

# Welcome

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## Self Directed Fibromyalgia Resources

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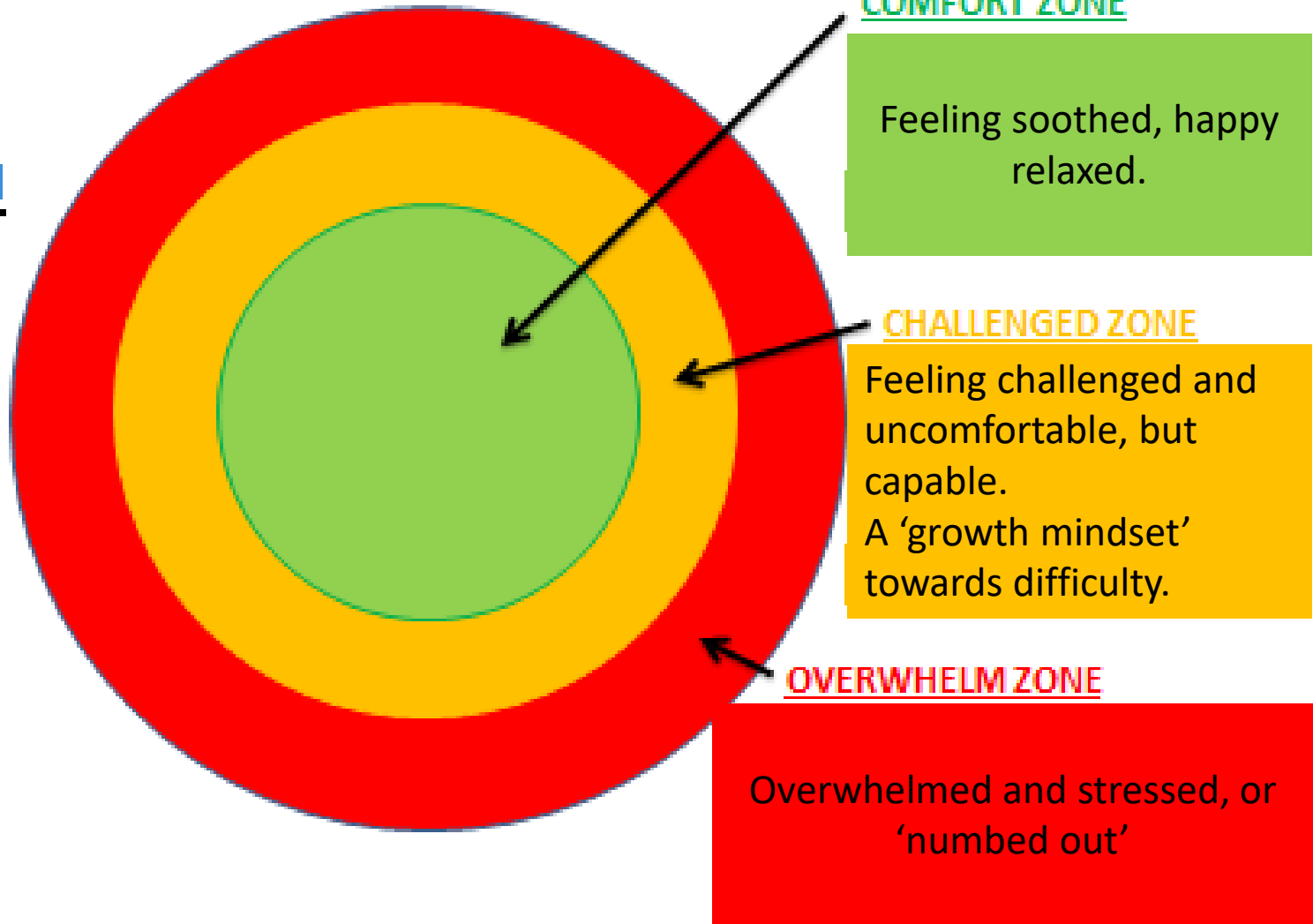
### **VIDEO TWO**

## Focusing on the 'Software'



# Measuring our state.

Where  
are you  
now?



