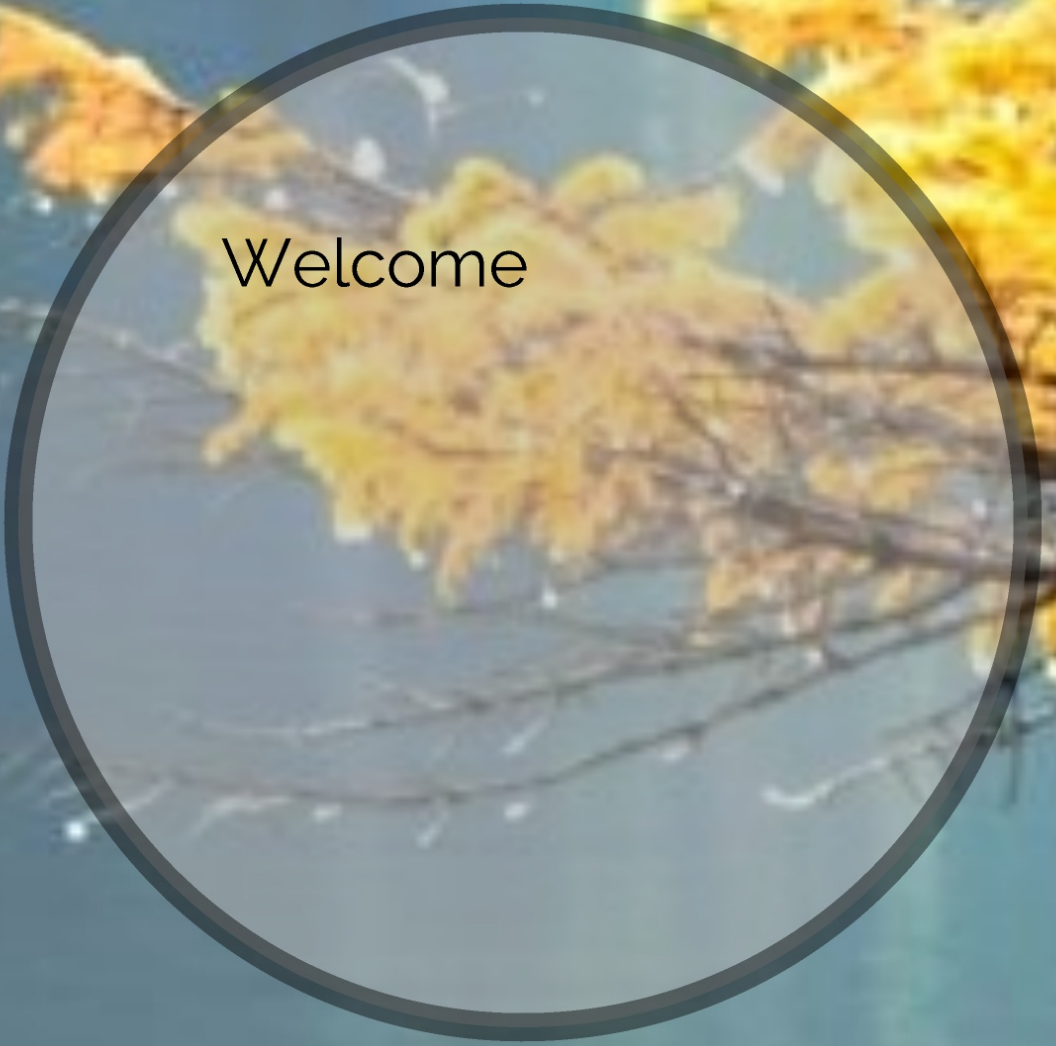


Tracking the Somatic Narrative

of Complexity in Trauma
and Dissociation



Welcome

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation





Sensorimotor Psychotherapy

Trauma and the Body: A
Neurobiologically Informed
Approach To Clinical Practice, 2006

Sensorimotor Psychotherapy
Interventions for Trauma and
Attachment, 2015

The Pocket Guide to Sensorimotor
Psychotherapy in Context, 2021

Origins

Modulation
Model

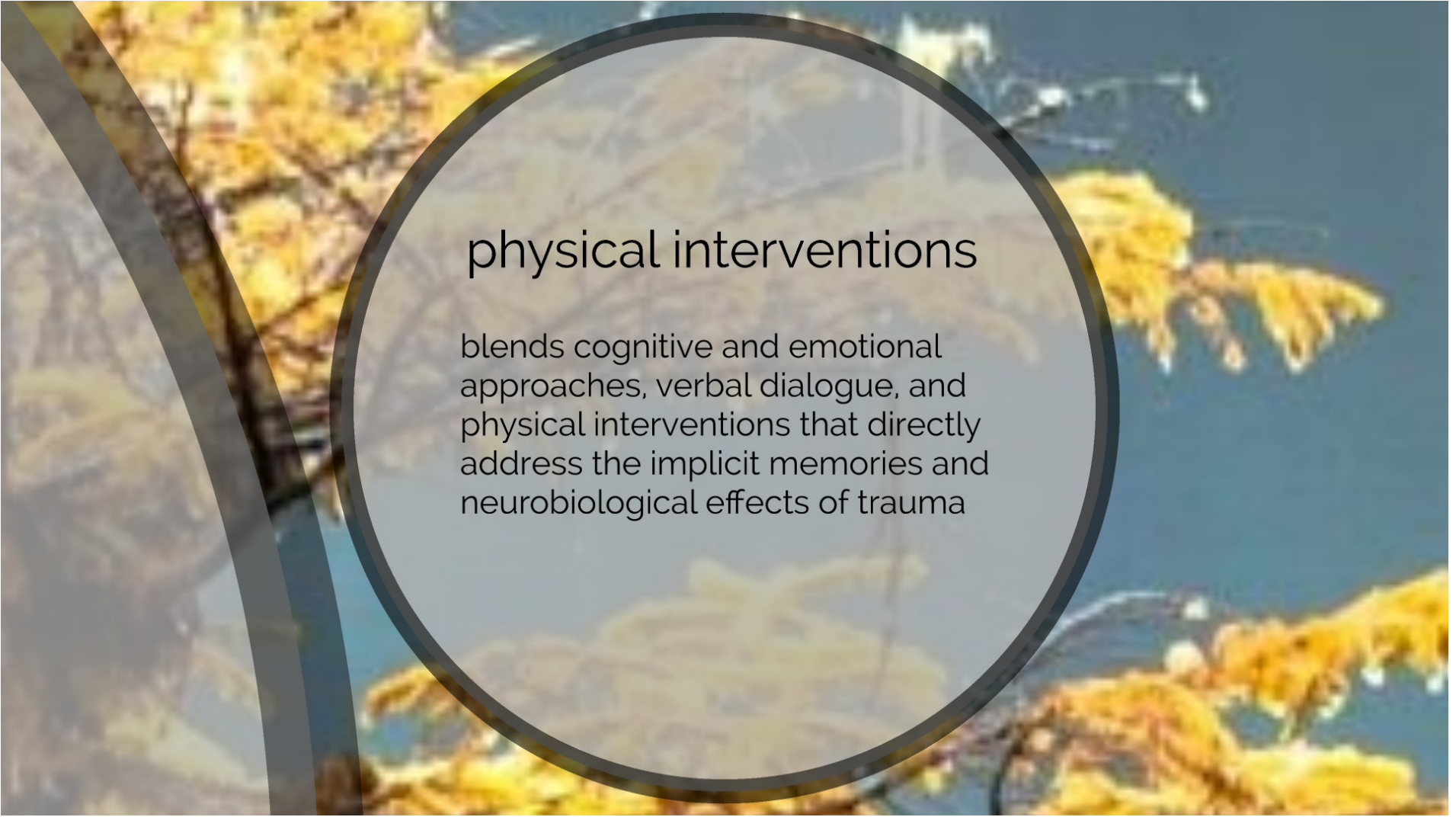
Bodily
Experience

Origins

Sensorimotor Psychotherapy is a body-oriented, talking therapy developed in the 1980s by Pat Ogden, informed by the work of Ron Kurtz (1990) and the Rolf Method of Structural Integration (Rolf 1987), and enriched by contributions from the fields of attachment, neuroscience, and dissociation.

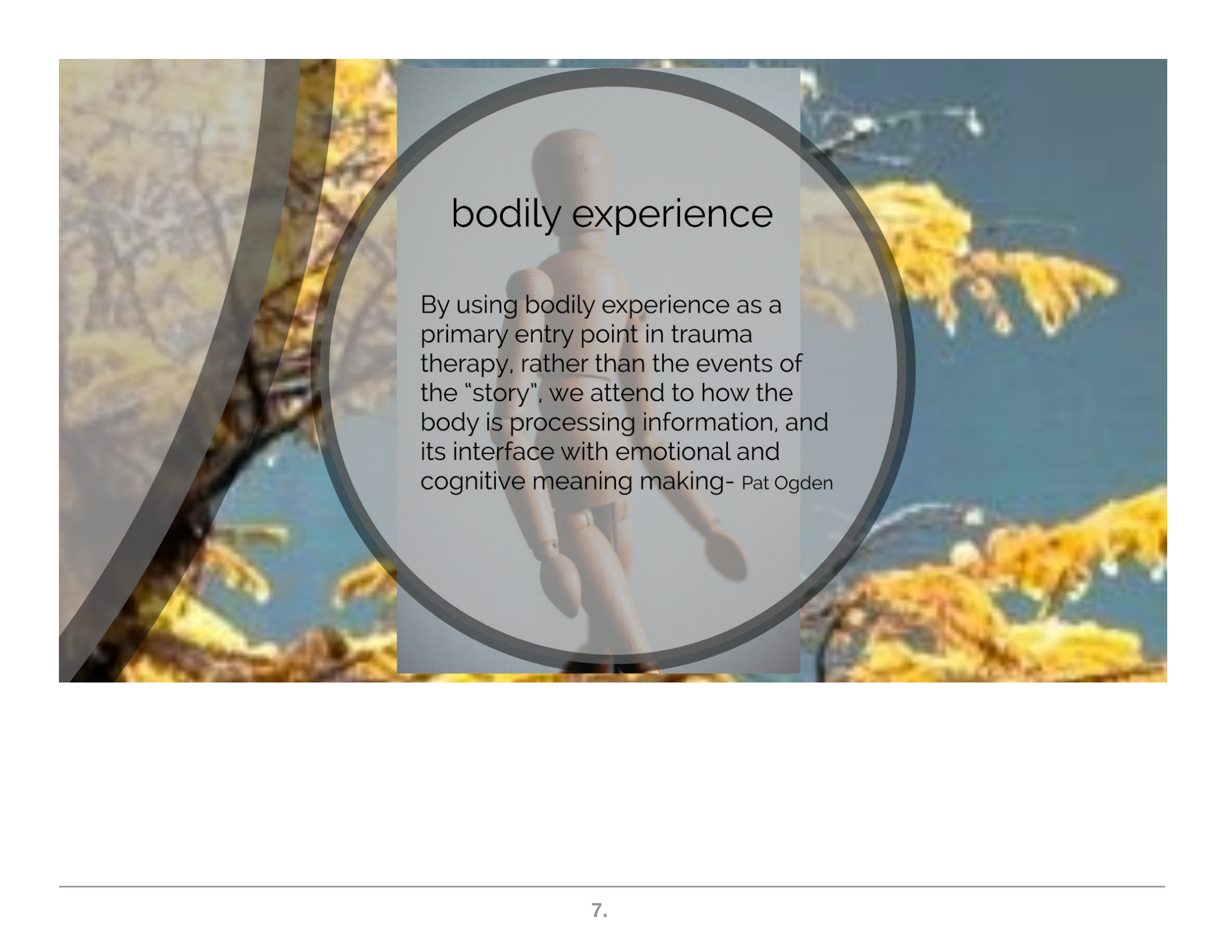
physical
interventions

bodily
experience



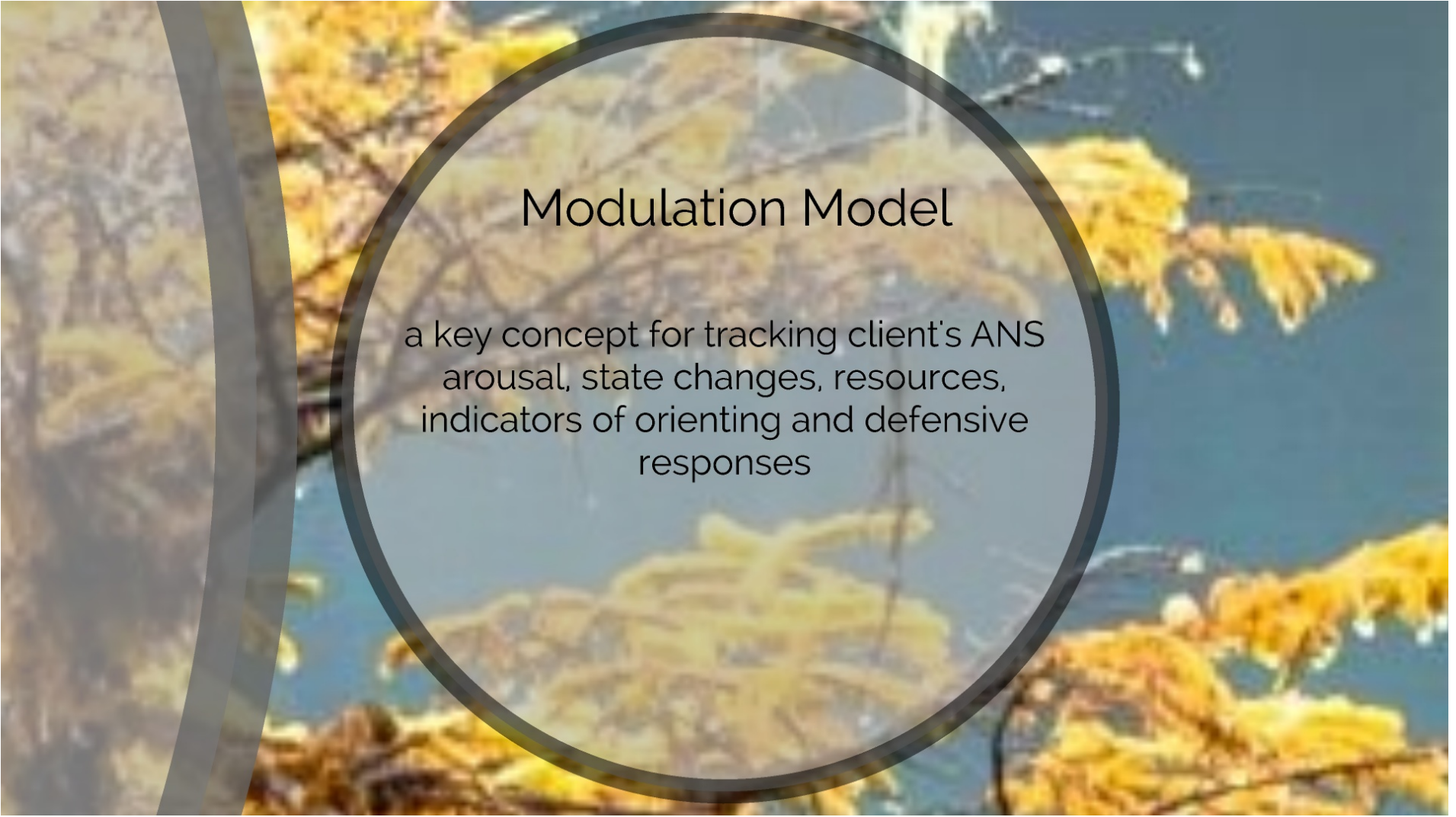
physical interventions

blends cognitive and emotional approaches, verbal dialogue, and physical interventions that directly address the implicit memories and neurobiological effects of trauma



