



TRAUMA AND SOMATICS

Practitioner Certificate

Module

01

**Intro to
Trauma + Somatics**

The Goal of Somatic Integration

Creating an environment that supports and strengthens safety, belonging, and dignity are the goals of a somatic-oriented trauma-informed practitioner.



4R's of Trauma-Informed Service

- ▶ **Realizing** the prevalence of trauma
- ▶ **Recognizing** the signs + symptoms of trauma
- ▶ **Responding** by integrating trauma-informed knowledge
- ▶ Actively seek to avoid **Re-traumatization**

3 Stages of Trauma Integration

As a Practitioner

1) Trauma Aware

Many people nowadays understand that trauma is a part of the lives of people in our modern world. To be trauma aware is to have a general sense of the significance and impact of trauma without specific context or understanding of how it impacts your business or your clients.

2) Trauma-Informed

As a practitioner, it is understood that anyone entering your container (program, training, etc) may be coming with a trauma history. To be trauma-informed is to know how prevalent trauma is in our world today, to clearly understand how this impacts your business, and to have a game plan of both how to prevent trauma-triggers and how to navigate trauma responses when they arise. As a trauma-informed practitioner, every effort is taken to promote a culture of deep safety, personal empowerment, and holistic healing for clients.

3) Trauma Centered

To provide Trauma Centered Care is to work directly on trauma through re-negotiating deeply ingrained physiological survival responses as well as healing the psychological impact of trauma. This level of care requires extensive training and supervision.

What does being 'trauma-informed' actually mean?

"A program, organization, or system that realizes the widespread impact of trauma and understands the potential paths for recovery; recognizes the signs and symptoms of trauma in clients, staff, and others involved with the system; responds by fully integrating knowledge about trauma into policies, procedures, and practices; and seeks to actively avoid re-traumatization." - US National Center for Trauma-Informed Care

Defining Trauma

What It Is:

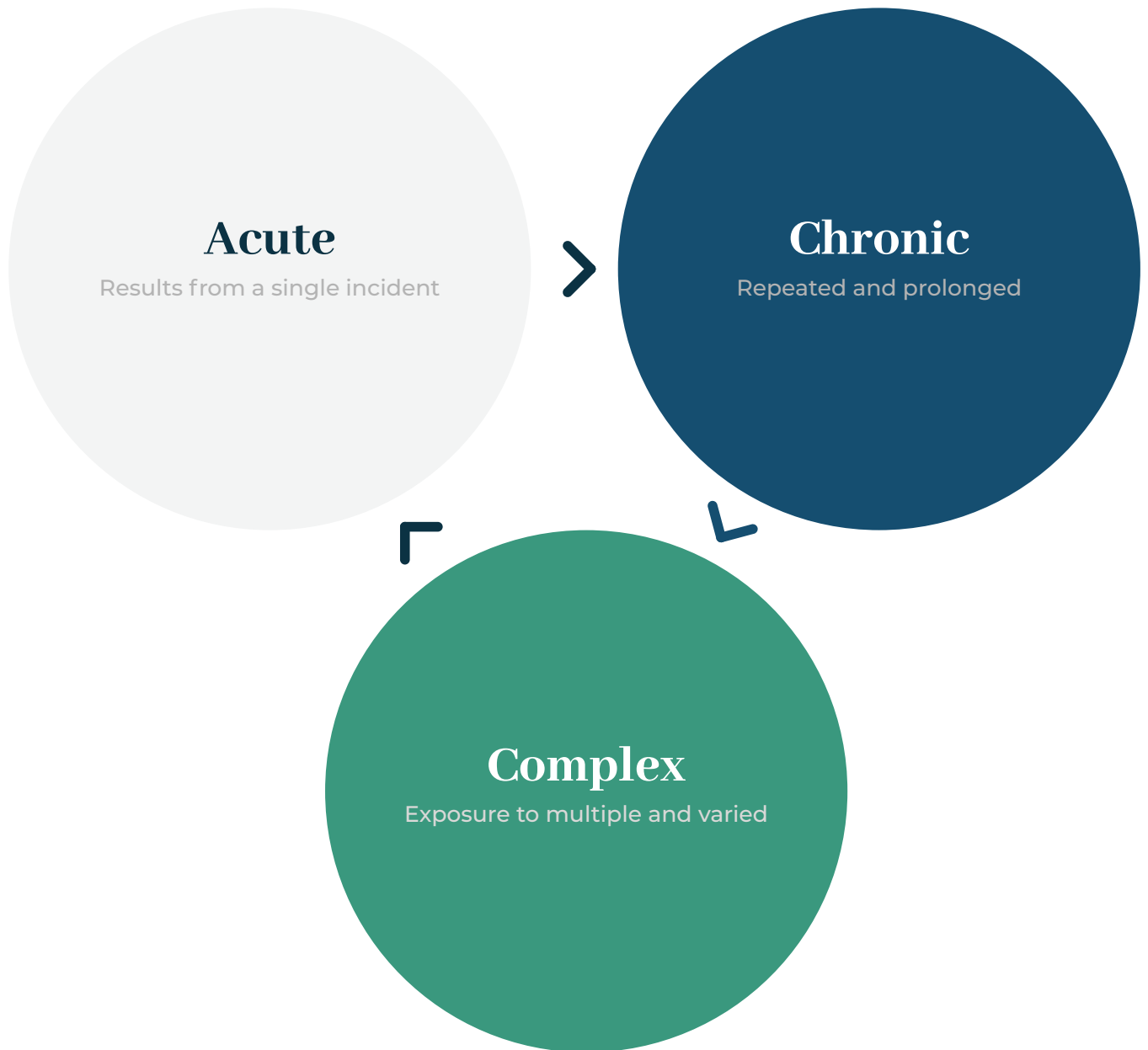
- ✔ 'Trauma' is defined by the lingering psychosomatic response to overwhelming events.

