

7 Trauma Release Exercises

7 Trauma Release Exercises: A Comprehensive Guide to Healing and Growth

Author: Dr. Evelyn Reed, PhD, Licensed Clinical Psychologist specializing in trauma-informed therapy and somatic experiencing. Dr. Reed has over 20 years of experience working with trauma survivors and has published extensively on the topic of trauma recovery.

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Introduction: Understanding the Power of 7 Trauma Release Exercises

Trauma, whether acute or chronic, can profoundly impact our lives, manifesting in various physical, emotional, and psychological symptoms. While professional therapeutic intervention is often crucial for deep healing, incorporating self-care practices, such as the 7 trauma release exercises outlined below, can significantly contribute to the recovery process. This article explores seven evidence-based techniques, discussing their benefits, potential challenges, and considerations for safe and effective implementation. It's crucial to remember that these exercises are supplementary to, not a replacement for, professional help when dealing with significant trauma.

1. Mindful Breathing: A Foundation for Trauma Release Exercises

Mindful breathing is a cornerstone of many trauma-informed practices. By focusing on the sensation of breath—the rise and fall of the chest and abdomen—we can ground ourselves in the present moment, reducing the intensity of overwhelming emotions often associated with trauma. This simple yet powerful trauma release exercise helps regulate the nervous system, promoting a sense of calm and safety.

Challenges: Individuals with trauma may find it difficult to focus on their breath due to hypervigilance or dissociation. Guided meditations or breathwork exercises can be helpful in overcoming these challenges.

Opportunities: Mindful breathing can be easily integrated into daily life, offering ongoing support and reducing the impact of triggers.

2. Body Scan Meditation: Connecting with Your Physical Sensations

A body scan meditation involves systematically bringing awareness to different parts of the body, noticing sensations without judgment. This trauma release exercise helps reconnect with the body, which can be disconnected or numbed after trauma. By acknowledging physical sensations, we begin to process and release trapped emotions and energy.

Challenges: Some individuals may experience intense emotional or physical sensations during a body scan, requiring a gradual approach and possibly the support of a therapist.

Opportunities: Regular body scan meditation can increase body awareness, improve self-regulation, and foster a sense of embodied presence.

3. Progressive Muscle Relaxation: Releasing Physical Tension

Progressive muscle relaxation involves systematically tensing and releasing different muscle groups in the body. This trauma release exercise helps reduce physical tension, a common manifestation of trauma. By releasing physical tension, we can also release associated emotional tension and anxiety.

Challenges: Individuals may experience discomfort or difficulty relaxing certain muscle groups. Modifying the exercise to focus on specific areas or using guided audio can be helpful.

Opportunities: Progressive muscle relaxation can improve sleep quality, reduce anxiety, and promote a sense of calm and relaxation.

4. Grounding Techniques: Connecting to the Present Moment

Grounding techniques help bring awareness back to the present moment when experiencing overwhelming emotions or flashbacks. These trauma release exercises involve engaging the five senses—sight, sound, smell, taste, and touch—to anchor oneself in the here and now. Examples include focusing on a specific object, listening to music, or feeling the texture of a fabric.

Challenges: Finding effective grounding techniques may require experimentation. What works for one person may not work for another.

Opportunities: Grounding techniques can be easily implemented in daily life, providing immediate support during moments of distress.

5. Emotional Freedom Techniques (EFT): Tapping into Energy Meridians

EFT, also known as tapping, involves tapping on specific meridian points on the body while focusing on a traumatic memory or emotion. This trauma release exercise is based on the principles of acupuncture and aims to release blocked energy.

Challenges: EFT's efficacy is still under research, and its effectiveness varies from person to person.

Opportunities: EFT offers a self-help tool that can be used alongside other therapies.

6. Journaling: Exploring Emotions and Experiences

Journaling provides a safe space to explore emotions and experiences related to trauma. This trauma release exercise allows for processing difficult emotions in a non-judgmental way, promoting self-awareness and emotional regulation.

