

somatic trauma therapy

somatic trauma therapy is an innovative approach to healing trauma by addressing the body's role in storing and expressing traumatic experiences. Unlike traditional psychotherapy that primarily focuses on cognitive and emotional processing, somatic trauma therapy integrates physical sensations and bodily awareness as key components of recovery. This therapeutic method recognizes that trauma can manifest through the nervous system and muscle tension, and that healing requires more than just talking about past events. By incorporating techniques such as breathwork, movement, and mindfulness, somatic trauma therapy helps individuals release trauma held in the body, restore a sense of safety, and improve emotional regulation. This article explores the principles, techniques, benefits, and applications of somatic trauma therapy, offering a comprehensive overview for those interested in trauma recovery options. The following sections provide detailed insights into how this therapy works, who can benefit from it, and practical considerations for implementation.

- Understanding Somatic Trauma Therapy
- Core Techniques Used in Somatic Trauma Therapy
- Benefits of Somatic Trauma Therapy
- Who Can Benefit from Somatic Trauma Therapy?
- Integrating Somatic Trauma Therapy into Treatment Plans

Understanding Somatic Trauma Therapy

Somatic trauma therapy is grounded in the understanding that trauma is not only a psychological experience but also a physiological one. Traumatic events can disrupt the body's natural ability to regulate stress and affect the nervous system, leading to symptoms such as chronic tension, flashbacks, and emotional dysregulation. This therapy emphasizes the connection between mind and body, aiming to bring awareness to bodily sensations and release trapped trauma stored in muscle memory and the nervous system. By engaging the body directly, somatic trauma therapy facilitates a more holistic healing process that addresses both emotional and physical aspects of trauma.

Theoretical Foundations

The approach is influenced by various disciplines including somatic psychology, neuroscience, and body-centered psychotherapy. Pioneers like Peter Levine and Pat Ogden contributed significantly to the development of somatic trauma therapy, emphasizing that healing trauma requires working through the body's responses and restoring the natural flow of energy. The theory posits that trauma creates a state of hyperarousal or shutdown in the nervous system, and effective treatment must help clients renegotiate and resolve these physiological states.

How Somatic Trauma Therapy Differs from Traditional Therapy

Traditional trauma therapies often focus on cognitive restructuring and verbal processing, which can be insufficient for individuals whose trauma is deeply embedded in their bodily sensations. Somatic trauma therapy complements these approaches by incorporating techniques that target the physical manifestations of trauma. This can include tracking sensations, movement exercises, and breath regulation to help clients gain control over their physiological responses and promote integration of traumatic memories in a safe and embodied way.

Core Techniques Used in Somatic Trauma Therapy

Somatic trauma therapy employs a variety of techniques designed to increase bodily awareness, regulate the nervous system, and facilitate the release of trauma. These methods are tailored to each individual's needs and often combined with other therapeutic modalities.

Breathwork

Breathwork is a fundamental tool in somatic trauma therapy. Controlled breathing exercises help regulate the autonomic nervous system, reducing hyperarousal and promoting relaxation. Clients learn to use their breath to ground themselves in the present moment and to discharge stored tension safely.

Body Awareness and Sensation Tracking

Clients are encouraged to focus on their bodily sensations as they arise during sessions. This heightened body awareness enables recognition of subtle cues related to trauma and emotional states. Sensation tracking helps clients differentiate between safe and unsafe feelings in the body, fostering self-regulation.

Movement and Postural Exercises

Movement therapies, including gentle stretching, shaking, or specific postural adjustments, facilitate the discharge of trapped energy and muscular tension associated with trauma. These exercises can help restore a sense of embodiment and physical empowerment.

Mindfulness and Grounding Techniques

Mindfulness practices assist clients in staying present and observing their internal experiences without judgment. Grounding exercises help establish a sense of safety and connection to the here-and-now, which is crucial for trauma recovery.

Touch and Massage (When Appropriate)

Somatic therapists may use therapeutic touch or massage to assist in releasing tension and fostering a sense of safety in the body. This is always conducted with consent and sensitivity to the client's trauma history.

Benefits of Somatic Trauma Therapy

Somatic trauma therapy offers numerous benefits that contribute to comprehensive trauma recovery. These benefits address both the physical and psychological effects of trauma, promoting long-term healing.

- **Reduction in PTSD Symptoms:** Somatic therapy can decrease symptoms like flashbacks, hypervigilance, and dissociation by helping clients regulate their nervous system responses.
- **Improved Emotional Regulation:** Clients develop greater control over emotional responses, reducing anxiety and mood swings.
- **Enhanced Body Awareness:** Increased connection to bodily sensations improves self-awareness and facilitates early detection of stress signals.
- **Release of Physical Tension:** Muscle tightness, chronic pain, and somatic complaints related to trauma can diminish through targeted bodywork.
- **Greater Sense of Safety and Empowerment:** Restoring the body's natural ability to self-regulate promotes feelings of safety and resilience.

Who Can Benefit from Somatic Trauma Therapy?

Somatic trauma therapy is appropriate for a wide range of individuals affected by various forms of trauma. It is particularly beneficial for those who have experienced physical, emotional, or complex trauma that has affected their body's functioning.

Survivors of Physical and Sexual Abuse

Individuals who have endured physical or sexual abuse often carry trauma in their bodies. Somatic therapy helps release the physical and emotional aftermath, supporting recovery beyond talk therapy alone.

First Responders and Veterans

People exposed to high-stress environments, such as military personnel and emergency responders, frequently experience trauma stored in their nervous systems. Somatic approaches can assist in

processing these experiences and managing symptoms.

Those with Chronic Stress and Anxiety

Chronic stress and anxiety often manifest through bodily symptoms like muscle tension and headaches. Somatic trauma therapy helps address these physical symptoms while also targeting underlying trauma.

Individuals Struggling with PTSD and Complex PTSD

Somatic trauma therapy is a recognized approach for treating post-traumatic stress disorder (PTSD) and complex PTSD, offering alternatives or complements to traditional treatments.

