



A Liberation & Somatic Approach

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Objectives

- ▶ Define Trauma
- ▶ Decolonizing Therapy
- ▶ Define and discuss liberatory approaches
- ▶ Define and discuss somatic approaches
- ▶ Expansion of work beyond the clinical

Trauma

Can occur when:

- ▶ Overwhelming threat to safety, belonging or dignity
- ▶ Something that happens too soon for us to process (i.e. Car accident)
- ▶ Something that happens too much and is continuous (i.e. abuse that lasts for years)
- ▶ Too little for too long (chronic neglect)
- ▶ Having power and agency taken away (incarceration)
- ▶ Long-term stressors without adequate resource
- ▶ Not enough safety, social acceptance or cultural support to heal

Trauma Effects

- ▶ **Physical symptoms**: GI issues, sensitivity to light or sound, trouble sleeping
- ▶ **Emotional symptoms**: flat affect, over/under achievement, sense of overwhelm
- ▶ **Psychological**: dissociation, perfectionism, needing to be in control
- ▶ **Relational/social**: isolation, attachment disorders, learning difficulties

Types of Trauma

- ▶ Single incident
- ▶ PTSD or Chronic Trauma
- ▶ Complex PTSD or Relational Trauma

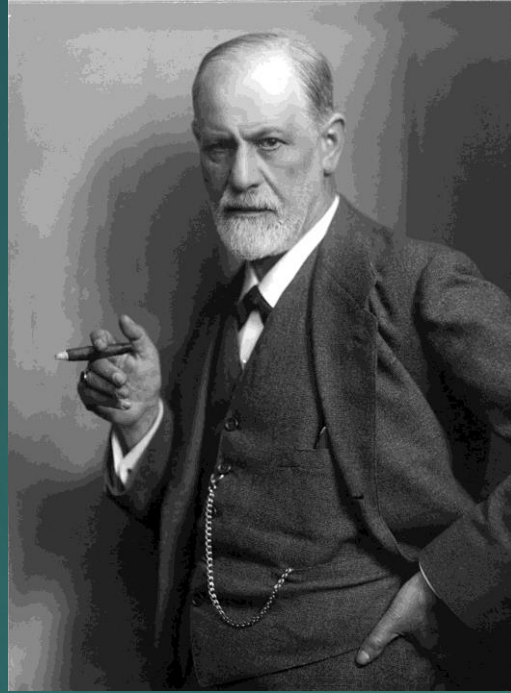
Lloyd Pt. 1



Lloyd Pt. 2



Decolonizing Therapy



Decolonizing “is the meaningful and active resistance to the forces of colonialism that perpetuate the subjugation and/or exploitation of our minds, bodies, and lands”

(Waziyatawin & Yellow Bird, 2012, p. 3)

Liberation Based Healing



- Acknowledgement of the connection between the clients' internal worldview with the systemic forces affecting their well-being
- An alternative to westernized approaches
- Shows an appreciation and inclusion of indigenous practices
- Holistic in nature
- Culturally affirming/Centers and Uplifts
- Actively dismantling systemic oppression
- Healing is collective

Somatic Approaches

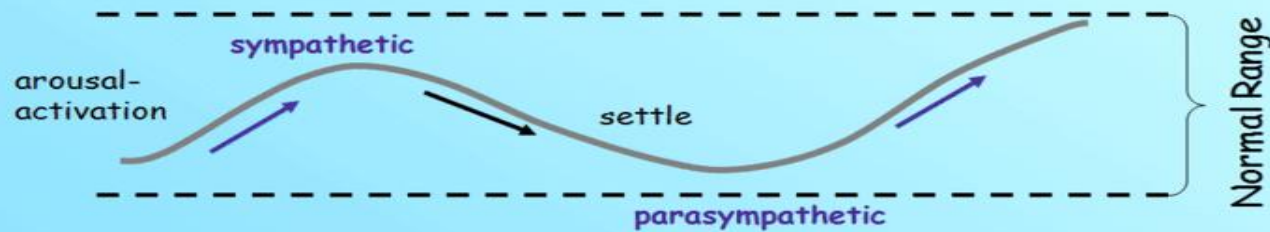
“Trauma is not a life sentence.”