What It's Not:

- ✘ Trauma is not in the event itself; it's not "what happened."

"Traumatic symptoms are not caused by the event itself. They arise when residual {survival response} energy from the experience is not discharged from the body. This energy remains trapped in the nervous system where it can wreak havoc on our bodies and minds." -Peter Levine

Three Types of Trauma



“The fundamental work of the Somatic Coach is to guide the person to feel and be with the animating force that makes them alive. This is life moving toward life.” - Richard Strozzi-Heckler

Categories of Trauma

Anything that was “too much, too fast, too soon”

- ✓ Pre- and Perinatal trauma
- ✓ Suffocation - Choking, Drowning
- ✓ Falls
- ✓ Traumatic Brain Injuries
- ✓ High-Impact
- ✓ Motor Vehicle Accidents
- ✓ Inescapable attacks - Animal, Rape, Abuse
- ✓ Childhood Neglect
- ✓ Home Displacement Trauma (Refugees)
- ✓ Surgery
- ✓ Poison
- ✓ Burns
- ✓ Natural disasters
- ✓ Torture
- ✓ Ritual Abuse
- ✓ War
- ✓ Terrorism
- ✓ Intergenerational/Inherited
- ✓ Systemic Oppression
- ✓ Religious Oppression
- ✓ Racism
- ✓ Poverty
- ✓ Sexism
- ✓ Bullying

Other Lived Experiences to consider:

- ✓ Gender
- ✓ Race
- ✓ Ethnicity
- ✓ Literacy
- ✓ Geography
- ✓ Class

Exploring

Felt-Sense Experience

Felt-Sense Experience: awareness of the body, through the body.

To deepen somatic awareness, focus on experiencing your feelings instead of making meaning of or creating a story about them.

✓ Feeling My Feelings

Naming Sensations

Fast heartbeat
Knot in my belly
Openness in my chest
Tingling in my arms

Naming Emotions

I feel sad.
I feel angry.
I feel happy.
I feel shame.

✗ Thinking My Feelings

Figuring Out Sensations

Why is my heart beating so fast?
What did I eat that made me feel nauseous?
My heart chakra is open!

Figuring Out Emotions

Why am I like this?
I'm such a mess.
I'm doing things right!
What's wrong with me?

