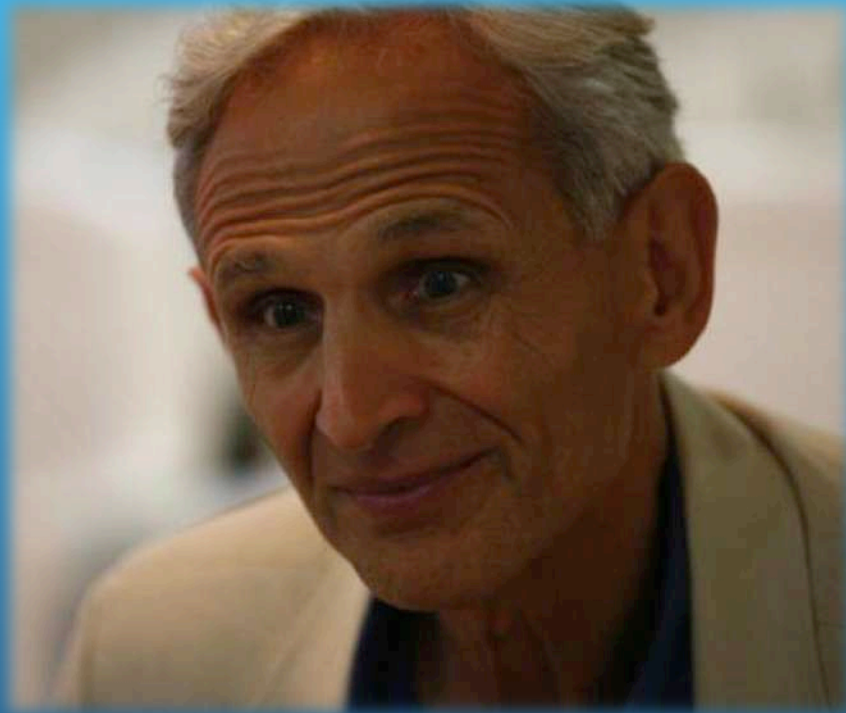


**Somatic Experiencing®:
a psycho-physical intervention
to prevent and treat
post-traumatic symptoms**

**Liana Netto
Trieste, IT
2017**



Dr. Peter Levine



The human soul lives indissolubly in
unit with the body,
so it is only artificially
that psychology can be separated
from the basic presuppositions of
biology. Jung OC VIII



Perseu and Medusa

- ❖ The rational memories of the event evoke the petrifying Medusa's gaze;
- ❖ The reflection in the shield: procedural memory



Felt Sense



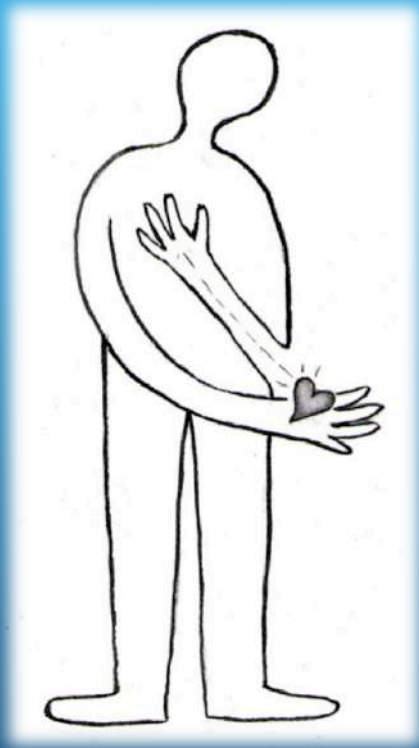
- ❖ Helps to establish connection between subcortical and cortical areas;
- ❖ It is composed by the kinesthetic, proprioceptive, vestibular, autonomic and enteric senses;
- ❖ The separation from our inner experience is an inherent part of the dynamic trauma. The Felt Sense is the pathway back.

