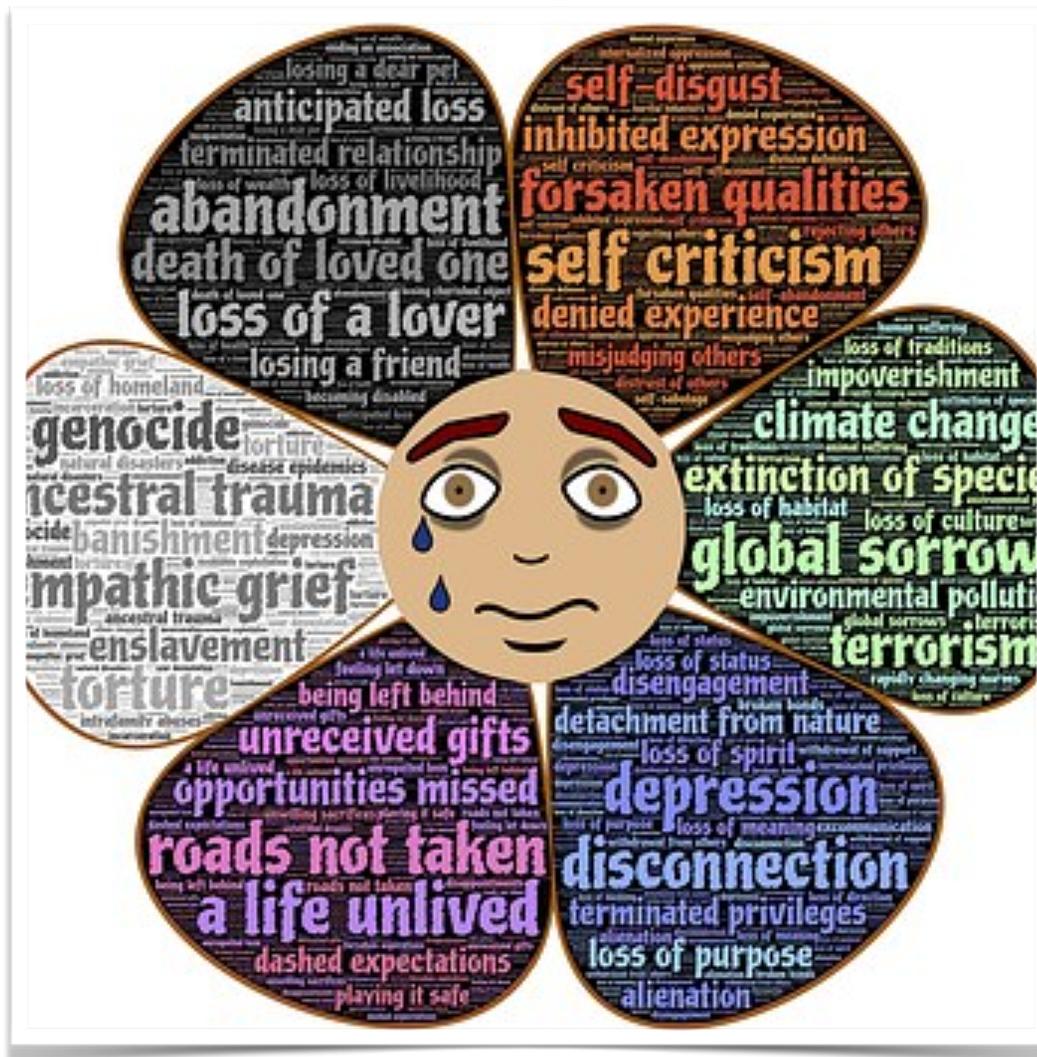


WHAT IS TRAUMA?