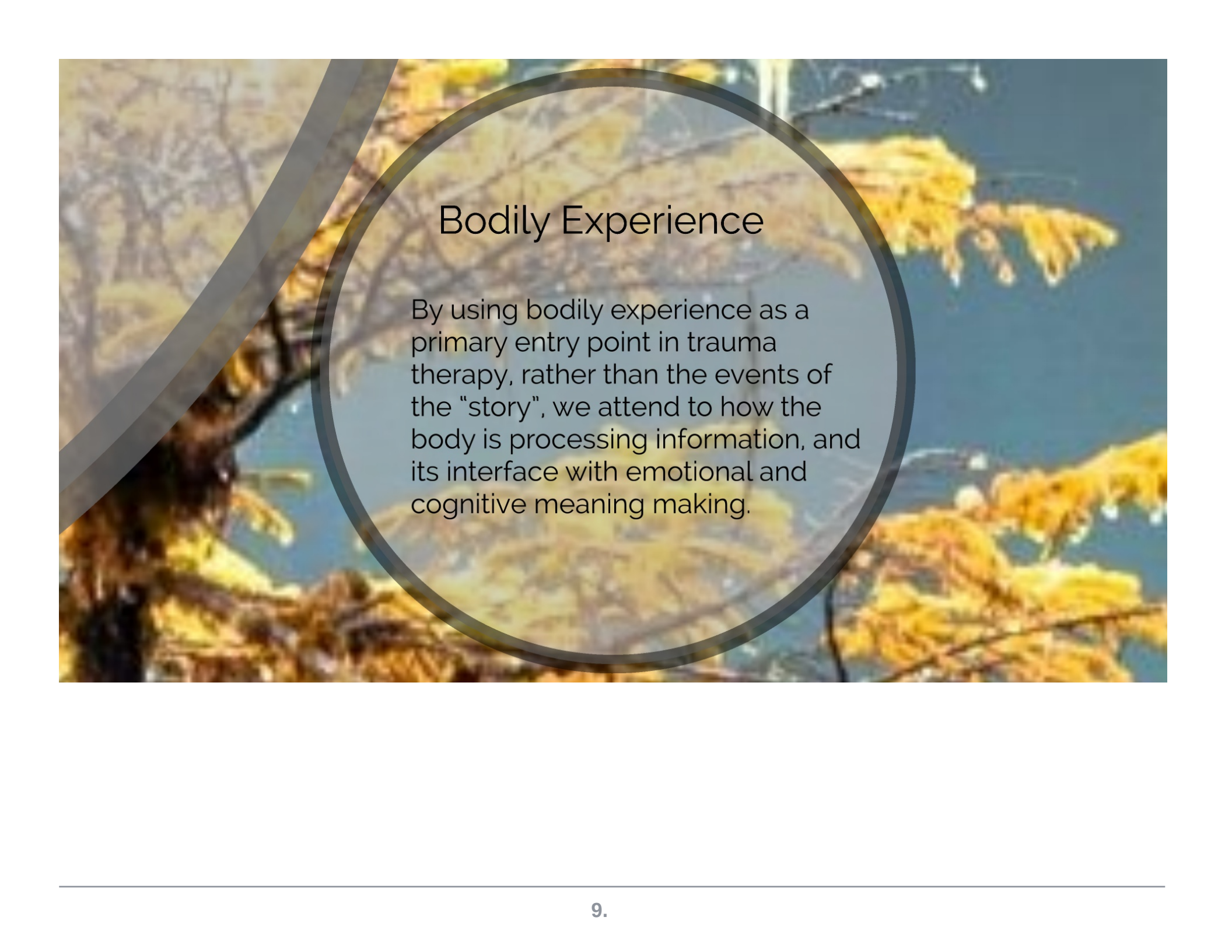
bodily experience

By using bodily experience as a primary entry point in trauma therapy, rather than the events of the "story", we attend to how the body is processing information, and its interface with emotional and cognitive meaning making- Pat Ogden



Modulation Model

a key concept for tracking client's ANS
arousal, state changes, resources,
indicators of orienting and defensive
responses



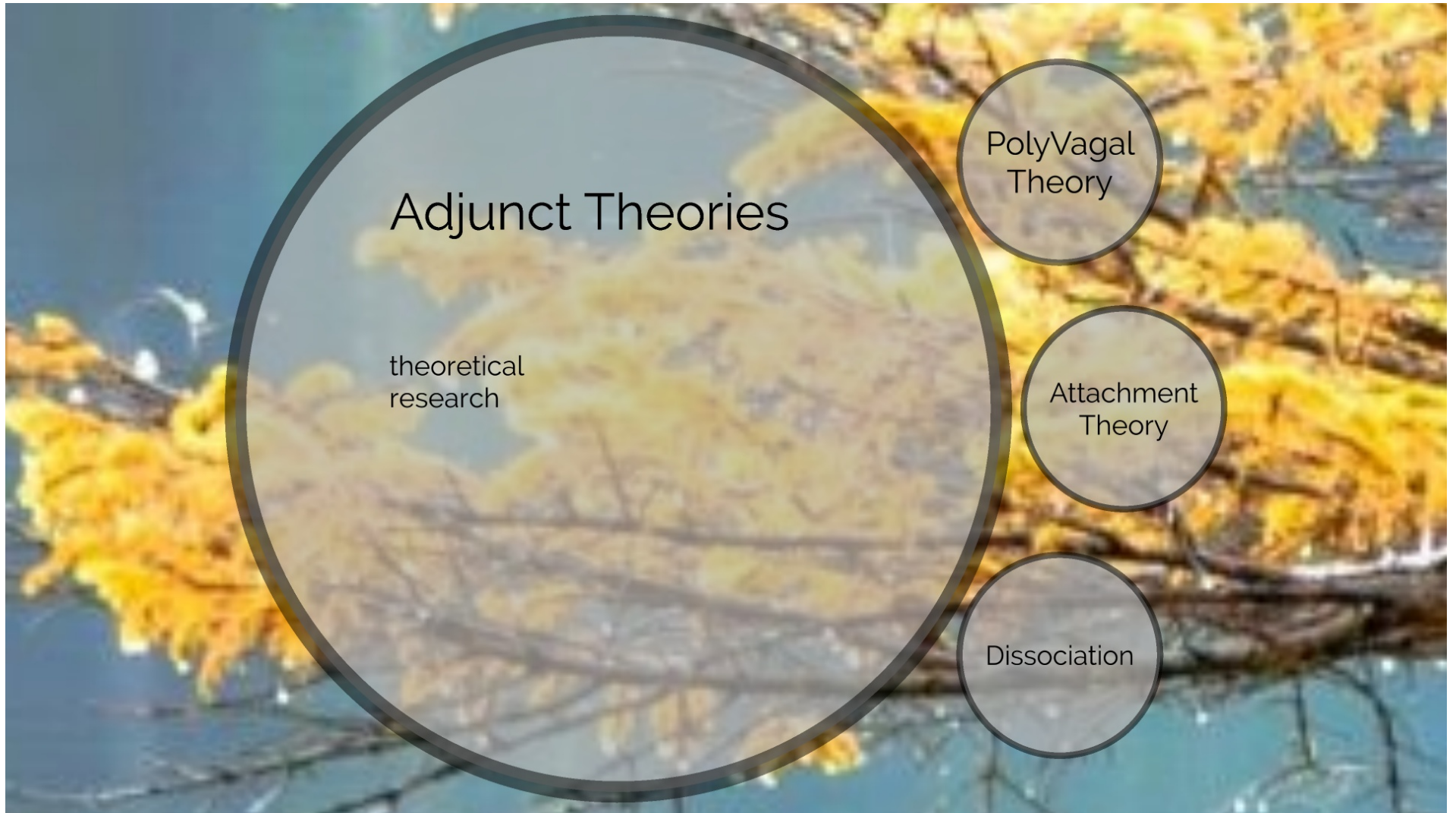
Bodily Experience

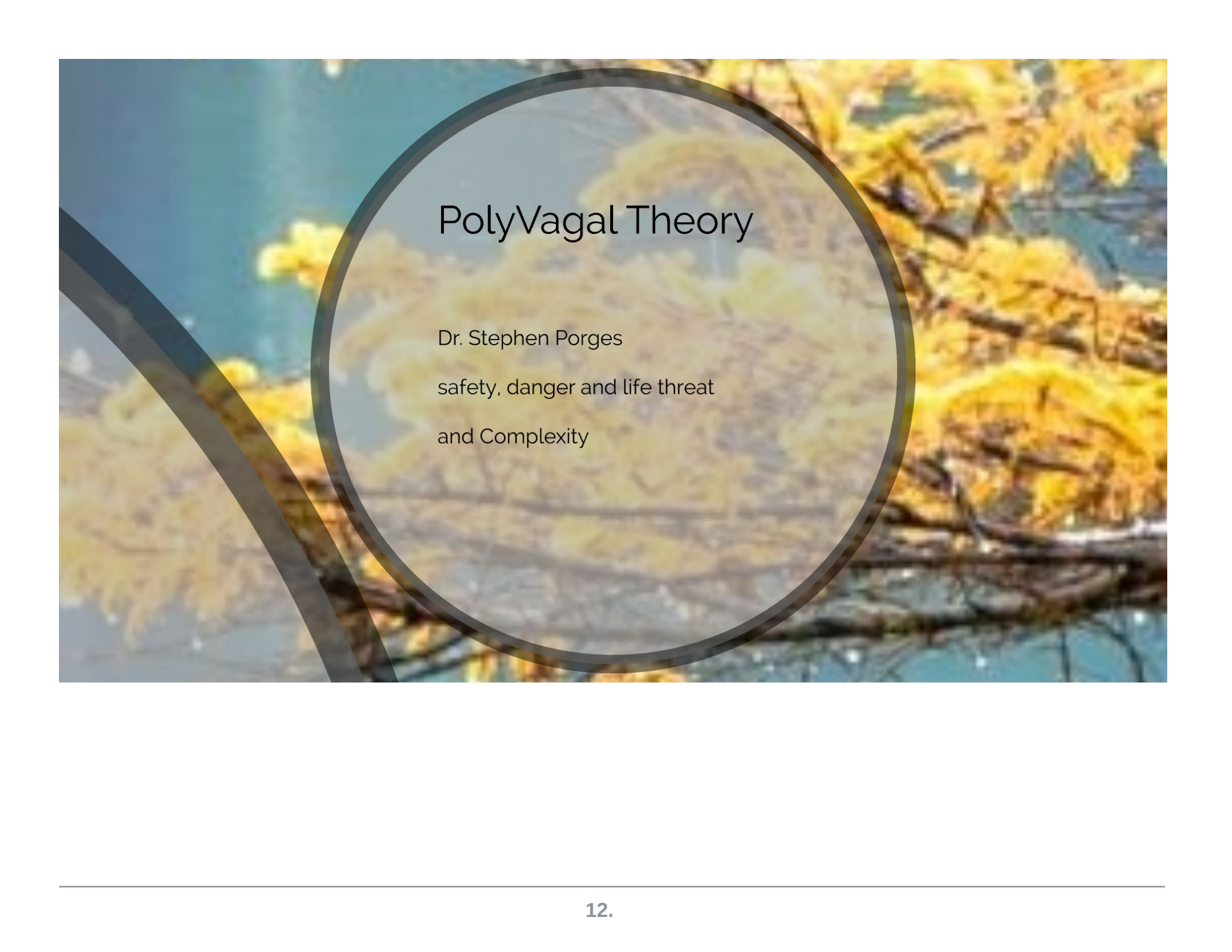
By using bodily experience as a primary entry point in trauma therapy, rather than the events of the “story”, we attend to how the body is processing information, and its interface with emotional and cognitive meaning making.

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation



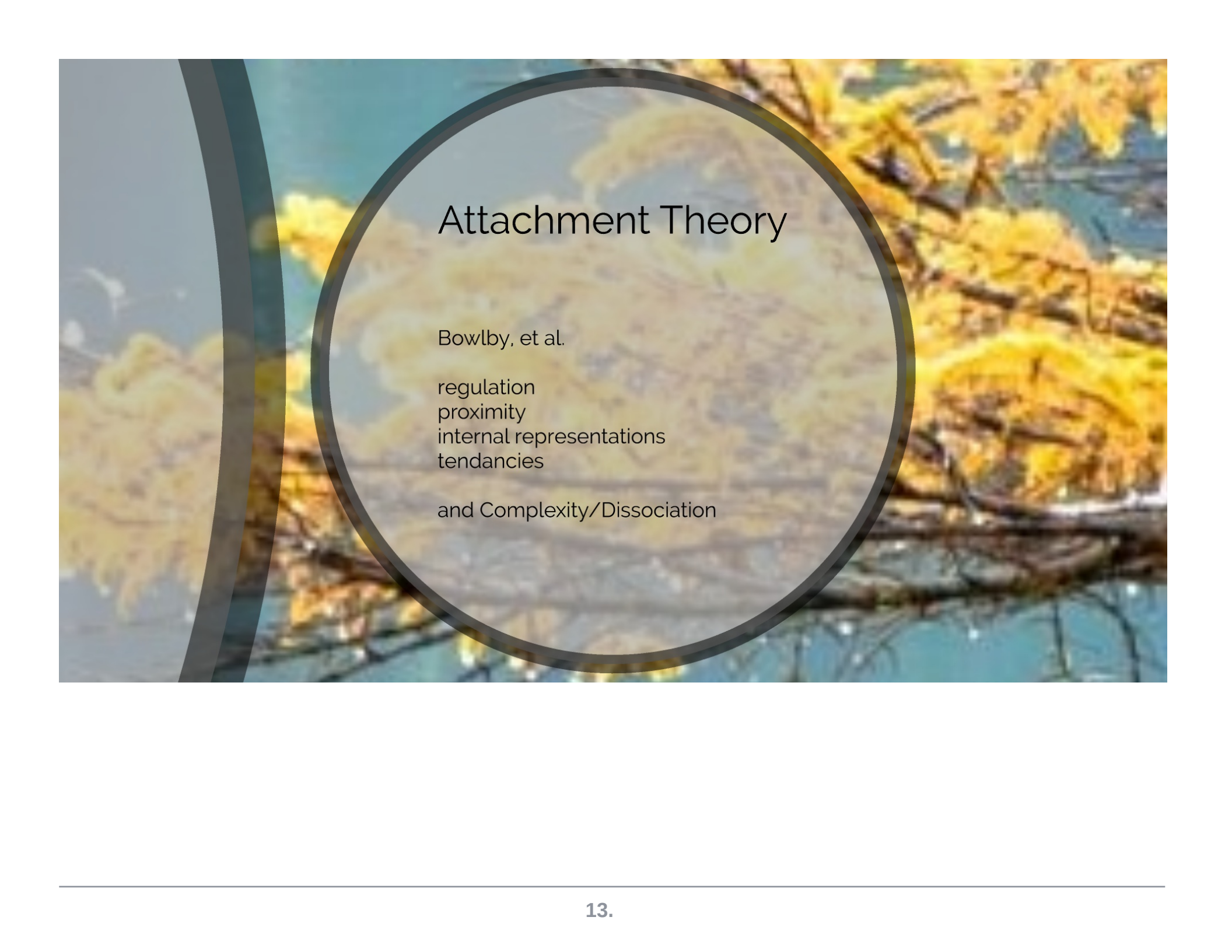




PolyVagal Theory

Dr. Stephen Porges

safety, danger and life threat
and Complexity



Attachment Theory

Bowlby, et al.

