

## What is trauma?

According to the DSM V, a traumatic event is any event in which a person was exposed to a perceived or actual death, serious injury or sexual violence. These types of events “overwhelm the ordinary systems of care that give people a sense of control, connection and meaning...Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life.” (Herman, Judith. Trauma and Recovery. 1992) In other words, trauma responses can be viewed as normal responses to abnormal situations.

Unfortunately, long after the events occur, the body continues to respond as if the event is ongoing. It experiences difficulty in exiting “survival mode,” but being in long term fight-or-flight is taxing. A natural fallout from this an all-or-nothing alternation of hypervigilant alertness and physical, mental and emotional numbing.

Bessel van der Kolk, in his book The Body Keeps the Score (2014), has stated that “Trauma victims cannot recover until they become familiar with and befriend the sensations in their bodies....In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past.”

Reduction of numbing and toleration of sensation: This is both the heart of and where Trauma Touch Therapy™ excels.

## Hours and Location



Sunday	9 am - 9 pm
Monday	Closed
Tuesday	Closed
Wednesday	9 am - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 9 pm
Saturday	Closed

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# Trauma Touch Therapy™

*A client driven,  
body-centered  
approach to  
restore sensation and  
mind-body connection.*



*SoulFire  
Healing Arts*

# Trauma Touch Therapy™

Breath, Touch, Movement and Play: A client driven, body-centered approach to restore sensation and mind-body connection



## Benefits of Trauma Touch Therapy™

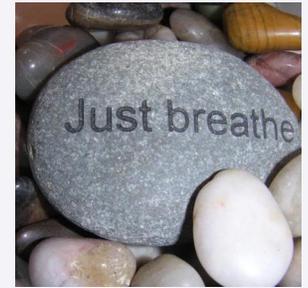
- Decreased levels of hypervigilance
- Greater sense of body awareness
- Less frequent dissociative episodes
- Increased ability to “feel” feelings
- Improved ability to relax and feel safe
- Decreased physical pain
- Elevated awareness of needs
- Decreased levels of sleep disturbance
- Improved sense of healthy boundaries
- Enhanced ability to integrate memories
- Renewed sense of trust
- Improved quality of connection and relationship
- Greater sense of control

## WHAT IS TRAUMA TOUCH THERAPY™?

Unlike traditional and more conventional therapeutic modalities for the treatment of trauma, TTT™ does not directly tackle the traumatic events of the past. We don't ask you to rehash the past. We only ask you to be present in the present. It is with the development of this presence that you will have the information and awareness to adapt your responses and behaviors as you see fit.

Using techniques designed to foster curious exploration, you will build your sensory vocabulary while becoming reacquainted with the experience of sensation in a slow, deliberate manner. By inhabiting the body and experiencing sensation, you will become able to recognize the relationship between physical sensations, emotions and behavior.

The components of TTT™ are simple and straightforward. You and your Trauma Touch Therapist™ will use a variety of methods incorporating breath, touch, movement and play. In sessions you may sit and explore breathing patterns, shake hands, wiggle your toes, bounce on an exercise ball, paint with brushes or fingers, jump rope or blow bubbles. What you do will depend on you: what you feel safe doing and how you wish to explore. Your Trauma Touch Therapist™ will be there to hold the space for you to explore and guide you with sensory questions. They will listen, witness, and attempt to understand, but neither evaluate nor judge.



## WHO IS A CANDIDATE FOR TRAUMA TOUCH THERAPY™?

Almost everyone is a candidate for Trauma Touch Therapy™. TTT™ is appropriate for individuals who have been impacted by traumatic events large and small. A diagnosis of PTSD or any other mental illness is not necessary. However, TTT™ can be used as an adjunct to mental health counseling where appropriate. The only requirement to participate in TTT™ is a responsibility for personal safety and support.\* During an intake session, your Trauma Touch Therapist™, will assist you in determining if TTT™ may be helpful for you at this time.

\*Clients under 18 years of age also require express written consent of a parent or guardian.



## TREATMENT LENGTH AND NEXT STEPS

TTT™ is a time limited treatment with a concrete beginning, middle and end. You aren't in therapy forever: Ten sessions, spread over the course of ten weeks, of which, the intake is one. At SoulFire Healing Arts, we are committed to assisting people to feel safe, whole and comfortable in their physical beings. To that end, our 90 minute intake sessions are always free of charge. You are welcome to just meet to see if TTT™ is a good fit for you.

