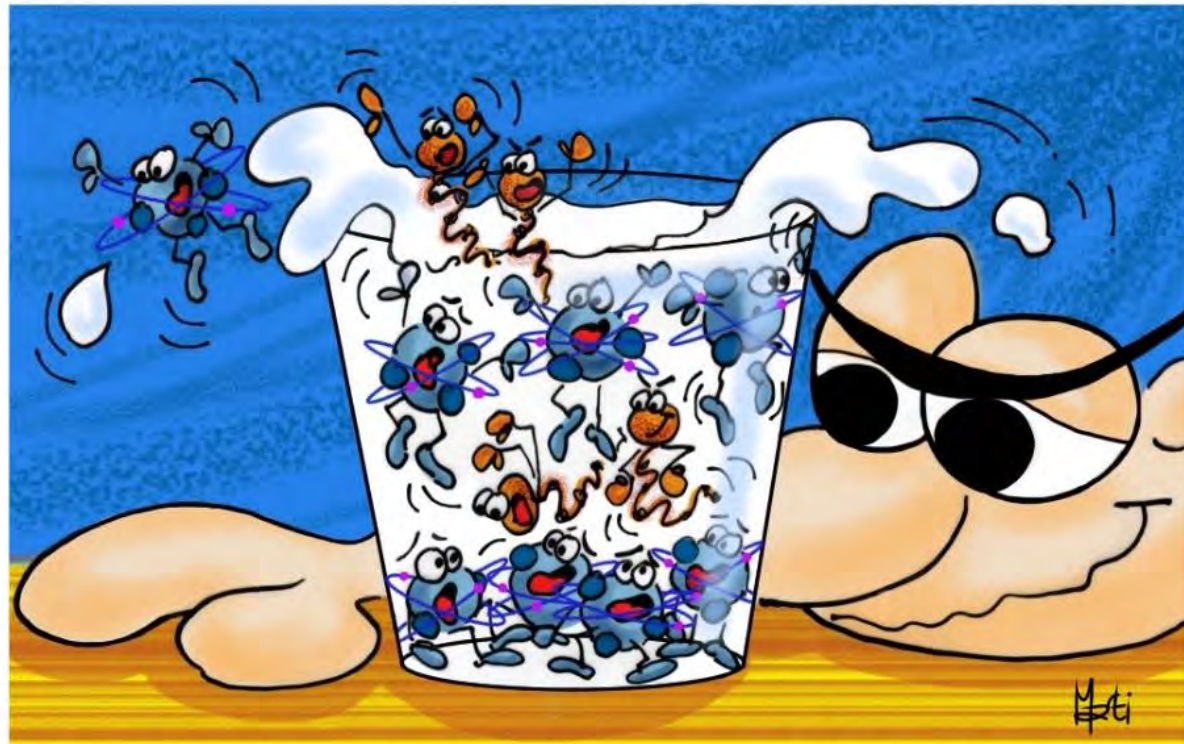




Wilderness Trips

Re-Entry?

JUST OUTSIDE THE BOX



Brian, the sadistic scientist, added some lactobacillus bacteria to his glass of milk. He wanted to create a culture shock