regulation
proximity
internal representations
tendencies

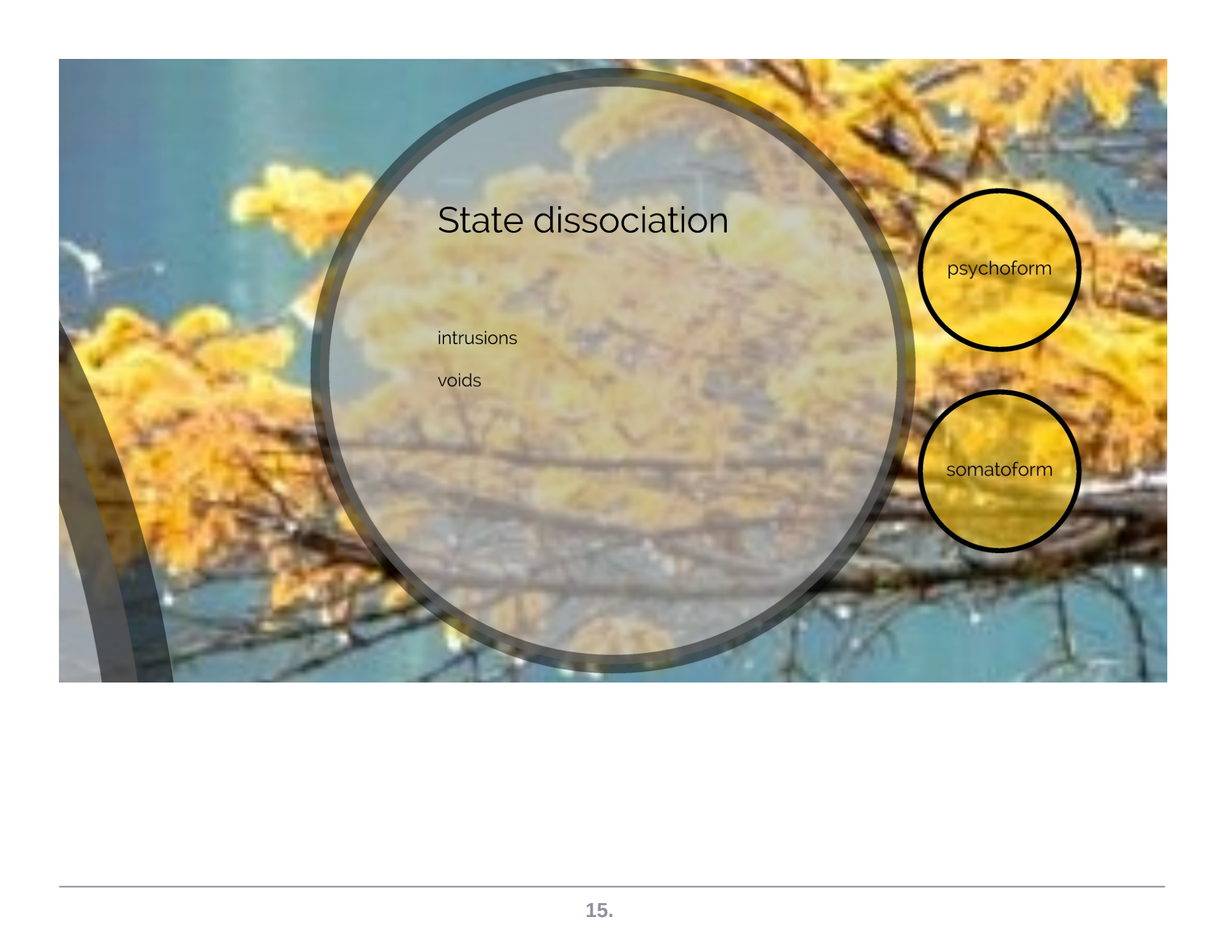
and Complexity/Dissociation

Dissociation

at least 6 different theories

State
Dissociation

Structural
Dissociation



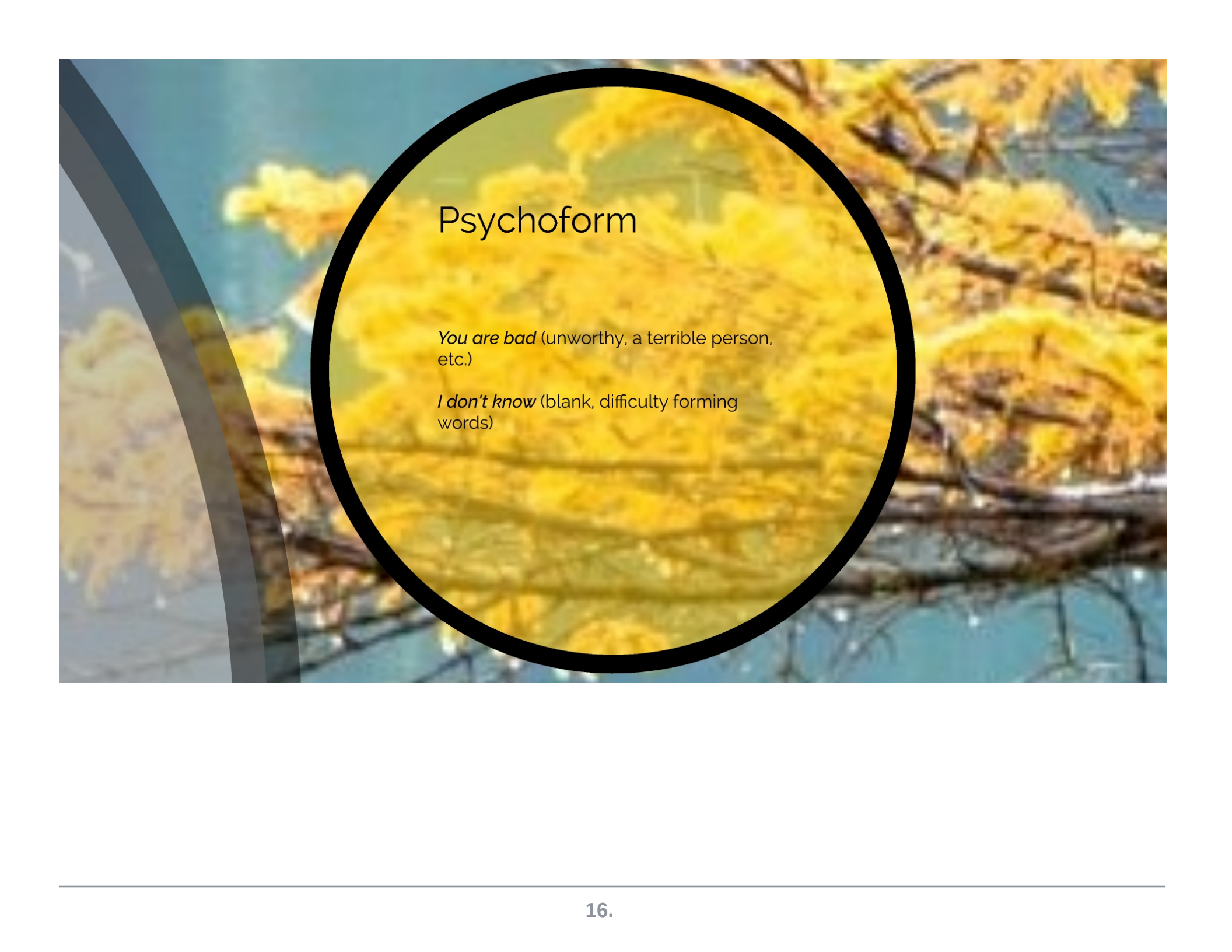
State dissociation

intrusions

voids

psychoform

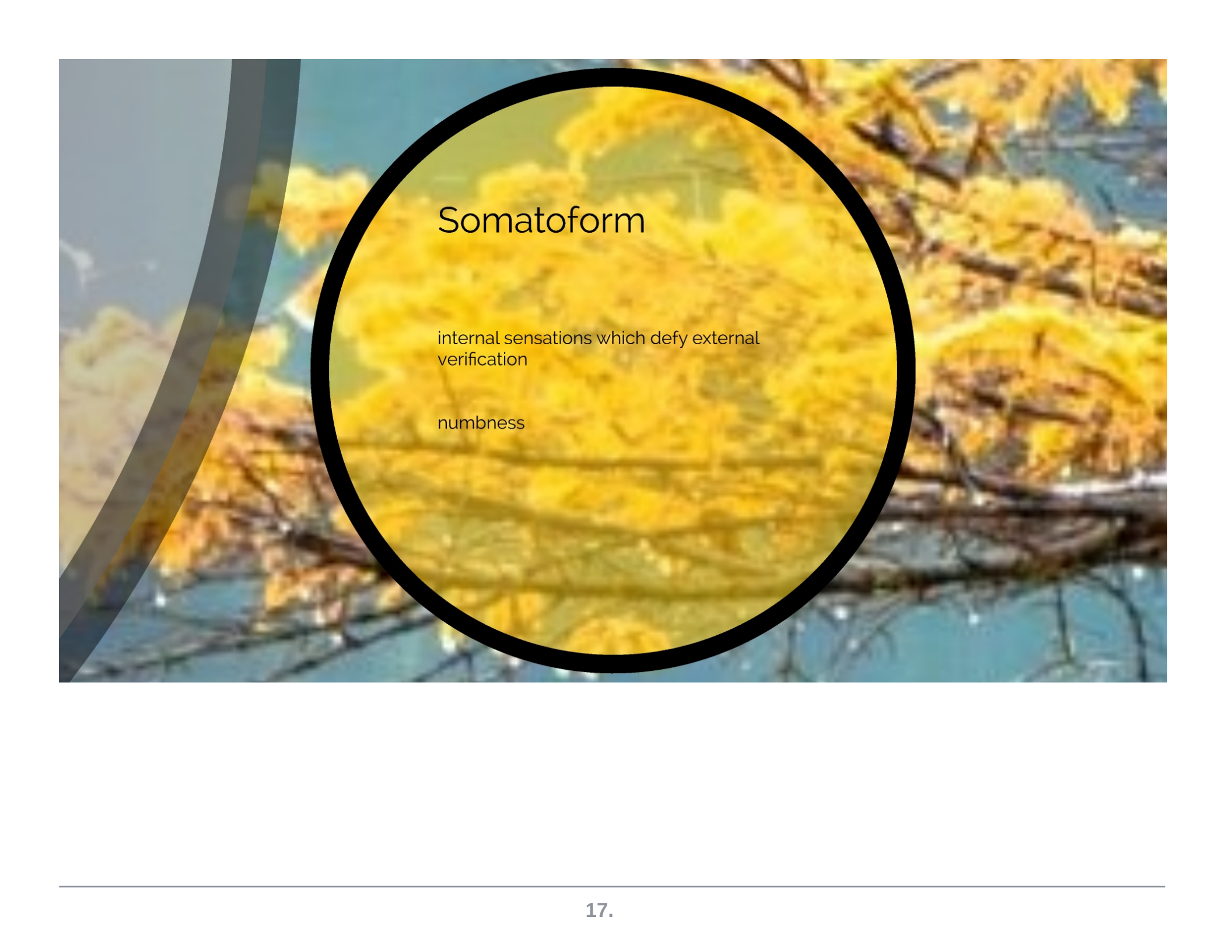
somatoform



Psychoform

You are bad (unworthy, a terrible person, etc.)

I don't know (blank, difficulty forming words)



Somatoform

internal sensations which defy external
verification

numbness

Structural Dissociation

The Haunted Self: Structural Dissociation
and the Treatment of Chronic
Traumatization
van der Hart, Nijenhuis, Steele (2006)

Treating Trauma-Related Dissociation: A
Practical, Integrative Approach
Steele, Boon, and van der Hart (2016)

Apparently
Normal Part of
the Personality
(ANP)

Emotional Part
of the
Personality (EP)

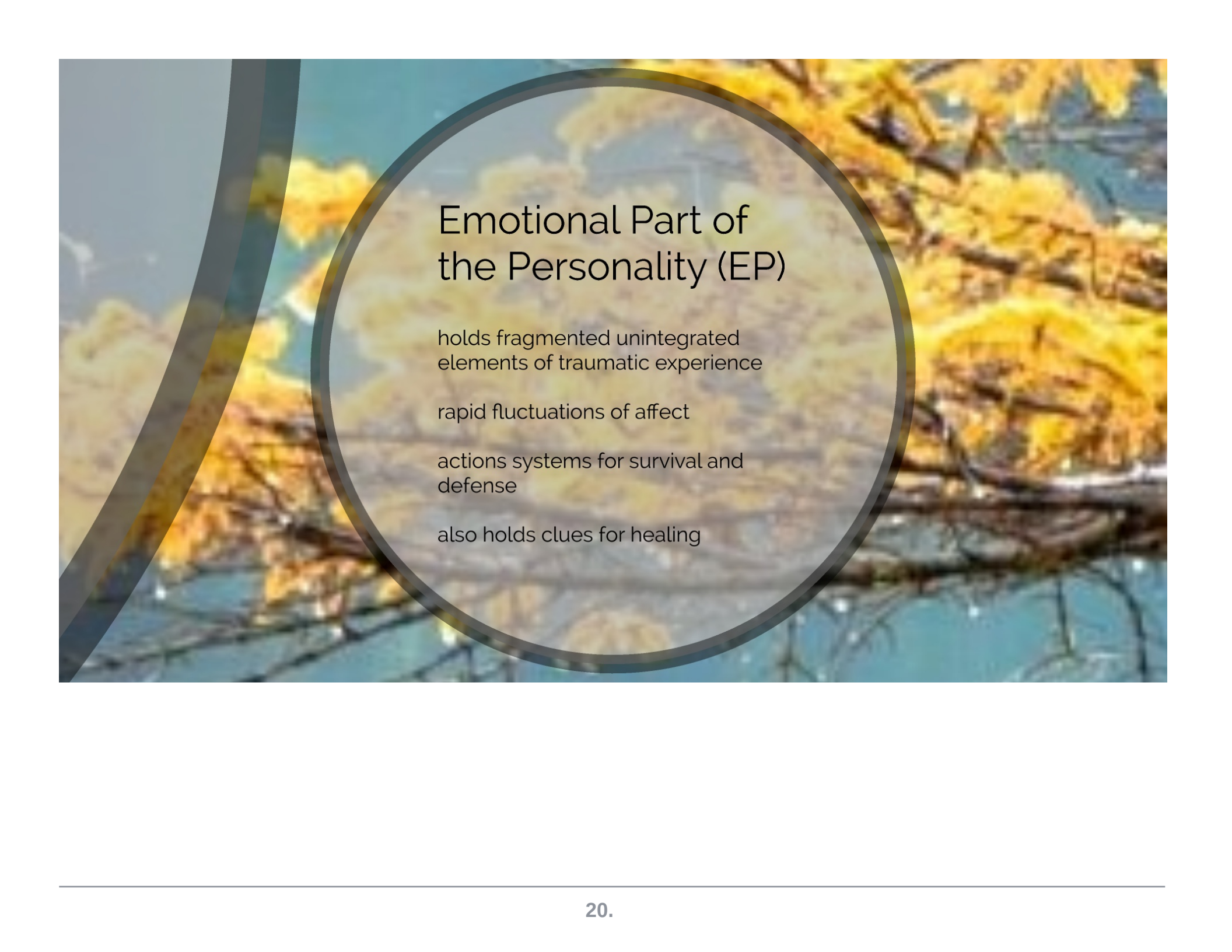


Apparently Normal Part of the Personality (ANP)

Charles Myers, 1940

Action Systems for Daily Living

postures, gestures, intonations
congruence/incongruence
context



Emotional Part of the Personality (EP)