Challenges: Some individuals may find it difficult to articulate their experiences or emotions. Starting with prompts or free writing can be helpful.

Opportunities: Journaling provides a valuable record of one's healing journey, offering insights into patterns and progress.

7. Yoga and Movement: Releasing Trapped Energy

Yoga and other forms of movement can help release trapped energy and promote emotional regulation. The physical postures and breathing techniques in yoga can be powerful trauma release exercises, facilitating emotional release and increasing body awareness.

Challenges: Choosing appropriate yoga styles and modifying poses to suit individual needs is important.

Opportunities: Yoga can improve flexibility, strength, and overall well-being, supporting the healing process.

Conclusion

The 7 trauma release exercises described above offer a range of approaches to support trauma recovery. These exercises are tools that can be used to manage symptoms and enhance overall well-

being. However, it is crucial to remember that these exercises are not a replacement for professional therapeutic intervention, especially for individuals experiencing severe or complex trauma. Professional guidance is essential for navigating the complexities of trauma and developing a personalized healing plan. Combining these 7 trauma release exercises with professional help provides a holistic approach to recovery, leading to increased resilience, emotional regulation, and a greater sense of well-being.

FAQs

1. Are these exercises suitable for all types of trauma? While these exercises can be beneficial for many, their effectiveness varies depending on the type and severity of trauma. Severe trauma often requires professional guidance.
2. How long does it take to see results from these exercises? The timeframe for experiencing benefits varies widely depending on individual factors, including the severity of trauma and consistency of practice.
3. Can I do these exercises on my own, or do I need a therapist's guidance? Many of these exercises can be self-practiced; however, professional guidance is recommended, especially for those with severe trauma.
4. What if I experience intense emotions during these exercises? It's normal to experience intense emotions. Having a support system or therapist can be beneficial in navigating these feelings.
5. Are there any risks associated with these exercises? While generally safe, these exercises can trigger difficult emotions. A gradual approach and mindful self-care are crucial.
6. How often should I practice these exercises? Consistency is key. Aim for daily or several times a week practice, even if it's just for a few minutes.
7. Can these exercises help with PTSD symptoms? These exercises can help manage some PTSD symptoms but are not a standalone treatment.
8. What if I don't feel any immediate benefits? It's important to be patient and persistent. The benefits may not be immediately apparent.
9. Should I stop if I feel worse after practicing these exercises? Yes, stop and consult a mental health professional if you experience worsening symptoms.

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1. "Somatic Experiencing for Trauma Recovery: A Practical Guide": A detailed exploration of Somatic Experiencing, a body-oriented therapy for trauma.

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8. "The Importance of Self-Compassion in Trauma Recovery": Highlights the role of self-compassion in healing from trauma.
9. "Choosing the Right Therapist for Trauma Treatment": Provides guidance on finding a qualified therapist specializing in trauma treatment.

7 trauma release exercises: Trauma Releasing Exercises (TRE) David Berceli, 2005-05-03
This book explains many aspects of the trauma recovery process in uncomplicated language and uses basic concepts for the non-professional. It includes the ground-breaking, Trauma Releasing Exercises (TRE). These exercises elicit mild psychogenic tremors that release deep chronic tension in the body and assist the individual in the trauma healing process.

7 trauma release exercises: *The Revolutionary Trauma Release Process* David Berceli, 2008
This book represents a startling breakthrough in trauma therapy--that trauma can manifest itself physically in the body's muscles, not just the mind. This work outlines the exercises that can alleviate or eliminate such physical stress.

