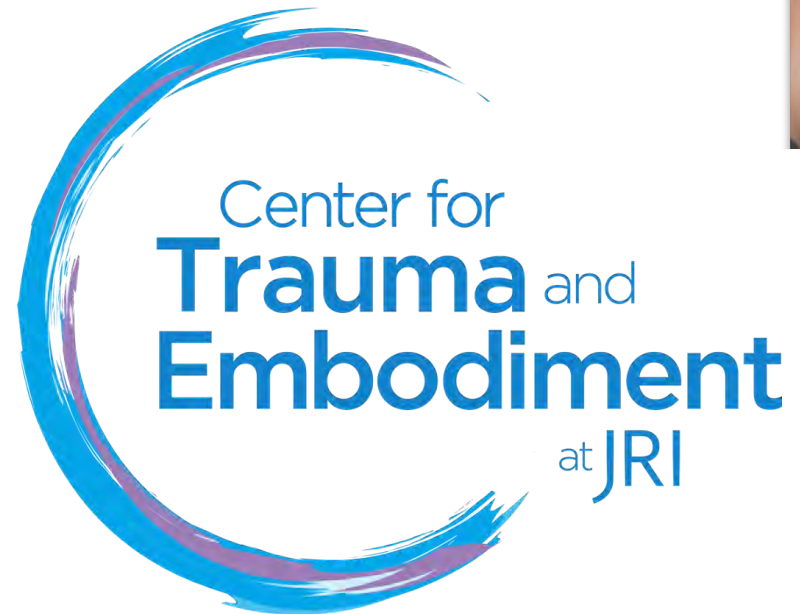


Embodied healing

Exploring the impact of yoga and
embodiment on healing from the
impacts of trauma

Who is Jenn?

**Work the Center for
Trauma and
Embodiment does and
how we aspire to grow.**





Our time together

9am *Welcome-Intro*

9:15-10:30 *Experiential
Presentation*

10:30-10:45 *Break*


10:45-11:45 *Experiential
Presentation*

11:45-12pm *Wrap Up/Evals*



arriving together

- What are you hoping to gain from our time together?
- What is something that might get in the way?



**Soft
landing....and
why we do
them**



Building Bridges and Connection

Trauma Sensitive Yoga

- Evidence-based clinical intervention developed for complex trauma
- Healing FROM experiences of conflict, trauma and violence

Restraint and Seclusion Prevention

- Initiative to PREVENT conflict, trauma and violence in educational setting



**Bringing shared
approaches into
tangible tools
and concrete
application**

What are the impacts of trauma?



