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- 1. Recovery must include a path to clarity.
- 2. Somatic body-based work is inherent to treatment.
 3. Narrative and somatic work must be intertwined due to the connection between body and mind.
- 4. Recovery from trauma involves resetting emotions from survival defenses and organized storytelling. Never underestimate our clients' lack of awareness and ability to name the core organizers of storytelling and have materials available for reference.
- 5. Earned security can occur at any point in the lifespan and requires a full "village" of care providers that mimic healthy and authoritative parenting.



Relational Character
Strategies





























