



<http://www.traumaprevention.com>



TRE in China



TRE in Sudan

**Doctor of Social Work (Ph.D)** 2007

Arizona State University

Tempe, Arizona

**Certificate in Field Traumatology** 2005

Traumatology Institute

Tallahassee, Florida

**Certificate in Massage Therapy** 1998

Reilly School of Massage Therapy

Virginia Beach, Virginia

**Certificate in Bioenergetic Analysis** 1994

International Institute for Bioenergetic Analysis

New York, New York

**Masters of Social Work (MSW)** 1993

Fordham University

New York, New York

**Master of Arts in Theology (MA)** 1987

State University of New York

Ossining, New York

# Stress

Any experience that requires changes in one's normal coping mechanisms.

# Trauma

Any experience that overwhelms one's normal coping mechanisms.

# Vicarious Traumatization

Any unconscious effect of one's thinking due to exposure of other people's traumatic experiences or stories.

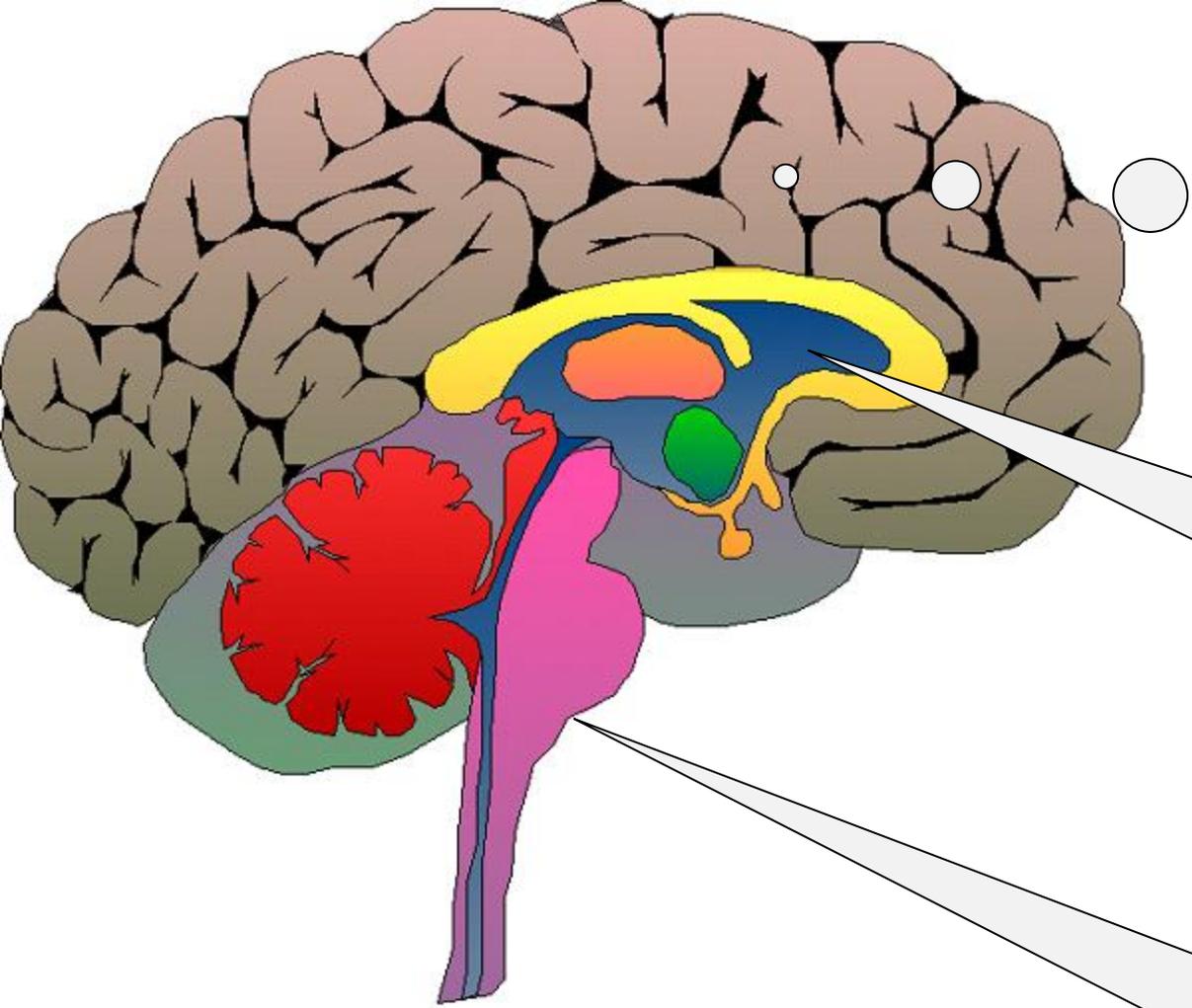
# Compassion Fatigue

Any intense emotional experience in which one's emotions are suppressed or unacknowledged.

# Post Traumatic Stress Disorder

Any anxiety following the traumatic experience.

- daily function is impaired
- exaggerated startle response
- disturbing memories
- nightmares
- flashbacks
- symbolic avoidance
- irritability
- difficulty sleeping
- lapse of memory
- difficulty concentrating
- detachment



**NEOCORTEX**

Human Brain  
Rational, creative,  
cosmic, spiritual,  
belief systems,  
imagination

**LIMBIC SYSTEM**

Mammalian Brain  
Emotional  
Fight/Flight  
Basic Emotions  
Fear, Anger, Hate,  
Hurt, Rage

**BRAIN STEM**

Reptilian Brain  
Instinctual  
Respiration  
Heart Rate  
Blood Pressure  
The tremors are evoked  
by brain stem reaction