holds fragmented unintegrated
elements of traumatic experience

rapid fluctuations of affect

actions systems for survival and
defense

also holds clues for healing

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation



SP Sources

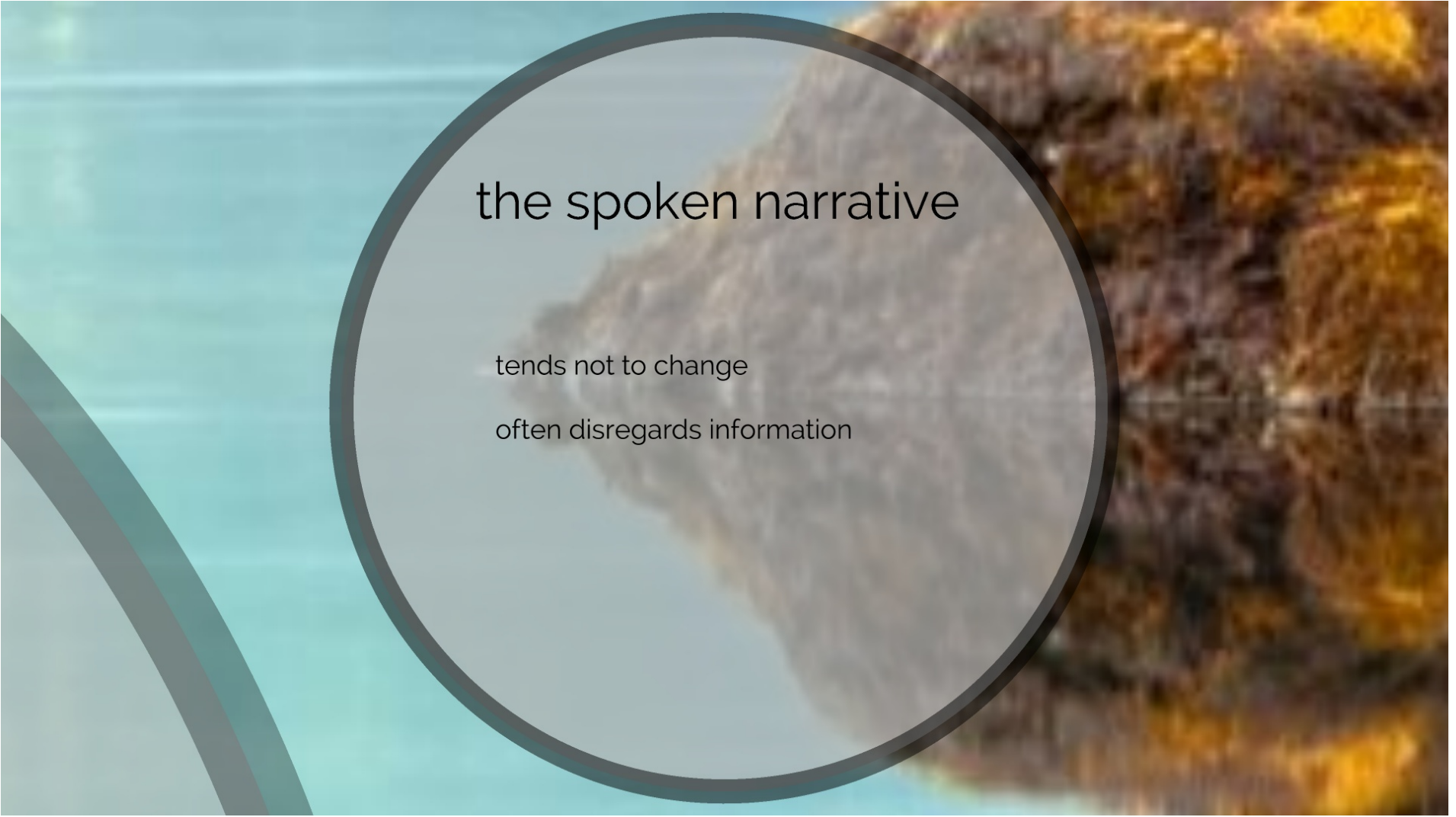
Three primary sources
and
Context



the spoken
narrative

the
somatic
narrative

the
therapist



the spoken narrative

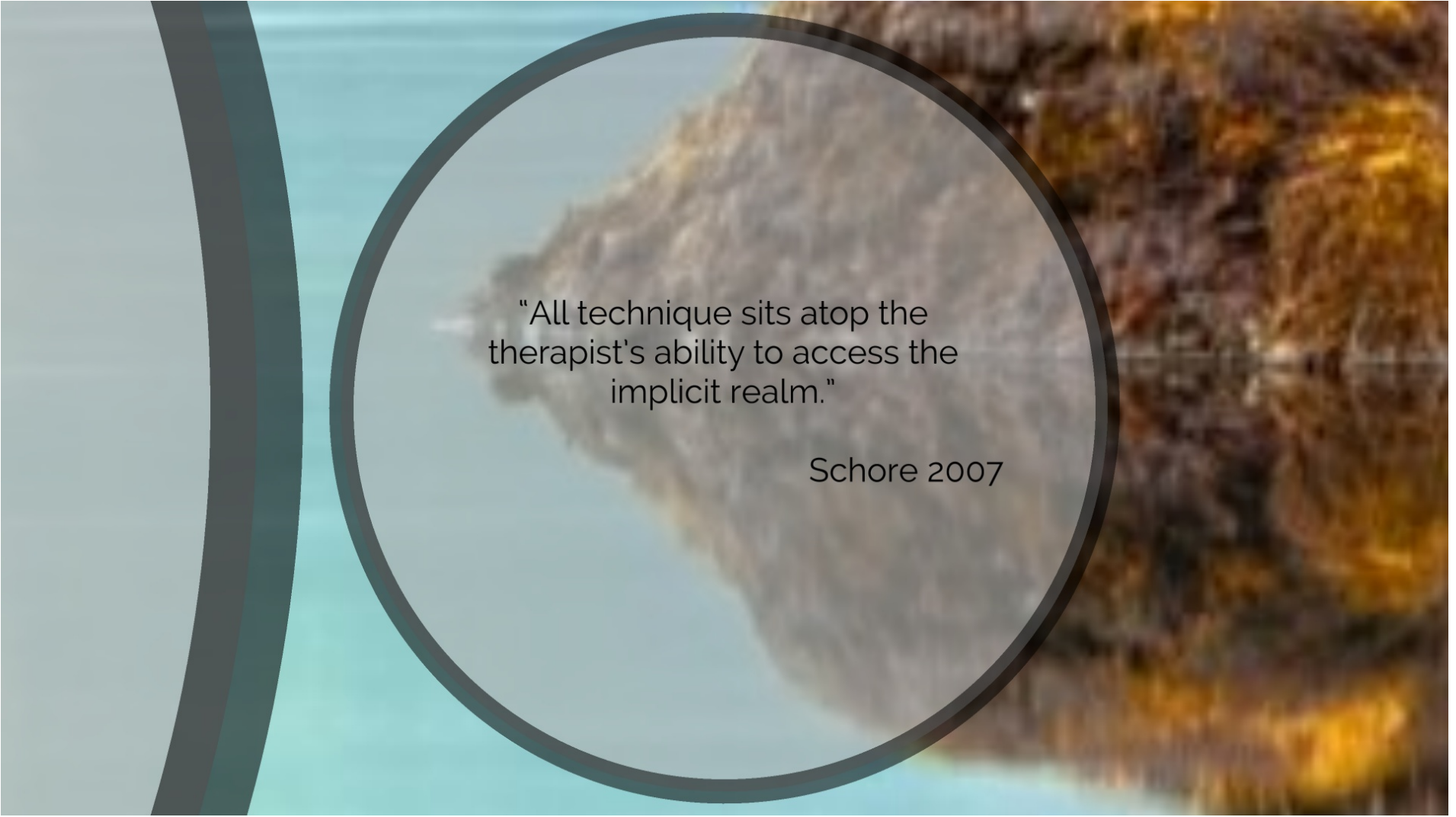
tends not to change

often disregards information

the somatic narrative

- posture
- gesture
- flushing
- blanching
- waxiness
- blotching
- stillness
- glancing
- stigmata
- voice
- movement
- blinking
- itchiness
- facial expression*

"All technique
sits atop the
therapist's
ability to acce..."

The slide features a background image of a rocky coastline with a turquoise sea. A large, semi-transparent circle with a dark grey border is centered on the right side of the slide. Inside this circle, the text is displayed. To the left of the circle, there are two curved, overlapping grey shapes.

"All technique sits atop the
therapist's ability to access the
implicit realm."

Schore 2007



the therapist

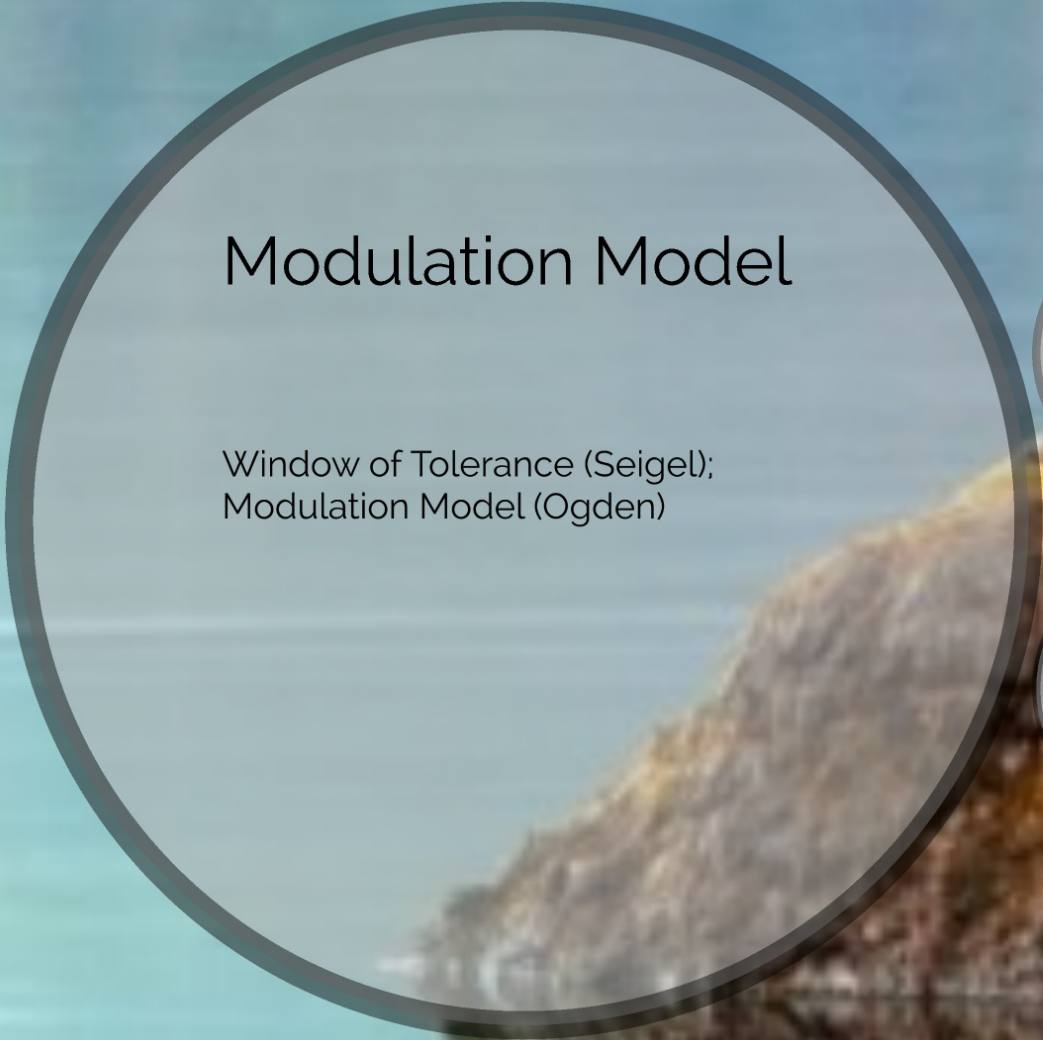
observation
sensation
fatigue
arousal
imagery
impulses
confusion
trance
enactments

often entrained to facial expression
and explicit narrative

Tracking the Somatic Narrative

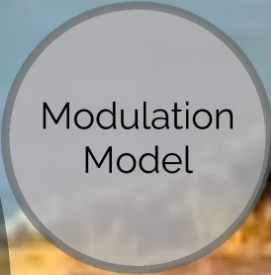
of Complexity in Trauma and Dissociation





Modulation Model

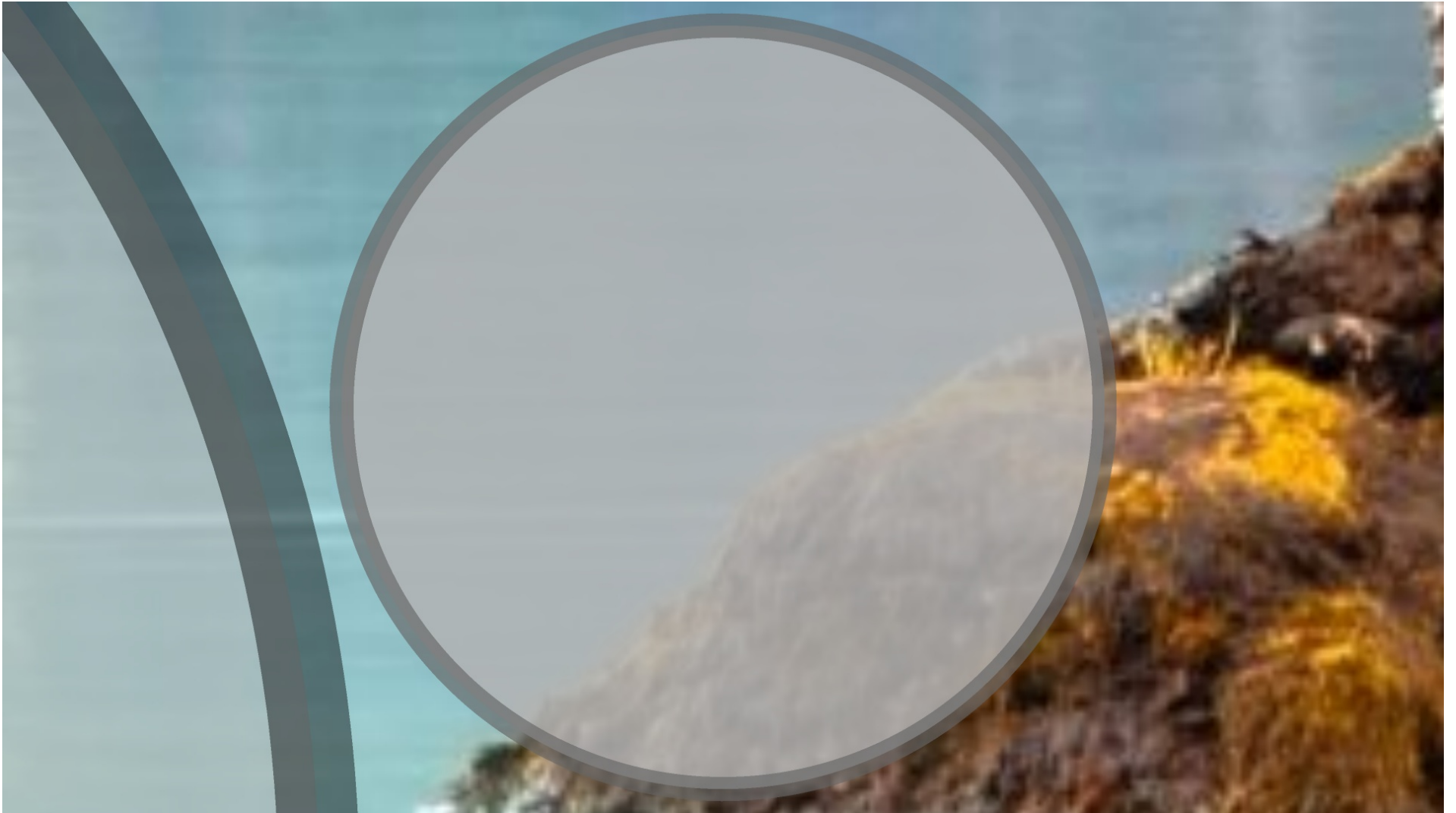
Window of Tolerance (Seigel);
Modulation Model (Ogden)

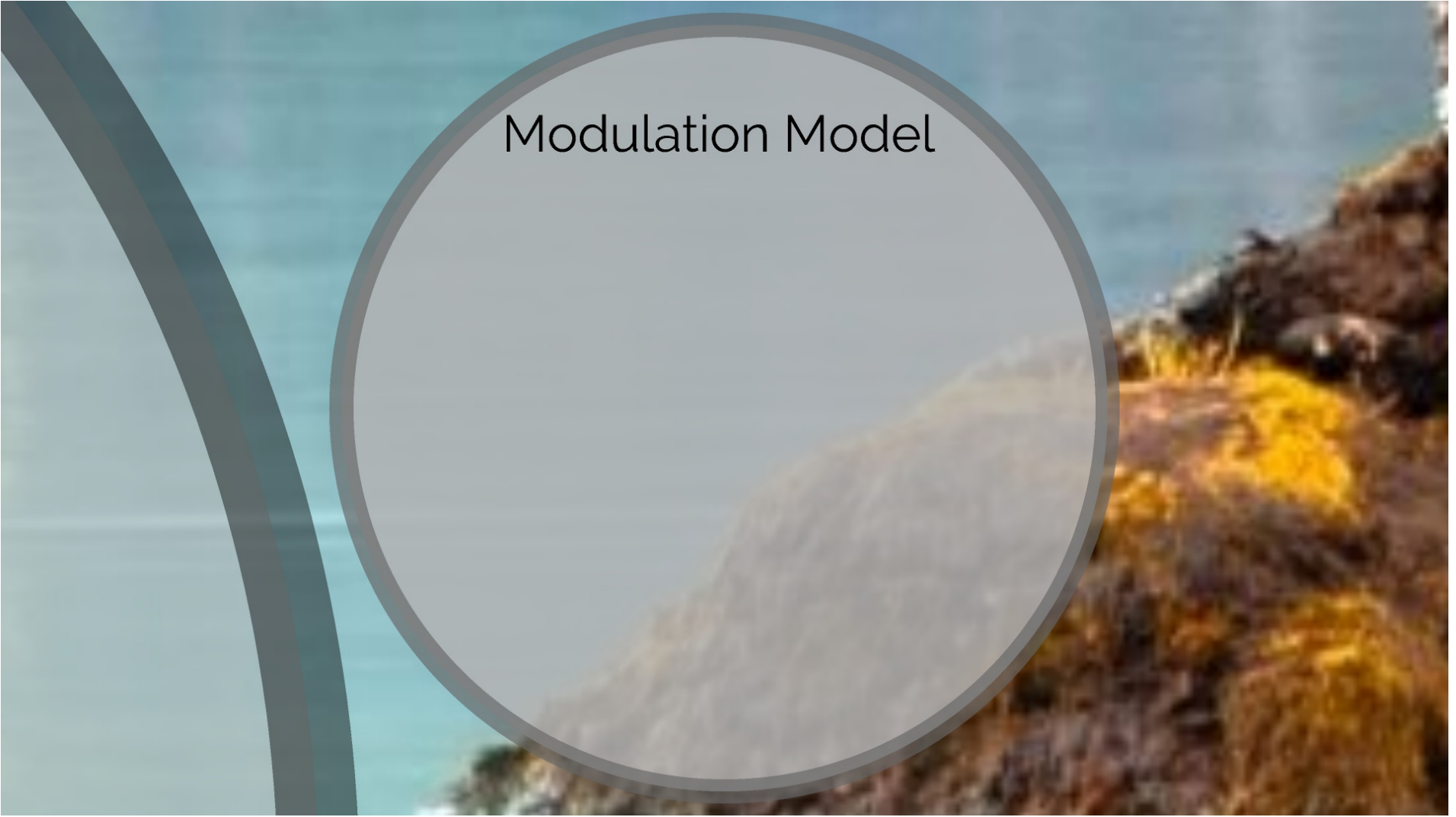


Modulation
Model



Tracking
Modulation



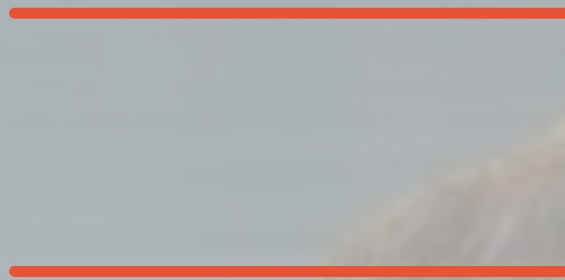
A landscape photograph showing a coastline with a blue sea on the left and a rocky, vegetated shore on the right. A large, semi-transparent grey circle is overlaid on the image, centered over the sea and the shore. The text "Modulation Model" is written in black inside the circle.