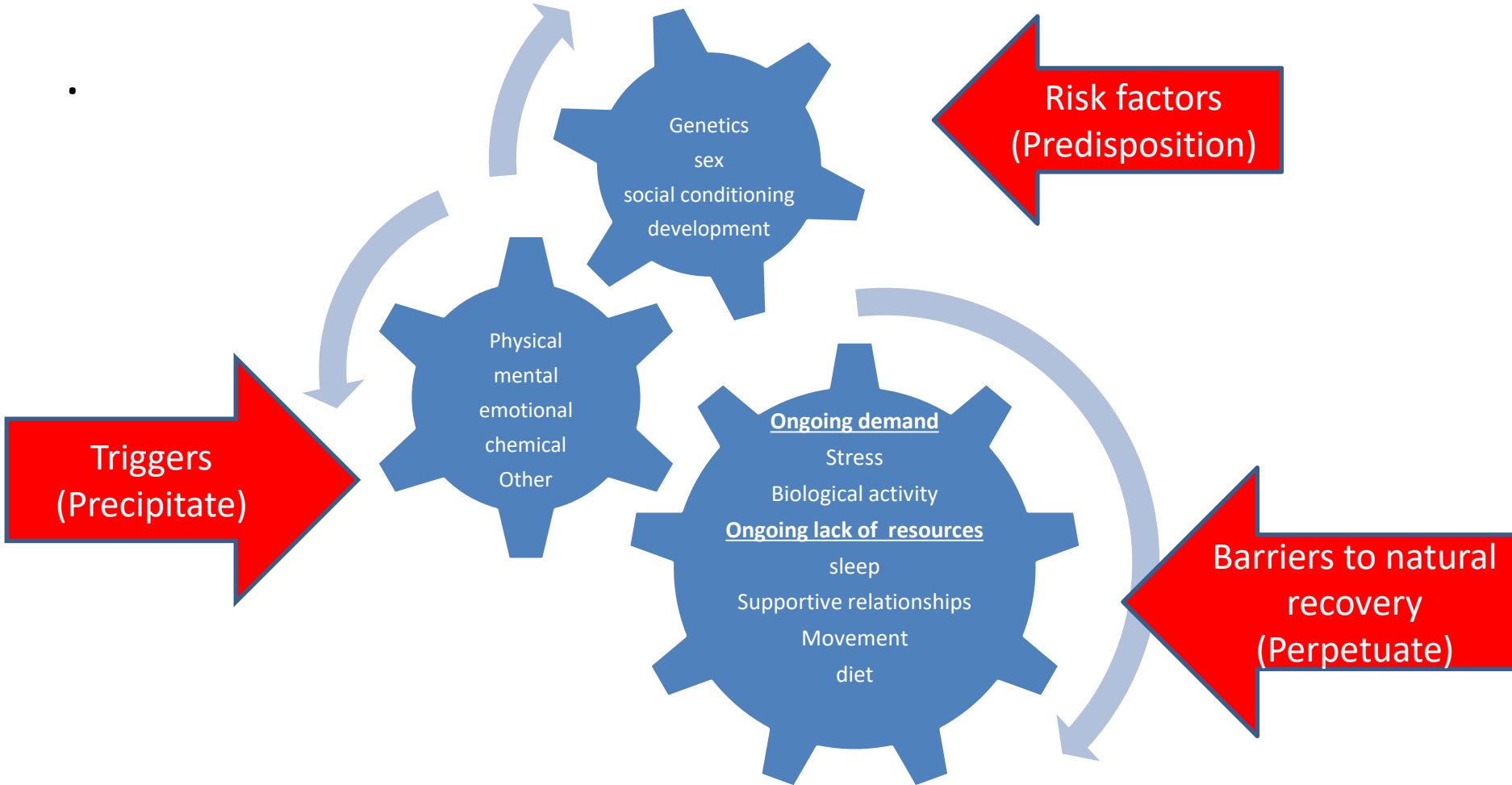
# Introducing 'models'

In science we often use 'models' to help explain or represent an idea, a process or a system that may otherwise be very difficult to understand.

