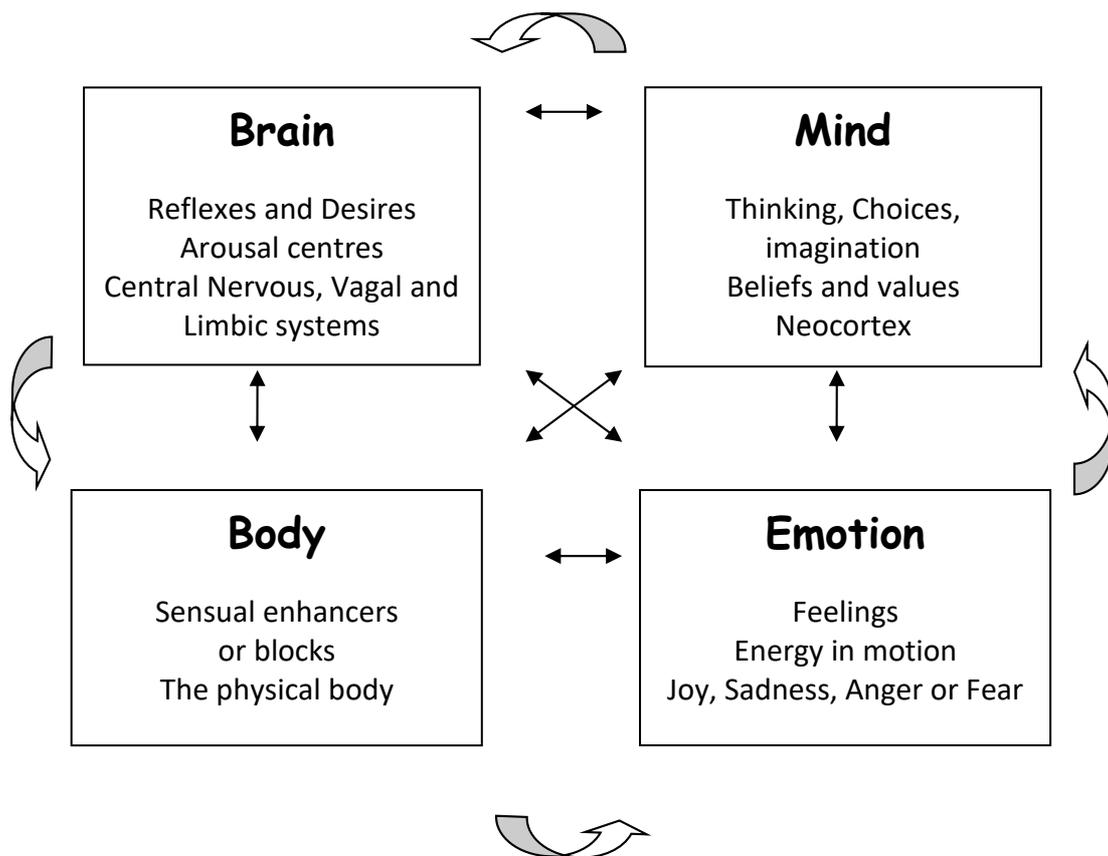


The Homeodynamic Model

Cabby Laffy (Karnac 2013)

Many people are familiar with the idea of a body – mind split. The Homeodynamic Model explores this further by drawing on knowledge from psychotherapy, bodywork therapies, and neuroscience. There is constant communication between our brain, organs and body systems, emotions and thinking processes, and back again, all in nano-seconds. In reality, all sections or elements are triggering and responding to all the others, all the time. Rather than look for homeostasis, it is suggested that human experience is Homeodynamic: constantly in movement, in internal and external interaction.

The Homeodynamic model for Psychosexual Health



- The **Mind** can be thought of as the front brain and is home to our sexual values and beliefs; which inform our feelings and sexual behaviours. Humans have evolved with frontal lobes which allow us to reflect on our reactions; to think, weigh up options and make choices about our behaviour. We have imagination, the ability to anticipate and dream about the future
- Our **Body** has a sexual anatomy and physiology that is little understood. When ejaculation and orgasm are distinguished for example, we can see that both men and women are capable of multiple orgasms. We can find out more about ourselves sexually by exploring sensuality in depth. Sexual arousal on a physical level is sensual arousal, stimulation of the senses. Some sights, sounds, tastes, smells, touch and ways of being touched turn us on and some turn us off

