

Body Oriented Model of Trauma -- Healing

(sources Peter Levine, Hakomi - sensorimotor psychotherapy + Process Oriented Psychology)

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Note: Remember diversity. This model is just a tool or possible framework. It does not define trauma. It offers a creative inspiration for exploring how you understand and heal. There is no single way to heal and no single way to explain human experience.

Simply put, Trauma healing is:

Regain your body's associated power to fight back or escape, and reconnect with others and the world.

Trauma Healing -- cyclical and lifelong process. non-linear

- awareness of how trauma affects us
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- knowledge of capacity to heal
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- embracing identity as non-traumatized. Each of us has a whole/healthy/completely untouched part of us
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- reconstruction + validation of trauma past with experiential present
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- reassociate with bodies
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- release energy in body held by traumatic memory *while reassociated*
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- reconnect with each other/world
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- discovering identity and purpose in world that embraces traumatized self