



Ditte Marcher: Great Together: Trauma Healing for Social Change



Ditte Marcher is a Bodydynamic Analyst, Therapist, Teacher and Human Rights Activist. She has developed the Bodydynamic Veteran Shock and Trauma Program and has worked in hotspots in former Yugoslavia, Lebanon, Africa. Learn about PTSD and how to use it for growth and healing of society, and about her experiences in Ukraine to begin the project.

TOP EMBODIMENT TIP: It doesn't matter where you're from, what colour you are, what ways you have, we all grasped the world before understanding it. Grasp an object, hold it in your hands, move your toes up and down and breathe.

Veteran Hubs in Ukraine: **To give people something they can do to help their country instead of going to war**

- Creating a program to help veterans returning from war to settle back and create a normal life again.
- Teaching the veterans to do the training so they can train others independently.

Firemen, soldiers, emergency workers: **Trained in automatic skills and not to follow the instinct**

- Ego needs understanding that they do have a normal reaction to an abnormal situation. People need knowledge about what a flash is, basic knowledge about shock, about crisis after shock and what can create PTSD.
- Use your trauma, your PTSD, to become an even greater person. **Post-Traumatic Growth**, to grow and re-orient.
- Body ego is the closest place to our instincts and is important in building resources and new automatic skills.

Bodydynamics research: **Certain muscles in body are attached to certain functions and emotions**

- **Boundaries, centering, interpersonal skills, your ability to manage energy** (also emotional energy).
- Fritz Perls says: "The difference between excitement and fear lies in your ability to breathe.
- **Breathing muscles contain emotions.** Grounding is an ability to grab into this ability. To keep your boundaries is important, in shock, boundaries were destroyed, center lost, energy management not available, they could not handle and the body went into shock.
- Training new skills through body-ego. Importance of network of safety.

Importance of learning to communicate even when the energy goes up: **A necessary skill for everyone**

- Communication skills, understanding how groups function, seeing where the problem comes from so that they can direct the issue in the right layer. Creates meaning for things you find meaningless.
- Need to be able to **contain yourself** and **learn what patience means; I may not see the results, it may be the next generation**, but just remove the stones so that others can plough the field. **Necessary for changing their own society and their country without a gun.** Involve the whole family and social workers.

Resources:

- ❖ **Website:** www.bodydynamic.com
- ❖ **References:** Fritz Perls



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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.



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