



Matthew Nelson: BraveSpace – An Eco-somatic Approach to Trauma, Consent, and Co-creation



Matthew Nelson is a Registered Somatic Movement Therapist with an MFA in Dance, certifications in Laban Movement Analysis, Pilates, and Massage. His gift and passion is in uniquely integrating scientific, therapeutic, philosophic, and artistic disciplines through engaging the consciousness afforded through movement and awareness. This workshop invites you to explore a taster of **BraveSpace** - a co-created communal field where reverence, vulnerability and healing is possible.

TOP EMBODIMENT TIP: Get down on the floor. Our relationship with Earth is so fundamental.

An Eco-somatic approach: **Recognising the Body as Nature**

- Your body is one whole living system, made up of myriad different systems (liver, heart, muscles etc.) and also participating and embedded in larger living systems.

Trauma: **We all have it**

- But it doesn't necessarily have to have a capital T.
- Traumas can be opportunities to have something to work with.
- 'Trauma doesn't change until I choose to change it...If I don't choose to show up - there will be no change'

The edge effect: **Living systems interact at their edges**

- There is a correlation between our own 'edges' (our trauma, our boundaries) and the edges we see in ecological systems. One Permaculture principle is that living systems interact at their edges and this is where the most biodiversity, activity and change in the system occurs.
- Where we 'meet' the things that are most challenging to us is this place of interesting activity.

Consent: **How do I handle my sovereignty**

- The experience of having a boundary or an edge, socially or physically, is all about consent.
- Consent is not just a 'yes' or 'no', but a re-positioning of ourselves. It is about choosing: where do I want to be?

BraveSpace: **A Communal Field**

- Generally, trauma happens in the relational field - between us. So that's where we need to heal it.
- Co-creating a communal field where it's ok to be vulnerable, reverential and real. That takes some bravery.
- Witnessing others or being witnessed is potent because we don't create or heal our traumas alone.
- Matthew likes to describe his ecstatic dance events as akin to a nightclub where the alcohol is replaced with a sense of communal prayer. A space with agreements and principles for safety and healing.

Resources

- ◆ **Website:** www.soma.works



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](#)