1

The divided brain
Iain McGilchrist

2

The seeking system
Jaak Panksepp

3

The neuroscience of
Insight
John Kounios and
Mark Beeman

3 interconnected neuroscience theories

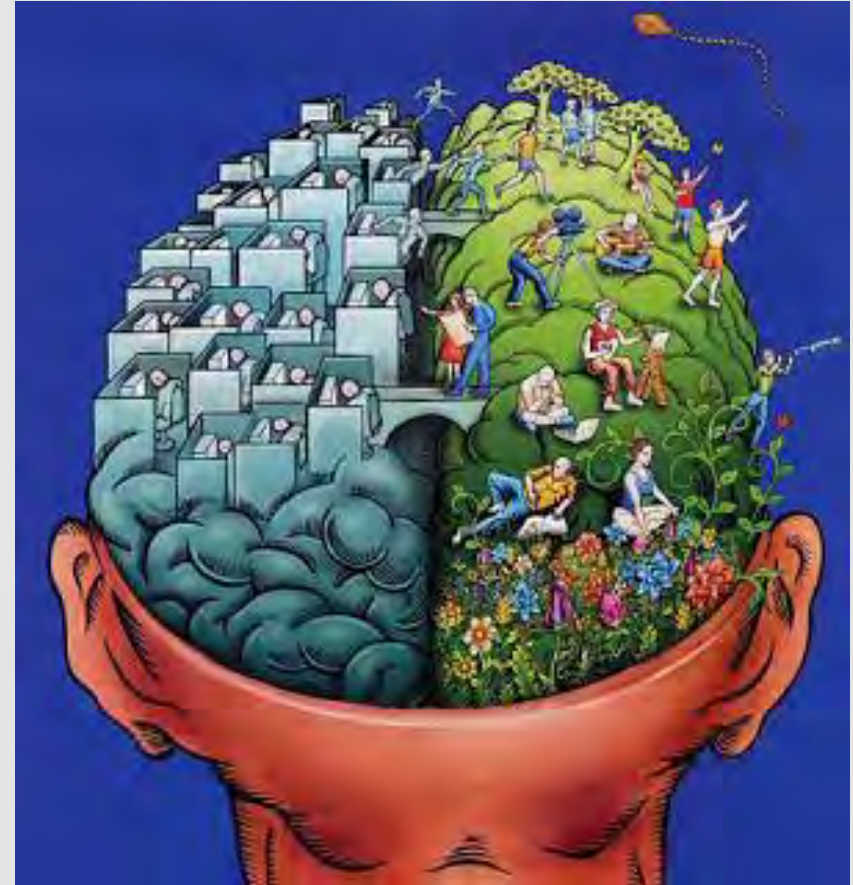
RSA nima

21st century enlightenment

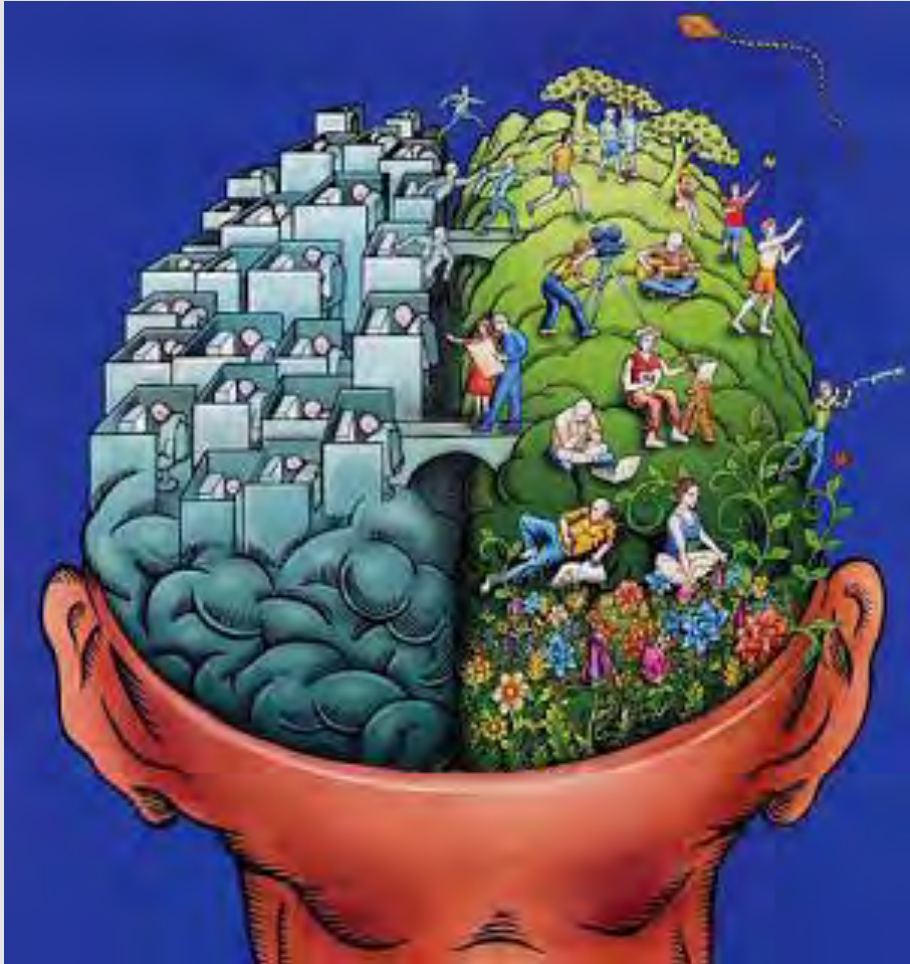
Perspectives of the two Hemispheres

- Left Hemisphere

- Manipulates the world
- Narrows down things to certainty
- Literally re-presents after the fact
- Not in touch with reality –
 - Representation of reality
- Self enclosed
- Self referring system
- Black and white
- Categorizes the world
- Doesn't realize its own limitations
- Self –deceiving
- Values utility
- Quest for meaning is meaningless



Perspectives of the two Hemispheres



Right Hemisphere

- Forges connections
- Exploration of the world
- Understands the world as it is
- Opens things up into possibility
- Flow
- Novelty, new experiences, ideas, places
- Full color spectrum
- Pay more attention to reality, to the facts
- Reintegrates thought with all that is implicit, tone, range, metaphor, humor
- Tends toward self doubt



Panksepp's 7 primary process emotion systems

- SEEKING
- LUST
- CARE
- RAGE
- FEAR
- PANIC
- PLAY

SEEKING System