Modulation Model

Modulation Model



Modulation Model



Modulation Model

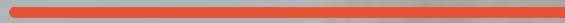
ANS arousal

Modulation Model

hyperarousal

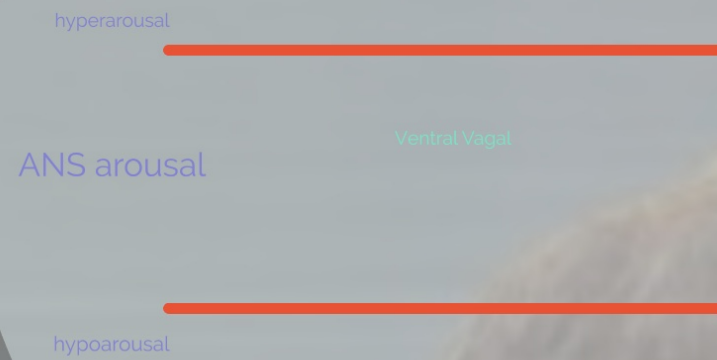


ANS arousal

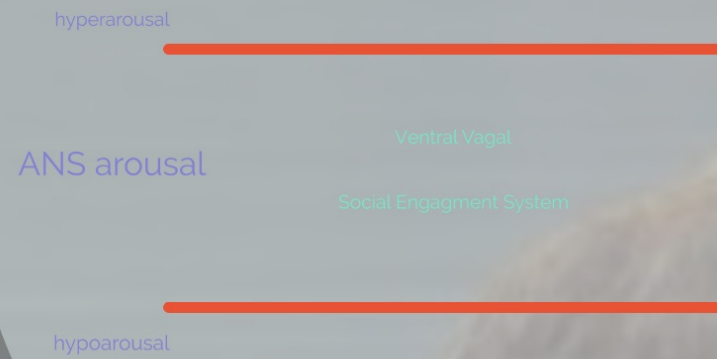


hypoarousal

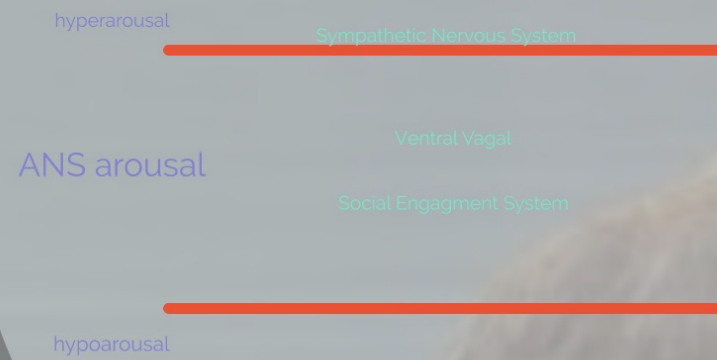
Modulation Model



Modulation Model



Modulation Model



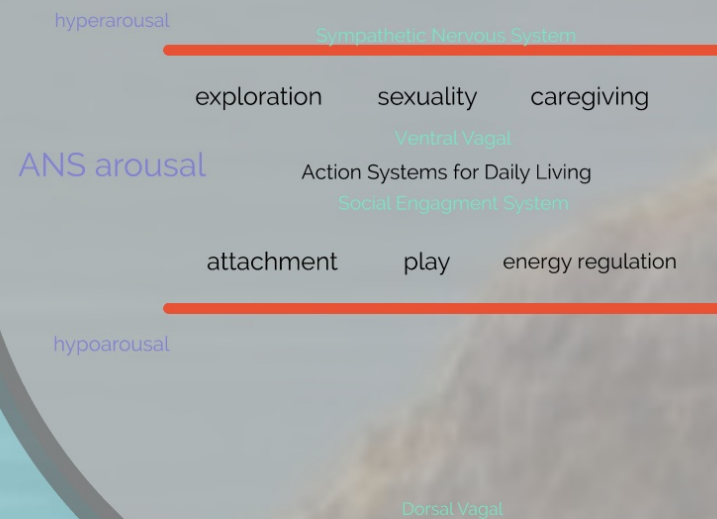
Modulation Model



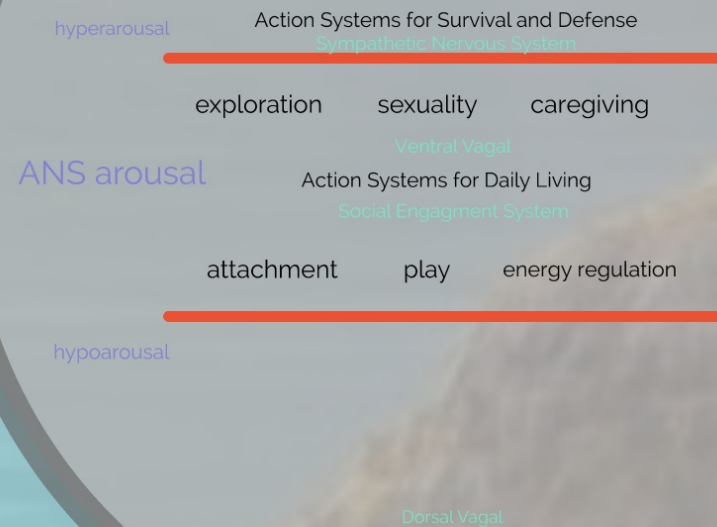
Modulation Model



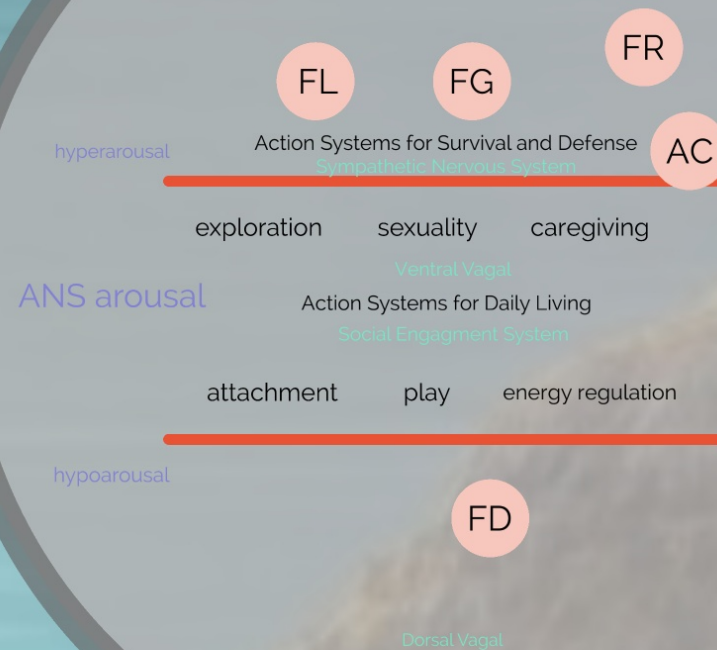
Modulation Model



Modulation Model



Modulation Model





Tracking Modulation

singular discreet expressions
co-occurring responses
congruent vs. disparate expressions

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation



Organization of Experience

Five Building Blocks of Experience

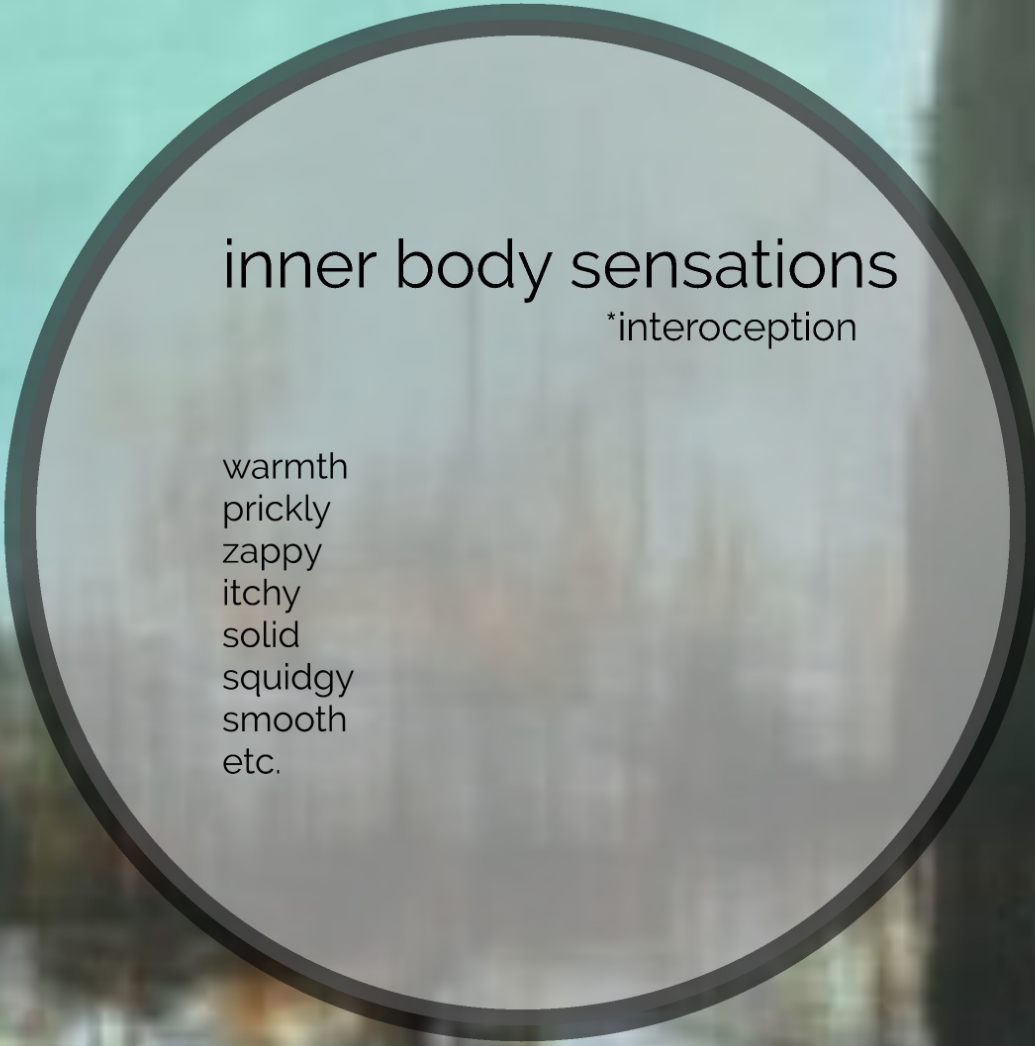
inner body
sensations

movement

5-sense
perception

emotion

cognition



inner body sensations

*interoception

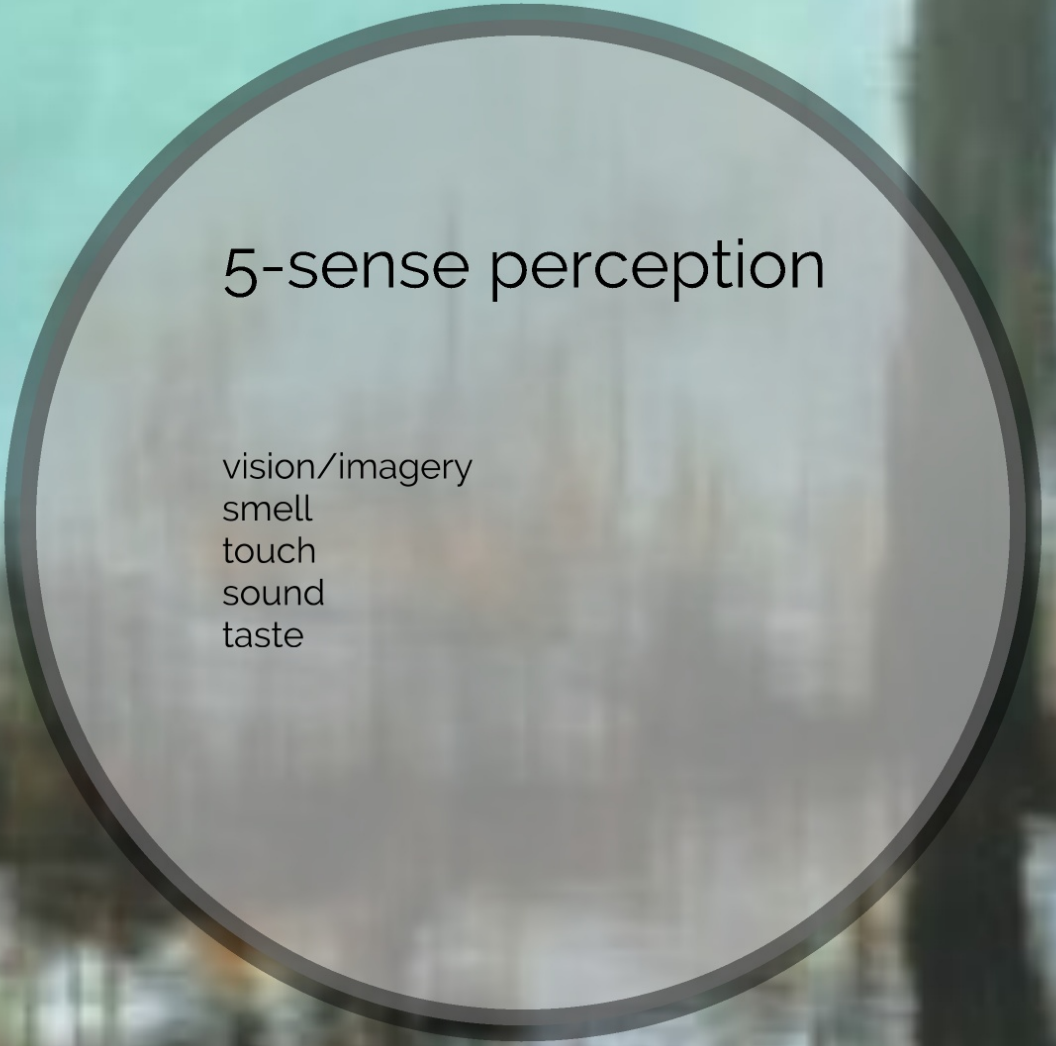
warmth
prickly
zappy
itchy
solid
squidgy
smooth
etc.