Integrating Somatic Trauma Therapy into Treatment Plans

Somatic trauma therapy can be integrated with other therapeutic approaches to provide a comprehensive treatment plan tailored to the client's needs. Coordination with mental health professionals ensures a holistic approach.

Collaboration with Psychotherapists and Medical Providers

Working alongside psychotherapists, psychiatrists, and primary care providers allows for addressing both psychological and physiological aspects of trauma. This multidisciplinary approach optimizes outcomes.

Customization Based on Individual Needs

Therapists assess each client's trauma history, physical health, and emotional state to design personalized somatic interventions. Flexibility is key to effective therapy.

Training and Certification for Practitioners

Practitioners offering somatic trauma therapy typically undergo specialized training in somatic modalities and trauma-informed care to ensure safe and effective treatment delivery.

Potential Challenges and Considerations

While somatic trauma therapy is beneficial, some clients may initially find body-focused work triggering. Therapists are trained to navigate these challenges with sensitivity and pacing to maintain safety.

Frequently Asked Questions

What is somatic trauma therapy?

Somatic trauma therapy is a therapeutic approach that focuses on the connection between the mind and body to heal trauma by addressing physical sensations, muscle tension, and bodily responses associated with traumatic experiences.

How does somatic trauma therapy differ from traditional talk therapy?

Unlike traditional talk therapy that primarily focuses on verbal processing of trauma, somatic trauma therapy emphasizes bodily awareness and physical interventions to release trauma stored in the body, helping clients process trauma on a deeper, non-verbal level.

What techniques are commonly used in somatic trauma therapy?

Common techniques include breathwork, body scanning, movement exercises, grounding techniques, and touch therapy, all aimed at helping individuals become aware of and release physical tension related to trauma.

Who can benefit from somatic trauma therapy?

Individuals who have experienced trauma such as PTSD, abuse, neglect, or chronic stress can benefit from somatic trauma therapy, especially those who find it difficult to express their trauma verbally or feel disconnected from their bodies.

Is somatic trauma therapy evidence-based?

Yes, somatic trauma therapy is supported by growing research showing its effectiveness in reducing symptoms of trauma and improving emotional regulation by addressing the physiological impacts of trauma stored in the body.

How long does somatic trauma therapy usually take?

The duration varies depending on the individual's needs and trauma severity, but therapy can range from a few months to over a year, with sessions typically occurring weekly or biweekly.

Can somatic trauma therapy be combined with other forms of treatment?

Yes, somatic trauma therapy is often integrated with other therapeutic modalities such as cognitive-behavioral therapy (CBT), EMDR, and mindfulness practices to provide a holistic approach to trauma healing.

Additional Resources

1. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

This seminal work by Bessel van der Kolk explores how trauma reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. The book integrates neuroscience, clinical practice, and case studies to demonstrate how innovative therapies—such as neurofeedback, mindfulness, and somatic experiencing—can help patients reclaim their lives. It is widely regarded as a foundational text in trauma therapy.

2. *Waking the Tiger: Healing Trauma*

Written by Peter A. Levine, this book introduces Somatic Experiencing, a body-centered approach to healing trauma. Levine explains how trauma is stored in the body and offers practical methods to release it safely. The book is accessible to both clinicians and lay readers interested in understanding the physiological basis of trauma recovery.

3. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Peter A. Levine delves deeper into the connection between trauma and the body in this comprehensive guide. He explains how unprocessed traumatic experiences affect the nervous system and presents somatic therapy techniques that empower individuals to access innate healing resources. The book blends science, case histories, and practical exercises.

4. *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*

Pat Ogden and colleagues provide a detailed framework for Sensorimotor Psychotherapy, an integrative method combining somatic therapy with cognitive and emotional processing. The book offers clinicians tools to work with trauma survivors by focusing on bodily sensations, posture, and movement patterns. It includes case examples and therapeutic exercises to foster healing.

5. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*

Peter A. Levine and Ann Frederick outline a structured program based on Somatic Experiencing in this practical manual. The book guides readers through exercises designed to help them reconnect with their bodies, recognize trauma responses, and develop resilience. It is a valuable resource for both therapists and individuals recovering from trauma.

6. *Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises for Trauma & Stress*

Manuela Mischke-Reeds offers a comprehensive collection of somatic therapy tools tailored for addressing trauma and stress-related disorders. The worksheets and exercises facilitate grounding, regulation, and body awareness, making it a useful resource for clinicians seeking to incorporate somatic techniques into their practice. The book supports a hands-on, experiential approach to healing.

7. *Bodyfulness: Somatic Practices for Presence, Empowerment, and Waking Up in This Life*

Christine Caldwell explores the practice of bodyfulness, which integrates mindfulness with somatic awareness to promote healing and empowerment. The book offers practical exercises that help individuals cultivate presence and reconnect with their bodies, benefiting trauma survivors and anyone seeking greater embodiment. It emphasizes gentle, compassionate approaches to somatic healing.

8. *Somatic Trauma Therapy: A Tool Kit for Therapists and Clients*

Pamela A. Maru presents this concise guide filled with practical strategies for applying somatic therapy principles in trauma treatment. The book includes client-centered interventions, case examples, and tips for addressing common challenges in therapy. It is designed to enhance

therapists' skills in working with trauma through body-based modalities.

9. *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*

David A. Treleaven offers mindfulness practices tailored specifically for trauma survivors, integrating somatic awareness to ensure safety and effectiveness. The book addresses the challenges trauma survivors face in traditional mindfulness settings and provides adaptations that promote grounding and regulation. It is an essential resource for therapists and practitioners working at the intersection of mindfulness and trauma recovery.