1

Characterized by persistent exploratory inquisitiveness

2

Engenders energetic forward motion

- approach and engagement with the world

3

Keeps us going when the chips are down

- Hungry, thirsty, cold, tired, lonely

4

Enhances the sense of ones self as an effective agent in world

SEEKING System

What arouses SEEKING system

- Novel events
- Large number of changes in the environment
- Unexpected rewarding stimuli

Insight

- the capacity to gain an accurate and deep intuitive understanding of a person or thing
- Insight occurs when people recognize relationships or make associations between objects and actions that can help them solve new problems



Conditions that create insight

- Quiet
- Internally focused
- Slightly positive
- Not actively trying to solve the issue
- Doing something repetitive



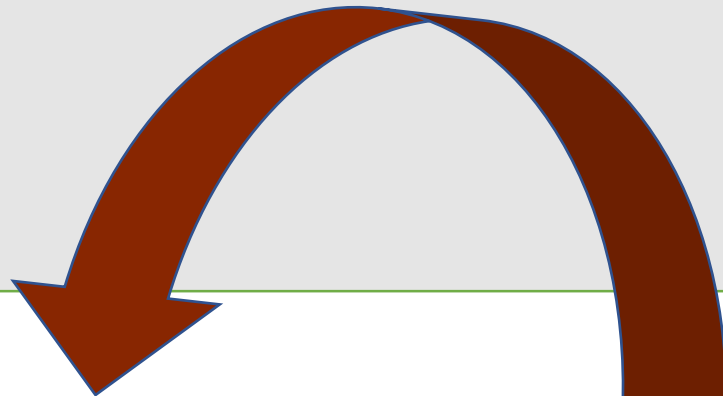
**Going from
Front Country
to Back Country**



**Going from
Front Country
to Back Country**



Going from Front Country to Back Country



RSA ANIMATE: The Divided Brain



THE RIGHT HEMISPHERE BY CONTRAST YIELDS A WORLD OF INDIVIDUAL, CHANGING, EVOLVING, INTERCONNECTED, IMPLICIT, INCARNATE, LIVING BEINGS IN THE CONTEXT OF THE LIVED WORLD