movement

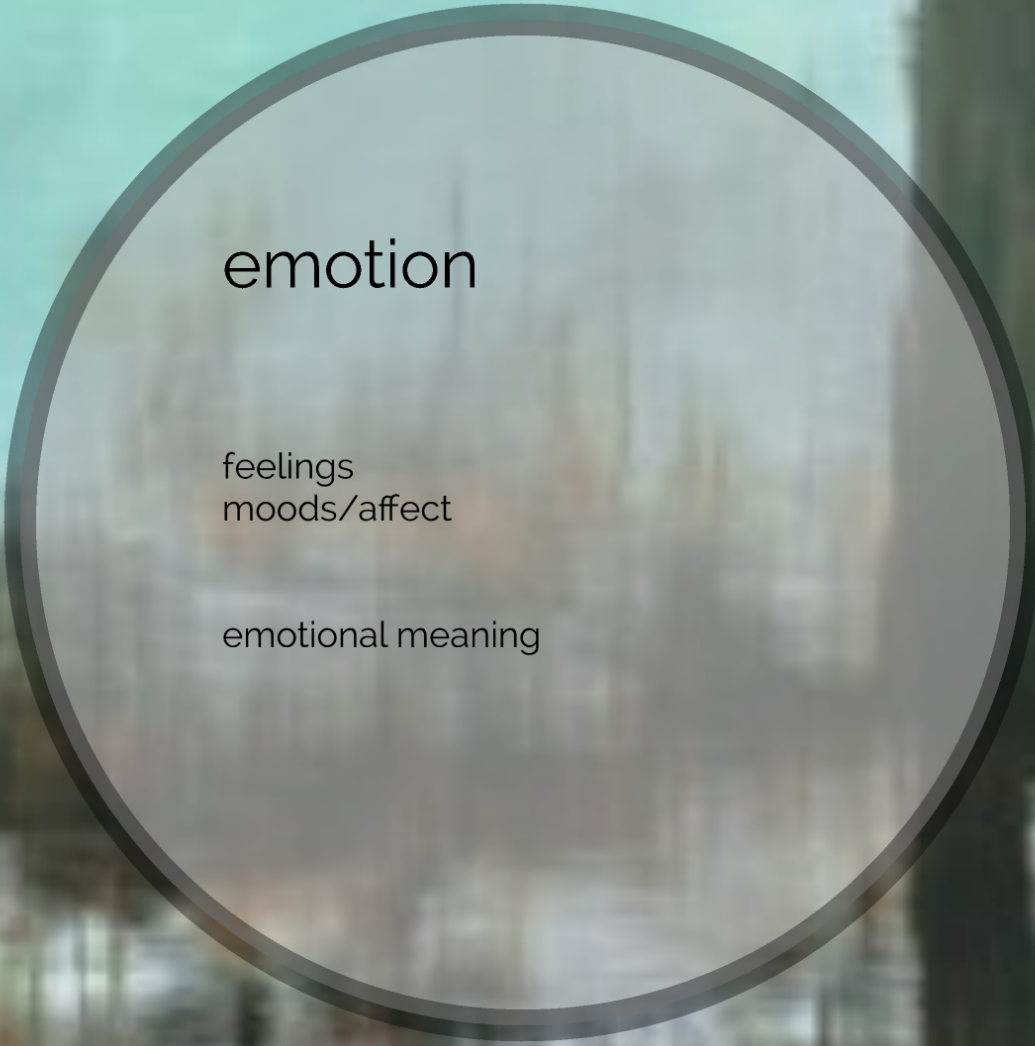
micro
macro

impulses



5-sense perception

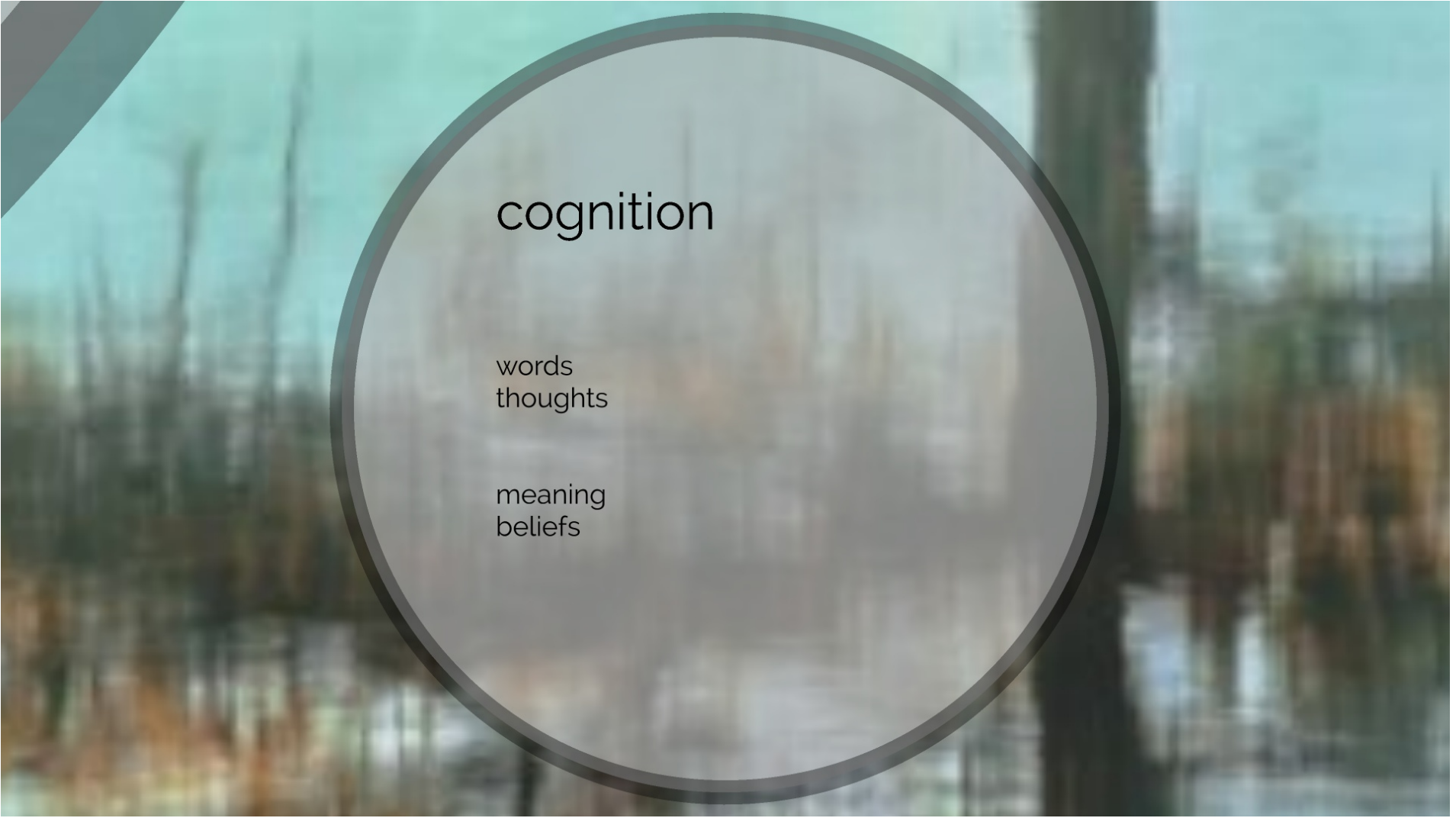
vision/imagery
smell
touch
sound
taste



emotion

feelings
moods/affect

emotional meaning



cognition

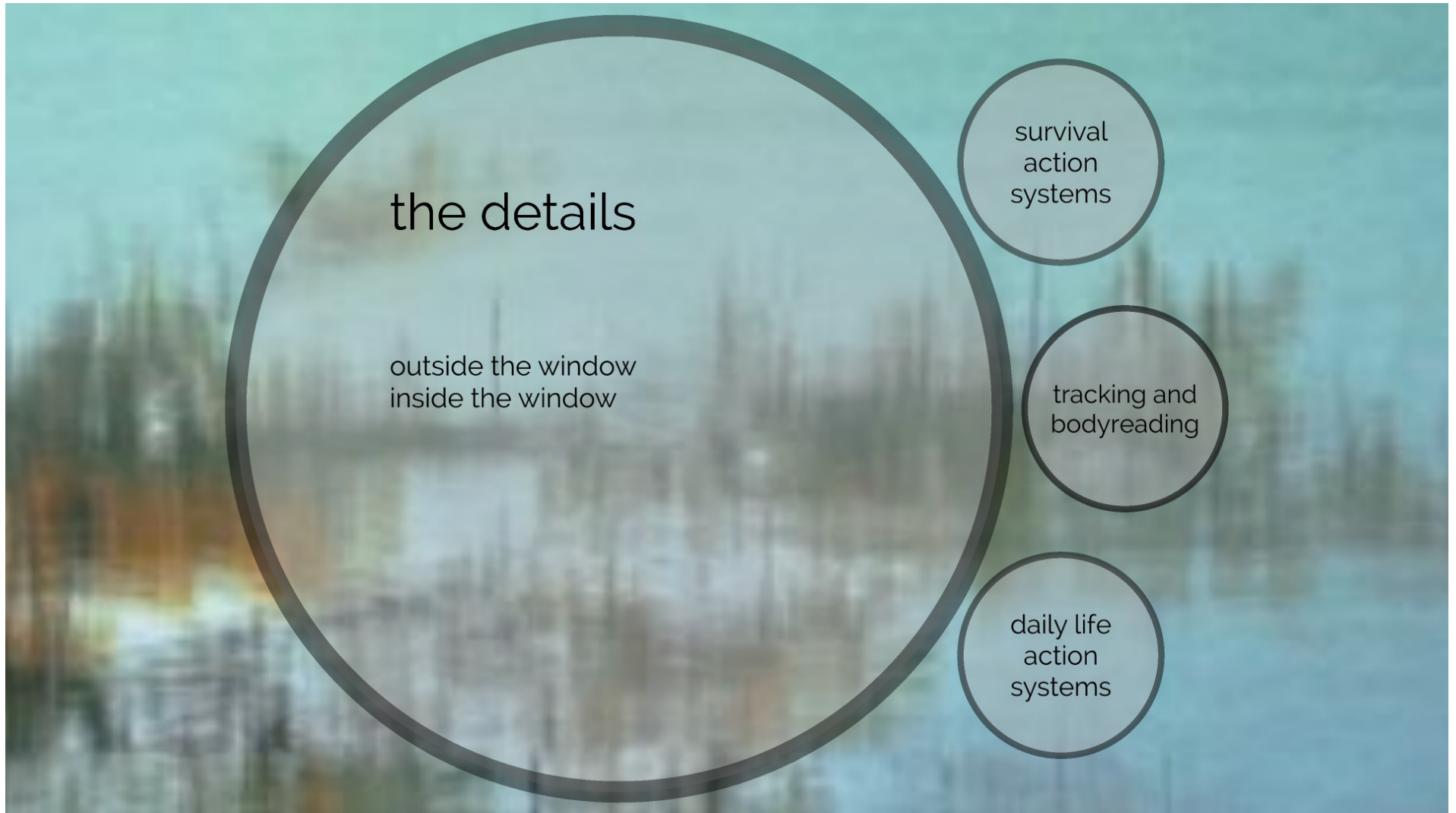
words
thoughts

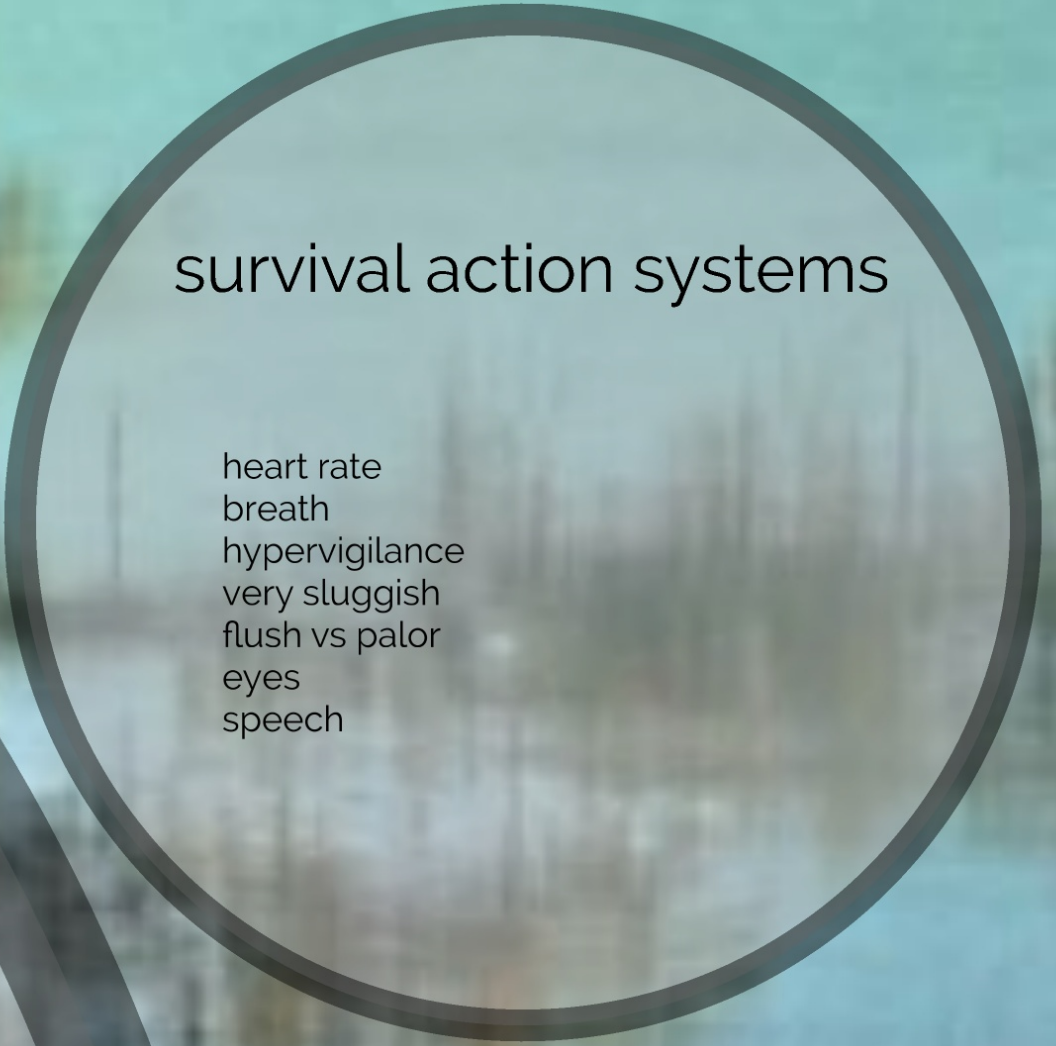
meaning
beliefs

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation







survival action systems

heart rate
breath
hypervigilance
very sluggish
flush vs palor
eyes
speech



tracking and bodyreading

moment - to - moment

chronic patterns



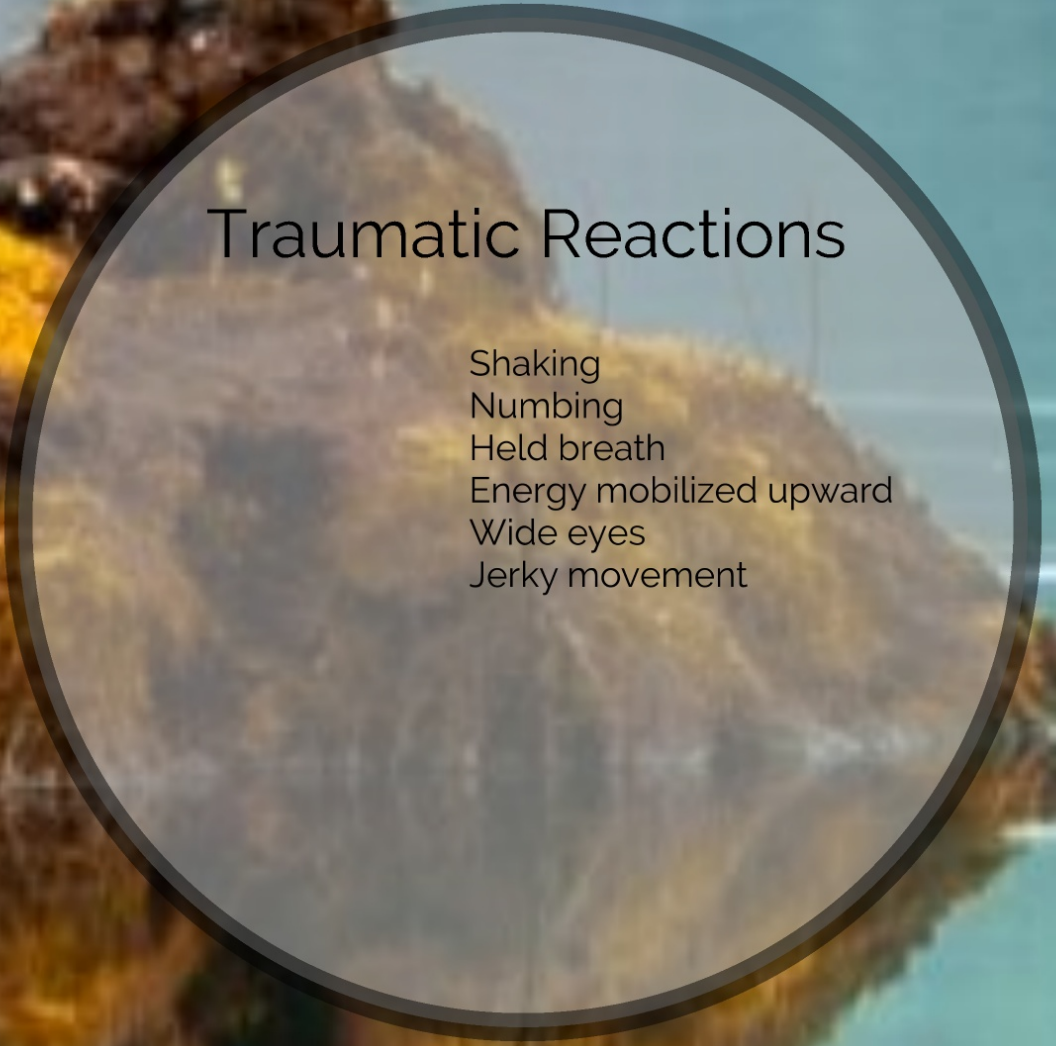
daily life action systems

eye contact
content of conversation
perspective
stance
developmental movement

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation





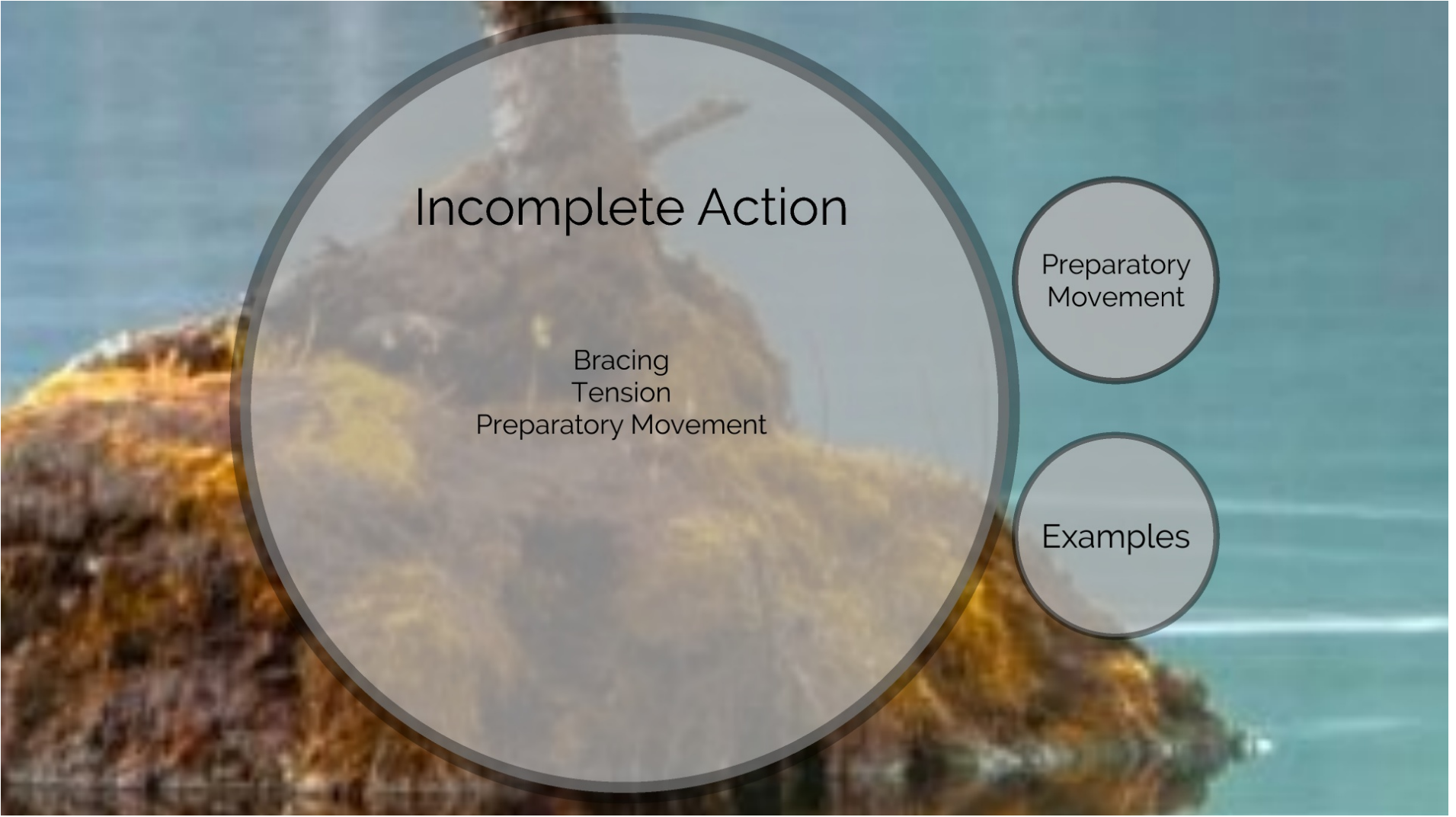
Traumatic Reactions

Shaking
Numbing
Held breath
Energy mobilized upward
Wide eyes
Jerky movement

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation



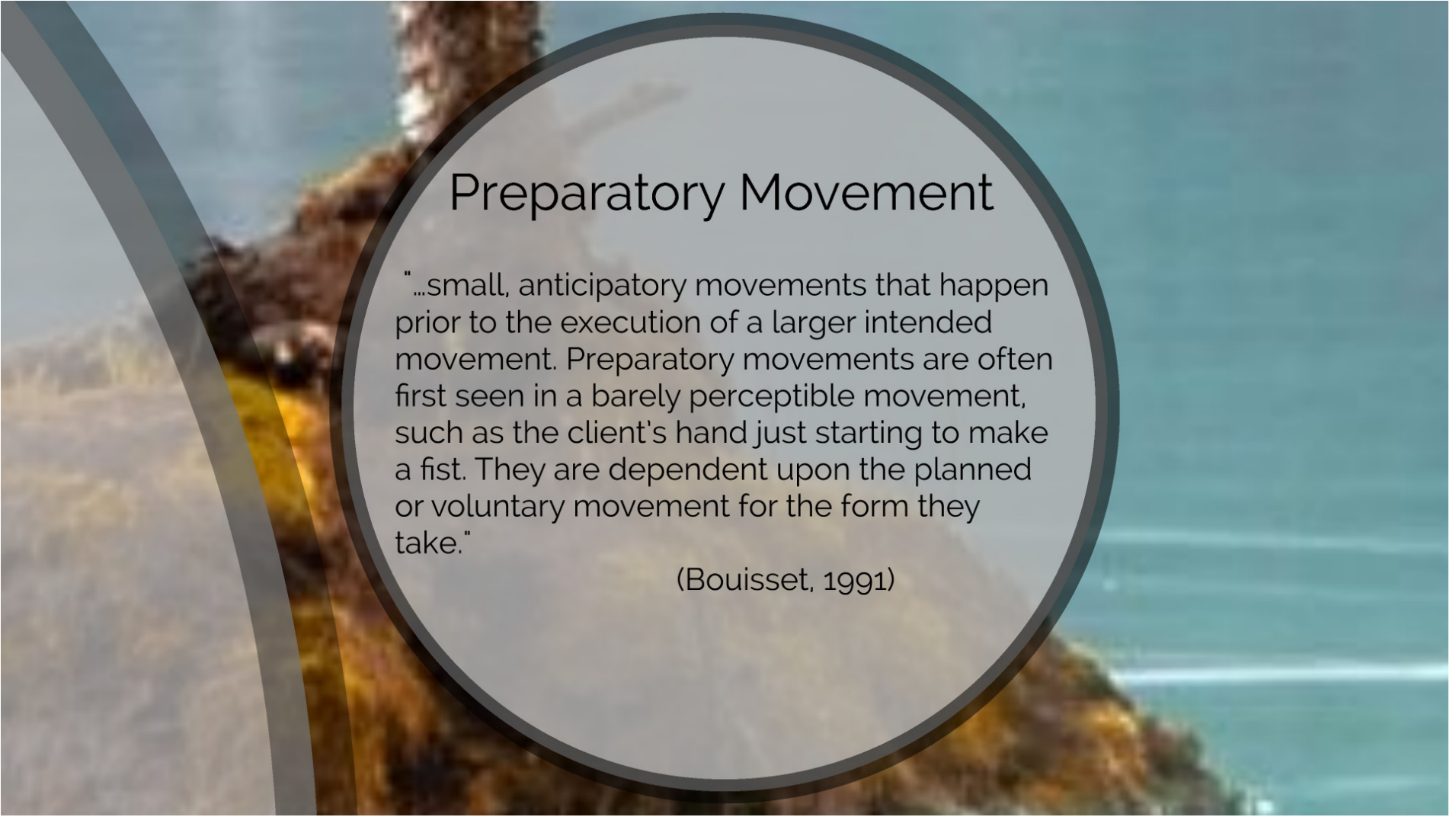


Incomplete Action

Bracing
Tension
Preparatory Movement

Preparatory
Movement

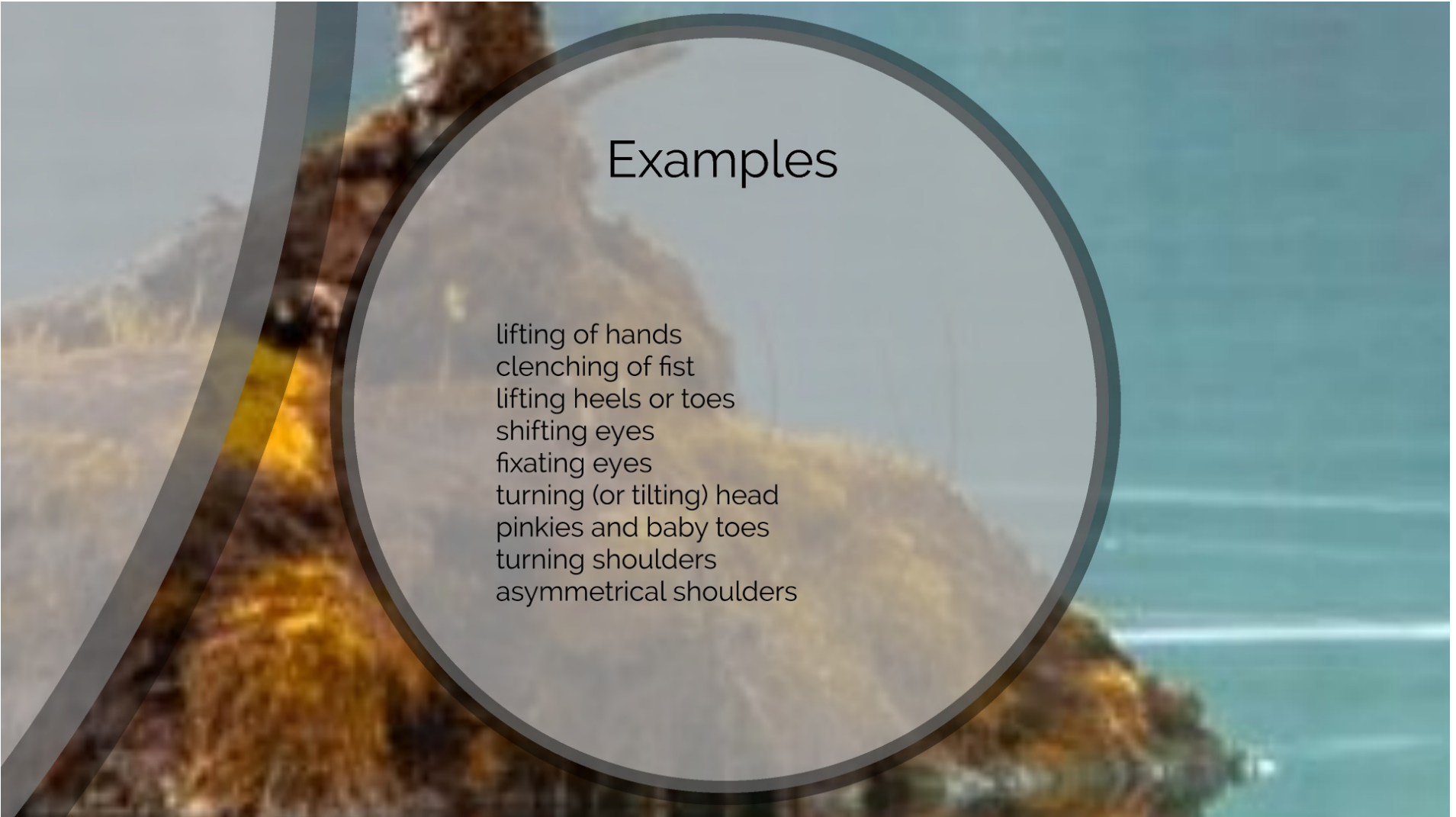
Examples

The background of the slide is a photograph of a coastal scene. On the left, a lighthouse sits atop a rocky cliff. The sea is visible on the right. A large, semi-transparent circle with a dark border is centered on the slide, containing the title and text.

Preparatory Movement