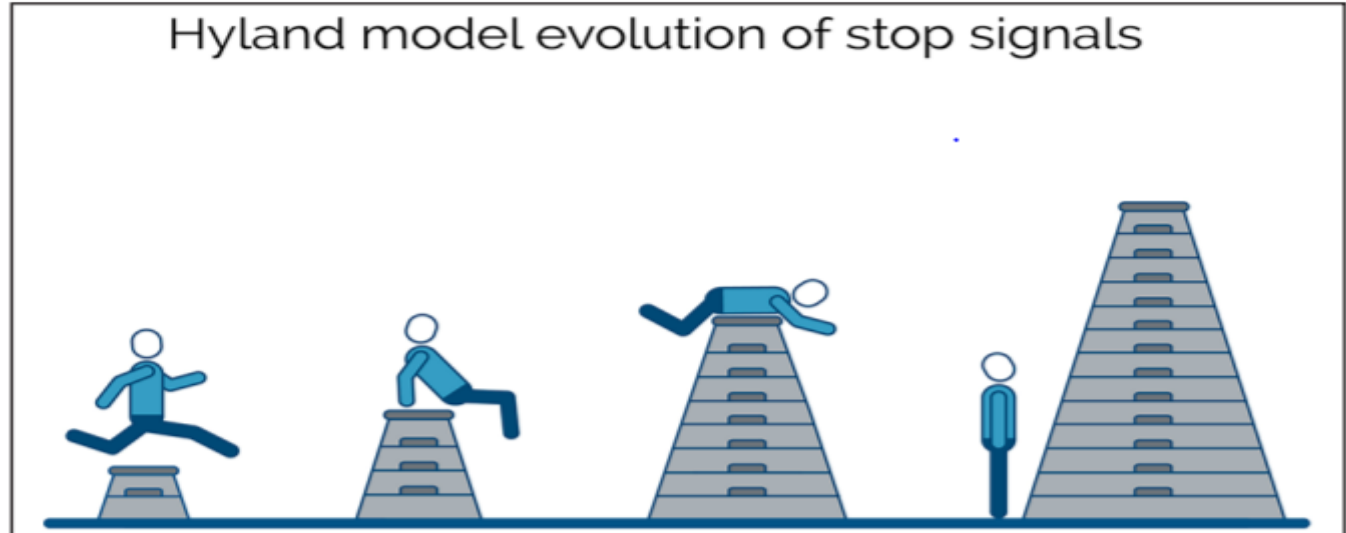
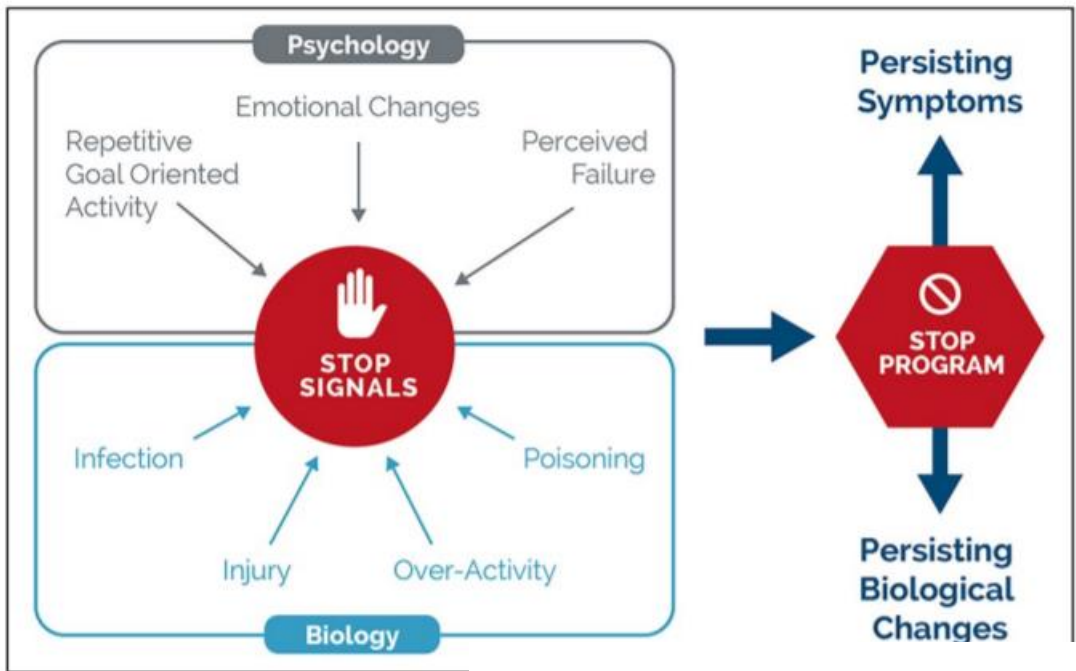
Sometimes one 'model' may not make sense fully when trying to understand complex health challenges, so reviewing different 'models' may help build a bigger picture that can eventually make sense of our own experience.



