



## Ari Geva: The Role of the Body in Overcoming PTSD



Ari Geva is a teacher of the Grinberg Method with 26 years of experience in treating clients and helping them on their path to growth and healing through body awareness. A former member of the IDF special forces, he specialises in working with the military and working with PTSD. In this lecture he discusses his recovery journey with MDMA therapy.

**TOP EMBODIMENT TIP:** Move, move, move. Do whatever movement your body loves to do. Ensure you do not disconnect from people.

### What is Trauma?

- Trauma is an event that is too much for the capacity of the soul or the body to handle.
- There are two types of fear that can cause trauma: One type of fear is from the heart, and relates to ideas such as “Will I be loved, abandoned, accepted?” The other type of fear is the fear of death. Fear of death feels more extreme in the body, and is usually felt in the lower stomach and legs.
- PTSD does not only result in grave mental, emotional and somatic pain but also specifically involves an “injury of trust” that is extremely hard to process.
- Trauma results in a lack of free will. It’s pattern is heavily ingrained in the subconscious.

### PTSD in Soldiers

- PTSD arises from a single event that can cause shock. Complex PTSD involves many cases of trauma or shock.
- Ali predicts that 95% of his colleagues in his squadron have PTSD or cPTSD.
- As well as the fear of death, to be a soldier goes totally against the body’s desires. Their limits are over-extended and their bodies will recalibrate to a set point of chronic over-exertion. It can take years for the set point to recalibrate in line with the general population.
- To be a soldier also goes against morality - to kill another, a soldier must dissociate. “You have to kill a piece of you subconsciously in order to do it.”

### What Should be Avoided When Healing PTSD?

- It is key to work with a trauma informed therapist.
- Ari explains that therapy for PTSD that does not involve the body is often a waste of time as the injury is in the body.
- Do not rush the process. It needs to be a long and slow process. Honour your body.

### MDMA Therapy

- Enables the body to learn the feeling of love and trust, and facilitates energetic awareness and release.
- Enables understanding of what actually happened, what is the real damage, and what needs to be healed. When the situation is re-lived under the influence of the medicine, great reprocessing and forgiveness can occur.

### Resources

- ❖ **Facebook:** [facebook.com/ari.geva](https://www.facebook.com/ari.geva)



## Ari Geva





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