7 trauma release exercises: *Overcoming Trauma through Yoga* David Emerson, Elizabeth Hopper, Ph.D., 2012-01-10
Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each

exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

7 trauma release exercises: *In an Unspoken Voice* Peter A. Levine, Ph.D., 2012-10-30 Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an *Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

7 trauma release exercises: *Healing Trauma* Peter A. Levine, 2008 Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

7 trauma release exercises: *Shake It Off Naturally* David Berzeli, 2015-08-11 This book contains an easy to follow stress reduction exercise technique whose central aspect is the activation of a mild shaking response of the nervous system. It explores this most fundamental human experience of 'shaking' during highly excited experiences or events. This book explains how this natural shaking response is potentially capable of both relaxing physical tension patterns in the body as well as reducing psycho-emotional stress and tension. The technique explained in this book has demonstrated itself to be useful for people who are experiencing simple daily stress, long-term chronic tension, or even recovering from traumatic events. This shaking response, which has been traced back through traditional cultures to present day medical science, is the body's own natural neuro-physiological reaction to reduce stress. The combined writings of 24 authors representing 12 countries and 3 languages take the reader through the theoretical understanding of this shaking mechanism from neurological and physiological perspectives to its application with self, family, community and organizations as well as, active duty and veteran military personnel, first responders, refugee populations, and natural disaster survivors. The easy to follow pictures and explanations of these exercises guides the reader comfortably through this self-help, stress reduction process.

7 trauma release exercises: *The Body Awareness Workbook for Trauma* Julie Brown Yau, 2019-09-01 Move past trauma, balance your emotions, and reconnect with your body's innate wisdom in *The Body Awareness Workbook for Trauma*. There is a piercing epidemic of trauma in the world today. Every few days there are reports of another tragedy, of more lives lost to gun violence, loved ones and family homes lost to floods, hurricanes, or fires. Women have come to speak openly about the trauma of sexual assault, and we are finally talking openly about the trauma inflicted on people of color, on transgender people, and immigrants. But now that this trauma is out in the open, how do we heal? For years, we've understood the connection between trauma and mental health issues, such as depression and anxiety. But somatic psychology has recently shown that our bodies hold on to trauma, and trauma can manifest in physical symptoms, such as pain, hormone imbalance, sexual dysfunction, and addiction. In addition, we now know that developmental trauma—trauma

that emerges when basic childhood needs are not met—can result in profound emotional stress and lead to serious diseases. Building on this knowledge, this cutting-edge guide offers simple skills for connecting and calming your body, balancing your emotions, and rewiring old patterns of reactivity for better self-regulation. The mind-body approach in this book is designed to guide you away from post-traumatic stress disorder (PTSD) and trauma and toward posttraumatic growth. Using these exercises, you'll learn how to reconnect and relate to your body—and yourself as a whole—in a new and healthy way. If you're ready to move past your trauma and rediscover your body's innate capacity for healing, growth, vitality, and joy, this unique guide will help light the way.

7 trauma release exercises: Trauma Tapping Technique Gunilla Hamne, Ulf Sandström, 2021-02-15 The Trauma Tapping Technique is easy enough to be learned by children, powerful enough to astound doctors and counselors, and capable of providing permanent relief for long-term survivors of trauma.

7 trauma release exercises: *Invisible Heroes* Belleruth Naparstek, 2007-12-18 If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships—or a tragedy like 9/11—all can leave deep emotional wounds that persist long after physical scars have healed. Survivors become “invisible heroes,” courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity. Now there is new hope for the millions affected by posttraumatic stress disorder (PTSD). Drawing on more than thirty years' experience as a therapist and on the most recent cutting-edge research, Belleruth Naparstek presents a clinically proven program for recovery using the potent tool of guided imagery. She reveals how guided imagery goes straight to the right side of the brain, where it impacts the nonverbal wiring of the nervous system itself, the key to alleviating suffering. Filled with the voices of real trauma survivors and therapists whose lives and work have been changed by this approach, *Invisible Heroes* offers:

- New understanding of the physical, cognitive, emotional, and behavioral effects of PTSD, who is most susceptible, and why symptoms can get worse rather than better with time
- Important insights into how the brain and body respond to trauma, why conventional talk therapy can actually impede recovery, and why the nonverbal, image-based right brain is crucial to healing
- A step-by-step program with more than twenty scripts for guided-imagery exercises tailored to the three stages of recovery, from immediate relief of anxiety attacks, flashbacks, nightmares, and insomnia, to freedom from depression and isolation, to renewed engagement with life
- A helpful guide to the best of the new imagery-based therapies, and how to incorporate them into an overall recovery plan

Belleruth Naparstek concludes with the inspiring words of survivors who have found their way back to peace, purpose, and a deep joy in living. Her compassionate, groundbreaking book can lead you and those in your care to the same renewal and healing.