Somatic Trauma Therapy

Find other PDF articles:

<http://www.speargrouppllc.com/business-suggest-012/Book?ID=WVV70-5644&title=chase-business-checking-free.pdf>

somatic trauma therapy: EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment Arielle Schwartz, Barb Maiburger, 2018-08-07 A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

somatic trauma therapy: *The Somatic Therapy Workbook* Livia Shapiro, 2020-12-08 Release tension and heal from traumatic experiences with therapist-approved activities in this easy-to-use guide to somatic therapy. Enjoy a great reading experience, with a \$3 credit back to spend on your next Great on Kindle book when you buy the Kindle edition of this book. The effects of a traumatic event are more than just mental. Trauma can manifest in the body as chronic pain, sluggishness, and even depressed mood. Somatic psychology is an alternative therapy that analyzes this mind-body connection and helps you release pent-up tension and truly heal from past trauma. The Somatic

Therapy Workbook offers a primer to this life-changing approach as a means for personal growth, designed for beginners or those already using somatic techniques in their current therapeutic process. Ideal for those suffering from PTSD and other trauma-based afflictions, this safe and approachable look at somatic therapy includes: - journal exercises - body-centered prompts for personal inquiry - movement exercises - real-life experiments Discover a new ability to process and accept your emotions—and an understanding of how to live a somatically-oriented and embodied life.

somatic trauma therapy: *Somatic Trauma Therapy Guide* Kylie Megan, 2024-03-14 Somatic Trauma Therapy Guide: Proven Body-Centered Techniques for Healing Trauma, Regulating The Nervous System, and Building Resilience Discover what is somatic therapy and its transformative power with this comprehensive guide. Somatic Trauma Therapy Guide offers proven body-centered techniques to help you heal from trauma, regulate your nervous system, and build resilience. Whether you're a trauma survivor seeking wholeness or a therapist looking to expand your skills, this book is your essential resource. Drawing on the latest research in neuroscience, attachment theory, and polyvagal theory, Kylie Megan provides a clear and accessible framework for understanding how trauma gets stored in the body and how to release it. You'll learn: - What is somatic therapy - The science behind somatic trauma therapy and why working with the body is crucial for deep, lasting healing - Powerful somatic interventions for regulating the nervous system, such as grounding, resourcing, titration, and pendulation - Techniques for integrating somatic therapy with cognitive-behavioral therapy (CBT), mindfulness, and other modalities - Strategies for working with specific trauma populations, including survivors of childhood abuse, sexual assault, and racial trauma - Somatic exercises and practices you can use on your own or with clients to promote embodied healing and resilience Through engaging case studies, practical exercises, and Megan's warm and compassionate guidance, you'll gain the tools and confidence to navigate the complex terrain of trauma recovery. Whether you're just starting your healing journey or you're a seasoned practitioner, this book will deepen your understanding of the mind-body connection and inspire you to trust in the wisdom of your own embodied experience. Don't just survive your trauma - thrive. Somatic Trauma Therapy Guide will show you how to reconnect with your body, reclaim your innate wholeness, and build a life of greater ease, vitality, and joy. Start your journey of healing and transformation today.

somatic trauma therapy: *Somatic Therapy for Healing Trauma* Jordan Dann, 2022-10-18 This insightful workbook introduces you to somatic therapy, an approach that helps release emotional and physical stress that is trapped in the body, so you can process your trauma and begin to heal. Heal from trauma and find inner calm using somatic therapy. Trauma lives on in both the mind and the body, and focusing on the body-mind connection is a powerful tool for healing. Somatic Therapy for Healing Trauma provides: Evidence-based techniques—Learn what somatic therapy is, how it works, and the key methods. Somatic therapy in practice—Use writing prompts, bodywork, and breathing exercises to regulate the nervous system and bring the mind and body into balance. A sense of calmness—Discover how somatic therapy can help you feel calmer, happier, and more anchored. Release the effects of trauma from your body and mind with somatic therapy by reading this mental health workbook!

somatic trauma therapy: *Somatic Experiencing* Emily Campbell, 2021-02-06 Somatic experiencing is a part of trauma therapy which can be used to treat depression, body memories, flashbacks, panic attacks, stress, etc. Since PTSD can express itself in many ways, trauma treatment has to be able to work on many various symptoms. Somatic psychology is a form of alternative medicine that focuses on somatic experience, and the embodied self, including therapeutic and holistic approaches to body. A wide variety of techniques are used in somatic psychotherapy including sound, touch, mirroring, movement and breath. An individual records life experience during a pre- and nonverbal period differently than during a verbalized and personal narrative period. Working with the client's implicit knowing of these early experiences, somatic psychology includes the non-verbal qualities that mark most human communication, especially in the first years of life. This understanding of consciousness, communication and mind-body language challenges

some traditional applications of the talking cure.

somatic trauma therapy: Somatic Trauma Therapy & Sound Healing 2-in-1 Value Collection Astral Shadow Publishing, 2023-04-14 Have you been suffering in mind & body, & can't seem to get to the bottom of it? It could be that you need somatic and sound healing techniques. Talk therapies can be great for working out painful memories, traumas, & feelings, but they often forget to acknowledge a major component: the mind is only part of what makes up the body. In many cases, our society has separated symptoms of chronic illness from the root cause: trauma. This means that we are often only putting bandaids on surface symptoms. You'll encounter the truth to: Why something as small as insults can compound & affect you as much as a monstrous traumatic event The exact frequencies you must know to target specific organs, & therefore, specific emotions & conditions The tiny tool you can use to alleviate chronic pain, hypersensitivity of the nervous system, insomnia, chronic stress, headaches and migraines, digestive issues, & joint pain. The forgotten element that could be subtracting decades from your life expectancy The endless benefits to understanding the connection between emotions & organs Why everyone else is getting mindfulness wrong & the more potent way to approach it The amazing anatomical breathing centers that no one seems to be paying attention to The secret message neuroplasticity approach to rewire your brain & attract your dreams & a whole lot more. Imagine how your body, mind, & spirit will feel once you cleanse yourself of energetic baggage that no longer serves you, & unblock your chakras & meridians. What would you do with your life if you had unlimited access to this incredible healing power? So if you want to know how to skyrocket your well-being in a new, easy, & exciting way, then turn the first page.

