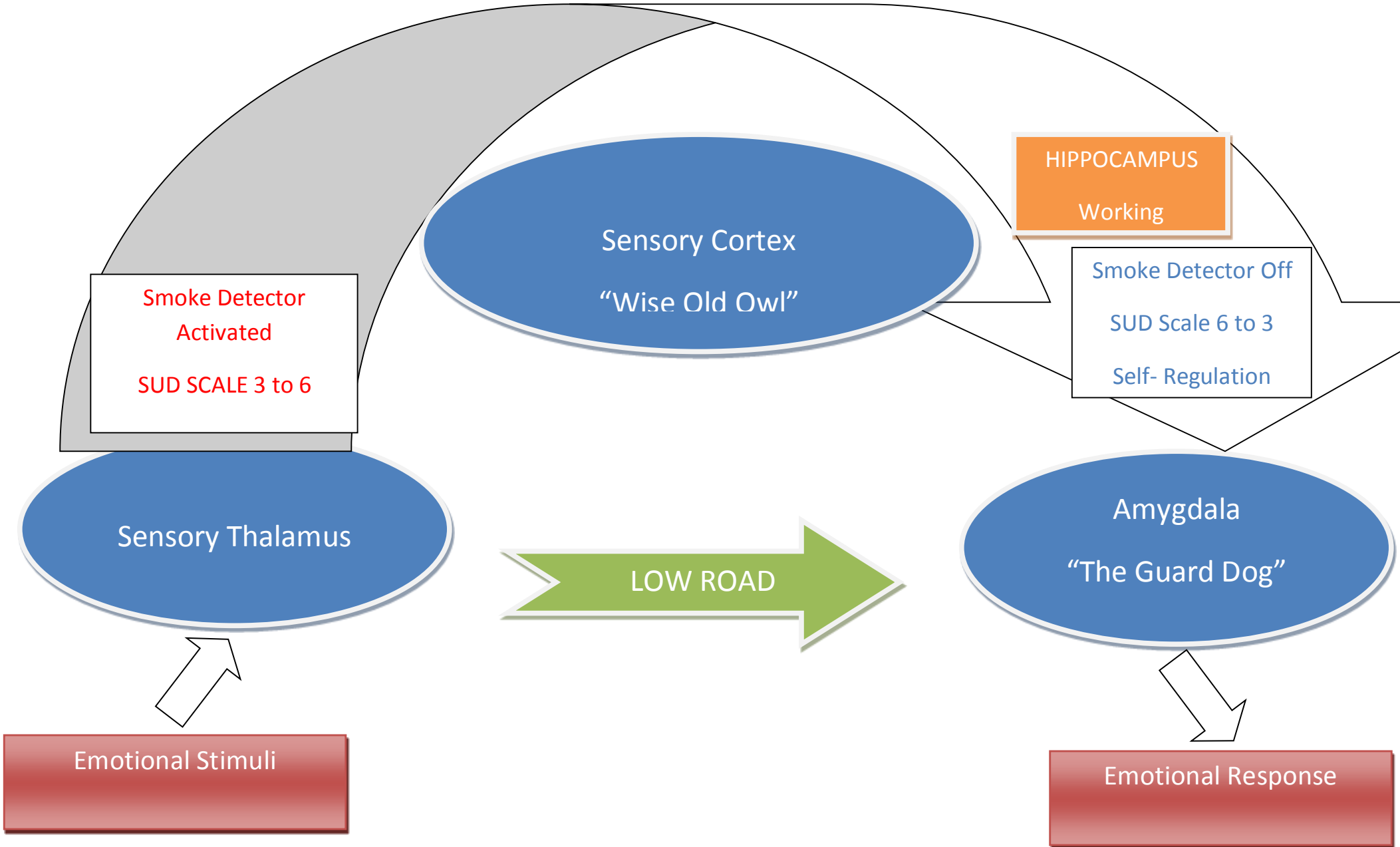


THE CALM PERSON



Model adapted by Allison Sampson from Ledoux (1996, page 164) and utilizing terms from van der Kolk's work and Goldie Hawn's Book (2011) *10 Mindful Minutes*