



Kathy L. Kain: The Somatics of Safety vs. Threat



Dr. Kathy L. Kain has been practicing and teaching bodywork and trauma recovery skills for 40 years. She teaches both locally and internationally and is a senior faculty member for the SE Trauma Institute . This workshop will provide an overview of how somatic experiences inform our perception of safety and threat and how our brain files those experiences away for future reference as we encounter the need to be evaluated.

TOP EMBODIMENT TIP: Move back into relationship with ourselves through self care .

Safety and Threat: Primary Systems

- Discover the systems that create safety and threat. Explore the internal and external states. Are internal sensations the same as external sensations? What is the somatic vocabulary? How do experiences develop the somatic vocabulary? Learn the background as to why somatic vocabulary is not pre-set. Explore the difference between Threat and being excited. Where is the threshold? How do interactions help to determine physiological response?

Neurospecion: Inner Workings

- Begin to understand how the interplay of interoception and the relational qualities of safety and the perception of external environment combine to compare safety and threat. Explore what is the maturation process. Where does feedback come from and how is it developed?

Recalibration: Process

- Why is feeling safe unique? Discover what is meant by anti-gravity effort. How is introspection predictive? How do we start to encourage interceptive competency?

Reference : Creation

- Discover the wonders of the Amygdala. What is the difference between good and bad tags? Understand your file cabinet and how things are stored. What is the snake vs. Stick concept? What are associative experiences? What does it mean to work on volume? Learn if you can change your referencing system. Explore the difference between risk and like. What does being a reliable witness mean?

Resources

- ❖ **Books:** Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma; The Tao of Trauma -A Practitioner's Guide for Integrating Five Element Theory and Trauma Treatment; Ortho-Bionomy: A Practical Manual(*co-Author*).
- ❖ **Website:** <https://somaticpractice.net>
- ❖ **References:** Stephen Porges



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