Brain



Body



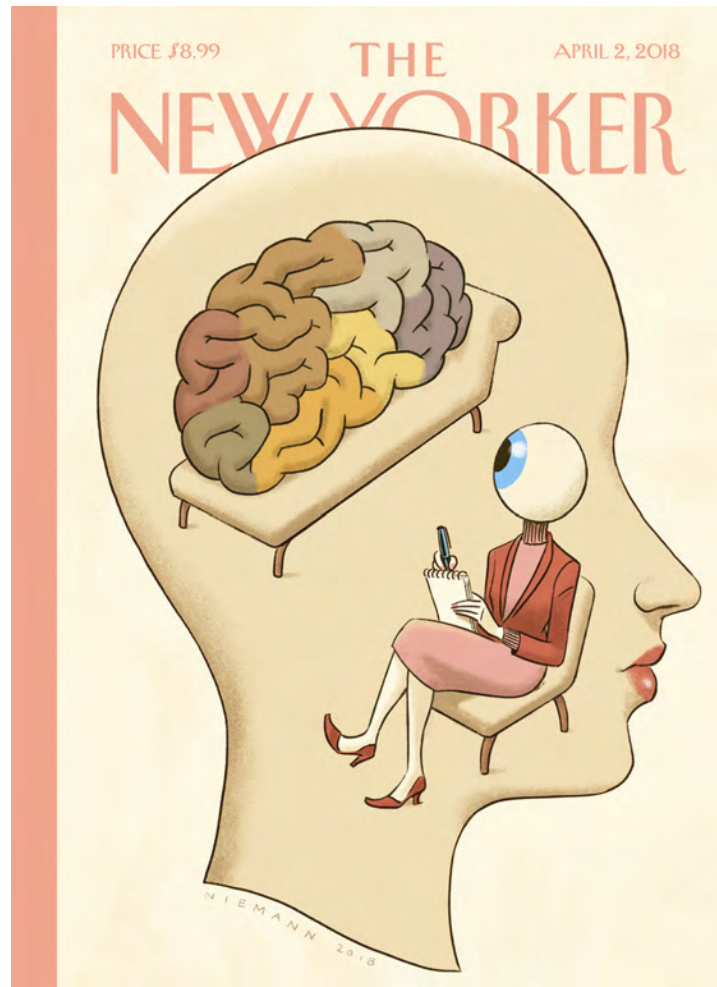
Relationships

MORE IMPACTS

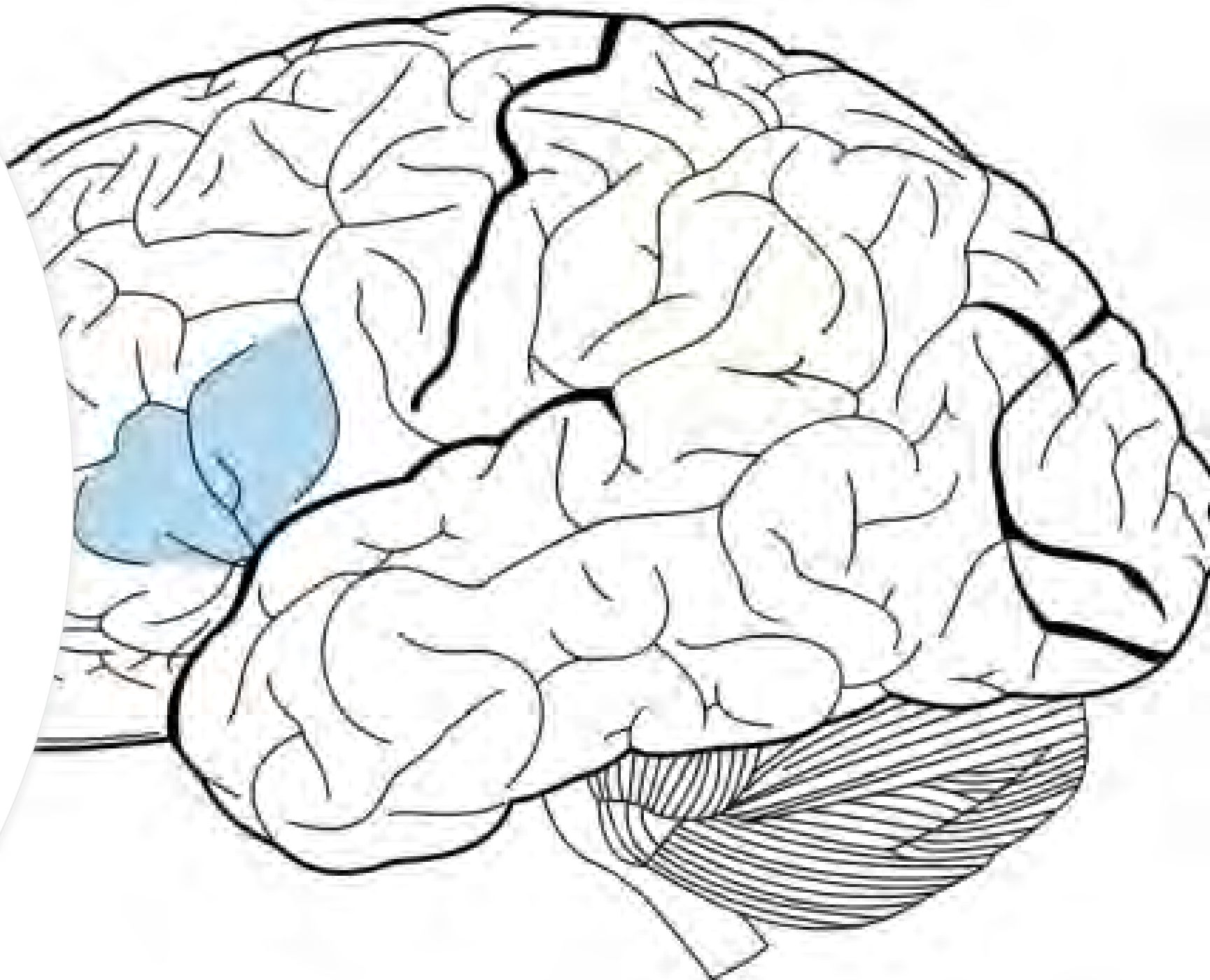
- Flashbacks/Triggered reactions
- Chronic sleep problems
- Brain changes at all levels (insula, thalamus, Broca's area etc.)
- Hormonal/ chemical response (cortisol etc.)
- Difficulty with mental focus - dissociation, flashbacks
- Problems with information processing
- Adaptive reactions/behaviors may become chronic conditions (fight - hyperarousal, flee - dissociation)
- Difficulty with relationships - may replay the traumatic paradigm through entering into dangerous or unhealthy relationships or may have difficulty with intimate relationships)
- Difficulty being touched
- SIB (Self Injurious Behavior – cutting, burning, etc.)
- Increased risk for heart disease, stroke, asthma, diabetes and more
- Self-medication - drugs and alcohol

