



**Staci K. Haines: Personal and Social Transformation: How Can These Serve One Another?**



Staci K. Haines is director of methodology at the [Strozzi Institute](#) and co-founder of [Generative Somatics](#). She brings embodied leadership and trauma-healing work to social and climate justice movements. Discover how personal and social transformation are distinct processes that can serve one another.

**TOP EMBODIMENT TIP:** Feel yourself and others deeply.

**Defining Somatics: Somatics is a change of paradigm in how we understand ourselves as human beings.**

- It poses that our emotional and thinking self, our biology and evolutionary biology, and how we act and relate, are all one integrated whole in a system.
- Somatics allows us to access things that we cannot access through thinking. Embodied transformation is the ability to take new actions, ones that are aligned with our values and purpose, even under the same pressure.

**Personal and Systemic Trauma: Trauma dissociates the inherent human needs for safety, belonging and dignity.**

- Trauma prevents us from integrating all our needs. (For example, we may feel that in order to belong, we have to give up our dignity.)
- At a social level, systemic trauma is something happening in the social, economic and cultural sphere that impacts a group's sense of safety, belonging and dignity. If we look at the Black Lives Matter movement, we see a clear example of a group asking for safety, belonging and dignity.

**Connecting Social and Individual Transformation: Support change by supporting the change-makers.**

- Systemic issues have to be addressed through personal healing, and the roots of trauma must also be addressed. Otherwise we run the risk of repeating or perpetuating the system that caused the trauma in the first place.
- We have to rewrite the social contract to go from **power over** to **power with**.

**A Need for Deep Ethics:**

- As the Somatics field grows, it is important to consider deeply who the field serves, and for the sake of what results.
- As Somatics becomes mainstream, there's a risk that it will become a field for wealth accumulation, thus perpetuating a systemic problem that is a source of collective trauma.

**Resources**

- ❖ **Books:** *The Politics of Trauma: Somatics, Healing and Social Justice* and *Healing Sex: A Mind Body Approach to Healing Sexual Trauma*
- ❖ **Websites:** [generativesomatics.org](#); [Strozzi Institute](#); [generationFIVE.org](#)



## Staci K. Haines





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