



Ruth Culver: The Survive/Thrive Spiral - Navigating Trauma, Parts & the Nervous System



Ruth specialises in using Internal Family Systems (IFS) Therapy, informed with somatic & creative techniques, to help clients recover from anxiety, stress, phobias, insomnia, unwanted habits, pain & trauma and facilitates IFS Constellations. Explore a way to regain balance after experiencing overwhelm and trauma in the mind and the body.

TOP EMBODIMENT TIP: Curiosity! Turn towards your feelings with curiosity. That changes everything.

The Survive/Thrive Spiral model: **Putting the Polyvagal theory alongside the Internal Family System theory**

- **I CAN:** The Ventral Vagal corresponds with flow in the body and mind, self/co-regulating, seeking safety through connection. This state is calm, relaxed and soft.
- **I MUST:** When the nervous system perceives a threat the sympathetic nervous system activates the body for taking action : fight, or flee, seeking safety through action, disconnecting from social engagement.
- **I CAN'T:** When activating the body is not enough to neutralise the threat, the dorsal vagal kicks in with the freeze/collapse response, shutting down the system, seeking safety through disconnecting completely.

Access to the Autonomic Nervous System: **The Breath**

- Increasing the IN-breath in case of being stuck in the 'I CAN'T' state, brings more energy and lightness to the system.
- Extend the OUT-breath in case of being stuck in the 'I MUST' state, to come back down into a more calm state.

Trauma: **The effect of what happened**

- Exile parts are formed, storing overwhelming feelings like rage, terror, fear, grief, shame and hopelessness, as emotions and/or in the tissue of our bodies.
- Exile parts try to surface, so the stored feelings can be processed, but the protective parts prevent them to do so, using either active strategies in I MUST, or dissociative strategies in I CAN'T.

Resilience: **Being our Self**

- Resilience is the ability to move fluidly up and down the Survive/Thrive Spiral, without getting stuck and to return to our calm state easily.
- Underneath the blur of the parts, the Self is the state of I AM. The seeds of self are calmness, caring, giving clarity, creativity, courage, connection, curiosity and compassion.

Resources

- ❖ **Website:** <https://calmheart.co.uk/>



All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



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)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)