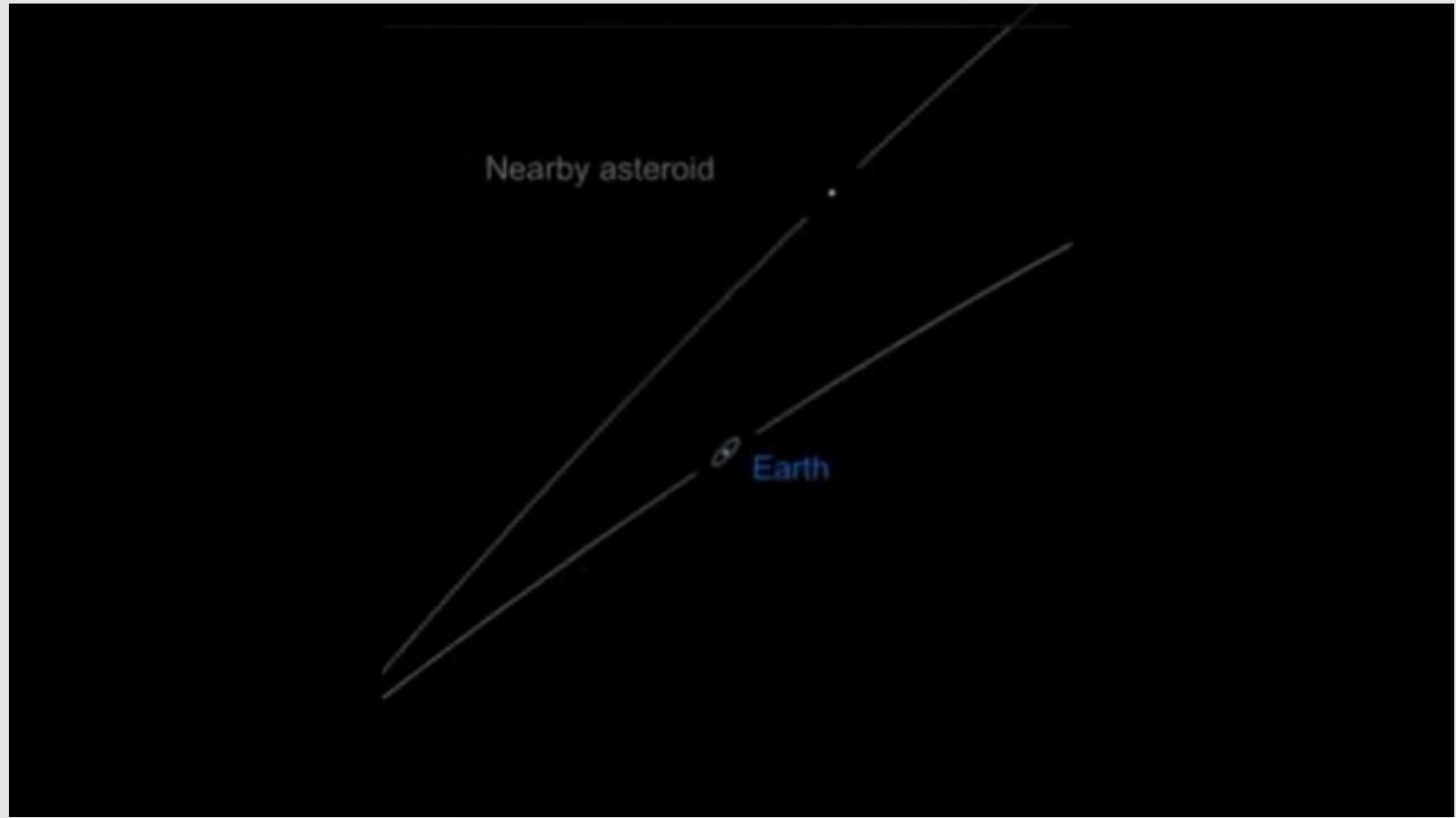
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