somatic trauma therapy: Somatic Trauma Healing Astral Shadow Publishing, Have you been suffering in mind & body, & can't seem to get to the bottom of it? It could be that you need somatic therapy techniques. Talk therapies can be great for working out painful memories, traumas, & feelings, but they often forget to acknowledge a major component: the mind is only part of what makes up the body. In many cases, our society has separated symptoms of chronic illness from the root cause: trauma. This means that we are often only putting bandaids on surface symptoms. The issue is that we don't actually have the room that trauma is now taking up within us, & this is often a cause of chronic illnesses & pain. Not to mention the added strain of our body constantly existing in a state of stress & fear. Even if we aren't actively experiencing a trigger, our neuroception is most likely hardwired to think most things that are not threats are, and we're burning through our feel-good resources. As we encounter trauma in our everyday lives, the effects build up in our system, which is why it is important to take the time to clear it. The good news is, you can! Take a second to imagine how you'd feel if you could get to the root cause of your ailments & pull the roots out with both hands. What if you could tend to your somatic garden & uproot the damage that has been inflicted upon you, much like removing weeds? This is where somatic therapies come in. You'll encounter the truth to: Why something as small as insults can compound & affect you as much as a monstrous traumatic event The overlooked methods to determine whether your ailments are caused by trauma or something else The forgotten element that could be subtracting decades from your life expectancy Why everyone else is getting mindfulness wrong & the more potent way to approach it The amazing anatomical breathing centers that no one seems to be paying attention to How to give back to yourself by creating a trauma-repelling forcefield How to get to the bottom of your subconscious & let it speak in a tangible form Why a blank canvas & paintbrush could help you lower blood pressure, help the immune system, reduce inflammation, & improve brain function A wealth of accompanying online material and downloads! & a whole lot more! Best of all, using somatic methods at home doesn't require you to break the bank or use any unnecessary tools. Many somatic exercises are extremely easy to learn on your own & are available to everyone! So if you want to know how to skyrocket your well-being in a new, easy, & exciting way, then buy now!

somatic trauma therapy: EMDR Therapy and Somatic Psychology Barb Maiberger, Arielle Schwartz, 2018-08-07 A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as

guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

somatic trauma therapy: Trauma Practice Anna B. Baranowsky, J. Eric Gentry, 2023-05-08
New edition of this effective toolbox for treating trauma survivors is even more comprehensive This popular, practical resource for clinicians caring for trauma survivors has been fully updated and expanded. It remains a key toolkit of cognitive behavioral somatic therapy (CBST) techniques for clinicians who want to enhance their skills in treating trauma. Baranowsky and Gentry help practitioners find the right tools to guide trauma survivors toward growth and healing. Reinforcing this powerful intervention is the addition of a deeper emphasis on the preparatory phase for therapists, including the therapists' own ability to self-regulate their autonomic system during client encounters. Throughout the acclaimed book, an effective tri-phasic model for trauma treatment is constructed (safety and stabilization; working through trauma; reconnection with a meaningful life) as guiding principle, enabling a phased delivery that is fitted to the survivor's relational and processing style. The authors present, clearly and in detail, an array of techniques, protocols, and interventions for treating trauma survivors (cognitive, behavioral, somatic, and emotional/relational). These include popular and effective CBST techniques, approaches inspired by research on neuroplasticity, and interventions informed by polyvagal theory. Many techniques include links to video or audio material demonstrating how to carry-out the intervention. Further sections are devoted to forward-facing trauma therapy, a safe, effective, and accelerated method of treating trauma, and to clinician self-care. Over 40 video and audio demonstrations of many of the techniques are available for download. There are also 36 handouts for clients that can be downloaded and printed for clinical use.

somatic trauma therapy: Somatic Therapy for Trauma Jason Mike, 2025-03-26 Book
Description: Somatic Therapy for Trauma: A Body-Based Approach to Healing and Recovery Trauma isn't just a mental experience-it's stored in the body. While traditional therapy focuses on thoughts and emotions, true healing requires addressing the physical imprints of trauma. Somatic Therapy for Trauma offers a transformative, body-based approach to trauma recovery, helping you reconnect with your body, regulate your nervous system, and regain a sense of safety and empowerment. What You'll Discover in This Book: The Science of Trauma and the Body - Understand how trauma affects the nervous system and why somatic healing is essential for deep, lasting recovery. Practical Somatic Techniques - Learn hands-on exercises like breathwork, grounding, movement, and body awareness to release stored trauma and restore balance. Regulating the Nervous System - Discover how to shift from a state of fight, flight, or freeze into calm, centered presence. Healing Emotional

and Physical Pain - Address chronic stress, anxiety, and tension stored in the body through holistic mind-body techniques. Long-Term Strategies for Resilience - Build a sustainable healing practice that fosters self-awareness, emotional stability, and inner peace. Real-Life Case Studies - Gain insights from personal stories and therapeutic examples that illustrate how somatic therapy transforms lives. Why This Book? Holistic and Evidence-Based - Integrates the latest research in trauma healing, neuroscience, and somatic psychology. Practical and Accessible - Provides clear, step-by-step guidance for both beginners and experienced practitioners. Empowering and Compassionate - Helps you listen to your body's wisdom and take charge of your healing journey. For Everyone on the Healing Path - Whether you're a trauma survivor, therapist, or simply seeking deeper self-awareness, this book offers invaluable tools for mind-body wellness. Healing happens when the body and mind work together. Somatic Therapy for Trauma is your guide to unlocking the power of your body, breaking free from trauma's grip, and embracing a life of peace, resilience, and wholeness.