- ▶ Trauma is in the nervous system, not in the event (Levine)
- ▶ Focusing on the felt sense
- ▶ A Psychobiological-Informed Modality
 - ▶ The body knows exactly what it needs for self-regulation to occur
- ▶ A natural approach to the resolution and prevention of anxiety and post-traumatic stress disorder

Your Body is your first home. Breathing in, I arrive in my body, Breathing out I am home
– Thich Nhat Hanh

The Nervous System

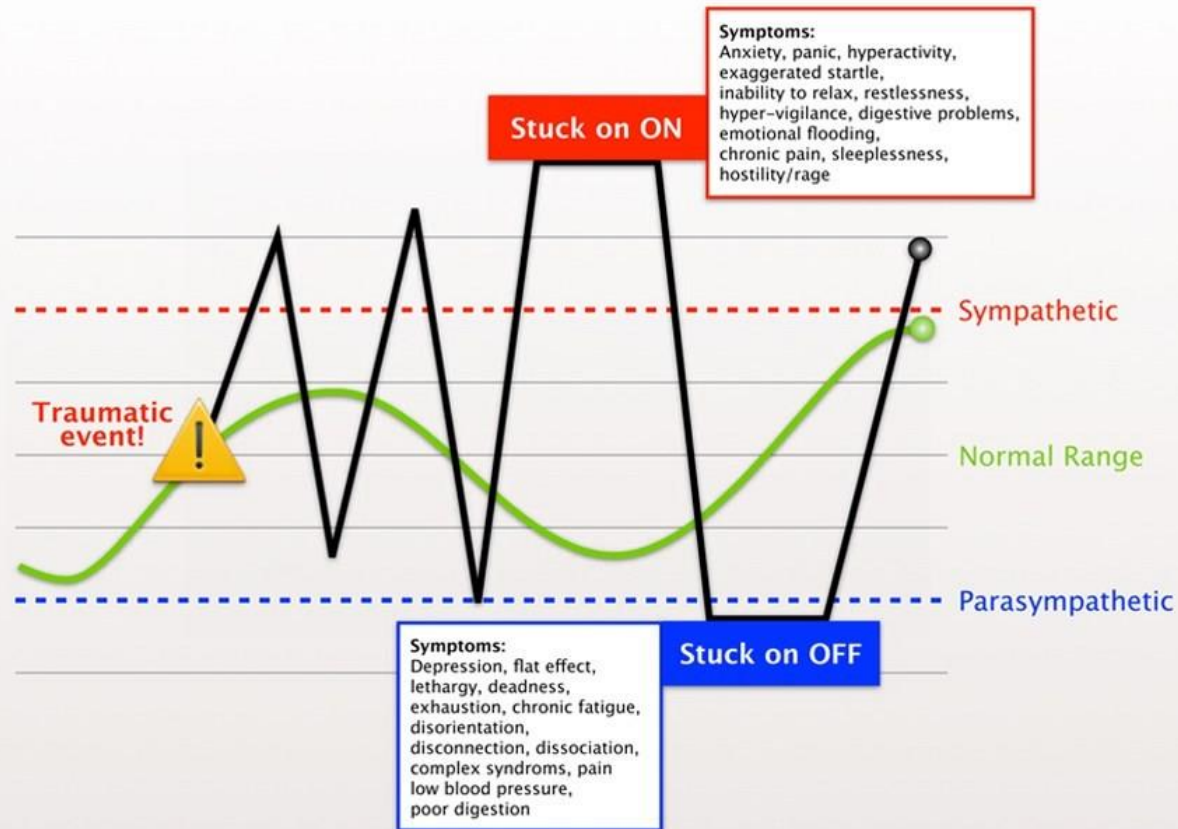
A Healthy Nervous System



Sympathetic: Part of the Autonomic nervous system Responsible for "fight or flight"

Parasympathetic: Part of the autonomic nervous system responsible for "rest and digest."