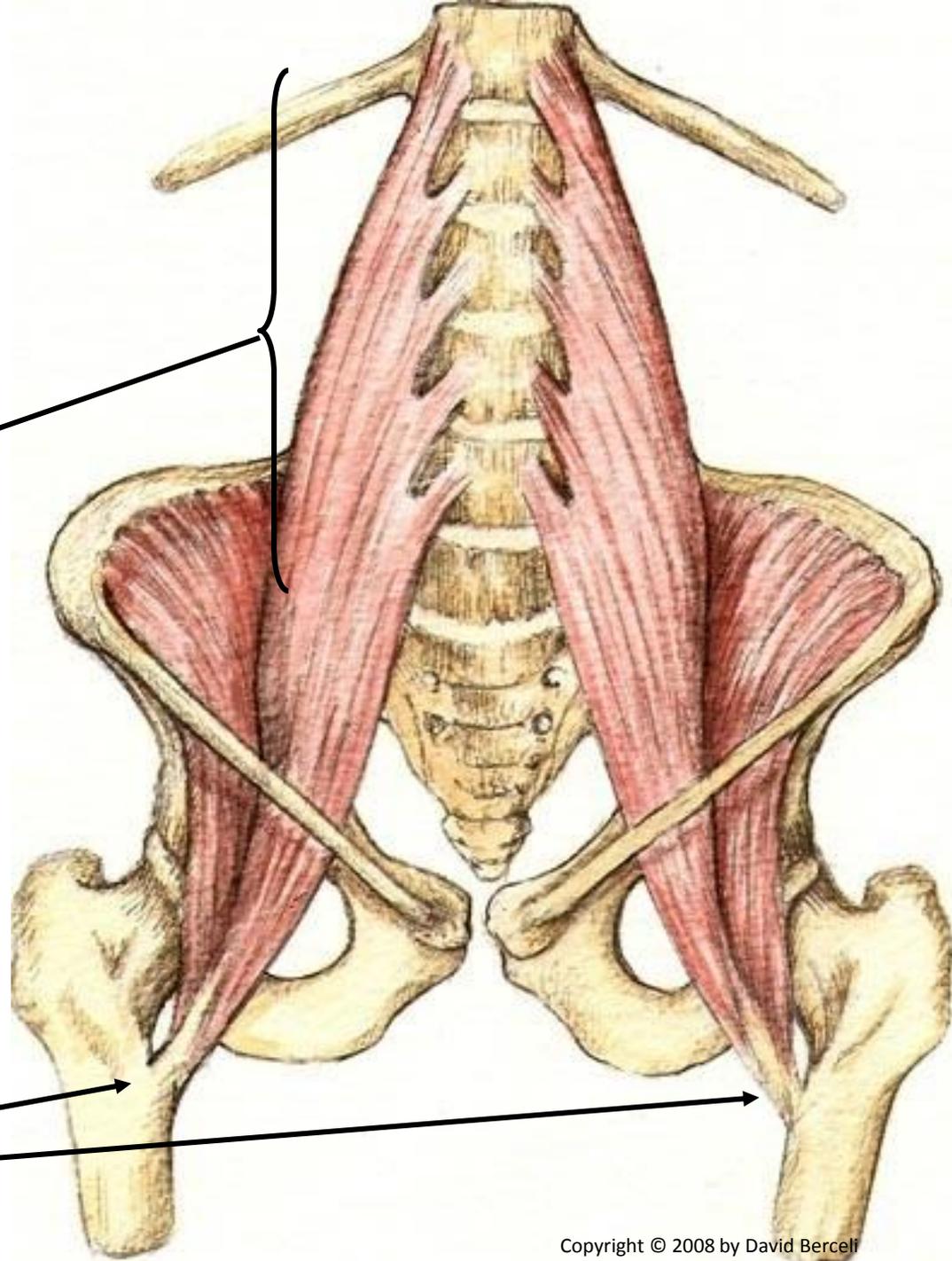
# Neurology of trauma

# Psoas Muscles

## Origin

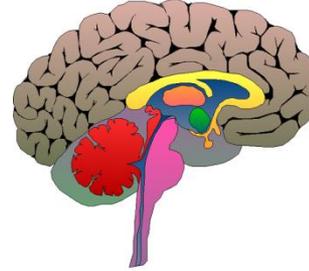
*The psoas (iliopsoas) located in the front of the transverse processes of the lumbar vertebrae, causes flexion of the spine when it contracts.*

## Insertion



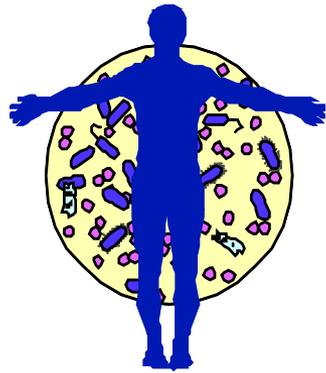
Nervous system activation:

Until the brain receives a signal from the central nervous system that the danger is over, the body remains trapped in this feedback loop continually activating the sympathetic nervous system.



Neurological  
Reaction

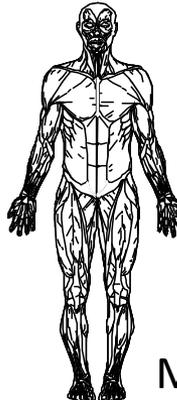
Repetition compulsion behavior



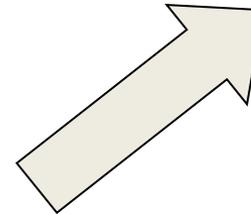
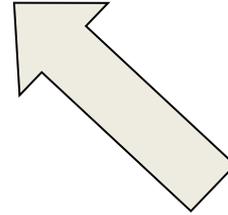
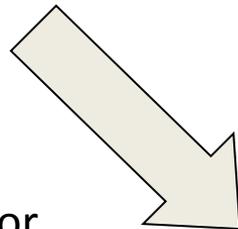
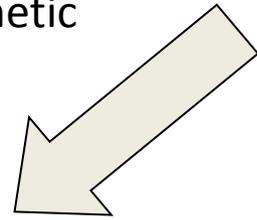
Chemicals  
Adrenaline/cortisol or  
Opoids