somatic trauma therapy: SOMATIC THERAPY FOR POST-TRAUMATIC STRESS DISORDER. Understanding the Body's Role in Healing Trauma Ashley Fitzgerald, 2023-11-09
Heal Your Trauma, Reclaim Your Body, Transform Your Life Discover the transformative power of somatic therapy with our groundbreaking book, SOMATIC THERAPY FOR POST-TRAUMATIC STRESS DISORDER: Understanding the Body's Role in Healing Trauma. This enlightening read offers a fresh perspective on the treatment of PTSD, illuminating the critical role the body plays in the healing process. For too long, the focus on PTSD has been on the mind, often neglecting the profound connection between our physical selves and our mental health. This book bridges that gap, delving into the somatic techniques that can release the physical manifestations of trauma that are often stored deep within the body's tissues. Inside these pages, you'll find: In-depth Understanding: Grasp the complex effects of trauma on the body and the brain, and why traditional talk therapy might not be enough. Personal Stories: Real-life case studies that illustrate the profound impact somatic therapy can have on individuals who have struggled with PTSD. Practical Techniques: A range of somatic exercises and practices that you can incorporate into your healing journey or therapeutic work. Scientific Insight: The latest research on the nervous system's role in trauma response, and how somatic therapy can lead to neurological and emotional restoration. Expert Guidance: Written by leaders in the field of trauma therapy, this book offers a compassionate, evidence-based approach to somatic healing. Whether you're a therapist looking to expand your toolbox, an individual grappling with the aftermath of trauma, or simply interested in the body-mind connection, SOMATIC THERAPY FOR POST-TRAUMATIC STRESS DISORDER is an essential resource. Take the first step on the path to somatic healing and transformation, and experience how changing the body can change the mind - and lead to a renewed sense of freedom and wellbeing. Order your copy today and embark on a journey to recovery and wholeness. Our body has a story to tell, and it's time to listen. TAGS Somatic Therapy, PTSD Healing, Trauma Recovery, Body-Mind Connection, Post-Traumatic Stress, Disorder Trauma, Trauma, Psychological Healing, Mental Health, Nervous System Healing, Somatic Exercises, Stress Response, Emotional Restoration, Trauma Therapy, Techniques, Mindfulness and Trauma, Therapeutic Practices, Body Awareness, Neurology of Trauma, Coping Strategies, Self-Healing Techniques, Somatic Psychology, Trauma and the Brain, Holistic Healing, Physical Manifestations of Trauma, Alternative Therapies for PTSD

somatic trauma therapy: A Psychospiritual Healing manual with integral psychedelic therapy, 2024-03-28 The invitation to write a foreword for this book came at an opportune time in the development of the field of psychedelic-assisted therapy, amid the emergence of the future iteration of mental health services, delivered by the promises of the psychedelic renaissance. Also alive in this context are the substantial individual, social and cultural repercussions of a global pandemic on mental health and human behavior. A growing body of research shows encouraging clinical results in treating trauma, depression, demoralization, end-of-life existential issues, addiction, and eating disorders using MDMA, psilocybin, ketamine, and other psychedelic medications. However, the field of psychedelic-assisted therapy has gained accelerated support from donors, the medical

establishment, and corporate investors in recent years. Along with the enthusiasm, recognition, funding, and media coverage directed toward psychedelic-assisted therapy, ethical standards; the lack of adequate training; and issues of accessibility, sustainability, diversity and inclusion are increasingly becoming part of the movement's forefront. These gaps in the emerging field highlight the need for more guidance and structure around ethical, clinical, and social considerations for these innovative treatments. This book can serve as a cornerstone for the field of psychedelic-assisted therapy at this time. This essential contribution offers a depth-oriented, somatic and relational therapeutic approach, emphasizing the imperative of ethical standards, the relevance of the therapeutic use of touch, the significance of the unconscious in the construction of symbolic meaning and intersubjective processes, and the need for trauma-informed approaches while centering liberation psychology and decolonial practices. The topics covered in this book and the themes embraced by the authors are of great relevance and are not yet comprehensively articulated in existing publications on psychedelic-assisted therapy. The diverse authors of this book approach their chapters based on their diverse social and cultural identities, as well as their extensive clinical experience providing psychedelic-assisted therapy in government-approved clinical research, private practice, and nonprofit organization settings. Their contributions aim at a vision of psychedelic-assisted therapy centered on decolonial practices, attuned to the somatic, imaginal, cultural and relational dimensions of being, allowing the emergence of transpersonal processes. Each chapter elaborates practical and theoretical aspects of this treatment modality through a unique theoretical framework, providing inspiration and guidance to readers working in this field as well as those compelled to psychedelic work for personal transformation.

somatic trauma therapy: Touching the Relational Edge Asaf Rolef Ben-Shahar, 2018-05-11 This book introduces body psychotherapy to psychologists, psychotherapists, and interested others through an attachment based, object relations, and primarily psychoanalytic and relational framework. It approaches body psychotherapy through historical, theoretical and clinical perspectives.

somatic trauma therapy: Integral Psychedelic Therapy Jason A. Butler, Genesee Herzberg, Richard Louis Miller, 2023-06-30 Integral Psychedelic Therapy is a groundbreaking, evidence-based collection that explores how psychedelic medicine can be incorporated into contemporary psychotherapy. This book builds on current psychedelic research by providing an in-depth articulation of the practice of psychedelic therapy, weaving together a variety of complementary therapeutic frameworks, case examples, and practical guidance for cultivating a highly effective, ethically grounded, integral approach. Chapters by a diverse set of practicing psychotherapists and leading researchers aim to provide practitioners with a method that centers liberation of all dimensions of being through intersectional, client-centered, trauma-informed, and attachment-focused practices, alongside thoughtful attunement to the relational, somatic, imaginal, cultural, and transpersonal dimensions of healing. Integral Psychedelic Therapy will be essential reading for psychotherapists in practice and in training as well as those seeking personal healing and holistic transformation.