"...small, anticipatory movements that happen prior to the execution of a larger intended movement. Preparatory movements are often first seen in a barely perceptible movement, such as the client's hand just starting to make a fist. They are dependent upon the planned or voluntary movement for the form they take."

(Bouisset, 1991)

The background of the slide is a photograph of a rugged coastline. On the left, a steep, rocky cliff is covered in sparse vegetation. The sea is visible on the right, with a small white boat on the water. A large, semi-transparent circle with a dark grey border is centered on the slide, containing the title and a list of examples. A thick, dark grey curved line is also visible on the left side of the slide, partially overlapping the circle.

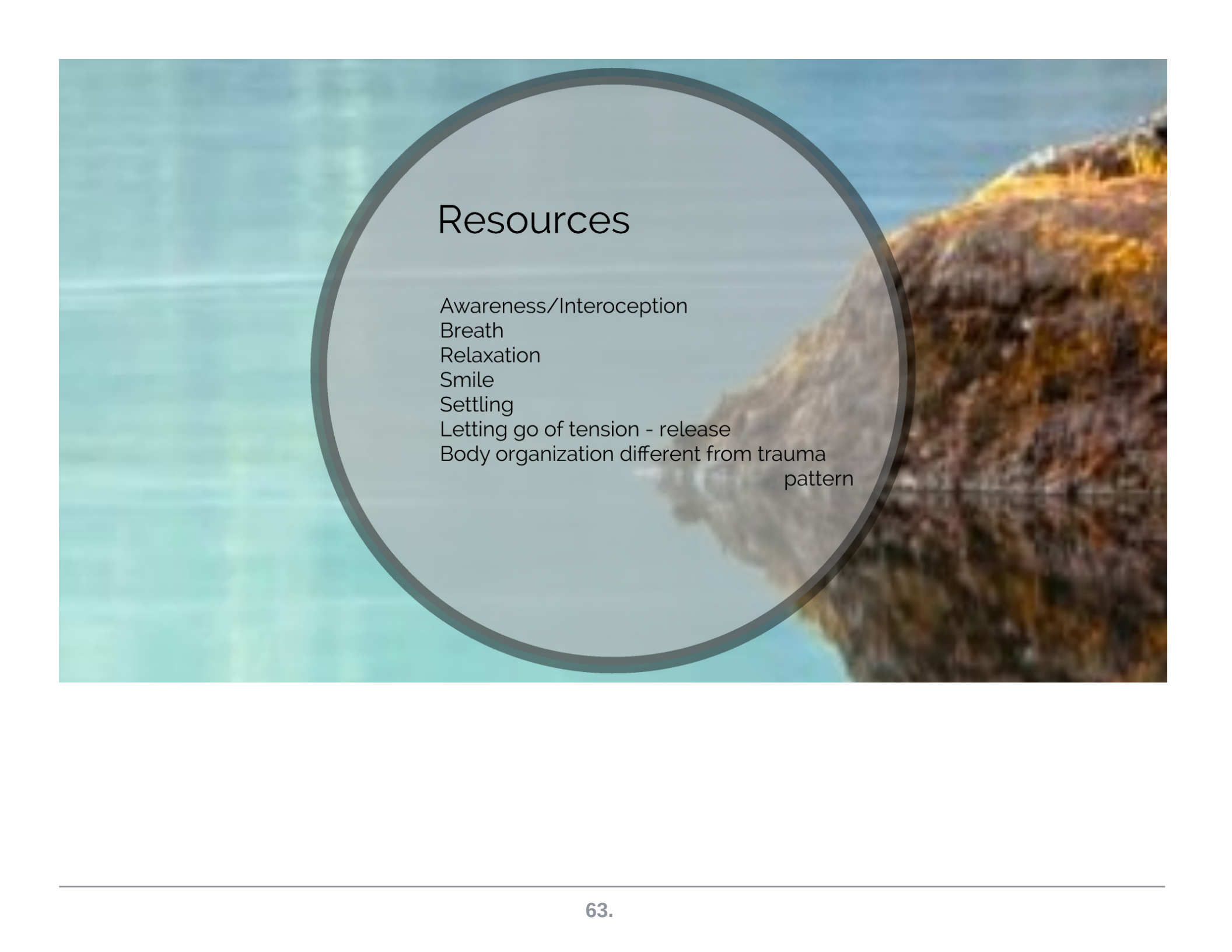
Examples

lifting of hands
clenching of fist
lifting heels or toes
shifting eyes
fixating eyes
turning (or tilting) head
pinkies and baby toes
turning shoulders
asymmetrical shoulders

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation



The background of the slide is a photograph of a coastline. On the left, there is a calm body of water with a light blue-green hue. On the right, a rugged, rocky cliff or shoreline is visible, covered with some sparse, dry-looking vegetation in shades of brown and orange. A large, semi-transparent grey circle is centered over the image, containing the title and list of resources.