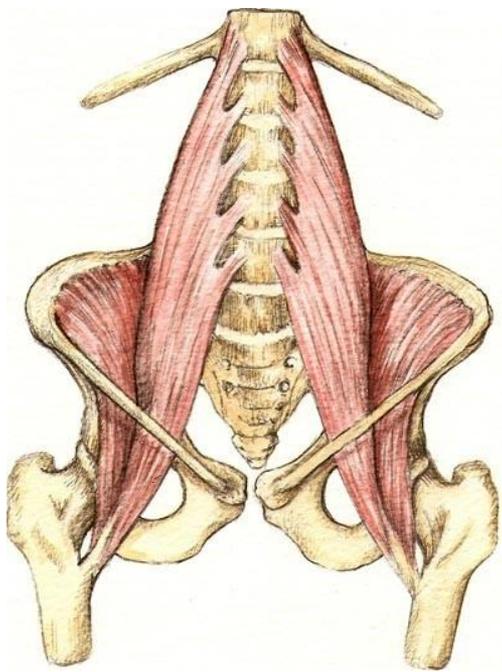
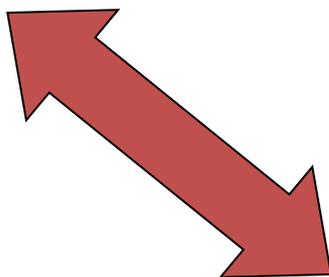
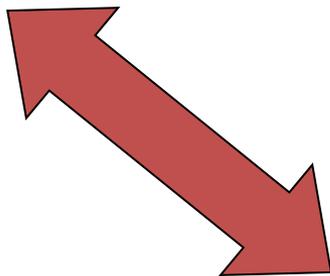
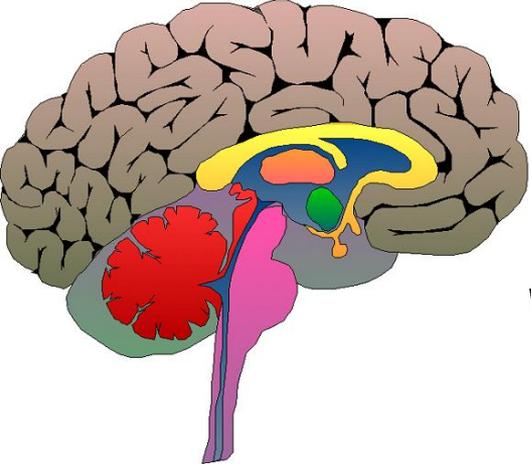


Nervous  
System (tremor  
response)