somatic trauma therapy: Trauma and Expressive Arts Therapy Cathy A. Malchiodi, 2020-03-27 Psychological trauma can be a life-changing experience that affects multiple facets of health and well-being. The nature of trauma is to impact the mind and body in unpredictable and multidimensional ways. It can be a highly subjective that is difficult or even impossible to explain with words. It also can impact the body in highly individualized ways and result in complex symptoms that affect memory, social engagement, and quality of life. While many people overcome trauma with resilience and without long term effects, many do not. Trauma's impact often requires approaches that address the sensory-based experiences many survivors report. The expressive arts therapy-the purposeful application of art, music, dance/movement, dramatic enactment, creative writing and imaginative play-are largely non-verbal ways of self-expression of feelings and perceptions. More importantly, they are action-oriented and tap implicit, embodied experiences of trauma that can defy expression through verbal therapy or logic. Based on current evidence-based

and emerging brain-body practices, there are eight key reasons for including expressive arts in trauma intervention, covered in this book: (1) letting the senses tell the story; (2) self-soothing mind and body; (3) engaging the body; (4) enhancing nonverbal communication; (5) recovering self-efficacy; (6) rescripting the trauma story; (7) making meaning; and (8) restoring aliveness--

somatic trauma therapy: The Handbook of Body Psychotherapy and Somatic Psychology

Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, 2015-12-08 The Handbook of Body Psychotherapy and Somatic Psychology provides a comprehensive overview of body-centered psychotherapies, which stress the centrality of the body to overcoming psychological distress, trauma, and mental illness. Psychologists and therapists are increasingly incorporating these somatic or body-oriented therapies into their practices, making mind-body connections that enable them to provide better care for their clients. Designed as a standard text for somatic psychology courses, The Handbook of Body Psychotherapy and Somatic Psychology contains 100 cutting-edge essays and studies by respected professionals from around the world on such topics as the historical roots of Body Psychotherapy; the role of the body in developmental psychology; the therapeutic relationship in Body Psychotherapy; and much more, as well as helpful case studies and essays on the use of Body Psychotherapy for specific disorders. This anthology will be indispensable for students of clinical and counseling psychology, somatic psychology, and various forms of body-based therapy (including dance and movement therapies), and is also an essential reference work for most practicing psychotherapists, regardless of their therapeutic orientation. Contributors: Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, Ulfried Geuter, Judyth O. Weaver, Wolf E. Büntig, Nicholas Bassal, Michael Coster Heller, Heike Langfeld, Dagmar Rellensmann, Don Hanlon Johnson, Christian Gottwald, Andreas Wehowsky, Gregory J. Johanson, David Boadella, Alexander Lowen, Ian J. Grand, Marilyn Morgan, Stanley Keleman, Eugene T. Gendlin, Marion N. Hendricks-Gendlin, Michael Harrer, Ian J. Grand, Marianne Bentzen, Andreas Sartory, George Downing, Andreas Wehowsky, Marti Glenn, Ed Tronick, Bruce Perry, Susan Aposhyan, Mark Ludwig, Ute-Christiane Bräuer, Ron Kurtz, Christine Caldwell, Albert Pesso, Michael Randolph, William F. Cornell, Richard A. Heckler, Gill Westland, Lisbeth Marcher, Erik Jarlmaes, Kirstine Münster, Tilmann Moser, Frank Röhrich, Ulfried Geuter, Norbert Schrauth, Ilse Schmidt-Zimmermann, Peter Geissler, Ebba Boyesen, Peter Freudl, James Kepner, Dawn Bhat, Jacqueline Carleton, Ian Macnaughton, Peter A. Levine, Stanley Keleman, Narelle McKenzie, Jack Lee Rosenberg, Beverly Kitaen Morse, Angela Belz-Knöferl, Lily Anagnostopoulou, William F. Cornell, Guy Tonella, Sasha Dmochowski, Asaf Rolef Ben-Shahar, Jacqueline A. Carleton, Manfred Thielen, Xavier Serrano Hortelano, Pat Ogden, Kekuni Minton, Thomas Harms, Nicole Gäbler, John May, Rob Fisher, Eva R. Reich, Judyth O. Weaver, Barnaby B. Barratt, Sabine Trautmann-Voigt, Wiltrud Krauss-Kogan, Ilana Rubinfeld, Camilla Griggers, Serge K. D. Sulz, Nossrat Peseschkian, Linda H. Krier, Jessica Moore Britt, and Daniel P. Brown.

somatic trauma therapy: Adaptable Interventions for Counseling Concerns Freeman

Woolnough, Autumn Marie Chilcote, 2017-01-20 Adaptable Interventions for Counseling Concerns is filled with more than 40 interventions appropriate for new and experienced professionals alike. The interventions are organized in a unique yet practical manner, including options for individual reader creativity and personal adaptations within the text itself. The book's uniqueness lies in the broad coverage of common concerns, formatting, and ease in navigation. Each chapter is devoted to a specific client concern, with seven suggested intervention strategies clearly labeled by modality to make it easy for readers to find new interventions best suited to their practice. Chapters also introduce relevant and recent research on client concerns, contextualizing the circumstances for which a counseling professional could apply the chosen interventions. Intervention sections also include space for individualized notes and reader personalization.

somatic trauma therapy: Somatic Trauma Therapy Joe Cavill, 2024-10 Are you struggling

with the impact of trauma and anxiety? Are you seeking a fast, effective way to reclaim your well-being? Somatic Trauma Therapy: 10-Minute Proven Exercises for Trauma Recovery and Anxiety Relief is your ultimate guide to healing through the power of the body. This book is designed for

those ready to break free from the weight of trauma using simple, yet powerful, somatic exercises.