DEVELOPMENTAL TRAUMA

Developmental vs Shock Trauma - trauma occurs across a spectrum:
“t” vs “T”

- Within “developmental trauma” is a range:
 - History of severe trauma in the parents can change the unborn baby’s genetic makeup
 - Babies suffering trauma to their developing mind and body when they are in the womb, birth or shortly after birth
 - Repeated abuse, neglect, separation and adverse experiences that happens within the child’s important relationships

DEVELOPMENTAL TRAUMA

- Cases of developmental trauma—which includes profound caregiver misattunement as well as ongoing abuse and neglect of varying degrees—there is no single traumatizing event.
- Although the physiological response may be similar to that of shock trauma, there are ongoing distressing relational dynamics to take into consideration.
- Clients, very often, have no idea. They will report what has happened after the time that they can remember. They assume that something they can remember must be the cause of their symptoms. They have no idea that their nervous system might have been compromised before they had the capacity for memory.

DEVELOPMENTAL TRAUMA RESEARCH

Mid-90's - Adverse Childhood Experiences (ACE) study by Kaiser Permanente and the Center for Disease Control. 17,337 mostly white, middle and upper-middle class HMO members responded to a questionnaire about adverse childhood experiences (before age 18)

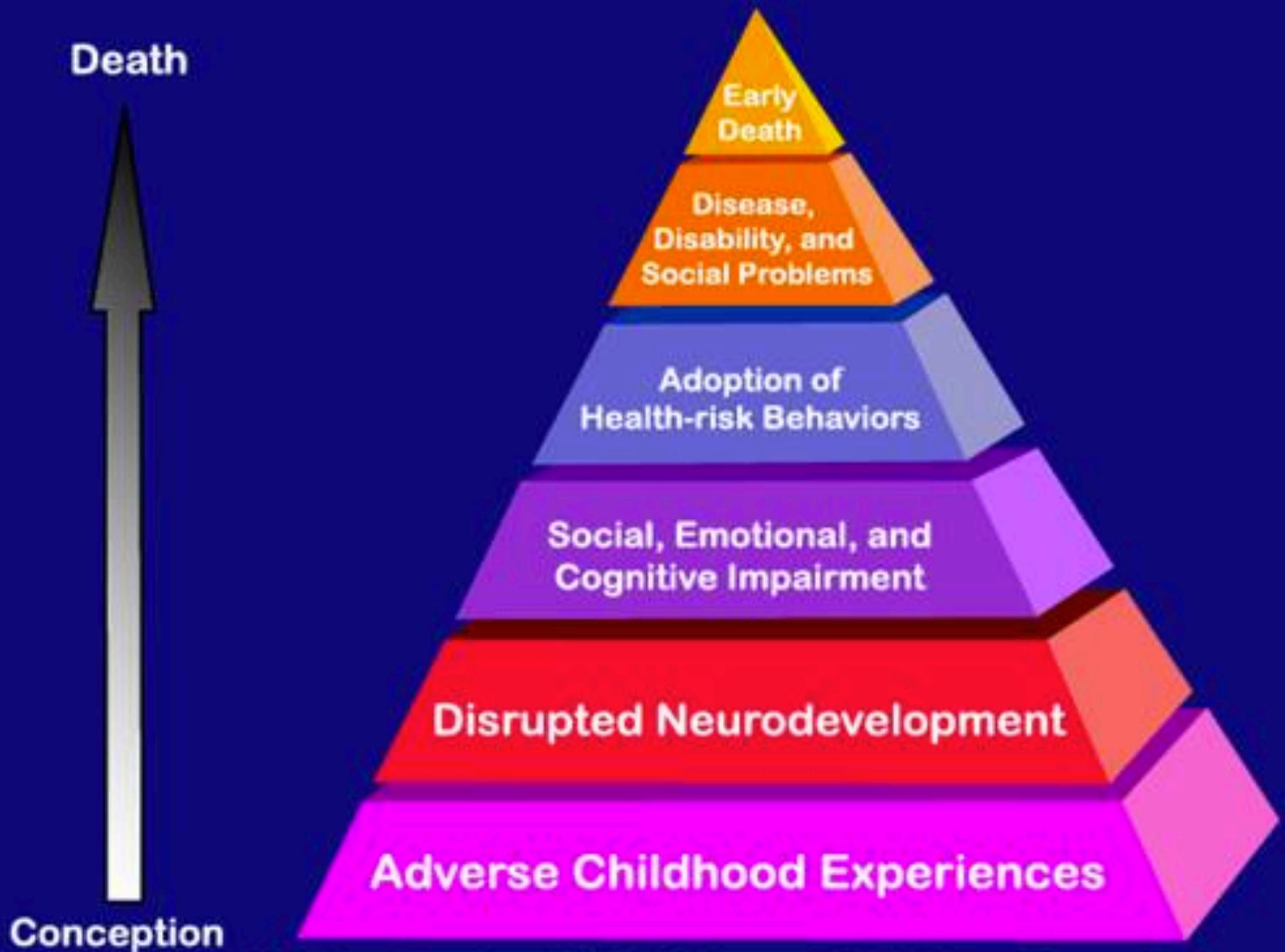
ACEs: The 10 Areas of Trauma

1. Psychological Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical Neglect
6. Loss of a Parent (for any reason)
7. Mother Treated Violently
8. Substance Abuse
9. Mental Illness
10. Criminal Behavior in the Household

The questions are described on the ACE website
www.cestudy.com

DEVELOPMENTAL TRAUMA

- The ACE study showed that adverse childhood experiences are much more common than acknowledged and that they have a powerful relation to adult health a half-century later.
- Highly significant relationship between ACE's and depression, suicide attempts, alcoholism, drug abuse, sexual promiscuity, domestic violence, cigarette smoking, obesity, physical inactivity, and sexually transmitted diseases.
- The more ACE's reported, the more likely a person was to develop cancer, stroke, diabetes, skeletal fractures, and liver disease. Triple the lifetime risk of heart disease and lung cancer.



