

What is trauma?

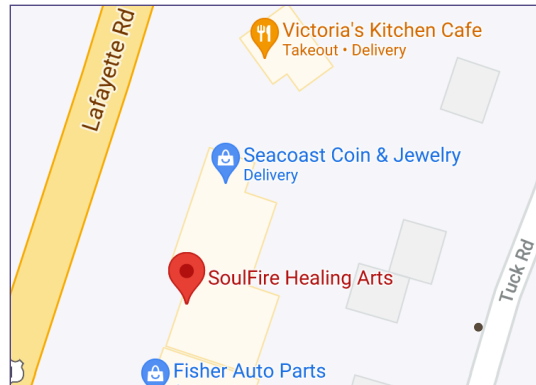
According to the DSM V, a traumatic event is any event in which a person was exposed to a perceived or actual death, serious injury or sexual violence. These types of events “overwhelm the ordinary systems of care that give people a sense of control, connection and meaning...Traumatic events are extraordinary, 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 0, has stated “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*



Benefits of Trauma Touch Therapy™

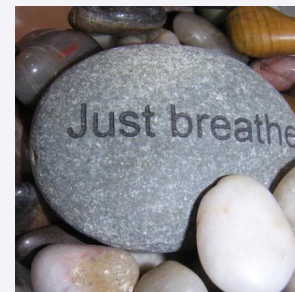
- Decreased levels of hypervigilance
- Greater sense of body awareness
- Less frequent dissociative episodes
- Increased ability to “feel” feelings
- Improved ability to relax and feel safe
- Decreased physical pain
- Elevated awareness of needs
- Decreased levels of sleep disturbance
- Improved sense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

Components of Trauma Touch Therapy™

BREATH

Trauma is a complex issue. No two people are affected in the same way and there is no one treatment that is a “cure all.” We offer several modalities that can be used in conjunction with traditional mental health services. These include aromatherapy for grounding and trigger management, Trauma Touch Therapy™ to reestablish physical connection with the self in the present, and massage sessions specifically designed for individuals with histories of abuse. Treatment plans are individualized and initial consultations for services are free of charge.

A portion of all proceeds from trauma related services are donated to the Jeanne Geiger Crisis Center to assist in their efforts to provide education and recovery services.



TOUCH

We offer massage sessions incorporating various modalities in lengths ranging from thirty minutes to two hours on the table. We incorporate multiple methodologies including myofascial release, neuromuscular technique, positional release, hydrotherapy and stretching into our traditional Swedish and deep tissue massages. We can also easily add custom aromatherapy oils and hot or cold stone therapies to any massage.



MOVEMENT

We offer both Polarity Therapy and Usui Reiki. Reiki addresses energetic imbalances by connecting the recipient with universal life energy to trigger the body's natural healing responses. Polarity therapy is a holistic, energy-based system that uses hands on acupressure and craniosacral techniques, diet, exercise and lifestyle counseling to restore and maintain proper energy flow through the body. Clients typically lie fully clothed on a table for these sessions, but aspects of both of these modalities can be incorporated into standard massage sessions and they can be adapted for those that are unable to lie down.



PLAY

We offer massage sessions incorporating various modalities in lengths ranging from thirty minutes to two hours on the table. We incorporate multiple methodologies including myofascial release, neuromuscular technique, positional release, hydrotherapy and stretching into our traditional Swedish and deep tissue massages. We can also easily add