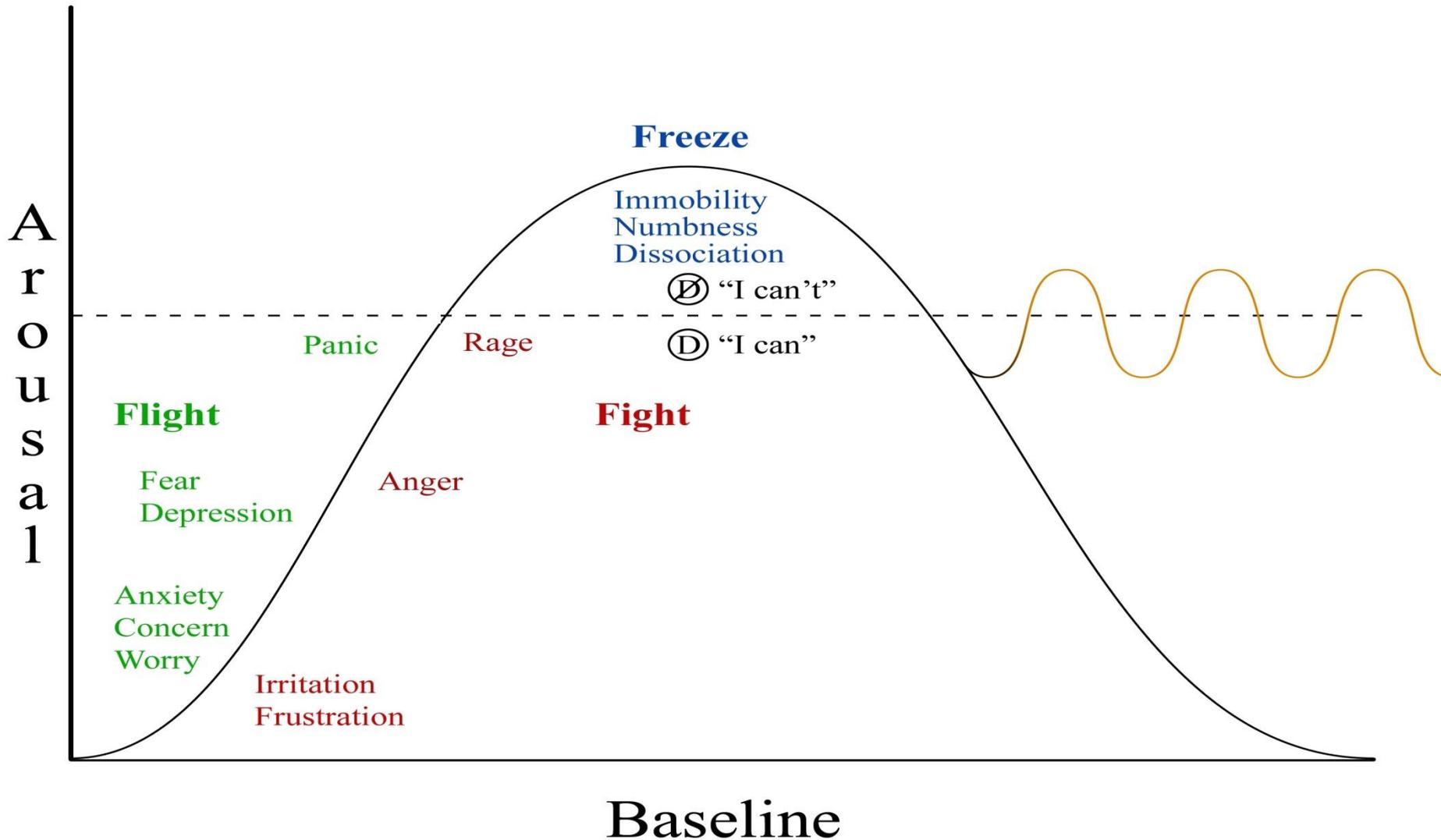
Muscle Tone (tightens or becomes flaccid)





The human animal's approach-avoidance behavior is in the neural architecture of spinal cord reflexes—the so-called final common pathway for behavior.

# Normal Defense Response



# Cautions

## Psycho-emotional disturbances

**Dissociation** is a mental de-compensation in which certain thoughts, emotions, sensations, and/or memories are compartmentalized, they are commonly precipitated by overwhelming stress.

**Flooding** is an experience of intense, often excessive or overwhelming cues (emotions, thoughts or sensations) from prior traumatic experiences that can cause anxiety, discomfort or fear in the individual.

**Freezing.** The “freeze” response is a protective function of the mind and body (sympathetic & parasympathetic NS) that immobilizes and stores energy in the body that is threatening or overwhelming. This includes the energy of thoughts, emotions and physical sensations. Once immobilized, the energy is stored as “body memory.”

# Cautions

## Physical limitations

Irregular Blood Pressure (High or Low)

Irregular Heart Conditions (surgery, pace makers, arrhythmia)

Physical limitations (broken bones, strains, sprains, chronic aches)

Operations

Hypo or Hyperglycemia (medications)

Pregnancy

Epilepsy

## Psychiatric conditions

### Psychiatric conditions (with medication)

Manic/depressive

Bi-polar conditions

Schizophrenia

Severe depression

Psychosis

Borderline

# Tremors



- The key to healing traumatic symptoms in humans lies in our ability to 'mirror the fluid adaptation of wild animals as they shake out and pass through the immobility response and become fully mobile and functional again (Levine).
- Animals who were not allowed to successfully go through this tremoring process had a reduced resiliency to subsequent life threatening experiences (Scaer).
- Muggenthaler (2001) offers additional theoretical insight into these tremors exhibited by animals. Her research demonstrated that these tremors involve an expenditure of energy at a particularly vulnerable time of physical stress. Since animals do not expend energy uselessly during a threatening or stressful event, it would indicate then that these tremors are somehow involved in the survival process. She believes that for these tremors to have survived the evolution of the species, there must be a survival advantage to this behavior. (Muggenthaler).