"Evolutionarily ... if there had been no body there would be no brain"

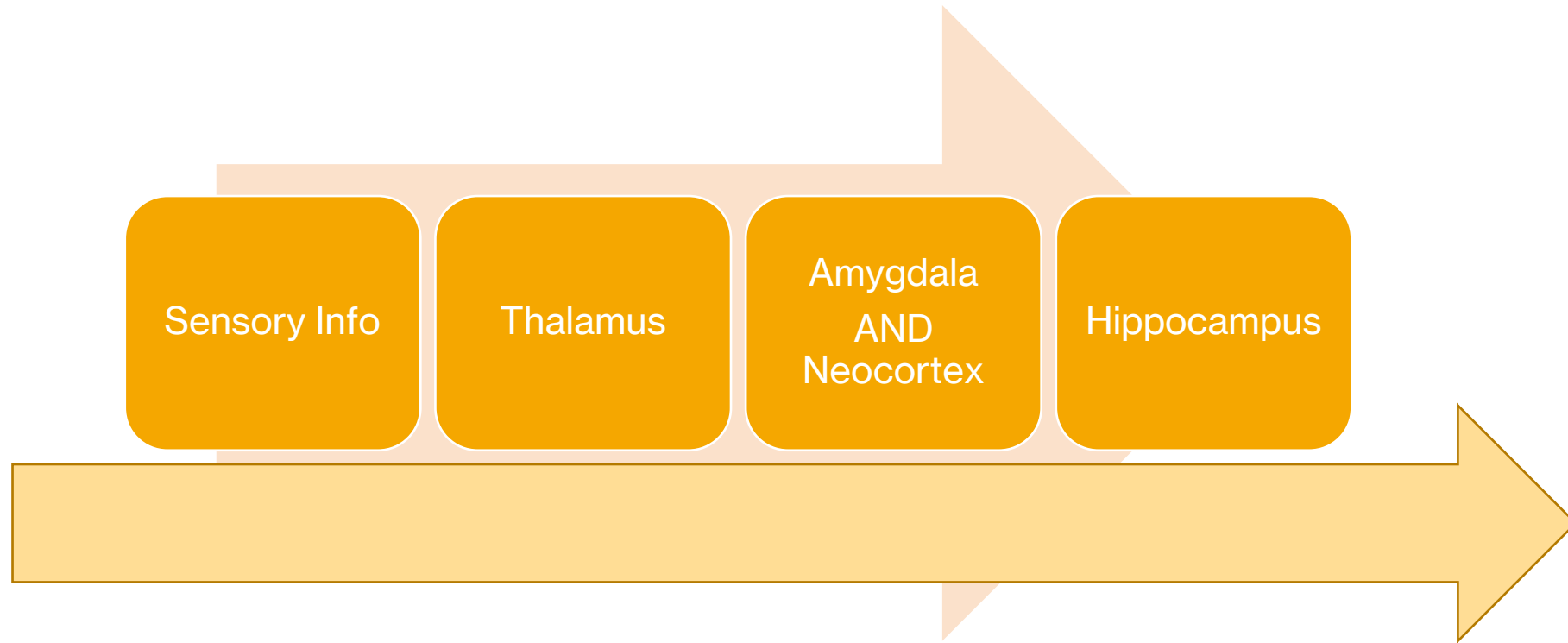
-Antonio Damasio, Neurologist



- **Broca's Area**



Memory Consolidation



Extreme Stress

- Hippocampus fails to process the memory as an integrative whole
- Sensory elements of experience are left unintegrated and are therefore prone to return during flashback, when some sensory elements of the trauma are activated



Interoception



Interoception

"As originally defined, interoception encompassed just visceral sensations but now the term is used to