

Overcoming Trauma with Tensegrity

Welcome
Please turn in your signed liability waiver

Agenda

- Discussion
 - Tensegrity
 - Polyvagal Theory
 - Somatic Experiencing
- Warmup and Movement Form
- Break
- Demonstration
 - Volunteer?
- Role Play (i.e. practice concepts)
- Group Feedback and Discussion

What is Tensegrity

- Tensegrity is a movement and breathing tradition that originated in Ancient Mexico thousands of years ago and includes:
 - Books from various authors
 - Physical movement forms and breadths
 - Practiced by people all over the world
 - Workshops include self review
- This practice shares many common factors with other trauma techniques
- Therapists should be certified before using movements with clients
- *"This is first a world of energy, then a world of objects"*
--Castaneda

What is Traumatic Energy?

- Why is it a problem?
- How does the energy get trapped in the body?
- What are the characteristics or signs of someone who has traumatic energy?
 - Porges Polyvagal Theory (Levine, 2010) – Hierarchical levels of nervous system
- How do you recognize it?
 - Common phrases
 - Physical dissociations
- How do you discuss or explain trauma's effects with your clients?

When Talking is Not Enough

- How and When do you navigate between talk therapy and body awareness?
- Positive Energetic Resources – **Somatic Experiencing**
 - Space = Relaxation (Lehmi and Robbins, 2010)
 - Tell me about a (space)time...
 - Therapist watches for Body (physical) Dissociations. Then client can be guided to slowly (mindfully) experience body part
 - Examples: Birds, Puppies, Trees, Parts of Body etc...
- "Talking about trauma can cause smoke detector to activate which is why it is crucial to learn to deal with a clients (bodily) sensations." (Levine, 2010)


What are different ways body releases traumatic energy?

- Levine (2010 / 2015) suggests the following:
 - Heat/Cold released through body: sweat followed by the chills
 - Involuntary body movement: shaking, tingling, trembling, or quivering
 - Tears
 - Other ways (breathing)
- Healing occurs when person able to stay in present moment on one hand, while *working through* past experience on other hand.
- *Working through* means responding to stimulus (the past) one level up on the nervous system hierarchy - freeze to fight / flight responses = often a body movement
- "The body must be doing something in order to keep the insula, cingulate cortex, and Broca's area online" (Levine, 2010, p. 114)

Learn Movement Form

- Warmup
 - Observations
- Learn Movement Form
 - Silence Form Sitting

Break



Demonstration

- Volunteer?

Role Play

- Get into groups of 3
 - Briefly write out scene from your life that you feel safe exploring with peers
 - Include your body position
 - Include your breath
 - Include your inner dialogue
 - Suggestion: Scene regarding a person shifting levels of nervous system (fight, flight, or freeze) and you respond by attending to the body. Maybe help person find a positive energetic resource (space, movement, body position, other images or ideas) or practice (new) trauma explanation
 - When your group is ready you may start
 - 15 minutes per person

Discussion

- Who would like to share findings?

For More Info:

- Tensegrity:
 - Cleargreen.com
 - Atlanta Practice Group – participate via skype
- Somatic Experiencing
 - Truamahealing.org
- Polyvagal Theory
 - The Polyvagal Theory – Book by Stephen Porges

Interesting video:

- https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are
