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*Healing the
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~~Understanding~~*

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~~Sieff, PhD Peter~~

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Wounds | Healing

Workshop ?

The Body Keeps

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Hand Movement

Narcissistic

Abuse PTSD what

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offers
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answers to
questions such
as: What is
emotional
trauma?

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trauma.

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and Healing

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5 Simple Steps

to Healing From

Emotional Trauma

1. Be Willing to

Heal. The desire

to feel better

can be your best

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ally on the road
to recovery.

Don't give in to
the... 2. Accept

Support From

Loved Ones. When
healing from
emotional

trauma, it's
important to
connect with
others

regularly... 3.

Seek ...

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5 Steps to Begin

And Healing

Healing From

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- The Brainary
Healing From
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Emotional
Toxicity*

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Solutions
Understanding
Awareness. Self-
And Healing
awareness is the
Emotional
first step to
Trauma
healing from
trauma— this
requires
acknowledging
that there is a
pattern...

Havening
Techniques ®.

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psycho-sensing
modality, which
stimulates the
receptors on the
skin. Brain ...

Healing From

Trauma:

Emotional Detox

Strategies

Basically,

trauma is the

result of

extraordinarily

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stressful events that disrupt a person's sense of safety and security, and lead to feelings of vulnerability and helplessness. Traumatic events...

*Trauma Tips for
Understanding*

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and Healing—Part

1 of 4 . . .

Be patient and
understanding.

Healing from
trauma takes
time. Be patient
with the pace of
recovery and
remember that
everyone's
response to
trauma is
different. Don't

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Understand your loved one's reaction against your own response or

anyone else's.

Offer practical support to help your loved one get back into a normal routine.

That may mean helping with collecting groceries or

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doing housework,
for example, or
simply being
available to
talk or listen.

*Emotional and
Psychological
Trauma -*

HelpGuide.org

Emotional trauma
arises because
something has
gone awry in our

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relationships,

so a healing relationship is crucially

important if we are to learn how to connect to other people and to ourselves in healthier ways.

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and Healing

Emotional Trauma

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Understanding

•••
And Healing

Working

Emotional
together, we can

Trauma
process the

trauma so that

it is a part of

your story and

not something

that needs

avoiding. We

just need to

work with your

body a little.

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In the meantime,
consider . . .

And Healing

Emotional

*To Heal Trauma,
Work with the
Body |*

Psychology Today

Understanding

and Healing

Historical

Trauma: The

Perspectives of

Native American

Elders Lisa

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negatively
affect the
physical,
psychological,
and social well-
being of an
indi ... Healing
Historical
Trauma. 37, & &
& ...

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: Conversations

...

Racial Trauma is
a term coined to
capture the
deleterious
impact of race-
related stress,

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Understanding

harassment,
And Healing

racial violence
Emotional
(including

witnessing such
Trauma:
violence),

racism, and

discrimination

on mental health
functioning.

Similar to other
trauma, like

sexual assault,

Racial Trauma

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shares similarities to PTSD.

Unfortunately, among students of color, the common stressors of the college experience ...

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and Healing from
Racial Trauma |
Counseling ...*

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But the way to
heal is not
based on
insight,
understanding,
or figuring
things out. This
is because the
rational mind is
not where trauma
exists. Trauma
is emotional/ene
rgetic, so
effective

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therapies need
to work on the e
motional/energet
ic levels. Peter
Levine discusses
this concept in
this video.

*You are an
energy field: a
key to
understanding
and ...*

In general

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recovery is the ability to live in the present without being overwhelmed by the thoughts and feelings of the past. Central to the experience of trauma is helplessness, isolation and the loss of power and

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control. The
guiding
principles of
trauma recovery
are the
restoration of
safety and
empowerment.

*Phases of Trauma
Recovery |
Trauma Recovery
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shared a group.

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2018 • There is

a new facebook

group for those

interested in

the work of one

of the

interviewees -

Jungian analyst,

Marion Woodman,

and the BodySoul

Rhymns work that

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she co-founded.

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anthropologists
about emotional
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