include the physiological condition of the entire body and the ability of visceral afferent information to reach awareness and effect behavior, either directly or indirectly.

The system of interoception as a whole constitutes "the material me" and relates to how we perceive feelings from our bodies that determine our mood, sense of well-being and emotions"

Clare J. Fowler, 2002, from a review in the journal, *Brain*, of a book called *Visceral Sensory Neuroscience*



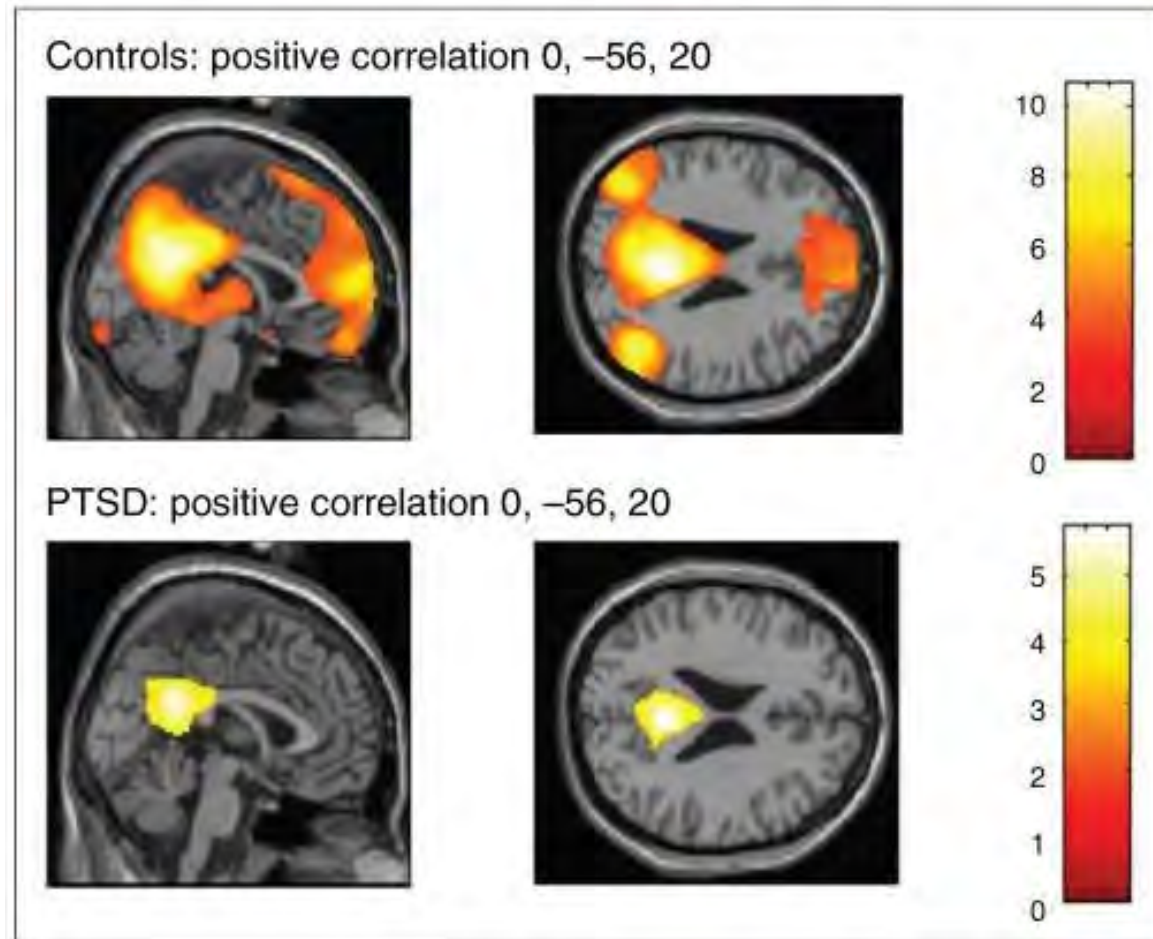
Exteroceptive ability at the expense of interoceptive capacity?