Symptoms of Un-Discharged Traumatic Stress

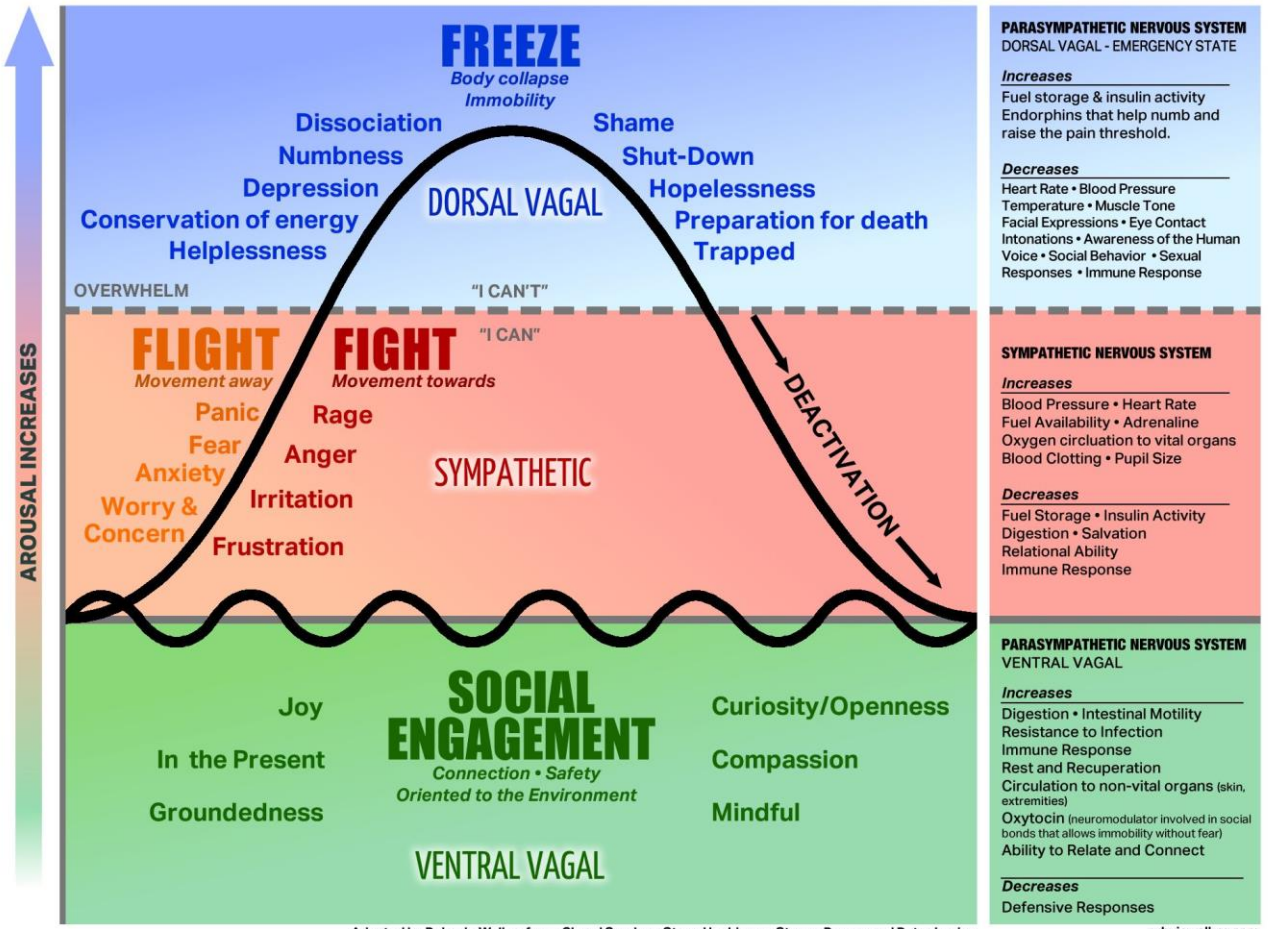


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The Nervous System



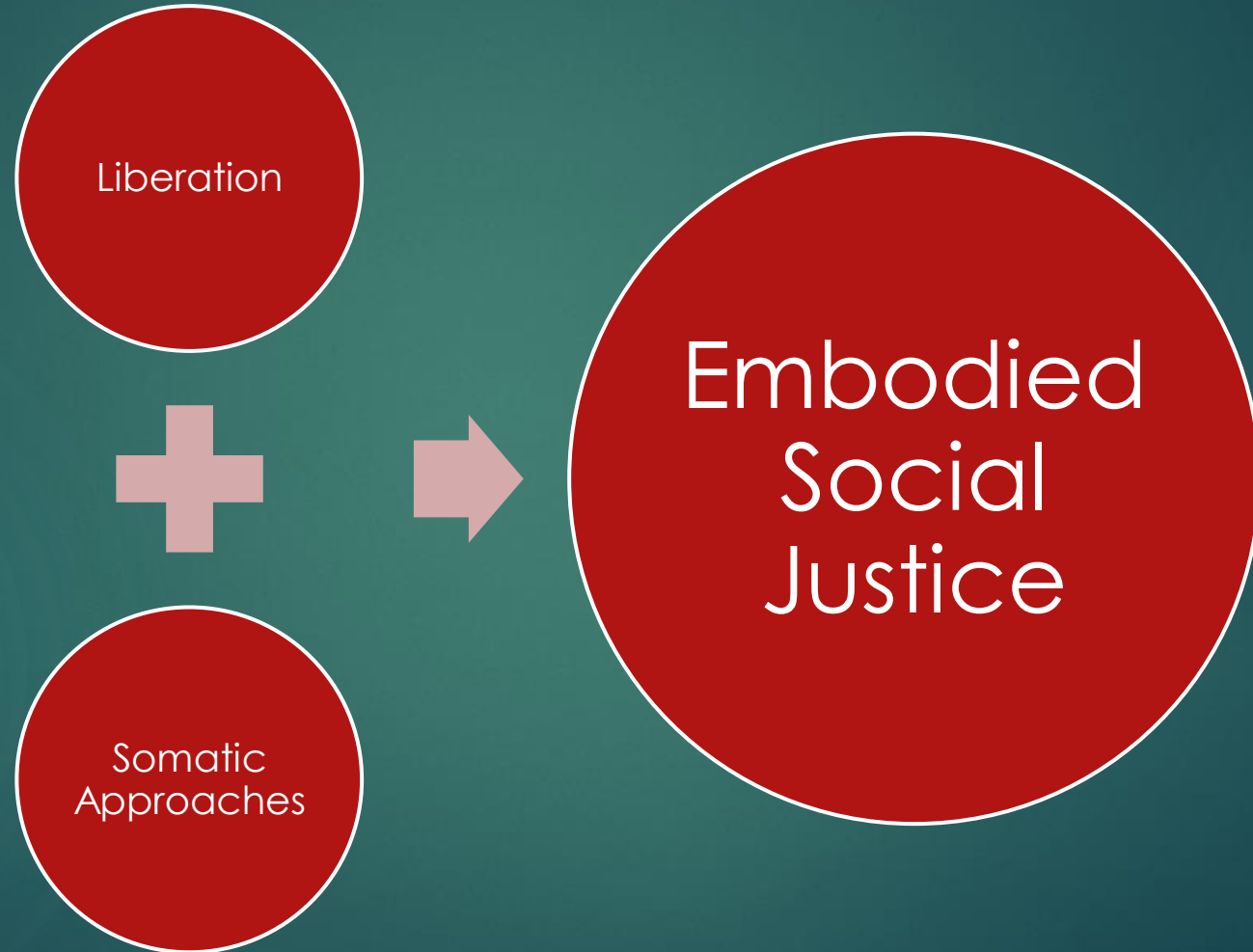
The Nervous System



Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

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Embodied Social Justice



Beyond the Clinical

- ▶ Prevention
- ▶ Restoration and Repair
- ▶ Advocacy
- ▶ Critical Consciousness

"Healing must be collective, both in its process and benefits."
-- William Oliver

The background features a light blue upper section and an orange lower section. On the left, there are four envelopes: a yellow one at the top, a white one below it, a green one below that, and a pink one at the bottom. On the right, there is a dark teal curved shape and a red rectangular shape at the top right.

Contact Information

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