



Atira Tan: Healing from Sexual Trauma: Reclaiming the Felt Sense of Safety



Atira is a Somatic trauma specialist, yoga teacher, coach, Somatic Experiencing Practitioner & educator, and founder and director Yoga for Freedom for the trauma recovery of child sex slavery in Asia. Join Atira as she shares the different stages of sexual abuse recovery from the lens of Somatic Experiencing, and how to resolve trauma stuck in the nervous system in order to re-establish a felt sense of safety within.

TOP EMBODIMENT TIP: Take sacred pause. Slow down. Invite the breath into your body.
Listen to the intelligence of your body and trust the sensations you feel.

Mapping the Recovery of Sexual Trauma:

- Trauma-Informed Programs: Art therapy, somatic experiencing, trauma-informed yoga, women's reproductive health and education.
- The key to trauma recovery is in the body, and the somatic aspect is integral.
- Resolution of sexual trauma from psycho-physiology perspective and what it means to have a felt sense of safety.

Sexual Trauma: Everyone's Response is Very Different

- Umbrella term for any sexual act that is imposed upon a person without consent. Can be ongoing or a single event.
- Memory of trauma is held in the body.
- **Trauma** arises when there is a lack of choice, an inability to escape, an overwhelming of the nervous system (fight, flight, freeze response), and leads to a disconnection within our bodies, and with others.
- Falls within the **boundary violation category**: Confusion about consent and what healthy boundaries are.
- **Child sexual abuse trauma** disrupts the development of who we are, healthy attachments, and brain development that rely on feeling safe.
- **Global High Activation Syndrome**: The overwhelming of the nervous system in which the energy is not released.

Three Stages of Recovery for Healing from Sexual Abuse: Felt Sense of Safety

- **Stabilization of the nervous system**: Access the organic impulses fight and flight energies.
- **Re-establishing of boundaries and self-protective responses**
- **Empowerment of the body and ourselves**: Reconnect to a healthy sense of who we are and to pleasure.

Resources

- ❖ **Book:** *Waking the Tiger: Healing Trauma* by Peter Levine
- ❖ **Website:** Atiratan.com
- ❖ **Instagram:** [atiratan](https://www.instagram.com/atiratan); **Facebook:** [atiratan](https://www.facebook.com/atiratan)
- ❖ **References:** Peter Levine, Bessel van der Kolk



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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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