Neural Plasticity make this all relevant

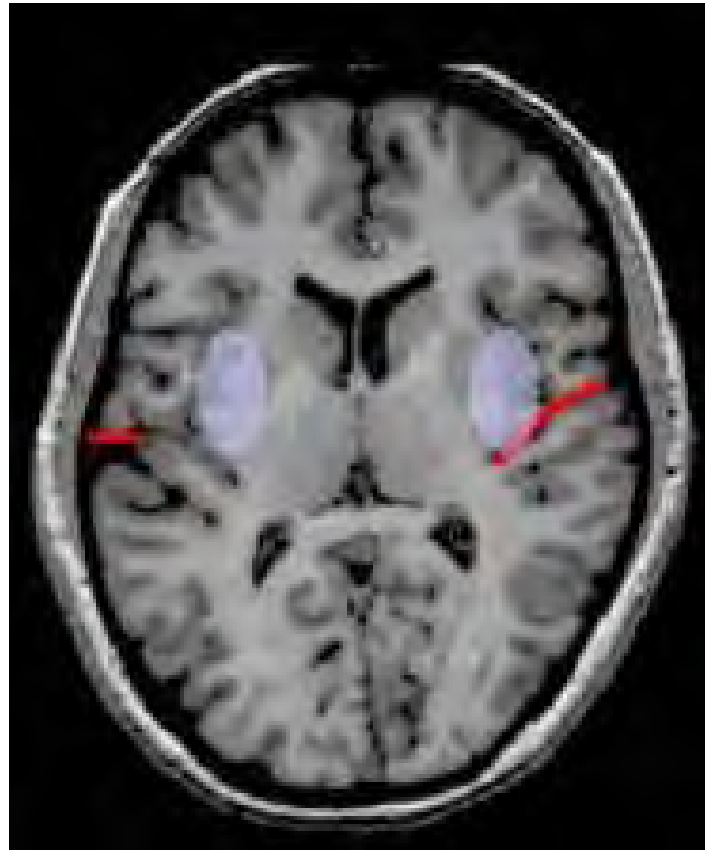


*“Neurons that
fire together
wire together”
– Donald Hebb*

Default Mode- Ruth Lanius



Insula (purple)



“[In the past] I would be the type of person; I would spend some time on the beach, and I knew I was there because I saw my footprints or else, I would not have known I was there.