The Homeodynamic Model

Cabby Laffy (Karnac 2013)

- The back **Brain** triggers our reflexive, survival abilities; like the adrenaline rush of fight and flight or our desires and urges, for sex and food. It is home to our Limbic System; the name given to a cluster of organs in the brain which are activated when we react to any stimulus to our system. It includes our memory centers, which process reactions, using our knowledge and history to shape responses in any given moment
- The **Emotions** and feelings are our experience of the energy that gets set in motion through the body by the triggers that have stimulated any of the above. A feeling can be an emotion like love, grief, fear or anger or it can be physical sensations like feeling hot or cold, tightness in the stomach or a headache. A feeling might be a hunch, a guess or maybe a thought. Sometimes it is a combination of all of these

Primary Emotions:

Happiness	All is Ok, joy, contentment
Anger	Want something to change
Fear	Want to withdraw, need to protect
Sadness	Lack of attachment, loss

SURVIVAL Brain Circuits	Reactions against other
<i>Fight</i>	danger, need to take action
<i>Flight</i>	need to get away, withdraw
<i>Panic</i>	abandonment, loss, separation distress

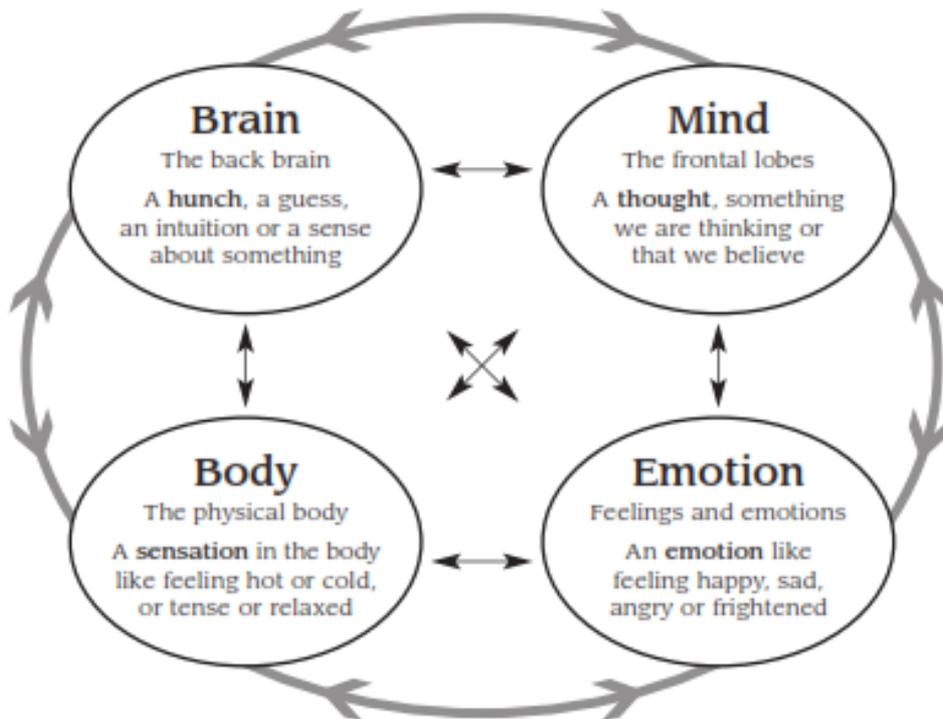
SOCIALISING Brain Circuits	Move us towards other
<i>Caring</i>	our capacity to have empathy and look after other people
<i>Curiosity</i>	our interest in others and the world around us
<i>Play & physical contact</i>	our need for touch and fun with others

The Homeodynamic Model

Cabby Laffy (Karnac 2013)

Our thinking, brain chemistry and physiology are constantly online, reacting and responding back, creating a circular and interacting *Homeodynamic* flow. Every reaction in our brain causes physiological changes, which in turn trigger emotions and thoughts; which again, trigger more reactions. This could be seen as a circle or a Circuit of Arousal which can be switched on or be broken and get switched off.

Figure 16 A homeodynamic model of feelings



This model is a way of understanding what might be happening within an individual person, but humans do not exist in isolation; we are also social beings. We experience ourselves and behave in ways that are influenced by our society and culture. We are constantly in relationship, not only with ourselves and all our internal body systems but with our external environment; other people including our families, friends and lovers. We need to consider all these factors and how they too interact in relationship to our experiences of sexuality.