7 trauma release exercises: *Yoga for Life* Colleen Saidman Yee, 2015-06-02 From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to “First Lady of Yoga” (The New York Times), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga—and then inspired others to do the same. I've learned how to extract the beauty of an ordinary day. I've learned that the best high exists in the joy—or the sadness—of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self. The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life's greatest challenges. Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing,

depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly. Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

7 trauma release exercises: Accessing the Healing Power of the Vagus Nerve Stanley Rosenberg, 2017-12-19 The bestselling guide to the vagus nerve, now in 20+ languages: unlock the self-healing power of Stephen Porges's Polyvagal Theory Vagus exercises for reducing anxiety, healing trauma, and rebalancing your autonomic nervous system This comprehensive guide offers an easy-to-understand overview of the vagus nerve—and helps you unlock your body's innate capacity to heal from stress, trauma, anxiety, and injury. Dr. Stanley Rosenberg, PhD, dispels long-held myths about the autonomic nervous system (ANS) and offers up-to-date research on how our physical health, emotional wellness, and the vagus nerve are all interconnected. Most importantly, he shows how these insights can help you heal your ANS—and live a less stressed, more balanced, and emotionally regulated life. This book offers: An in-depth overview of Stephen Porges's Polyvagal Theory Step-by-step self-help techniques for regulating the vagus nerve Vagus exercises to relieve emotional, psychological, and physical symptoms Real-life case studies and stories from the author's clinical practice Insights into the vagus nerve's role in social behavior An overview of what happens in our bodies when we get stuck in stress states—and how to heal them Simple, research-backed recommendations for initiating deep relaxation, improving sleep, healing from trauma, and stimulating recovery from illness and injury Accessing the Healing Power of the Vagus Nerve is written for therapists, bodyworkers, trauma survivors, parents, and anyone struggling with chronic stress. Grounded in neurobiology research, clinical stories, and easy-to-follow exercises, this book gives you the tools to bring your body back into a state of safety, balance, and optimal functioning.

7 trauma release exercises: The Somatic Therapy Workbook Livia Shapiro, 2020-12-08 Release tension and heal from traumatic experiences with therapist-approved activities in this easy-to-use guide to somatic therapy. Enjoy a great reading experience, with a \$3 credit back to spend on your next Great on Kindle book when you buy the Kindle edition of this book. The effects of a traumatic event are more than just mental. Trauma can manifest in the body as chronic pain, sluggishness, and even depressed mood. Somatic psychology is an alternative therapy that analyzes this mind-body connection and helps you release pent-up tension and truly heal from past trauma. The Somatic Therapy Workbook offers a primer to this life-changing approach as a means for personal growth, designed for beginners or those already using somatic techniques in their current therapeutic process. Ideal for those suffering from PTSD and other trauma-based afflictions, this safe and approachable look at somatic therapy includes: - journal exercises - body-centered prompts for personal inquiry - movement exercises - real-life experiments Discover a new ability to process and accept your emotions—and an understanding of how to live a somatically-oriented and embodied life.

7 trauma release exercises: Homecoming John Bradshaw, 2013-04-24 In this powerful book, the #1 New York Times bestselling author of Reclaiming Virtue shows how we can learn to nurture our inner child and offer ourselves the good parenting we needed and longed for. Are you outwardly successful but inwardly feel like a big kid? Do you aspire to be a loving parent but too often “lose it” in hurtful ways? Do you crave intimacy but sometimes wonder if it's worth the struggle? Are you plagued by constant, vague feelings of anxiety or depression? If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a “wounded inner child” who is crying out for attention and healing. John Bradshaw's step-by-step process of exploring the unfinished business of each developmental stage helps us break away from destructive family rules and roles, freeing ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, inviting us to find new joy and energy in living. Homecoming includes a wealth of unique case histories and interactive techniques, including questionnaires, guided meditations, affirmations, and letter-writing to the inner child. These classic therapies, which were pioneering when introduced, continue to be validated by new

discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

7 trauma release exercises: *Waking the Tiger: Healing Trauma* Peter A. Levine, Ph.D., 1997-07-07 Now in 24 languages. Nature's Lessons in Healing Trauma... *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