Yoga grounded me – because the breath and movement. It just grounded me”

-Study participant, *Claiming Peaceful Embodiment*, Rhodes et al, 2016

After 20 week of Yoga

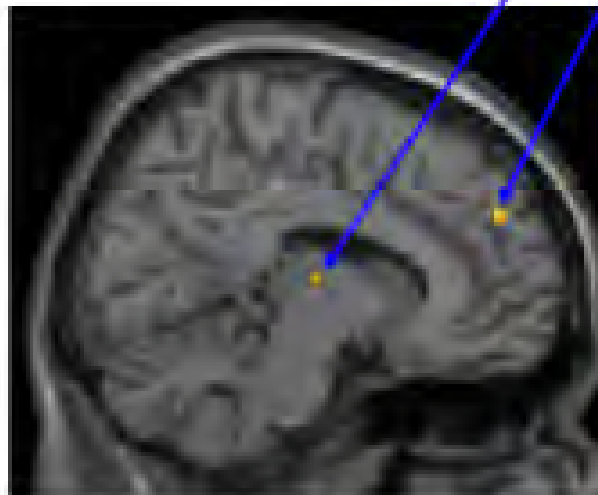
Yoga Participants(n=6) Greater Than Control(n=2),
Post-Yoga Greater Than Pre-Yoga