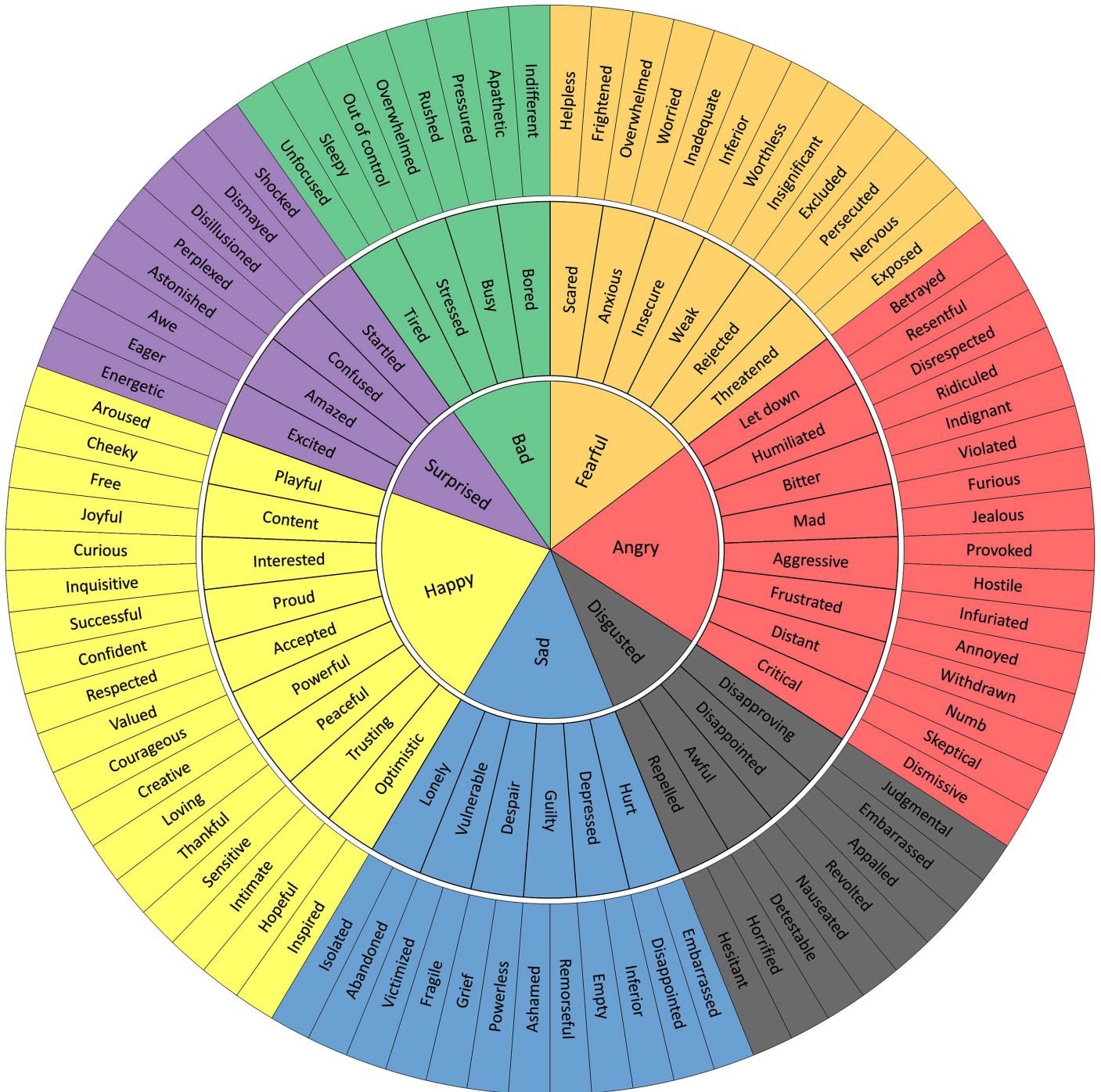
Vocabulary of Sensations

Sensation is the language of the nervous system. By learning to notice and track your sensations, you will connect deeper with your primal, biological nature. In doing so, you'll be able to respond to life more fully and with a greater awareness of the present moment.

achy	airy	alive	bent	beveled	bloated	blocked	breathless
brittle	bubbly	burning	buzzy	chilled	clammy	closed	cold
congested	constricted	contracted	cool	cozy	crampy	damp	dense
dull	elastic	electric	empty	energized	expansive	faint	flaccid
fluid	flushed	flutter	frozen	full	gurgling	hard	heavy
hot	icy	itchy	jagged	jittery	jumbly	jumpy	knotted
light	loose	moist	moving	numb	open	paralyzed	pounding
pressure	prickly	puffy	pulled	pulsing	quaking	quiet	quivering
radiating	ragged	raw	rolling	rumbling	shaky	sharp	shivery
shuddering	silky	smooth	soft	spacious	spasm	spinning	sticky
still	stretchy	stringy	strong	suffocating	sweaty	tender	tense
thick	throbbing	tickly	tight	tingling	trembly	twitchy	vibrating
warm	wobbly						

The Wheel of Emotions

Use this chart to expand your emotional vocabulary and deepen fluency of your emotional states. Multiple times a day, ask yourself: What am I feeling right now? What emotions are present?



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Module 1

Self-Reflection Prompts

Take some time to reflect on the questions below.

01. How do you cultivate safety & security?

05. How do you cultivate dignity?

02. What does 'safety & security' feel like (sensation and/or emotion) to you?

06. What does 'dignity' feel like (sensation and/or emotion) to you?

03. How do you cultivate connection & belonging?

07. How do you know when you are attuned to another person?

04. What does 'connection & belonging' feel like (sensation and/or emotion) to you?

08. How do you know when another person is attuned to you?