# What models can show us



# The Hyland model



# The Dorset 'CAT' Model

- The “Dorset Model” - uses Cognitive Analytic Therapy (CAT) concepts to further our understanding of persistent pain and Fibromyalgia.
- CAT is a type of psychotherapy which looks at a persons’ thoughts, emotions and behaviour as well as the events and relationships that underlie our experiences and may have lead to them. The CAT Model considers that we learn these patterns early on in life based on the relationships we have with our early care givers, as these form the basis of the way we interact with others, and ourselves. We internalise our templates of early relationships.
- A common pattern of which people with Fibromyalgia may find themselves in is one where they override or neglect their own needs and care for others more than themselves.
- We have called this pattern “The super-carer” pattern.

# The Dorset Model

## C.A.T. Pattern “The Super-Carer”

### EXIT

New ‘rules’, different behaviours

TOP role:  
E.g Super-carer

Unsustainable behaviour,  
‘STOP signals’ produced  
to warn and protect

Bottom role:  
**Incapacitated  
& in pain**

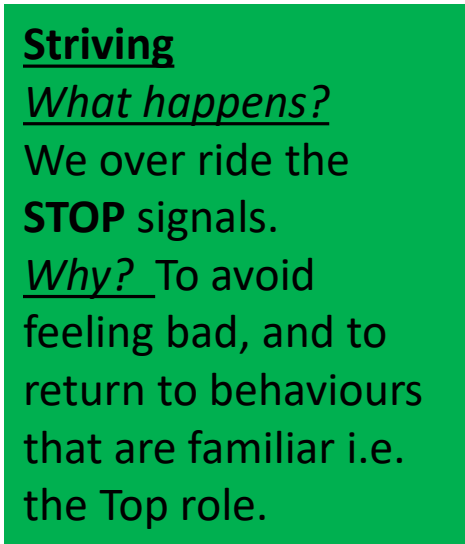
### Striving

What happens?

We over ride the  
**STOP** signals.

Why? To avoid  
feeling bad, and to  
return to behaviours  
that are familiar i.e.  
the Top role.

strive to ...