Resources

Awareness/Interoception

Breath

Relaxation

Smile

Settling

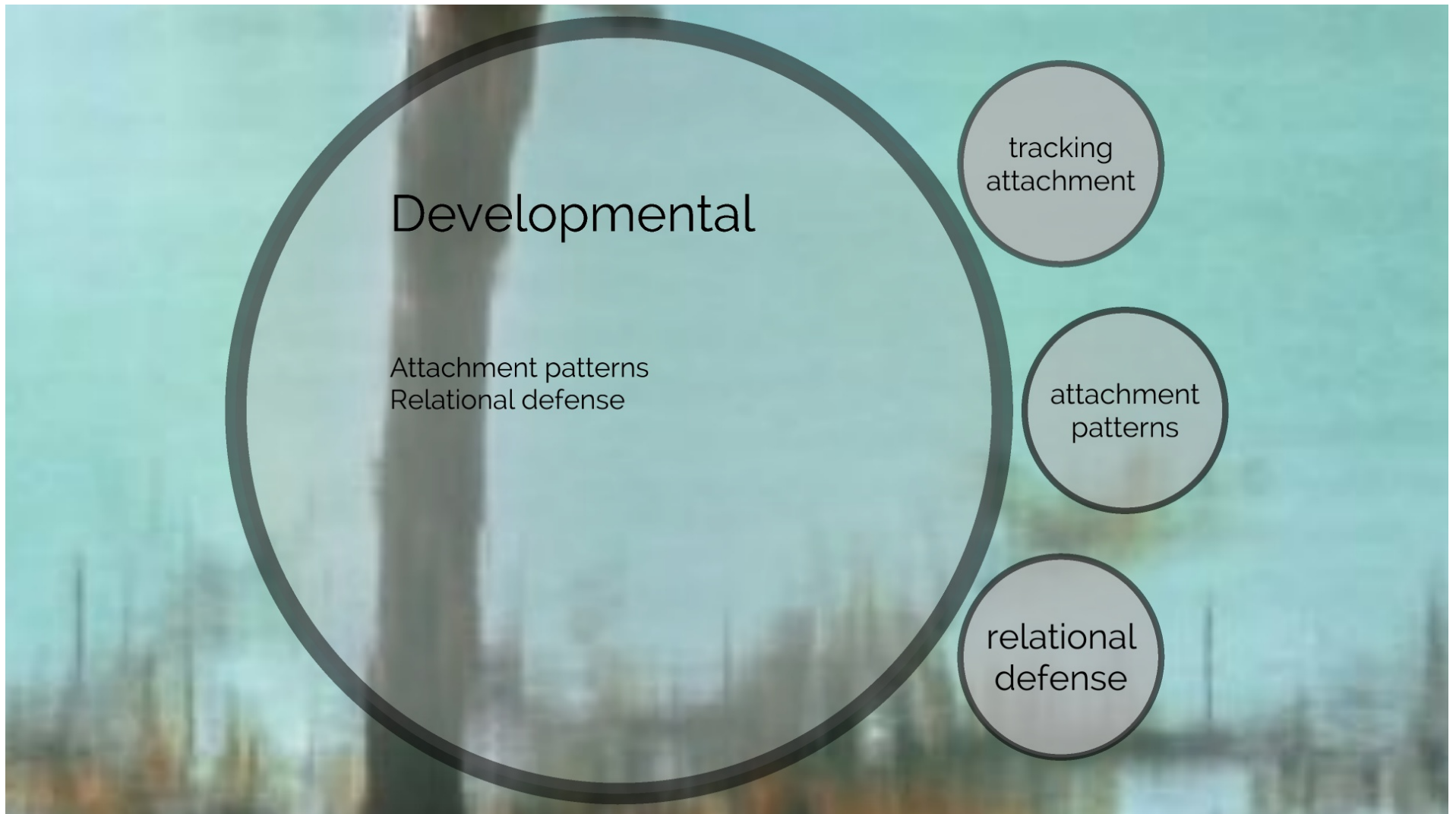
Letting go of tension - release

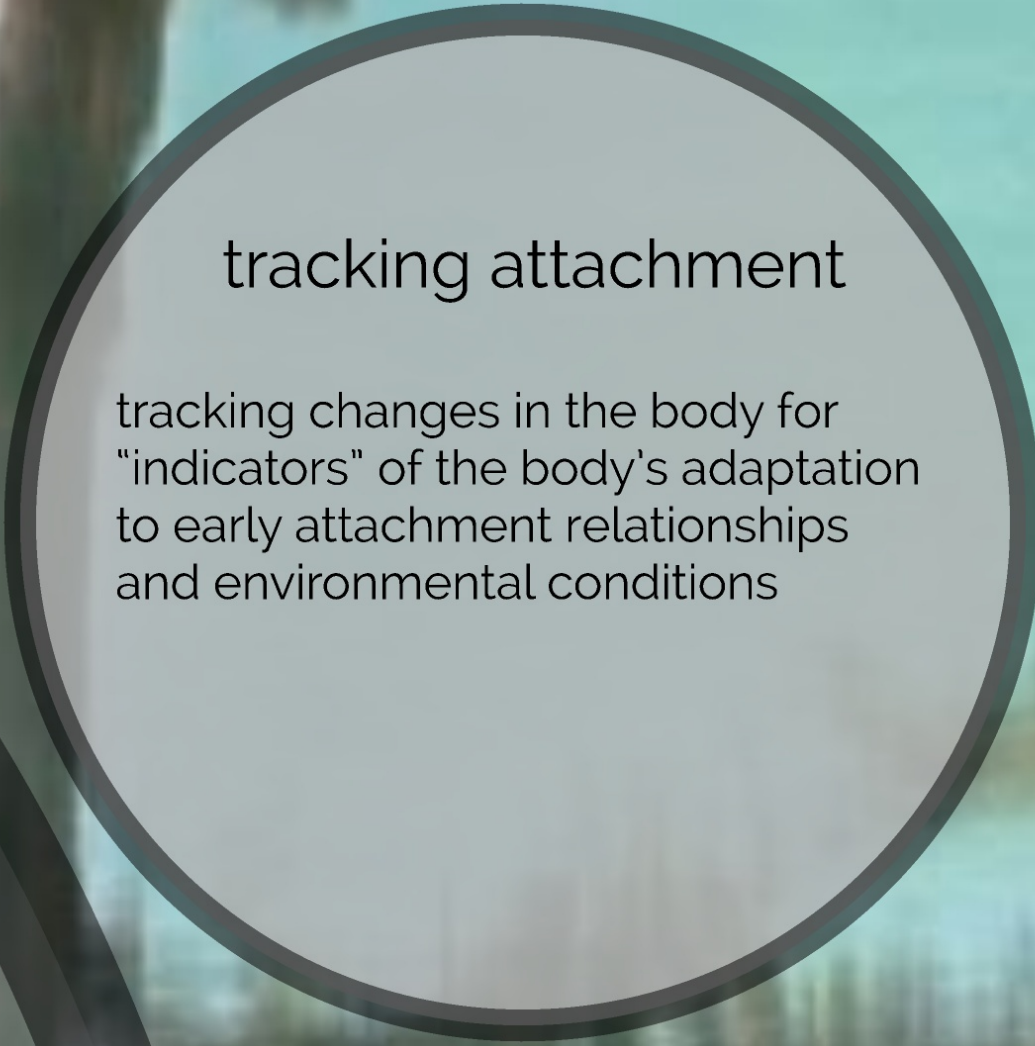
Body organization different from trauma
pattern

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation







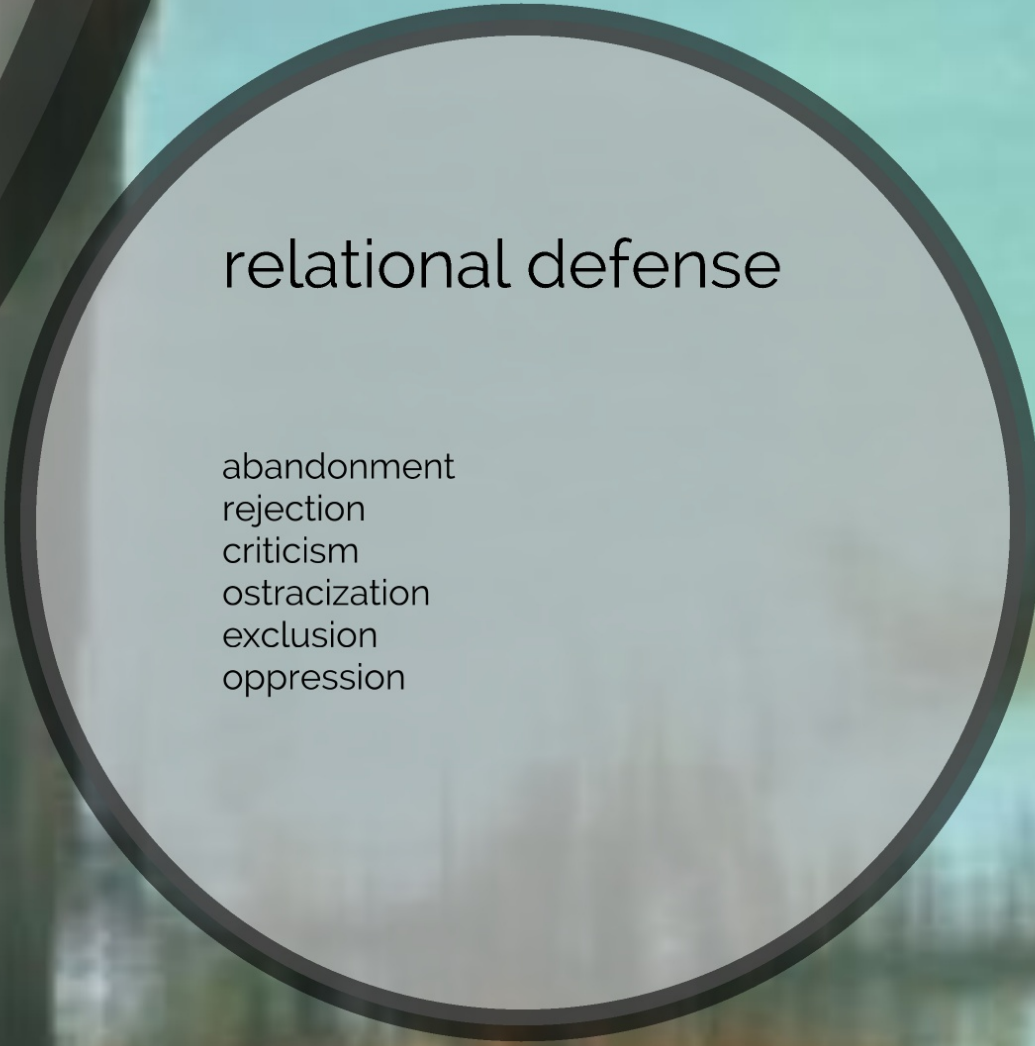
tracking attachment

tracking changes in the body for
“indicators” of the body’s adaptation
to early attachment relationships
and environmental conditions



attachment patterns

drawing in
seeking seeking
armouring up
duck feathers
enmeshing with
shape shifting
rooting/hunkering down
boundary fluctuations

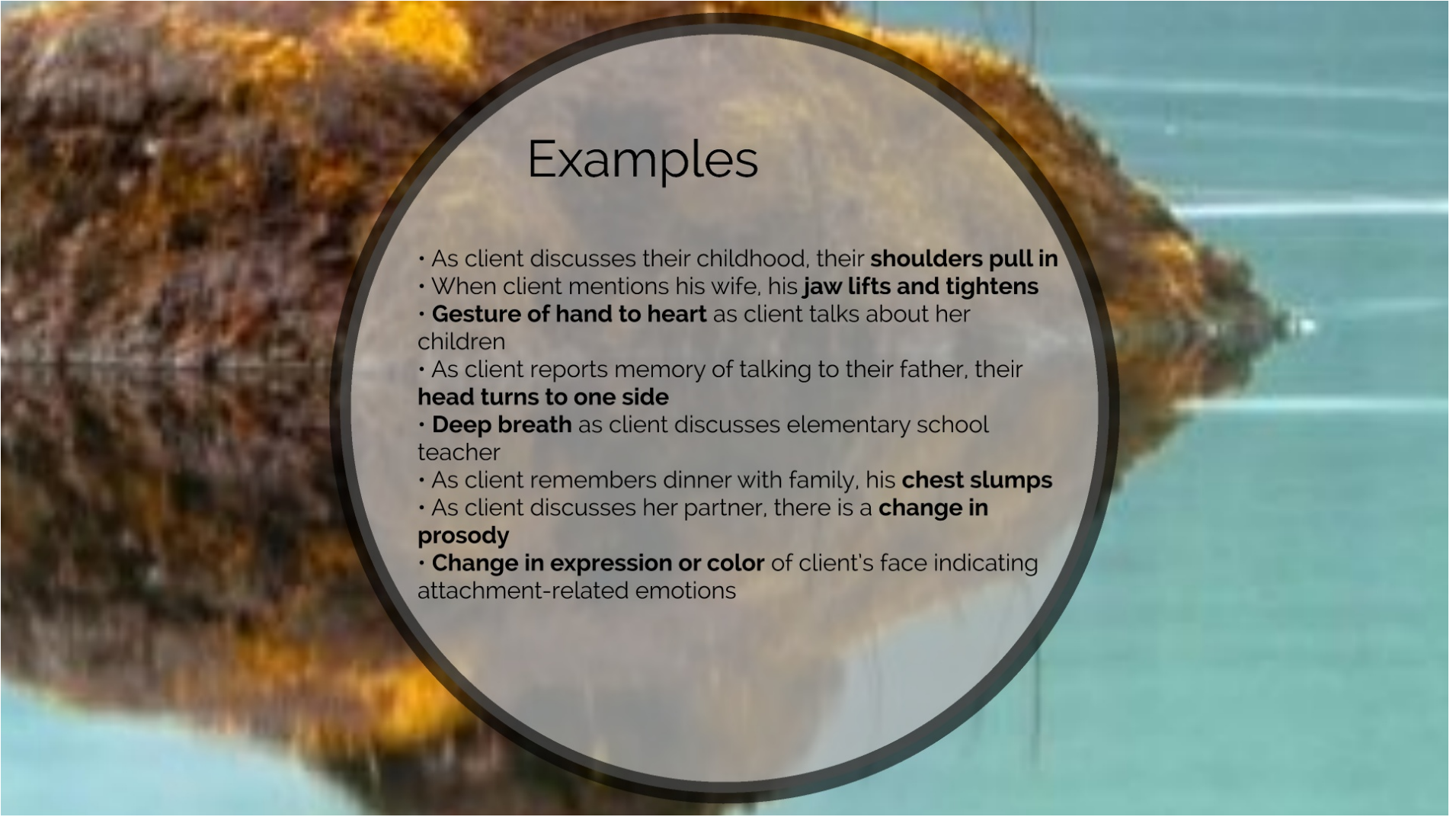


relational defense

abandonment
rejection
criticism
ostracization
exclusion
oppression

Tracking the Somatic Narrative

of Complexity in Trauma
and Dissociation



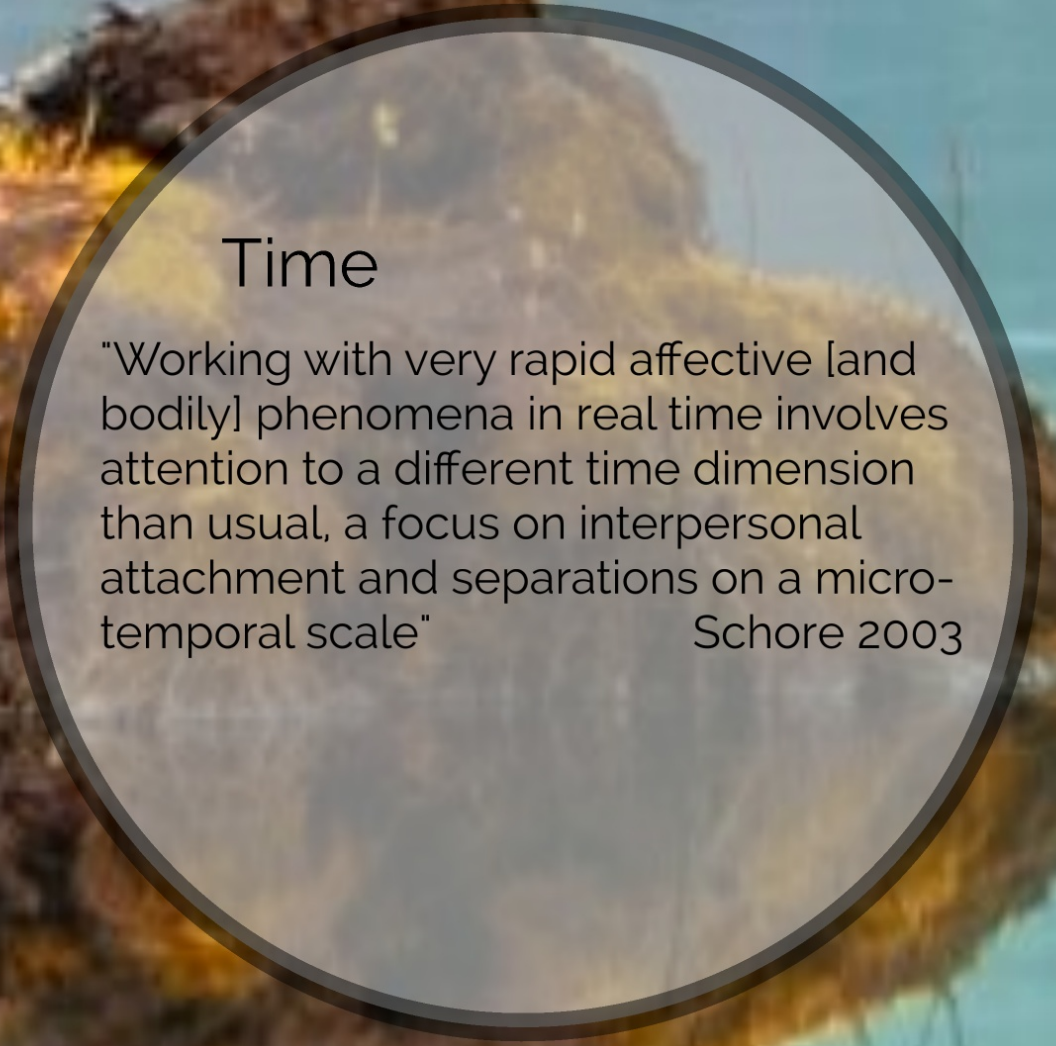
Examples

- As client discusses their childhood, their **shoulders pull in**
- When client mentions his wife, his **jaw lifts and tightens**
- **Gesture of hand to heart** as client talks about her children
- As client reports memory of talking to their father, their **head turns to one side**
- **Deep breath** as client discusses elementary school teacher
- As client remembers dinner with family, his **chest slumps**
- As client discusses her partner, there is a **change in prosody**
- **Change in expression or color** of client's face indicating attachment-related emotions

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation





Time

"Working with very rapid affective [and bodily] phenomena in real time involves attention to a different time dimension than usual, a focus on interpersonal attachment and separations on a micro-temporal scale"

Schore 2003

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation





Q & A

Tracking the Somatic Narrative

of Complexity in Trauma and Dissociation





more information

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rochelle@resolutions.com

r.sharpelohrasbe@sensorimotor.org

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and Dissociation