7 trauma release exercises: *The Body Keeps the Score* Bessel A. Van der Kolk, 2015-09-08 Originally published by Viking Penguin, 2014.

7 trauma release exercises: *The Relaxation Response* Herbert Benson, M.D., Miriam Z. Klipper, 2009-09-22 In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

7 trauma release exercises: *Energy Medicine* Donna Eden, David Feinstein, 2008-08-21 In this updated and expanded edition of her alternative-health classic, Eden shows readers how they can understand their body's energy systems to promote healing.

7 trauma release exercises: *Heart of Relating* Carmella B'Hahn, 2015-06-28 "The manual for the nuts and bolts of relating that should be handed out at birth!" *Heart of Relating* invites you to take part in the growing movement towards communicating beyond your ego and persona, by learning the art of relating from the heart of who you are. Based on Eckhart Tolle's words – "If you get the inside right, the outside will fall into place" – *Heart of Relating* explores Carmella B'Hahn's 'inside-out' and 'outside-in' paradigms of relating to help you recognise where you are and where you want to be. Learning to relate from the heart of who you are – from the inside out. Written in 52 different sections – one for each week of the year – the powerful stories, quotes and transformative practices can be used to help build the skills needed for daily life. With so many books targeted at specific aspects of relationships – love, marriage, conflict resolution, etc. – *Heart of Relating* can help you with multiple aspects of relating, not only with primary relationships, but also with family, friends, colleagues and especially yourself. Aimed at giving you a conscious communication toolbox for life, this holistic book can be used as a structured course or as a resource that you can dip into when you need it most. Couples, friends, families and groups can use it to support each other, and therapists and teachers can use it as a handbook to support clients and students.

7 trauma release exercises: *Feel to Heal* Giten Tonkov, 2019-02-25 In this revolutionary approach to living well, a pioneering trauma-release therapist puts relief in reach—with a

multi-modal practice that can be done at home. Activating the body's natural healing processes has been proven to lift the oppressive effects of trauma--PTSD, chronic tension, pain, irritability, difficulty in relationships, and a lackluster daily experience. In this volume, practitioner and worldwide trainer Giten Tonkov expands on successful body-based, trauma-release therapies to teach average people how to break the trauma cycle, improve relationships, and achieve healthier, more fulfilling day-to-day lives. His holistic approach integrates deep, connected breathing with movement, conscious touch, emotional expression, sound, and meditation to allow the body to intuitively heal itself. Periodically releasing trauma creates a clean slate; it also helps people to learn better how to deal with trauma when it occurs. Giten has taught thousands of people on five continents to shift how they function--at a foundational, physical level--through his thoughtful approach and clear exercises. This is the first time he has crafted this information for the sole practitioner. Please note: Amazon has 14 stores around the world, and the ordering process works best if you order from a store close to your country. (If you try to order an Amazon product from a store that doesn't serve your country, then you'll get a message saying that the book is not available, even if it really is.) Also, international buyers getting error messages can always purchase from the Global Store, which is the US branch at amazon.com. Below is the list of stores--and thanks for your interest in this healing revolution!

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7 trauma release exercises: Holotropic Breathwork Stanislav Grof, Christina Grof, 2010-08-01 The definitive overview of this transformative breathwork.

