



Albert Wong: Healing Trauma: From Fragmentation to Embodiment



Director of Somatic Psychology at JFK University, Licensed Psychologist and founder of Somatopia. Explore trauma from a somatic perspective and healing trauma with somatic tools.

TOP EMBODIMENT TIP: When in doubt, let yourself find and connect with people who care about you.

Trauma: **Somatic perspective**

- Fragmentation or unprocessed experience: too much, too fast, too soon.
- Polyvagal theory. In trauma we pass our tipping point and we are in the overwhelming domain. We are in a state of hyperarousal: fight or flight (vigilance, panic, tension, tachycardia, “tonic immobility”). In the long run, this is anxiety. If we stay in this state too long, we go into hypoarousal, the shutdown (paralysis, “collapsed immobility”, dissociation, numbness, fainting). In the long term, this is depression.
- To avoid passing our tipping point we have the vagal brake. The ventral vagus calms through the social engagement system. The dorsal vagus is the emergency brake, it calms through shutdown.

Trauma: **Healing**

- Connect to your resources. This raises the window of tolerance, so you have more space to process experiences.
- Process your fragmented implicit memories in a resourceful state. SIBAM (Sensation, Image, Behaviour, Affect and Meaning): when we hit our tipping point there is a fragmentation of these elements and the experience is no longer coherent. This is trauma.
- To heal trauma, you resource up, and then welcome in the fragments. Eventually they become a whole and integrate in you.

Resources

- ❖ **Website:** <https://www.somatopia.com>
<https://www.ciis.edu/faculty-and-staff-directory/albert-wong>
<http://www.dralbertwong.com/therapists/>



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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.

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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.

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