SOMATIC EXPERIENCING TRAUMA THERAPY

How the nervous system integrates high energy experiences...

PURPOSE

ASSIST YOU TO STAY CONNECTED TO YOUR RESOURCES AS YOU EXPLORE AND HEAL THE EFFECTS OF TRAUMA

RESOURCES

- QUALITIES
- ATTITUDES
- CONDITIONS
- BEHAVIOURS
- RELATIONSHIPS

A TRAUMA IS ANY EXPERIENCE THAT IS OVERWHELMING TO THE NERVOUS SYSTEM

SYMPTOMS

FEAR, ANXIETY, PHYSICAL PROBLEMS, ANGER

THE THERAPEUTIC JOURNEY

STEP 1

CREATE A SAFE ZONE

WHAT HELPS ME TO FEEL SAFE?

I AM STRONG, GROUNDED AND STABLE!

- FOCUSING ON MY RESOURCES

STEP 2

IDENTIFY AND EXPLORE THE EFFECT OF THE EVENT

WHERE DO I FEEL UNCOMFORTABLE?

WHAT DO I FEEL, SENSE, INTUIT, REMEMBER KNOW?

COLOR
TRAUMA
SIZE
SHAPE

- EXPLORING MY DISCOMFORT

STEP 3

IDENTIFY HOW THE BODY NEEDS TO RESPOND

WHAT DO I NEED TO DO THAT I COULD NOT DO THEN?

HOW SHOULD I REACT?

BRINGING IN MORE RESOURCES...

- A LIMINAL SPACE OF POSSIBILITY...

STEP 4

NATURAL AND SAFE RELEASE OF ENERGY

HA HAA!

Aaah!

THE ENERGY TRAPPED IN THE TRAUMA IMPRINT IS RELEASED

STEP 5

EXPERIENCE INTEGRATED

I CAN DO THIS!

YES!

RESILIENCE

GOAL

OUTCOME

- SENSE OF SUCCESS
- RESTORED ABILITY TO EXPLORE, IDENTIFY AND INTEGRATE FEELINGS
- SENSE OF WELL BEING
- RELAXATION
- PEACE

VISUALLY RECORDED BY DRAWMORE

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