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

DEVELOPMENTAL TRAUMA

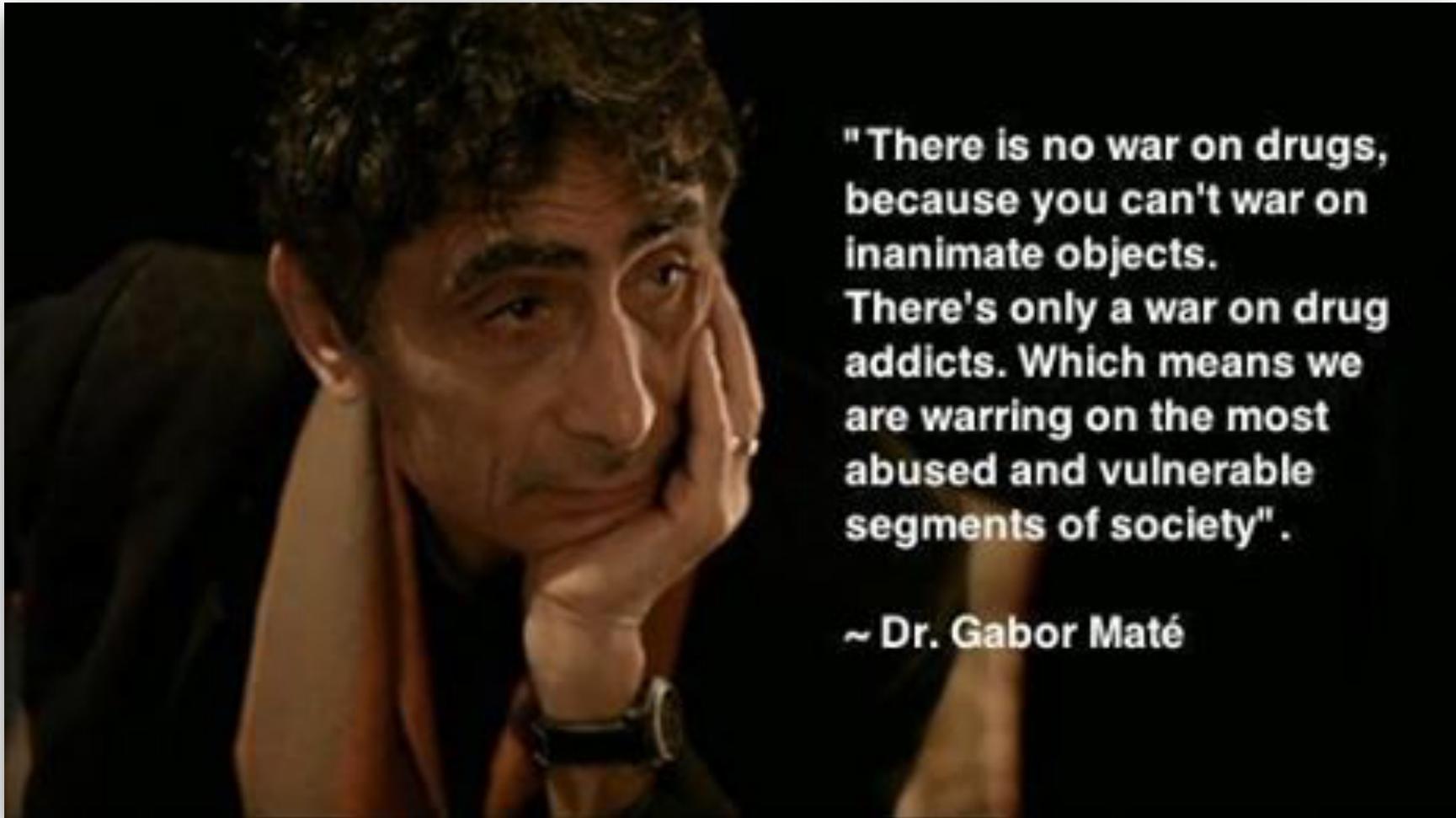
| Number of Adverse Childhood Experiences (ACE Score) | Women | Men | Total |
|---|-------|------|-------|
| 0 | 34.5 | 38.0 | 36.1 |
| 1 | 24.5 | 27.9 | 26.0 |
| 2 | 15.5 | 16.4 | 15.9 |
| 3 | 10.3 | 8.6 | 9.5 |
| 4 or more | 15.2 | 9.2 | 12.5 |

With an ACE score of 4 or more the risk of health, social and emotional problems greatly increases:

Lung disease - 390% increase (nicotine reduces anger, increases focus and relieves depression. Severe and chronic stress leads to increased inflammation that leads to disease.)

Attempted suicide 1220% increase (Childhood stress - increases risk for adult stress and depression)

Depression - 460% increase



“In the Realm of Hungry Ghosts: Close Encounters with Addiction”

A silhouette of a person sitting in a meditative lotus position on a beach. The person is facing away from the camera, looking out at the ocean. The sun is low on the horizon, creating a bright glow and casting a reflection of the person in the shallow water. The sky is a deep blue with scattered white clouds. The text "(BREATHE)" is overlaid in white, bold, sans-serif font across the center of the image.

(BREATHE)

DEVELOPMENTAL DISRUPTIONS

Very commonly used within body-centred psychotherapy, BBTRS, and various somatic approaches to healing early childhood patterns that developed out of hurts and lack of nourishment at any given stage of our development - Birth to various ages

- Character Structures (Reich & Bioenergetics & BBTRS)
- Character Strategies (Sensorimotor Psychotherapy)
- Developmental Disruptions (Bodydynamics)