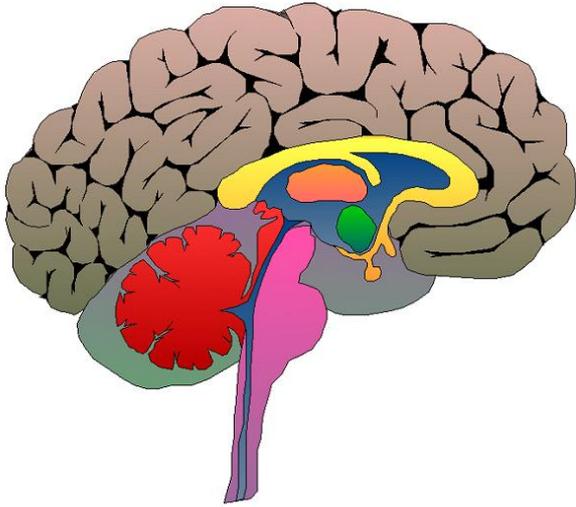
# Neurogenic Tremors

- Tremors have been used as diagnostic features in a variety of DSM IV-R. 300.23 Panic attacks “trembling or shaking”; 300.23 social phobia “tremors”; 300.02 and generalized anxiety disorder “trembling or feeling shaky” Post Traumatic Stress Disorder (PTSD); “trembling” 309.89.
- It is well-known and documented that neurogenic tremors are a common result of a traumatic event. Although there are no precise estimates of the incidence and prevalence of neurogenic tremors, clinical experience suggests that it is not rare (Chou, 2004).
- Even though it is well accepted that body tremors are commonly present in a number of psychological illnesses, the purpose, etiology and potential therapeutic value of these tremors has received little attention in relation to the number of cases reported. (Deuschl et al., 2001).

# Neurogenic Tremors

- The tremors are a reflexogenic pattern held in procedural memory
- They are part of the genetic composition of the human organism.
- They do not contain trauma specific cues that can re-elicit specific traumatic experiences.
- They are a generically based discharge of the human organism.
- In short, neurogenic tremors achieve extinction of a conditioned sensorimotor response. (The freeze or immobility response is stored forever in procedural memory unless it is released, or the act of survival is "completed" through a "discharge".)

