



Panel: Trauma, Ecology and Social Change



Joshua Sylvae holds an MA in clinical psychology, with an emphasis on somatic psychology, and a Ph.D. in higher learning and social change. He is also a licensed marriage and family therapist. **Matthew Nelson:** is a somatic movement specialist. He integrates scientific, philosophical, and artistic disciplines. **Amber Elizabeth Gray:** is a human rights psychotherapist, dance movement therapist, continuum teacher, originator of restorative movement psychotherapy, and co-originator of polyvagal-informed movement therapies.

TOP EMBODIMENT TIP: **Joshua Sylvae:** Heart. **Matthew Nelson:** Get down on the ground. Find the time, find the space. **Amber Elizabeth Gray:** Listen.

The Purpose of Trauma in the Ecosystem: **What is the purpose/meaning of trauma in the ecosystem?**

- The trouble we keep tripping over until we can figure it out, become curious, and look deeper.
- Trauma is forever life-changing. There are imprints that are created; in relation to the Ecosystem, they are an opportunity for change. It gets folded into the layers of change that are the Ecosystem.
- Trauma seems to be something less experienced in the wild, and more by domesticated life. Domesticated life is not an Ecosystem. It's an artifact of the movement that humans have potentiated out of that.

How Does Movement Offer Connection to the Wild World: **Movement is memory.**

- Every time we move, there's a neurological response. Every moment of our personal development can be traced back to the movement of our ancestors. There is a pathway of evolution that is inside of us which we can connect to.
- We do not have to accept the modern-day lack of movement as normal. Free expression channels life forms that preceded us.
- When we think of ourselves as nature, and start asking questions about what we are trying to do with that nature, then some of the problems shift.

We're accustomed to thinking of trauma in terms of the individual biological system: **Our individual system participates in larger systems; partnerships, families, neighborhoods, communities, cultures, and countries.**

- We are impacted by these systems we're connected to.
- Shamanistic traditions are good at speaking the language of nature as a human and listening to the collective which transcends the individual identity of a human.

Courage: **How to find resilience in activism.**

- Accessing courage comes from deep interoceptive listening and quieting the exteroceptive bombardment.
- Resilience is the capacity to return to baseline after stress, rather than an ability to rebound. It is to see how biological systems can return to some quality of coherence after the input of increased energy.

Resources

- ❖ **Website:** Joshua Sylvae: sylvae.net, Mathew Nelson: soma.works/somawork, Amber Elizabeth Gray: ambergray.com
- ❖ **References:** Stephen Harrod Buhner, Peter Levine, David Bohm, Adrienne Maree Brown



Joshua Sylvae



Matthew Nelson



Amber Elizabeth Gray





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