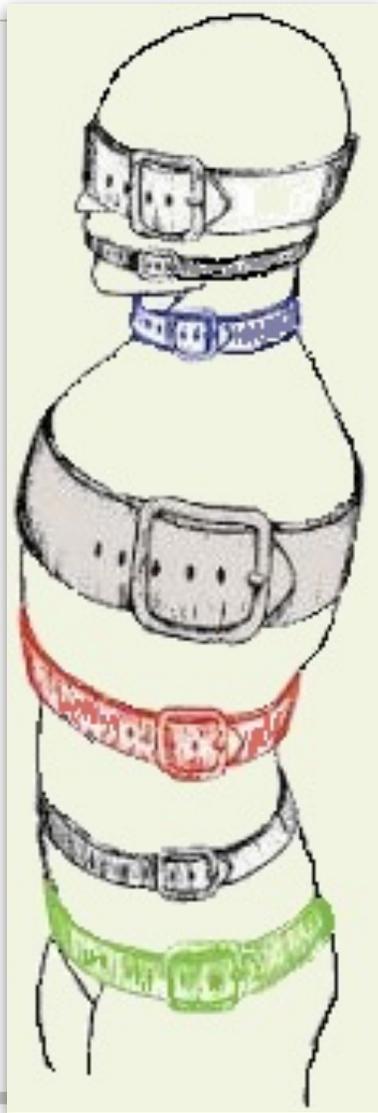
DEVELOPMENTAL DISRUPTIONS

Alexander Lowen and the Bioenergetics system identified five basic character types. He found that people with similar childhood experiences had similar bodies and that people with similar bodies displayed similar psychological responses in life.

Our body is shaped by our history - “armor” - the current shape tells us about the trauma, tension, energetics, family environment, etc

