



**Philip Shepherd, Alexandra Vivovskaya, Nir Esterman, Sonia Gomes - Can Trauma Be Healed?**



Panelists Philip Shepherd (Author/Founder of TEPP), Alexandra Vivovskaya (Business Coach/Therapist), Nir Esterman (Trauma Therapist) and Sonia Gomes (Doctor of Clinical Psychology) share a candid conversation that attempts to answer the important question - 'Can trauma be healed'?

**TOP EMBODIMENT TIP:** The wounds of the tribe are representative to all of us. Knowing this, if only some of us agree to look at and address the layers something begins to vibrate in the collective.

**Do We Focus On Healing Ourselves Or Our Communities?**

- The journey towards reclamation becomes less of a question of what is wrong with me, but rather, what is wrong with my culture?
- As we integrate ourselves, we help others do the same.

**Remembering A Time Before Trauma:**

- Is it possible to connect back to a time before the trauma created the split? We cannot go back, obviously, but can we at least be in touch with the before? Can we detour around the trauma without touching it and connect with that good place in an attempt to create restoration?
- How does it feel to connect with a place that does not know trauma?

**Trauma And Breathwork: Trauma Distorts Perception And Breaks The Continuum Of The Self.**

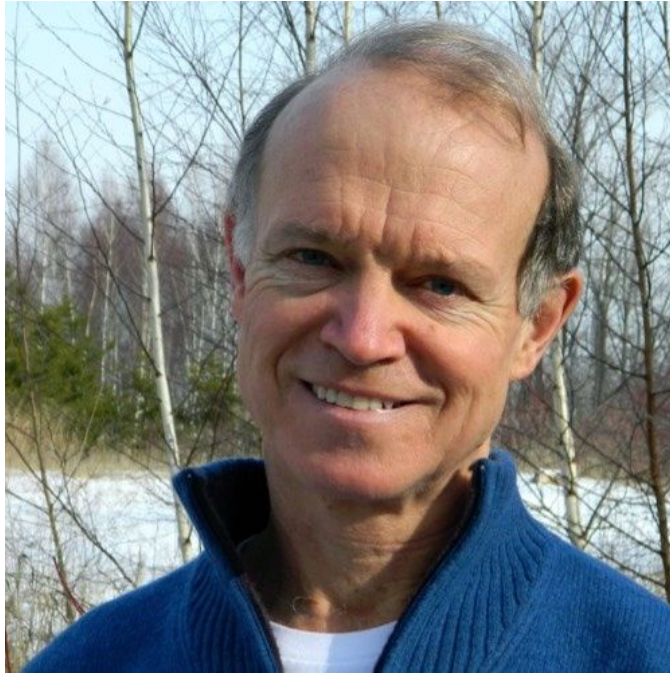
- The body is 65% water. To release into the body's fluidity is to already come back to your being.
- We can use breath to create space in the body.
- Breathing regulates by improving circulation and digestion.
- Deep breathing takes us to a place of total surrender, where we are released from being.

**Practical Tools For Healing Trauma: Can It Be Healed, In Some Small Way, Right Now? If So, How?**

- What is not integrated in the body is reactive. How can we come into relationship with it? What can be seen, acknowledged, loved and welcomed through the quality of gentleness. How deep can that release be?
- How can we step into integration in a world of separation? Go to nature. Wind is like breath, earth can be used to ground our being.
- Find your tribe, step into the awakening. Find someone to connect with who has had a similar journey as you, but might be 10-20 steps ahead of you in their healing.
- Dissociation fragments the five senses which alters our perception of reality. Can you get your senses to cooperate?



**Philip Shepherd**



**Alexandra Vivovskaya**





**Nir Esterman**



**Sonia Gomes**





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