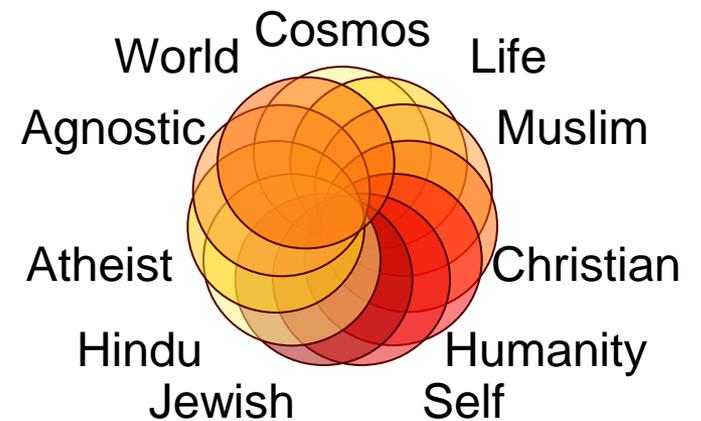
## Our Brain



## Our Body

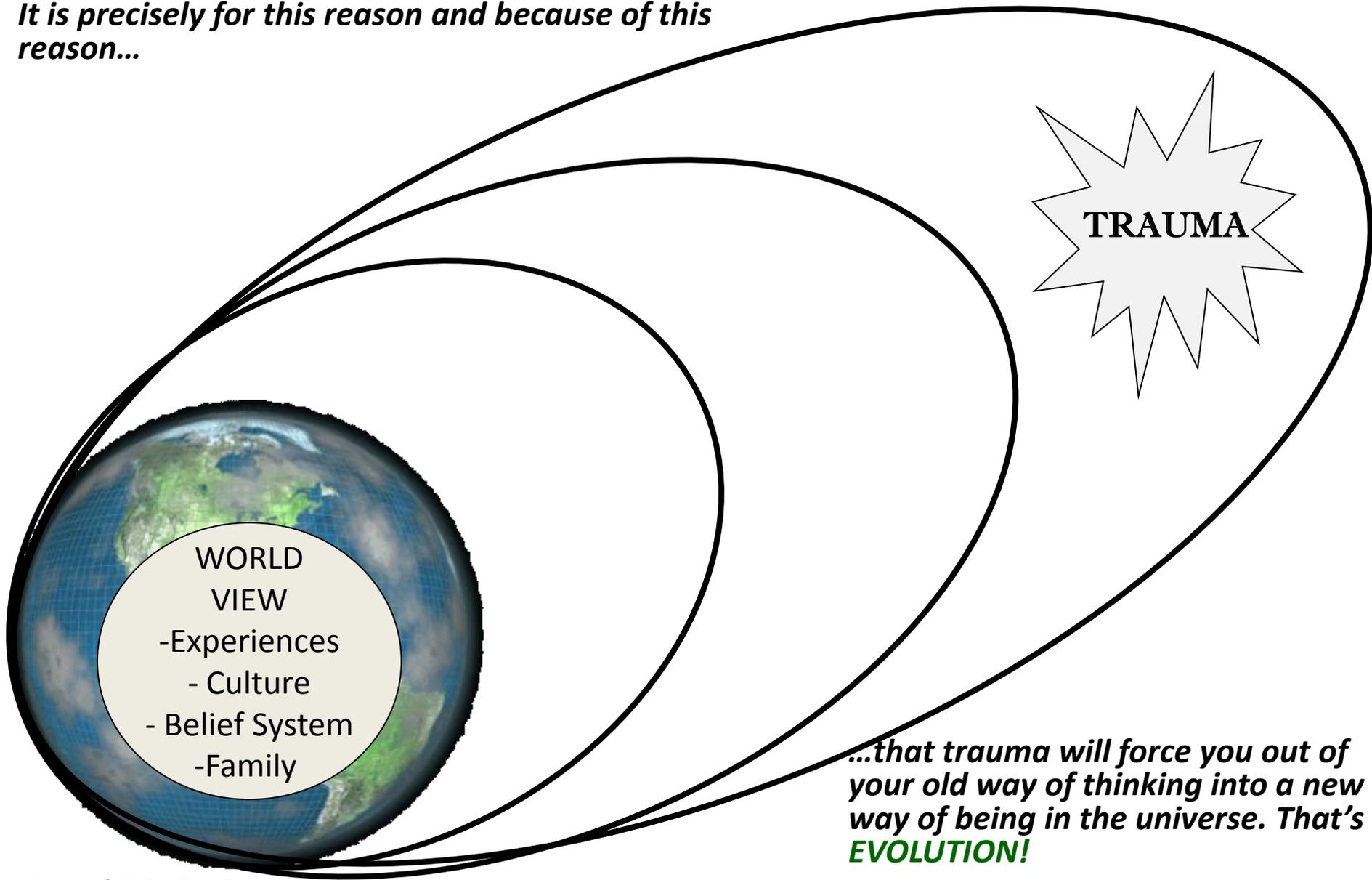


## Our Belief system



***Trauma is an overwhelming and seemingly unbearable experience.***

***It is precisely for this reason and because of this reason...***



***...that trauma will force you out of your old way of thinking into a new way of being in the universe. That's **EVOLUTION!*****