We form the strategies at a young age to be able to function in our family and that then gets carried out into the world. Our musculature gets contracted to support the belief systems that we form. Show the way we learned to compensate for disconnection from our needs & life-force.

DEVELOPMENTAL TRAUMA



DEVELOPMENTAL DISRUPTIONS

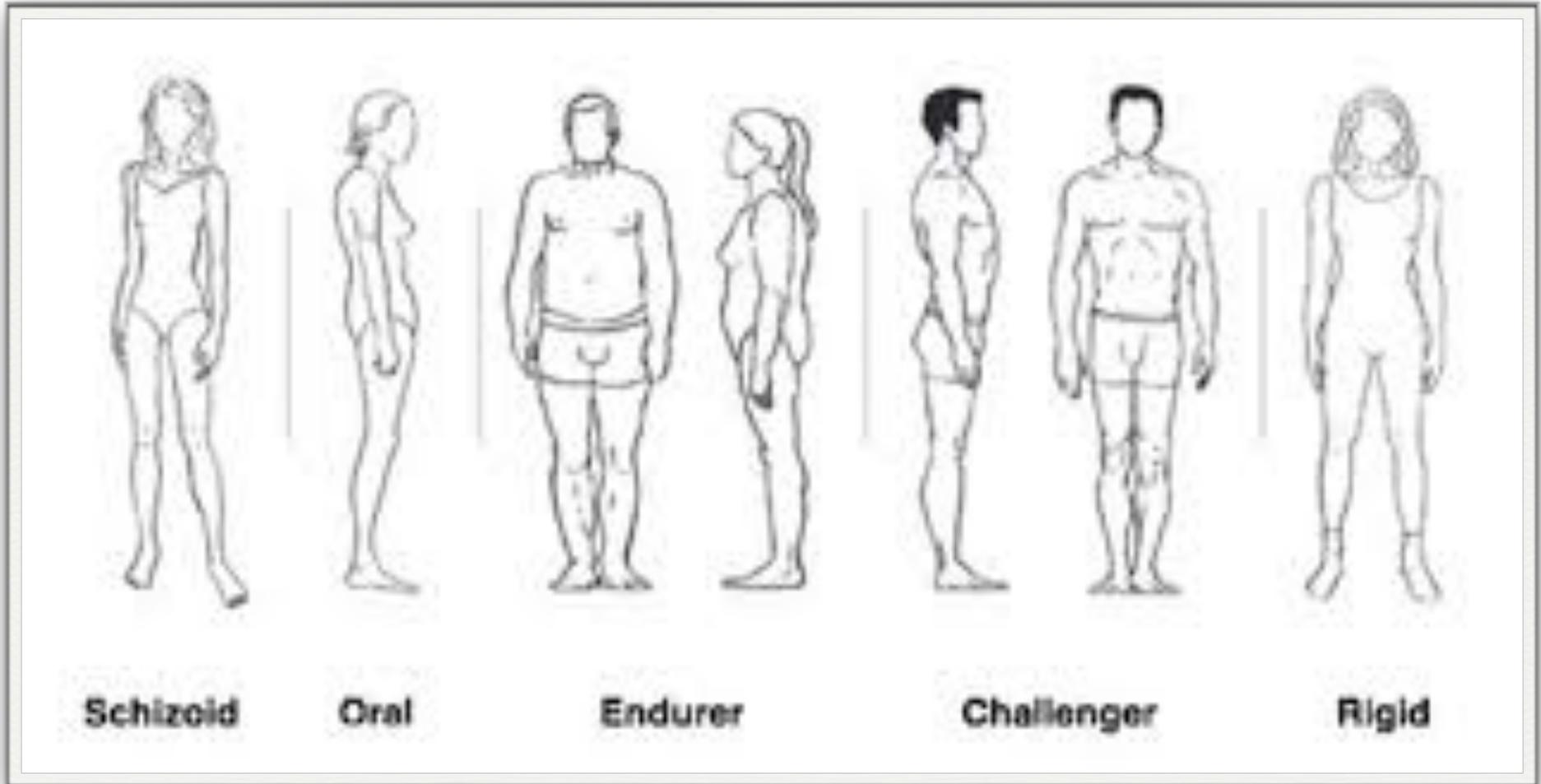
Schizoid/ Existence - In-utero to first year of life