somatic trauma therapy: Healing the Wounds Within Janie Edith Briggs, *Healing the Wounds Within: A Comprehensive Self-Care Guide for Survivors of Domestic Violence* is a transformative and compassionate guide designed to help survivors reclaim their lives after experiencing domestic violence. Written with empathy and deep understanding of the trauma that follows abusive relationships, this book provides a roadmap for healing the emotional, psychological, and physical wounds caused by domestic violence. The trauma of abuse often leaves deep scars—both visible and invisible. This book goes beyond traditional self-help by focusing on trauma-informed self-care, offering personalized healing practices that empower survivors to take control of their recovery. By addressing the interconnectedness of the mind, body, and spirit, this guide equips survivors with the tools they need to rebuild their lives holistically and sustainably. Each chapter of *Healing the Wounds Within* focuses on a different aspect of self-care and healing, providing actionable strategies for survivors at any stage of their recovery: **Physical Healing:** Learn to reconnect with your body through gentle physical practices such as yoga, deep breathing exercises, and grounding techniques that help survivors feel safe and strong in their bodies again. **Discover the importance of proper nutrition, sleep, and somatic therapies that can help release trauma stored in the body.** **Emotional Healing:** Gain practical guidance on recognizing and validating emotions, even the most difficult ones, without judgment. The book offers mindfulness exercises to help survivors stay present and manage overwhelming emotions, along with journaling prompts specifically designed to encourage emotional expression and self-reflection. **Psychological and Cognitive Healing:** This section introduces cognitive behavioral strategies to help survivors reframe negative thoughts and beliefs that stem from trauma. Survivors will learn how to cultivate self-compassion and build emotional resilience, and how therapeutic support can play a crucial role in the recovery process. **Spiritual Healing:** Reconnect with your spirituality—whether through religious faith, connection to nature, or personal rituals. The book offers spiritual practices, affirmations, and mantras that survivors can use to reinforce their healing journey, encouraging a deeper sense of peace, hope, and purpose. **Creating a Personalized Self-Care Plan:** Survivors are guided through the process of building a self-care plan that integrates physical, emotional, mental, and spiritual practices. The book offers suggestions for daily and weekly routines, providing structure to promote healing. As survivors progress in their journey, they are encouraged to regularly review and adjust their plan to meet their evolving needs. **Navigating Challenges:** Understand that setbacks are a normal part of healing and gain strategies for managing difficult days with grace. Learn the importance of building a support network that includes friends, family, and professional help, and how to celebrate progress—no matter how small—to foster hope and resilience. Written with sensitivity and backed by trauma research, *Healing the Wounds Within* not only validates the pain of survivors but also provides practical and empowering tools for their recovery. This guide serves as a beacon of hope, showing survivors that while the road to healing may be long, it is filled with opportunities for growth, renewal, and transformation.

somatic trauma therapy: Skills in Gestalt Counselling & Psychotherapy Phil Joyce, Charlotte Sills, 2014-02-11 This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in Gestalt practice. Now in its third edition, the book includes: · New chapters on working with trauma, and building client resources · New material on depression and anxiety · Expanded content on working with more challenging client issues · Integration of leading ideas from contemporary trauma therapies. The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters.

Related to somatic trauma therapy

SOMATIC Definition & Meaning - Merriam-Webster The meaning of SOMATIC is of, relating to, or affecting the body especially as distinguished from the germplasm. How to use somatic in a

sentence

Somatic symptom disorder - Symptoms and causes - Mayo Clinic Somatic symptom disorder is characterized by an extreme focus on physical symptoms — such as pain or fatigue — that causes major emotional distress and problems

SOMATIC | English meaning - Cambridge Dictionary SOMATIC definition: 1. relating to the body as opposed to the mind: 2. relating to general body cells, not. Learn more

What Is Somatic Therapy? - Verywell Mind Somatic therapy operates off the idea that what happens to you in your life is stored not only in your mind but also in your body. By focusing on both the physical sensations

What Is Somatic Yoga and Its Benefits? - Cleveland Clinic Health Somatic yoga is a yoga practice that employs a specific type of mindful approach to movement called “somatics.” It prioritizes thoughts, feelings and body awareness over form

SOMATIC Definition & Meaning | Somatic definition: of the body; bodily; physical.. See examples of SOMATIC used in a sentence

Somatics - Wikipedia Somatics is a field within bodywork and movement studies which emphasizes internal physical perception and experience

Somatic - definition of somatic by The Free Dictionary Define somatic. somatic synonyms, somatic pronunciation, somatic translation, English dictionary definition of somatic. adj. 1. Of, relating to, or affecting the body, especially as distinguished

Somatics: Definition, Exercises, Evidence, and More - Healthline Somatics uses the mind-body connection to help you survey your internal self and listen to signals from your body on pain, discomfort, or imbalance. Somatic therapy

Somatic Nervous System: What It Is & Function - Cleveland Clinic Your somatic nervous system is a subdivision of your peripheral nervous system, which is all of your nervous system except your brain and spinal cord. Your somatic nervous system allows

SOMATIC Definition & Meaning - Merriam-Webster The meaning of SOMATIC is of, relating to, or affecting the body especially as distinguished from the germplasm. How to use somatic in a sentence

Somatic symptom disorder - Symptoms and causes - Mayo Clinic Somatic symptom disorder is characterized by an extreme focus on physical symptoms — such as pain or fatigue — that causes major emotional distress and problems

SOMATIC | English meaning - Cambridge Dictionary SOMATIC definition: 1. relating to the body as opposed to the mind: 2. relating to general body cells, not. Learn more

What Is Somatic Therapy? - Verywell Mind Somatic therapy operates off the idea that what happens to you in your life is stored not only in your mind but also in your body. By focusing on both the physical sensations

What Is Somatic Yoga and Its Benefits? - Cleveland Clinic Health Somatic yoga is a yoga practice that employs a specific type of mindful approach to movement called “somatics.” It prioritizes thoughts, feelings and body awareness over form

SOMATIC Definition & Meaning | Somatic definition: of the body; bodily; physical.. See examples of SOMATIC used in a sentence

Somatics - Wikipedia Somatics is a field within bodywork and movement studies which emphasizes internal physical perception and experience

Somatic - definition of somatic by The Free Dictionary Define somatic. somatic synonyms, somatic pronunciation, somatic translation, English dictionary definition of somatic. adj. 1. Of, relating to, or affecting the body, especially as distinguished

Somatics: Definition, Exercises, Evidence, and More - Healthline Somatics uses the mind-body connection to help you survey your internal self and listen to signals from your body on pain, discomfort, or imbalance. Somatic therapy

