



Panel: Trauma



[Alanis Morissette](#) (Musician, singer, songwriter) discusses trauma with some of the world’s leading experts in the field: [Peter Levine](#) (Developer of Somatic Experiencing method, psychiatrist and author of *Waking the Tiger* and many other books on trauma), [Gabor Mate](#) (Family physician, author, expert in addiction, trauma, childhood development, and the relationship between stress and illness), [Richard Schwartz](#) (Founder of Internal Family Systems, author, and therapist) and [Dan Siegel](#) (Interpersonal neurobiologist, professor of psychiatry at UCLA and executive director of the Mindsight Institute).

TOP EMBODIMENT TIP: What people usually miss about trauma...

Alanis Morissette: So much is resistance to crying and a fear of grieving

Peter Levine: Trauma is a fact of life but doesn’t have to be a life sentence

Richard Schwartz: The Self is in everybody: it can’t be damaged and knows how to heal

Gabor Mate: Trauma exists as a reality, it is overlooked, and has a multiplicity of impacts

Dan Siegel: The central role of love: integration made visible is kindness, love, and compassion

What is Trauma?: What happens inside us when something happens to us

- AM: Anything that keeps me from living from my essential self
- RS: Trauma is less about the event, and more about the impact it has on our inner world
- PL: Trauma is when we’re overwhelmed beyond our capacity to rebound
- GM: Trauma’s manifestations show up in all manner of afflictions and disorders
- DS: Trauma is the result of sustained attacks on the ability to integrate, leading to chaos and rigidity

What is the Role of the Body in Trauma?: Listening to and learning from the body

- AM: I am responsible for the current that moves through me
- RS: The Self can be more or less embodied and is a message board from both exiled and protective parts
- PL: The living vital sensing body is dissociated, fragmented, suppressed; trauma can be a portal into the deep self
- GM: The body is a record of everything that has happened to us; wherever there’s tension requires attention
- DS: You can integrate your brain so that you cultivate the states that heal trauma

How Do You Heal Trauma?: Integration, communication, and the stories we tell ourselves

- AM: A juicy large tool kit contains: inner dialogue, heat, water, sun, therapy, movement, art, relationships
- RS: Witness what happened from an openhearted place to integrate fragmented parts of the self
- PL: What is truer than the truth? The story.
- GM: You never get over it, you relate to it differently; healing is restoring disconnection
- DS: When you identify and bring different parts together, you shift the way things are

You may not recall, but your body remembers * If I feel something, it's not a green light to act but to start a dialogue * Make a 'voo' sound, vibrate it deep in the belly * Until we find peace within ourselves, we will never find peace with each other * The path to healing is integrative: the separate solo self is a lie that is traumatizing everyone



All Keynote Presentations are Proudly Sponsored by [Ilan Stephani](#)



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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now