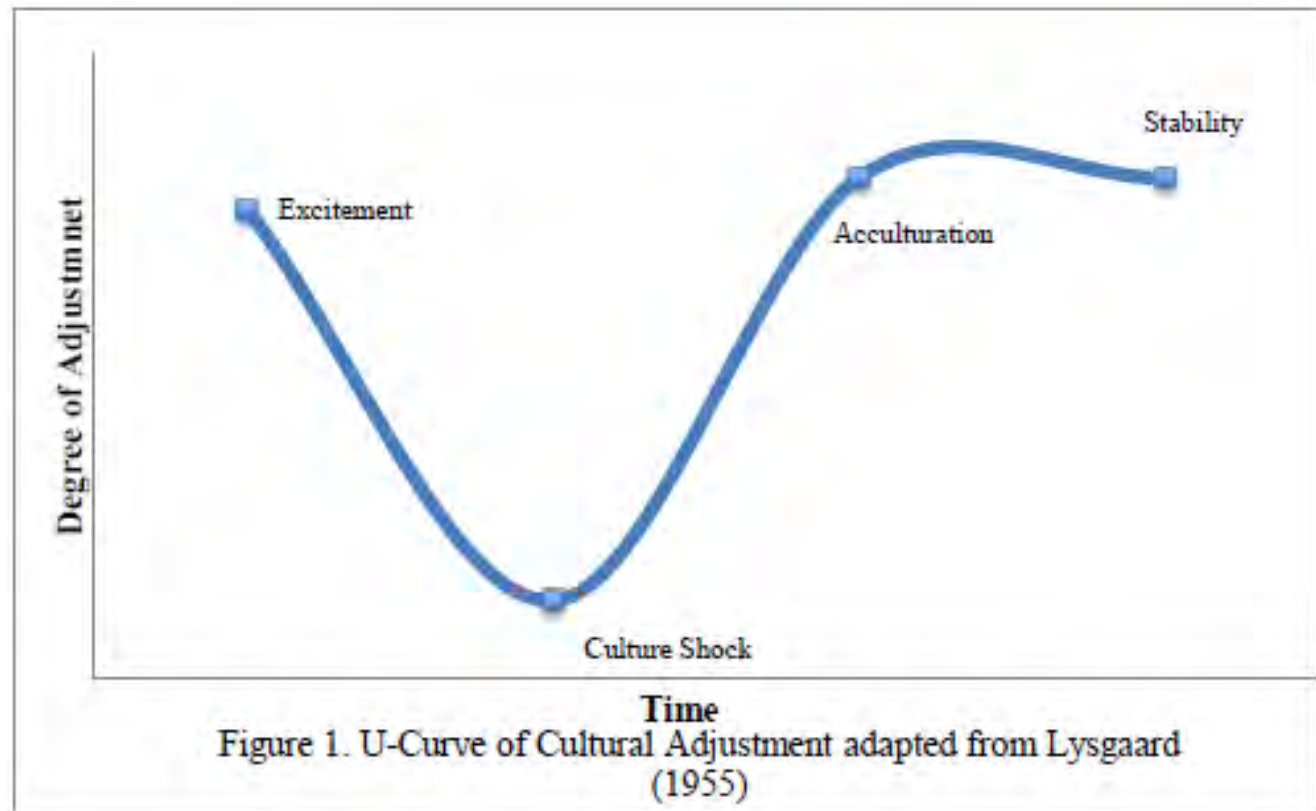
What happens on Trail



