



Stephen Kotev, Gregor Steinmauer, Eldra Jackson, Mark Walsh, Erin Brandt: Men's Trauma



[Stephen Kotev](#): is a veteran Conflict Resolver, Leadership Coach and Somatic Educator (SE) for tackling difficult disputes. [Gregor Steinmauer](#): is a Systemic & Trauma Coach, and International Facilitator – works with conscious relating and men’s work. [Eldra Jackson III](#): is the Co-Executive Director of the Inside Circle, a men’s support group. [Mark Walsh](#): is the founder of The Embodied Facilitator Course, The Embodiment Podcast and the Embodiment Conference. [Erin Brandt](#): is a private men's coach with 12 years experience helping men heal relationships with women. Hear this panel of 5 speakers discuss how embodiment can heal men’s trauma and allow men to lead more **successful, fulfilling lives**.

TOP EMBODIMENT TIPS:

Gregor: Find a men's group to share with other men. Find a mentor that you admire, then stick with him to learn about aspects you want to develop. **Eldra**: Take a moment and follow the breath; it will never lead you astray. Begins with the self: an invitation to every man, woman and child to ask why they think, feel and do, and what their internal motivations are. **Erin**: If you're feeling activated do an embodiment exercise. (*watch video at 1:12:30*) **Mark**: Practice. **Stephen**: Slow down and allow yourself to fully feel what's going on in your body at that moment.

Most Pervasive/Common Trauma Causing the Most Impact:

Gregor: Confusion for men in unconsciously using violence and power vs. the sacredness of life. Then, making sense of how to integrate that traumatic aspect of their bodies into life outside of war. **Eldra**: messages received from mass media on beauty, strength, roles collectively in society- intergenerationally. **Erin**: When mothers unintentionally use their little boys to meet their own emotional needs via flirting, pulling them in, asking for compliments. “*Mother’s tentacles wrapped around their balls & in their guts.*” **Mark**: sexual violence, childhood abuse and war. **Stephen**: numbness only showing as anger and humour; not allowed to fully feel/ acknowledge it’s in their body.

Most Effective Way to Support Men Dealing with Trauma:

Gregor: Use a combination of skilled individual work plus committing to a men’s group that has a frame of containment; without women, so you can go deep without competition of who is suffering the most. **Eldra**: Speak from the “I” perspective in doing your own work, to recognize personal trauma. In this way, you can genuinely, authentically, and safely support others. **Erin**: Seek out a loving, kind, consistent presence and attention of a skilled therapist who has done the work. Slow down so you can recognize sensations in your body and translate them into emotions. Exhale to relax the body. Give men time, compassion, and gentleness to heal. **Mark**: Work with holistic & customized solutions to support people on their long-term journey; using just one modality won’t help. **Stephen**: No stories; no advice; focus on how the body feels and experience emotions so you can understand yourself in a deeper way to open up.

Resources:

- ❖ **Books:** *My Grandmother’s Hands*
- ❖ **Documentary:** Watch the documentary: [The Work](#) – free in the US & Canada. Can be found on Amazon & Itunes.



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



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