Somatic Nervous System: What It Is & Function - Cleveland Clinic Your somatic nervous system is a subdivision of your peripheral nervous system, which is all of your nervous system except

your brain and spinal cord. Your somatic nervous system allows

SOMATIC Definition & Meaning - Merriam-Webster The meaning of SOMATIC is of, relating to, or affecting the body especially as distinguished from the germplasm. How to use somatic in a sentence

Somatic symptom disorder - Symptoms and causes - Mayo Clinic Somatic symptom disorder is characterized by an extreme focus on physical symptoms — such as pain or fatigue — that causes major emotional distress and problems

SOMATIC | English meaning - Cambridge Dictionary SOMATIC definition: 1. relating to the body as opposed to the mind: 2. relating to general body cells, not. Learn more

What Is Somatic Therapy? - Verywell Mind Somatic therapy operates off the idea that what happens to you in your life is stored not only in your mind but also in your body. By focusing on both the physical sensations

What Is Somatic Yoga and Its Benefits? - Cleveland Clinic Health Somatic yoga is a yoga practice that employs a specific type of mindful approach to movement called “somatics.” It prioritizes thoughts, feelings and body awareness over form

SOMATIC Definition & Meaning | Somatic definition: of the body; bodily; physical.. See examples of SOMATIC used in a sentence

Somatics - Wikipedia Somatics is a field within bodywork and movement studies which emphasizes internal physical perception and experience

Somatic - definition of somatic by The Free Dictionary Define somatic. somatic synonyms, somatic pronunciation, somatic translation, English dictionary definition of somatic. adj. 1. Of, relating to, or affecting the body, especially as distinguished

Somatics: Definition, Exercises, Evidence, and More - Healthline Somatics uses the mind-body connection to help you survey your internal self and listen to signals from your body on pain, discomfort, or imbalance. Somatic therapy

Somatic Nervous System: What It Is & Function - Cleveland Clinic Your somatic nervous system is a subdivision of your peripheral nervous system, which is all of your nervous system except your brain and spinal cord. Your somatic nervous system allows

Related to somatic trauma therapy

Supraja Vijay | Somatic Trauma Therapy (Psychology Today3mon) Do you feel exhausted, stuck, or overwhelmed, like nothing seems to shift? Your body may be doing its best to protect you, responding to past trauma with survival patterns like fight, flight, freeze,

Supraja Vijay | Somatic Trauma Therapy (Psychology Today3mon) Do you feel exhausted, stuck, or overwhelmed, like nothing seems to shift? Your body may be doing its best to protect you, responding to past trauma with survival patterns like fight, flight, freeze,

Clara Mackinlay, Bilingual Somatic Trauma Therapy (Psychology Today2mon) Are you a high-achieving professional, entrepreneur, or first-gen American who's tired of feeling anxious, disconnected, and like no matter how much you do, it's never enough? Do you identify as a

Clara Mackinlay, Bilingual Somatic Trauma Therapy (Psychology Today2mon) Are you a high-achieving professional, entrepreneur, or first-gen American who's tired of feeling anxious, disconnected, and like no matter how much you do, it's never enough? Do you identify as a

7 Empowering Ways To Heal Past Pain And Trauma, Based On Decades Of Research

(YourTango1d) There are many choices when it comes to healing past trauma so people can find the method that works best for them

7 Empowering Ways To Heal Past Pain And Trauma, Based On Decades Of Research

(YourTango1d) There are many choices when it comes to healing past trauma so people can find the method that works best for them

Naropa University Launches Low-Residency Somatic Counseling Program Amid Rising

Demand for Trauma-Informed Therapists (Morningstar1mon) In response to the national rise in demand for trauma-informed mental health care, Naropa University will launch a low-residency

format of its Clinical Mental Health Counseling: Somatic Counseling

Naropa University Launches Low-Residency Somatic Counseling Program Amid Rising Demand for Trauma-Informed Therapists (Morningstar1mon) In response to the national rise in demand for trauma-informed mental health care, Naropa University will launch a low-residency format of its Clinical Mental Health Counseling: Somatic Counseling

“Functional Freeze” Is the Trauma Response That Can Look Like You’re Totally Fine

(Verywell Mind on MSN7d) Functional freeze is an often-overlooked trauma response that's best described by total disconnection and a sense of going into autopilot. Someone in functional freeze can look relatively normal to

“Functional Freeze” Is the Trauma Response That Can Look Like You’re Totally Fine

(Verywell Mind on MSN7d) Functional freeze is an often-overlooked trauma response that's best described by total disconnection and a sense of going into autopilot. Someone in functional freeze can look relatively normal to

Fascia - The Body’s Hidden Storyteller (Wellbeing Magazine on MSN1d) Fascia is now seen as a sensory, emotional organ that holds not just our bodies, but the unspoken stories we carry

Fascia - The Body’s Hidden Storyteller (Wellbeing Magazine on MSN1d) Fascia is now seen as a sensory, emotional organ that holds not just our bodies, but the unspoken stories we carry

From Pain to Power: Kayla Harley’s Journey in Somatic Therapy (Trinidad and Tobago

Express10d) We’ve all been told to “take a deep breath” to calm down—but most of us haven’t been taught how to breathe properly. Think

From Pain to Power: Kayla Harley’s Journey in Somatic Therapy (Trinidad and Tobago

Express10d) We’ve all been told to “take a deep breath” to calm down—but most of us haven’t been taught how to breathe properly. Think

What you should know about red-light therapy at home (6d) For Jenalee Anderson, red-light therapy has been life-changing. While working in a fast-paced corporate job in Vancouver, she

What you should know about red-light therapy at home (6d) For Jenalee Anderson, red-light therapy has been life-changing. While working in a fast-paced corporate job in Vancouver, she

Generational Wounds: How to Spot Them and How They Heal (Luz Media on MSN8d) We inherit more than eye color, hair texture, or family recipes from our ancestors. Sometimes, we also inherit pain. Experts

Generational Wounds: How to Spot Them and How They Heal (Luz Media on MSN8d) We inherit more than eye color, hair texture, or family recipes from our ancestors. Sometimes, we also inherit pain. Experts

Back to Home: <http://www.speargroupllc.com>