



Joshua Sylvae: As the Nervous System Strains Toward Liberation...



Discover what lies beyond the alienation and dislocation inherent in our civilization today and how we can return to wholeness while drawing from the fields of somatic psychology, traumatology, anthropology, neuroscience, and more. Joshua Sylvae has an MA in Clinical Psychology, a PhD in Higher Learning and Social Change, and is a Licensed Marriage and Family Therapist. His clinical practice is grounded in Somatic Experiencing and incorporates aspects of ecology, philosophy, and neurobiology. He envisions embodiment and somatic practices to be critical in transforming our world.

TOP EMBODIMENT TIP: Feel your feet and fill your heart.

What is Human Nature? The Mismatch Between Our Culture and Our Evolved Tendencies

- Joshua breaks down the major shaping forces of human nature and asserts that the stories we tell determine our lives.

Understanding the Needs of the Human Animal: Signals of Safety

1. **Sociality:** Humans are the most social animal on the planet living in small, ancestral groups. Being together with others was a powerful signal of safety.
2. **Receiving Sustenance:** Being in the world in a way that we can receive what we need. Members of our ancestral groups would have known everything needed to live.
3. **Biodiversity:** Living in a rich landscape that mirrors back different facets of our complex being. Josh explores the concept of biophilia and the healing power of nature.
4. **Coherent Culture:** We need rites of initiation, rites of balancing the human and more-than-human world (to bring about belonging, ease, and coherence), rites of healing for re-ensouling, and fierce egalitarianism.
5. **Health & Wellness:** Naturally incorporating daily tasks of hunting, gathering, and walking.

Industrial Civilization and Its Discontents: How (r)evolving Can Serve Us

- Joshua explains the discontents of our **antisocial society**, the downfalls of **agriculture and labor**, the **decimation of nature** with urbanization, **colonization** and loss of Earth-based cultures, and **assaults on the body** including the standard American diet and a sedentary lifestyle.
- Rediscovering the wellness that can come from **relationships with others** and the innate need for engagement, practicing ancestral living skills, recognizing the healing power of nature, trauma renegotiation, and bodily wellness.

Resources

- ❖ **Website:** [\(r\)evolve Foundation](https://revolvefoundation.org)
- ❖ **Email:** joshua@sylvae.net



❖ **References:** Books by Paul Shepard, Chellis Glendinning

Joshua Sylvae





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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.



OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



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