



**Roger Jackson: Get Out Of Your Head: From Shut Down to Intimacy**



Roger is a somatic experience practitioner, teacher, and member of the Somatic Trauma Institute, The Brazilian Association of Trauma, and the Somatic Experience Association. Learn how to re-establish connection and intimacy in case of a shutdown.

**TOP EMBODIMENT TIP:** If you find yourself in shutdown, search for ways to get mobilised. If you are feeling a lot of sensations, search for ways to demobilise.

Polyvagal Theory: **Compassion for our Core**

- Understanding the basics of the Polyvagal Theory helps us have more empathy for our responses.

Shutdown: **A Very Important Survival Response**

- We move from a social connection, to a fight response, to shutdown.
- If we have experienced developmental trauma, not being responded to can make us shut down.
- Experiencing shock trauma makes us 'roll up like a ball and play dead' to numb out.
- This switch is from **mobilisation to immobilisation**.

Understand and Identify with the Shutdown: **From “Just the Way We Are” to Empathy**

- Move away from judgement and shame by acknowledging what shutdown is.
- Become aware of shame about an emotion as a trigger to shutdown and inviting yourself to stay with awkward feelings.
- Movement away from the social engagement system also blocks the ability to communicate our needs.

Coming out of shutdown: **Re-Establish Connection**

- Understand what happens in our system to **reduce shame and invite curiosity**, and then find or create safety.
- Explore inner judgement on pleasure, needs, and worth to release the feeling of shame.

Shutdown in relationships: **How to Bring Intimacy Back**

- Open up while feeling fear is what intimacy is all about.
- Sharing our story is what connection is all about.
- Agree to use a pause button to create a safe space.
- Talk about what happened from a bit of a distance.
- Discuss ways to move from immobilisation to mobilisation, like writing or walking.

Resources

- ❖ **Websites:** [roger-Jackson.com](http://roger-Jackson.com), [oasismasajes.com.ar](http://oasismasajes.com.ar)



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

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