



Babette Rothschild: Balancing Your Client's and Your Own Autonomic System Arousal
via Precise Observation and Regulation



Babette Rothschild, M.S.W is a Body-Psychotherapist, and educator specializing in the treatment of PTSD and trauma. She is also the author of *The Body Remembers* Volumes 1 and 2 as well as the upcoming book, *Global Chaos and Trauma Therapy: Balancing Personal Care and Client Care During Shared Crisis* coming out in 2021. Learn ways to manage your own response to others' emotions, especially in aroused states and prevent vicarious trauma.

TOP EMBODIMENT TIP: Mindfulness and individualization. Just because someone tells you this is the best way to be embodied, it might not be so for you. Find out what is best for you.

Things To Remember in Taking Better Care of Ourselves :

- **Realize someone cannot infect you with vicarious trauma without your participation.**
- You can make yourself vulnerable to being affected by someone else's trauma.
- **Mirroring** is primarily the way we can maximize the advantages of empathy and decrease the disadvantages including the risk for vicarious trauma. **Think of it as having an empathy dial.**

Core Principles to Remember about Mirroring:

- Mirroring can be conscious or unconscious. Unconscious mirroring is the most dangerous.
- **Don't lose mindful awareness of yourself emotionally or physically.**
- Don't confuse feelings you are picking up from somebody else as your own.
- Remember if you have been consciously mirroring someone to "shake it off" in whatever way works for you.

Compassion vs. Empathy: Different People Define Them Differently.

- Empathy has to do with resonance. "Feeling with other(s)"
- Compassion has to do with whether you care enough. "Feeling for other(s)"

Preventing Vicarious trauma: What Do You want to Have to "Boost your Immunity"?

- Simple body awareness. Mindful body and mind awareness.
- Monitor your own nervous system.
- Make sure you unmirror what you have consciously or unconsciously been paying attention to and mirroring.

Resources

- ❖ **Books:** *The Book Remembers (Volumes 1 & 2)* including pullout of "Autonomic Nervous System: Precision Regulation", *Global Chaos and Trauma Therapy: Balancing Personal Care and Client Care During Shared Crisis*
- ❖ **Website:** [SOMATIC TRAUMA THERAPY](#)
- ❖ **References:** [Dr. Stephen Porges](#)



All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



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.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)