



Janice Taitel: Breaking the Silence: The Making of a Protester



Dr Janice Taitel is a pediatrician, Aikido instructor and developer of the PTSD program B.E.A.T. (Being Empowered After Trauma) as well as organizer of the Independent Coalition of USAF Women.

In this presentation she shares how embodied practices to open and feel expansive can help victims of abuse break free from silence and isolation, regain personal pride and reclaim the power to speak out.

TOP EMBODIMENT TIP: Own your space and feel that expansive warm outgoing space, be comfortable with that and feel the power of that.

Silenced by Abuse: Abuse is Wrapped up in Silence and Isolation; Both its Cause and its Effects.

- Perceived and real expectations of society reinforce pressure to maintain silence.
- Victims of abuse develop defence mechanisms that are necessary for survival, but that are limiting and isolating.
- These become rooted in the body as fight, flight or freeze responses.

Healing Trauma:

- **Learning to own your space and access a new state, can provide an alternative to past defensiveness.**
- We can't work towards what we don't know we want. We need to feel something new to let go of the old.
- Intentional practices like Aikido teach giving in, to get our way. By fostering the ability to be present, open and relaxed they can bring awareness beyond embedded defence mechanisms.
- In this state victims of abuse can look at the past as an object of inquiry rather than reliving it; Instead they can respond in a healthy way to what is happening right now.

Becoming Empowered to Speak Up: By Embodying a Sense of Pride, Victims of Abuse Can Learn to Speak Up.

- Pride is existing from expansive compassion rather than from behind walls.
- In a state of open and relaxed presence, victims of abuse can connect to their own sense of pride and speak up for their right to exist.
- It doesn't guarantee that others will recognise you, but it does make it more likely.
- Expressing a right to exist, if met defensively, is what leads to protest.
- It breaks through the pressure to maintain silence and delivers a way of helping others.

Resources:

- ❖ **Website:** [Aikido Centre of Dover](#); [B.E.A.T. Being Empowered After Trauma](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.

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