



Jamie Marich: Bleeding All Over Each Other: The Risk and Contamination of Unhealed Trauma



Jamie Marich, Ph.D, LPCC-S, LICDC-CS, REAT, RYT-500, RMT travels internationally speaking on topics related to EMDR therapy, trauma, addiction, expressive arts and mindfulness while maintaining a private practice in her home base of Warren, OH. She/they explores answers on how healing at the individual level and at the societal level coincide.

TOP EMBODIMENT TIP: Remember the power of the organic stretch and maybe a little dance to shake “it” off.

What is Trauma: Trauma is any unhealed wound.

- Life wounds us all.
- Wounds are not the problem, lack of healing is the issue.

Trauma Healing: Some wounds may never truly heal.

- Definition of healing is explored.
- Learning to recognize, cultivate, access and utilize resources for healing is imperative to the process.
- What does it mean to adapt to wounds?

Personal Story: How personal experiences helped her see her mindset about taking time for self.

- Cultural norms that encourage us to deny ourselves and others the space and time to heal.
- Trauma work is hard.
- Tom Zimmerman quote: *“Yes, there is risk in doing trauma work, but there is a bigger risk in not doing it”*

The Pandemic: How we may look at the current pandemic as a metaphor.

- We are versed and cognizant of protecting ourselves and others from the spread of viruses.
- We are not versed or taught how to contain our trauma so that we do not expose others, as we are with viruses or physical threats.
- *“The best treatment for trauma is to give yourself permission to feel the feelings.”*

Resources

- ❖ **Books:** *Trauma And The 12 Steps Book, Workbook and Daily Meditation Book, Process Not Perfection: Expressive Arts Solutions for Trauma Recovery, EMDR Therapy and Mindfulness for Trauma-Focused Care, Trauma Made Simple Competencies in Assessment, Treatment and Working with Survivors, Dancing Mindfulness: A Creative Path to Healing and Transformation.*
- ❖ **Website:** [Dr Jamie Marich](#)
- ❖ **Social:** [Facebook](#), [Instagram](#)
- ❖ **References:** [Traumamadesimple.com](#), [Dancingmindfulness.com](#),



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