



Ligia Koijen Ramos: Embodiment for Substance Use Disorder Trauma



Ligia Koijen Ramos is an experienced trainer and coach, specialising in family coaching and relationships. She bases her life in three core values: connection, simplicity, and love. In her unique and integrated approach, she easily combines spirituality, cognitive performance improvement, and a passion for bodywork. Ligia has a degree in Philosophy, and began her career working in Human Resources, in international retail and management franchises. In her current role, she combines NLP, yoga, meditation, dance and spirituality with her coaching practice. She is a gifted and giving person who touches you from the heart. Learn and explore a simple model to support professionals and individuals in identifying the entry point to deal with SUD (Substance Use Disorder) and Trauma, using the full system.

TOP EMBODIMENT TIP: Trust. Trust that you know. Trust that all the wisdom is already there.

Addiction is the Result, Unresolved Trauma is the Problem:

- What we are presented to deal with is the **Result**. Before the Result, there is **Behaviour**. Before the Behaviour, there is an **Emotional State**. The Emotional State is created by the **Natural Body System** and the **Mindset** of the individual.
- Trauma has a significant impact on both the body and mindset of a person.
- When supporting a person with a Substance Use Disorder, we identify where we can make changes at any moment prior to the Result.

Establishing New Behaviours: “I Sincerely Believe that People are Doing the Best They Can”

- When a person has enough support and awareness then a new behaviour will be possible.
- We work to create a different experience of the body, so that new behaviours can be established.

Goals: “What Do You Want?”

- We determine what will need to happen before we can have the Results we want.
- We connect new **Rituals** to reinforce new Behaviours, and **Anchors** to help support the new Emotional State. We learn to **Reframe** our situation and experiences to support our Mindset.
- Create five new meanings for the results you want.
- Tools of embodiment will support our Natural Body Systems having new experiences. Pain is real in the body, and we can support a person to address this pain.
- Detoxing from substances is a necessary step in supporting the body.

Resources

- ❖ **Website:** in2motivation.com
- ❖ **Facebook:** [Ligia Koijen Ramos](#)



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)