Felt Sense



- ❖ Describe the body's physical way of feeling experiences
- ❖ **WHAT, HOW and WHERE** do you feel the experience in your body

Self-regulation



♥ Monitoring

♥ Modifying

Self-regulation



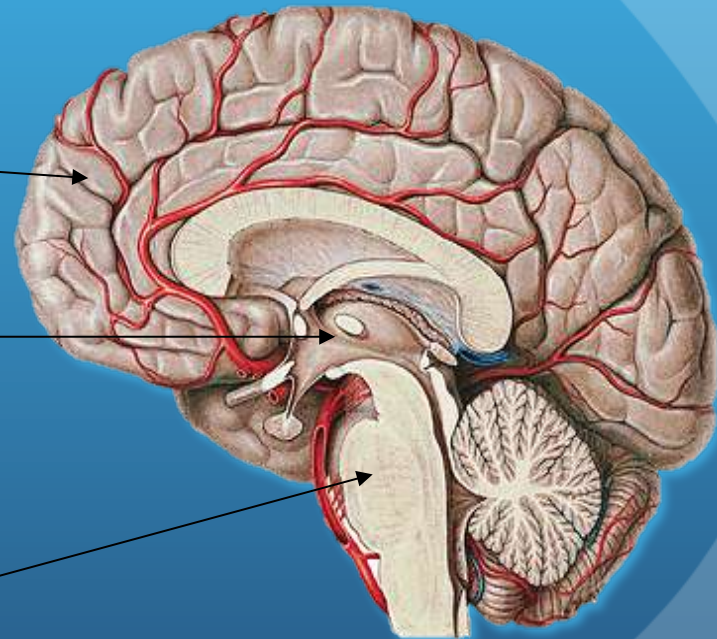
- ♥ Procedural language
- ♥ Modifying

It is in the instinctive dimension that stress and trauma are organized.
It is not in the exclusively instinctive dimension that the trauma will be solved.

Neocortex:
Cognition. **Thinking**

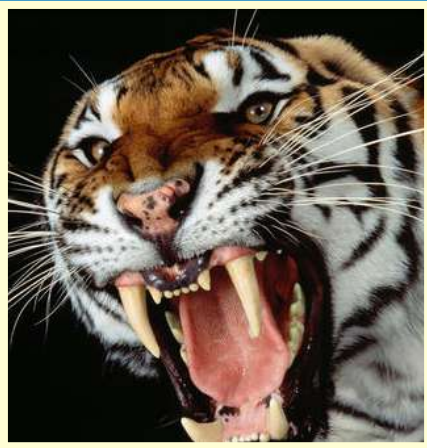
Lymbic System:
Emocional Regulation,
Memories.
Emotion

Reptilian Complex
Self-preservation. **Sensation**



Triune Brain
Paul Maclean

Healthy Defense Responses:



1. Orientation
2. Dissociation or Tonic Immobilization
3. Fight/ Flight

The Primitive Brain:

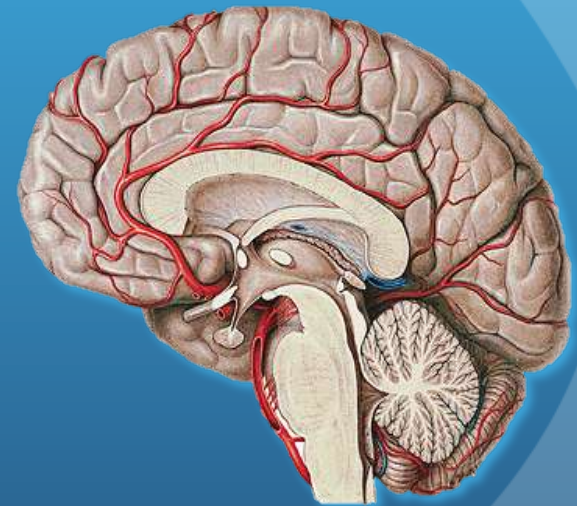
GENETIC PATRIMONY OF 180 MILLION YEARS

-Perceives danger, mobilizing enormous amount of energy WHICH SHOULD BE RELEASED

Physiological evidence shows that the ability to enter and liberate the natural freezing response is the key to avoiding debilitating effects of trauma.

Post-traumatic Stress Symptom: a result of a chronic activation of the CNS

- ❖ The traumatized brain continues to respond as if the person were under the traumatic stress
- ❖ Loss of hippocampal volume of 5-25%
- ❖ Decreased action on occipital, prefrontal and thalamus area
- ❖ Peripheral Nervous system: Procedural (body) memories



To Prevent and To Treat Stress Symptoms



- ❖ Seek to restore a sense of security - Peer support
- ❖ Allow the body to peripherally discharge nervous activation
- ❖ Approach instead of avoid
- ❖ Use procedural memories, protecting itself from the revival

Medusa's Myth





Perhaps all the dragons of this life are actually princesses waiting to see us brave and beautiful. Perhaps the horror is only, in the depths of our being, something which needs our love.

Rainer Maria Rilke

Thank you!

lianetto@uol.com.br

