



Steve Hoskinson: How to Prevent Somatic Help From Becoming Another Tool of Domination



Steven Hoskinson has trained and mentored therapists and others at the intersection of trauma, embodiment and social compassion for 25 years. He began his teaching in mindfulness in the early 1980's, and integrated his training and practice in clinical psychology, somatic psychology and body arts, including Aikido, to create Organic Intelligence (OI). Learn what change might look like, and how dynamics change when you realise that healing exists within the biology of each person.

TOP EMBODIMENT TIP: In the right conditions, your system will give you what you need.

Alchemising and Rebalancing Power: What's at stake is our humanity.

- How can facing our distortions and biases become more palatable? What are the impediments to change?

When We Are Unsynced and Unwell: Understanding trauma from the standpoint of biological synchrony.

- If our systems are in sync, our thresholds grow, and our biology has the capacity to process all levels of intensity.
- Stability: Our system automatically self-reinforces the status quo, making change and growth threatening.
- The problem for us is that so much of trauma therapy hinges around negative reinforcement. After a high intensity experience, clients talk about trauma, track their sensations, and when they do that, it discharges and they feel better. That creates the unfortunate unconscious conditioning that the way to feel better is by feeling worse, first.

Three Major Phases: Chaos (dysregulation), Resilience (self-regulation), Prosilience (auto-regulation)

- Chaos phase: dominated by negative reinforcement, change is difficult, limited processing capacity.
- Resilience phase: You begin to learn self-regulation, ego strengthening and self-confidence.
- Prosilience phase: sense of trust, fueling through joy, non-attachment, auto-organising.
- When we grow our thresholds through enjoyment and pleasure, we begin to shift from phase one to three.
- Orientation is foundational: connecting to the environment through the senses -- a portal to the here and now.
- Through a positive reinforcement framework, we set up the conditions to shift, not just to symptom relief, but toward meaning; purpose in our nature as a tribal species. Then the liberation of others is also our own liberation.

Supporting People In Dysregulation: Through attunement, empathy, and unconditional positive regard.

- We use a reflective listening process to prime our own attention for what in the system is trying to organize itself.
- In this state of chaos, you can't tell as a therapist what the result of your intervention is going to be.
- But in the midst of chaos, quite randomly, order breaks out. And when that happens, we signal its significance.
- To understand that the healing force is within the client begins to set up a really different dynamic. Biological synchrony is too complex for us to do, for a client, which is humbling, and helps us let go of our sense of superiority.

Resources

- ❖ **Website:** <https://organicintelligence.org/>



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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.



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.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)