Left Insula

Right Thalamus

Right Dorsomedial Prefrontal Cortex





**Our work is interoceptive,
not prescriptive**

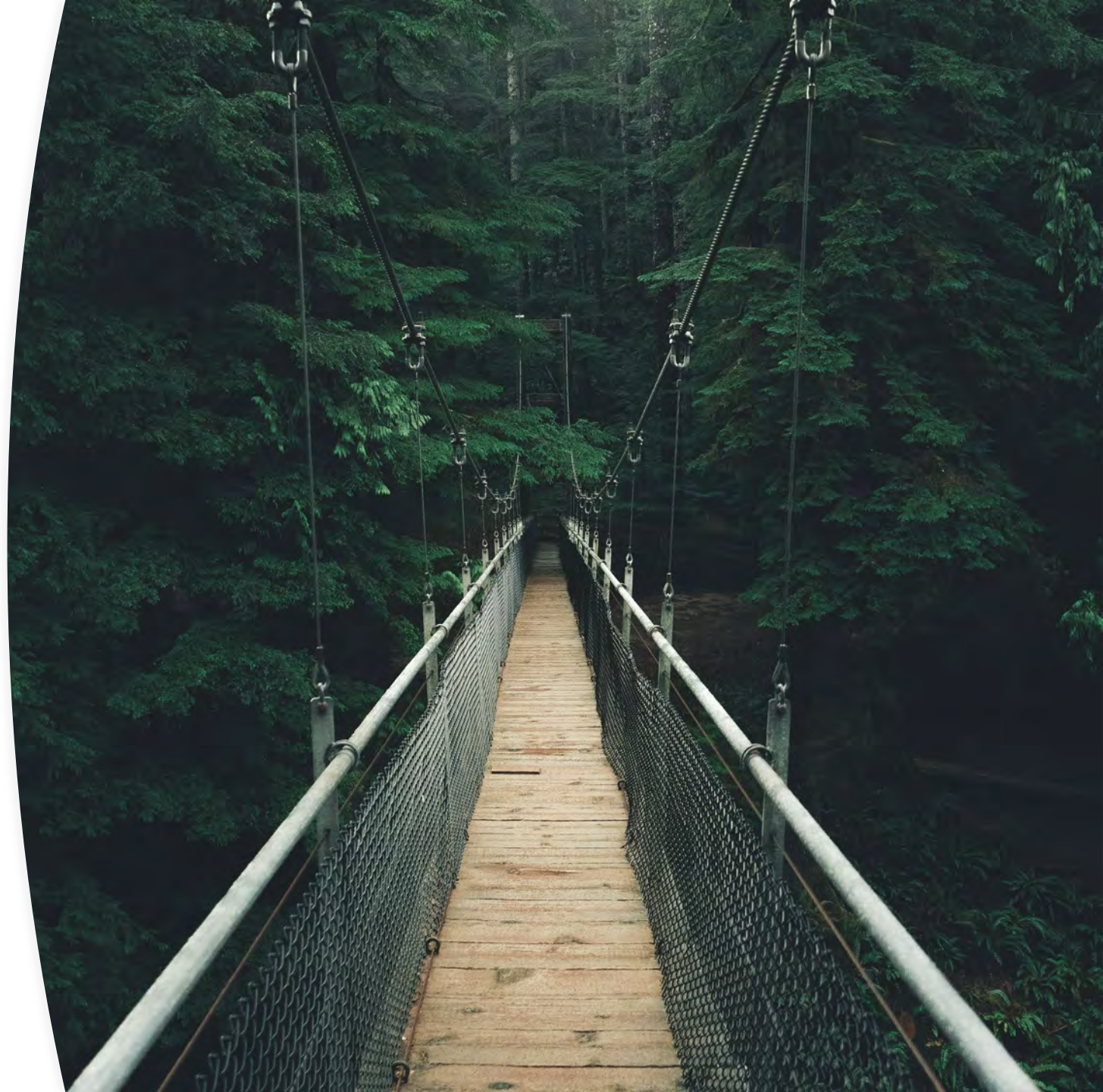
Choices

At the core of trauma lies an extreme lack of choice. With yoga shapes and movements we get to practice making choices based on what we notice in our own unique bodies.



Language

- Concrete
- Invitational
- Curiosity based





We live in a world that seeks to deny, silence and rewrite experiences of trauma



Community Response Matters



Relational Abuse of Power

In relational trauma survivors are often dependent on their perpetrator or there is a significant power imbalance.

They may be parents, spouses, siblings, partners, bosses, colleagues, doctors, yoga teachers....even therapists.

How can power structures between client and therapist possibly mirror trauma dynamics?



The core experiences of psychological trauma are disempowerment and disconnection from others.


Recovery, therefore is based upon **empowerment** of the survivor and the creation of new connection

Judith Herman



Facilitator Qualities



A person is shown from the waist up, wearing a white long-sleeved shirt and red pants. They are holding a large, flowing, translucent orange fabric that is billowing out to the right. The background is a bright, clear sky with a large sun in the upper right corner, creating a strong lens flare and illuminating the scene. The overall mood is one of freedom and movement.

We are deeply committed to empowering our participants and not telling them what to do with their bodies.

**Shared
authentic
experience**





Breakout discussion

WHAT DOES IT MEAN TO BE PRESENT?

When our **Physical Reality**
and our **Neurophysiological Reality**
are in sync







Breath


A dandelion seed head is shown in the foreground, with its stem extending upwards. The background is a dark, deep blue or black, filled with numerous dandelion seeds that have been blown away, creating a sense of movement and dispersal. The lighting is soft, highlighting the delicate structure of the seed head and the individual seeds.

Interoception can trigger a trauma response.

“Breath is an interoceptive reminder of trauma. Sensory messages from muscle and connective tissue that remember a specific position, action or intention can be the source of the trigger.

The accelerated heart rate and increased respiration can be implicit reminders of that same reaction that accompanied the terror of trauma.”

~ Babette Rothschild



Many trauma survivors have layers of physiological defenses in place that serve as infrastructure and protection from implicit memories.

Removing these defenses too quickly can result in significant destabilization.



**Trauma Sensitive
Breathing is
performed in the
context of physical
embodiment to
facilitate grounding
and present moment
experience**

Thank you!

healwithcfte.org

traumasensitiveyoga.com

IG: jennturnerlmhc