Oral/ Needs - first 18-24 months

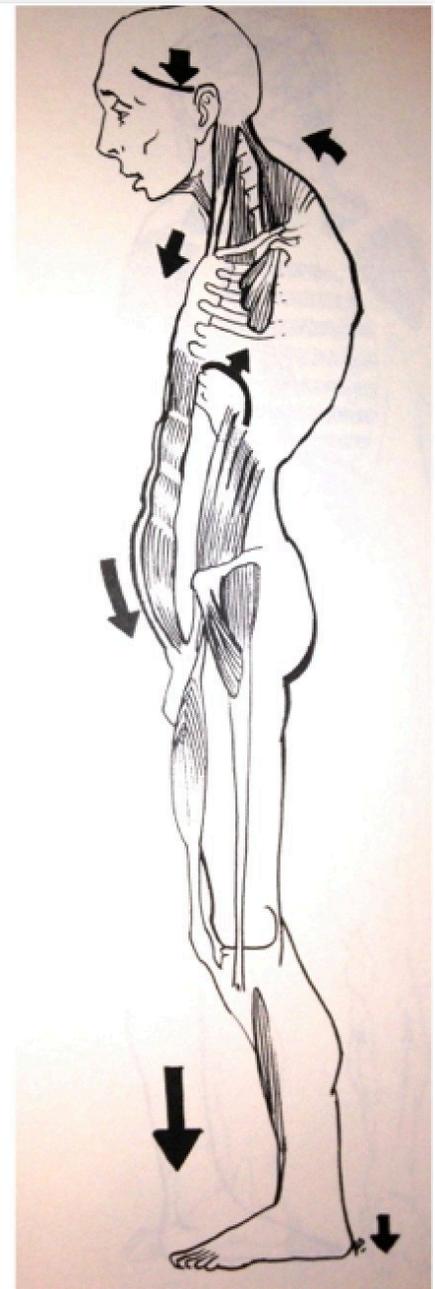
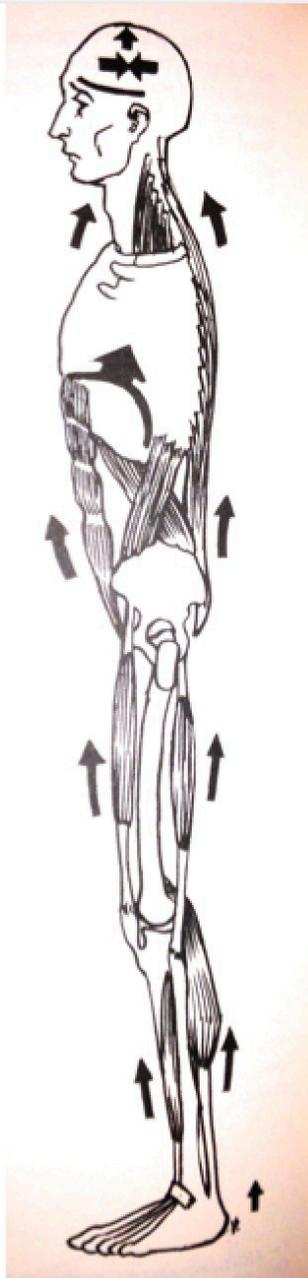
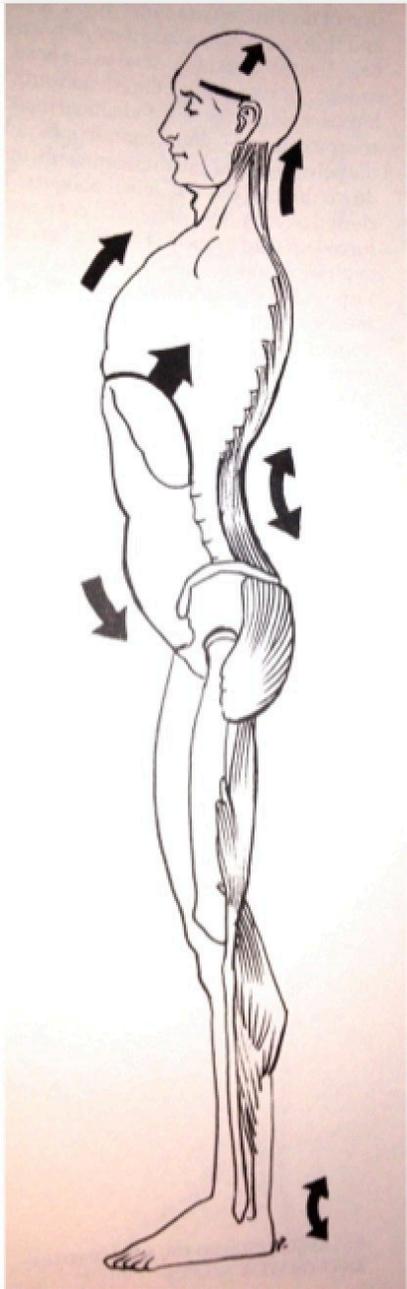
Psychopathic/ Autonomy - Ages 1-3

Masochistic/ Will - ages 2-4

Rigid/ Love-Sexuality - ages 4-6



Various character types represent survival strategies - not who we are, but are the basis of the patterns that feel limiting to us as adults



PRINCIPLES OF WORKING SOMATICALLY

Breath Patterns

Constriction of the breath accompanies almost all emotional trauma and the restoration of this pulsation signifies the bodies ability to operate in present time

Types of breath patterns and what they stimulate in the nervous system differs based on rhythm, speed & volume of air.

In & out thru the mouth is known as a “charging breath”

In nose - out mouth, particularly if the exhale is longer produces more of a parasympathetic response

Breathing Basics

"The mind controls the body, but the breath controls the mind."

B.K.S. Iyengar



THE END.....

