

## **Somatic Experiencing Trauma Therapy** (from the infographic in group)

A trauma is any experience that is overwhelming to the nervous system.

**Purpose:** To assist you in staying connected to your resources as you explore and heal from the effects of trauma.

**Resources:** Qualities, attitudes, Behaviors, conditions, relationships, skills one possesses or gains/learns.

**Step 1:** Create a safe zone and concentrate on my resources.

Identify what helps me to feel safe: \_\_\_\_\_

What are my resources: \_\_\_\_\_

**Step 2:** Identify and Explore the effects of the traumatic event – explore my discomfort.

Where do I feel uncomfortable? \_\_\_\_\_

What do I feel, sense, remember, know? \_\_\_\_\_

**Step 3:** Identify how the body needs to respond – starting to feel the possibilities.

Identify and follow the sensations in my body: \_\_\_\_\_

What small movement can I make to work with this sensation? (i.e., shift my shoulder, soften a muscle, lengthen my spine) \_\_\_\_\_

What do I need to do now that I could not do then? (i.e., how does your body need or want to move?) \_\_\_\_\_

**Step 4:** Natural and safe release of energy – the energy trapped in the trauma imprint is released.

**Step 5:** Identify how the body needs to respond. Repeat these steps as needed.

**Outcome** is a sense of success; restores the ability to identify, explore, and integrate feelings and sensations; sense of well-being, relaxation, and peace.