7 trauma release exercises: *The Tapping Solution* Nick Ortner, 2013-04-02 In the New York Times best-selling book *The Tapping Solution*, Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In this book, he gives readers everything they need to successfully start using the powerful practice of tapping—or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

7 trauma release exercises: *Trauma-Proofing Your Kids* Peter A. Levine, Ph.D., Maggie Kline, 2014-09-16 Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep

children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

7 trauma release exercises: Play It Away Charlie Hoehn, 2014 Do you live in constant fear? Shallow breathing, tension in the gut, chest pains, rapid heartbeat... Anxiety destroys your confidence, your productivity, your relationships, your ability to enjoy life. You can put an end to your suffering. You can start living again. And it's not as hard as you think.

7 trauma release exercises: Self-Compassion Dr. Kristin Neff, 2011-04-19 Kristin Neff, Ph.D., says that it’s time to “stop beating yourself up and leave insecurity behind.” Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff’s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

7 trauma release exercises: Emotional Detox Sherianna Boyle, 2018-05-15 Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle’s emotional detox program, C.L.E.A.N.S.E.—as featured on YogaJournal.com. When we think of a detox, we usually think of a physical experience. But it’s not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it’s our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it’s time for an Emotional Detox, a mindful and systematic guide to freedom from these troublesome feelings. Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to Clear your pathways, Look inward, Emit positivity, Activate, Nourish, Surrender, and Ease your way into your best self and a happier and healthier life. Emotional Detox “will wake you up, turn your views upside down, while providing you with life changing tools and insight” (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of Percolate).

7 trauma release exercises: Psychology of Health Simon George Taukeni, 2019-10-30 Psychology of Health - Biopsychosocial Approach is based on the bio-psychosocial model of health, which aims to examine how biological, psychological, and social factors influence people's behavior regarding their health status. This book reflects the application of the bio-psychosocial model of health in many disciplines such as public health, psychology, psychiatric, mental health, community health, and nursing education. All the authors of this book have demonstrated how the bio-psychosocial model played an important role in addressing mental disease, tuberculosis, post-traumatic stress disorder, and obesity. This is an important book for students, academics, policy-makers, and community health practitioners.

7 trauma release exercises: Treating Trauma and Traumatic Grief in Children and Adolescents Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger, 2006-06-23 This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a

flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

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7 trauma release exercises: Trauma-Informed Social-Emotional Toolbox for Children & Adolescents Lisa Weed Phifer, Laura K Sibbald, 2020-06-02

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7 trauma release exercises: Mindful Anger: A Pathway to Emotional Freedom Andrea Brandt, 2014-03-31 How to release anger and reconnect to yourself using mindfulness techniques. Anger is one the most common human emotions, so if you're not feeling it, then you're probably unconsciously burying it. But anger that is buried isn't actually gone. In fact, hidden or covert anger

may be just as damaging as the overt, outwardly destructive kind, only it wreaks havoc from the inside-out. All sorts of physical and emotional problems can stem from suppressed anger: headaches, digestive problems, insomnia, just to name a few. Buried anger is expressed in a continuum, with rage and aggression at the top, and frustration, annoyance, irritation at the bottom, and everything in between. Unless this anger is addressed, it is impossible to overcome. This book urges readers to practice mindfulness-deliberately allowing physical sensations and emotions to surface so they can be examined and released. This sort of processing of anger-fully felt in the body as it happens, moved out through appropriate expression, and let go-will allow readers to process anger before it becomes unhealthy. Whether for you or your clients, this book offers simple tools of mindfulness to strengthen your connection with your inner world and learn to explore your anger, paying heed to the important messages it is sending.

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Lars Weis?th, 1996-05-03 This book should be of value to all mental health professionals, researchers, and students interested in traumatic stress, as well as legal professionals dealing with PTSD-related issues.

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7 trauma release exercises: *The Dysautonomia Project* Msm Kelly Freeman, MD Phd Goldstein, MD Charles R. Thmpson, 2015-10-05 The Dysautonomia Project is a much needed tool for physicians, patients, or caregivers looking to arm themselves with the power of knowledge. It combines current publications from leaders in the field of autonomic disorders with explanations for doctors and patients about the signs and symptoms, which will aid in reducing the six-year lead time to diagnosis.

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