



Georgia Verry: Kickboxing for Trauma Survivors



An exercise scientist, black belt, kickboxer and advocate for empowering women. Georgia is the founder of The Fight Back Project, an online trauma-informed kickboxing program for female-identified survivors of violence. Discover how the essential characteristics of martial arts can be used to help in working through trauma.

TOP EMBODIMENT TIP: Don't beat yourself up about your trauma response.

The Benefits of Martial Arts for Trauma:

- You are fully present in the movement.
- **You have the somatic experience of fighting back.**
- You can feel safe and in charge of your body.
- It is a new and powerful experience with your body.

Physiology: Understanding Trauma Physiology Improves Sporting Performance

- **Window of tolerance:** Using your thinking brain to analyze information and make decisions.
- **Hyperarousal:** Angry, anxious, out of control, overwhelmed (fight or flight).
- **Hyporarousal:** Spacey, zoned out, numb, frozen (freeze).

Why Hasn't Trauma Informed Kick Boxing Taken Off:

- **FEAR! There is a fear of triggering a person but this can be mitigated with planning.**
- Take it slow. Don't try to take on a bunch of new moves at once, listen to your body and progress at your own pace.

Trauma Informed vs. Traditional: Three things need to be different.

- Introception: The perception of senses from inside of your body
- Choice: **"Trauma can be referred to as an extreme lack of choice."** - David Emerson
- Being present: Engaging in flow inducing activities; these activate the areas of the brain that switch off during trauma and deactivate the areas that become overstimulated due to trauma.

Resources

- ❖ **SPECIAL DEAL:** traumainformedkickboxing.com/TEC
- ❖ **Podcast:** buzzsprout.com/1145393/
- ❖ **Website:** traumainformedkickboxing.com/
- ❖ **Social:** @fightbackproject, Facebook: facebook.com/the.fight.back.project.and.podcast
- ❖ **References:** Cathay van Ingen Shape Your Life Boxing Program, David Emerson thetraumatheapistproject.com/podcast/david-emerson/



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🌱 Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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