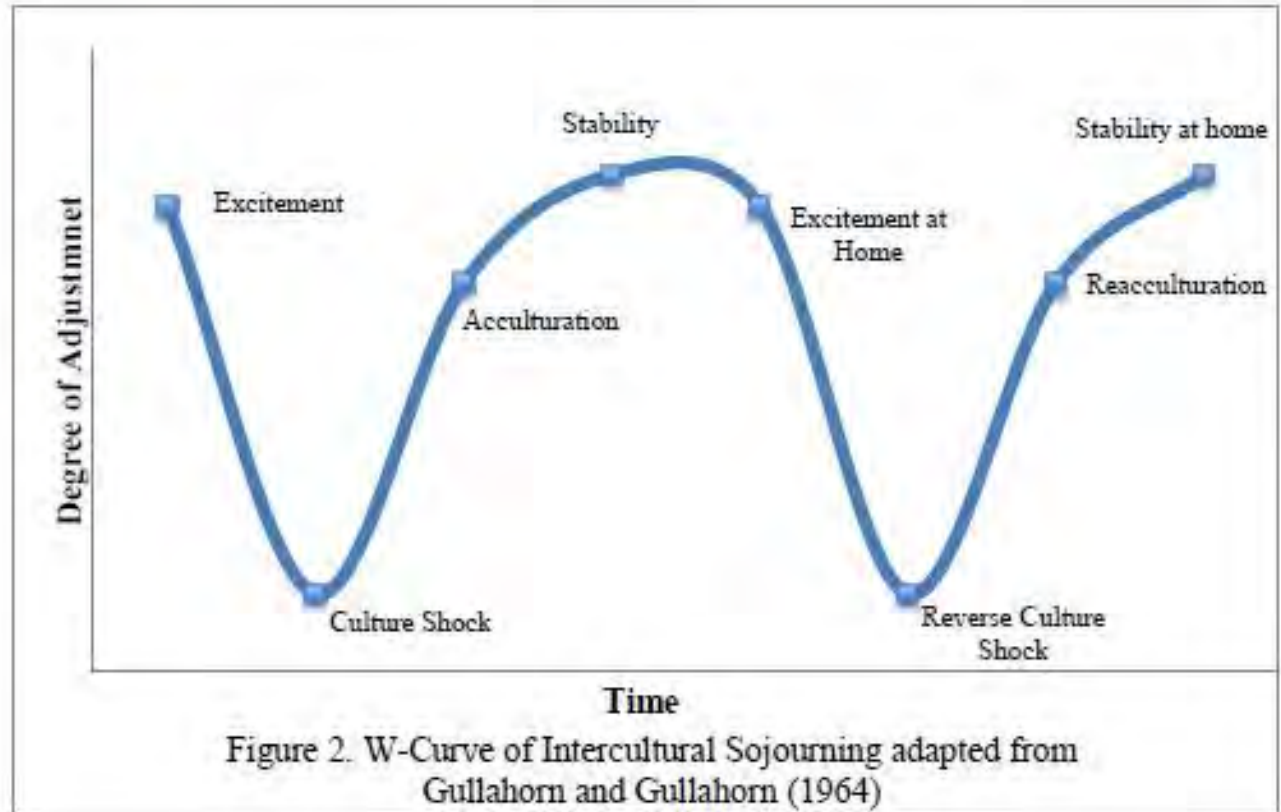
What Happens on re-entry



What Can we do?



What Can we do?



What Can
we do?

5 stages of the rites of passage

1. Preparation; clarifying purpose, resources, commitment, logistics, physical and emotional needs
2. Severance: letting go of the old self
3. Threshold: symbolizes crossing the threshold from one's familiar world with its roles and identities into a world of expanded meaning and possibilities
4. Return: reincorporating, rejoining the world and their bigger community, **a new beginning** that integrates their insights and vision into daily life, a time to explore the trips meaning deeper
5. Implementation: integrating the experience into their home lives and implementing their new perspectives into their lives

What Can
we do?

- Create cues while on trail that will help them re-access their broadened perspectives.

What Can we do?

- Prepare them for the questions they will get and help them find alternatives to using qualifiers to respond.



Thank you

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