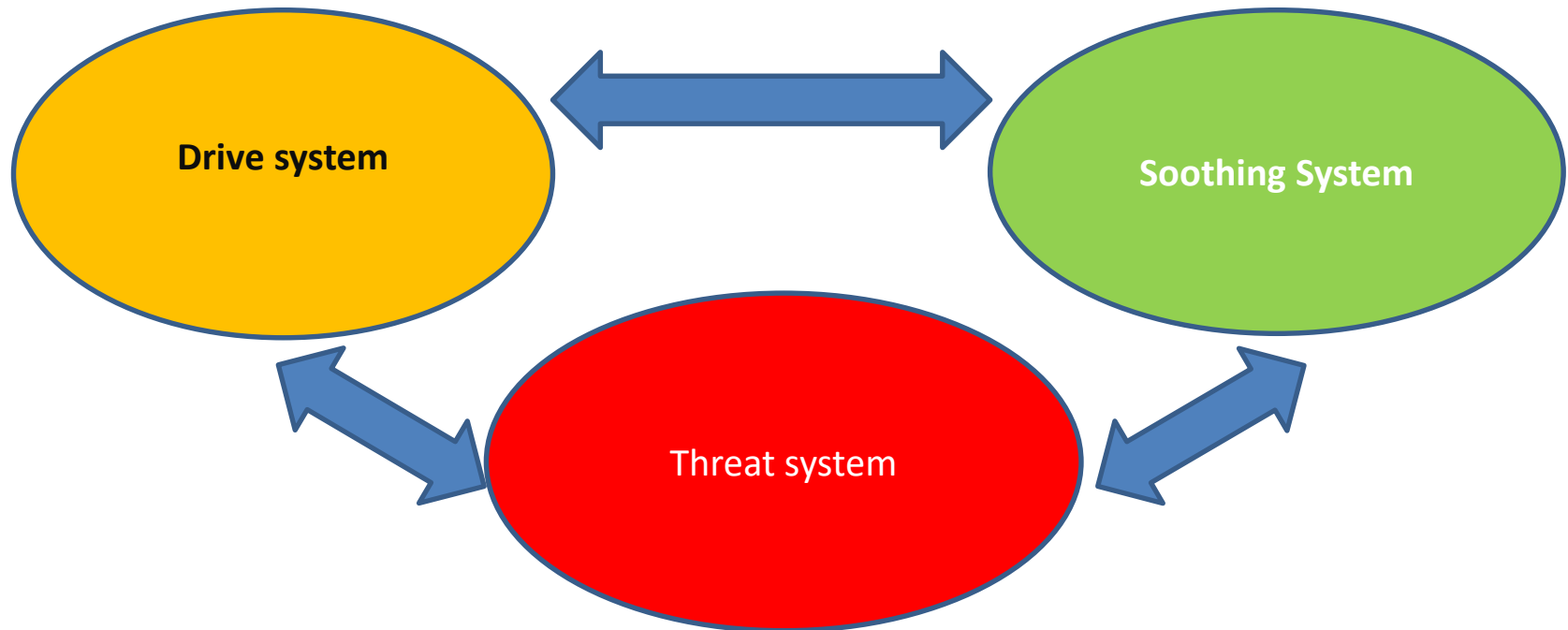


# The Gilbert model

## Super caring = Super stressful?

### Emotional Regulation Systems

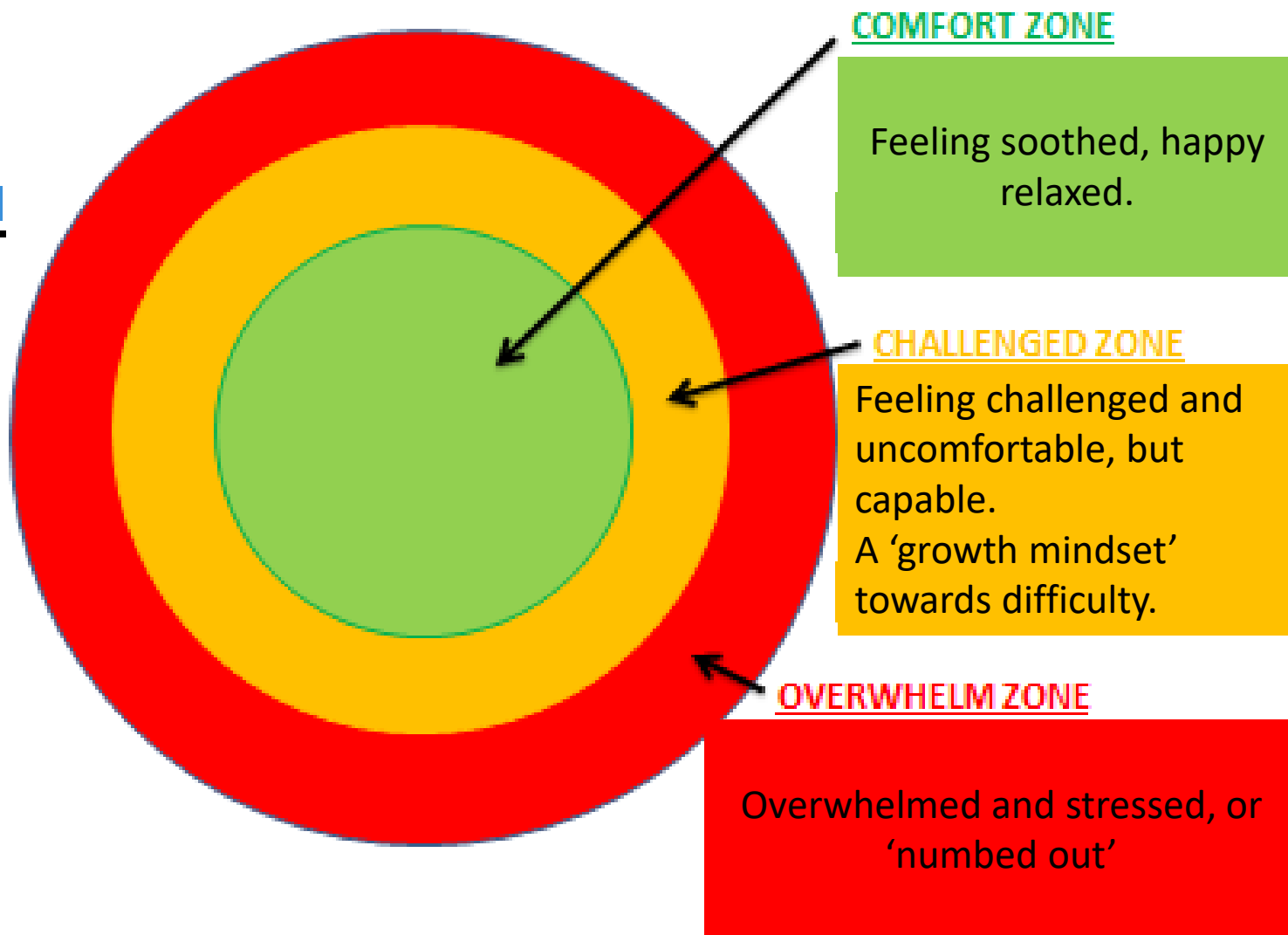
Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry. Distress caused by imbalance between the systems, often associated with under-development of the soothing system.





# Checking back in.

Where  
are you  
now?



# What? So what? Now what?

Remember to reflect on your experience after watching (& *joining in with*) video 2.

Here is a reminder of those helpful questions:

- ***What?*** What did I learn from this training video, and how did I feel after listening to the information shared?
- ***So what?*** How does this information relate to me and my needs? What information resonated with me?
- ***Now what?*** Can I use this information to improve on my recovery plan. What do I need to do differently? Do I need further help?

# Thankyou

**YOUR BODY  
HEARS  
EVERYTHING  
YOUR MIND  
SAYS.**

Naomi Judd

