



Elizabeth Haberer: Trauma and Trust : Rekindling trust in your body and the world.



Elizabeth Haberer is an embodied trauma expert, psychoanalytic psychotherapist, founder of THRIVE Trauma-informed Yoga and immigrant rights activist. Take this time to learn how trauma impacts trust and how trauma-informed yoga can help you regain not only a sense of agency and trust in your body, but also a wise and safe trust in the world .

TOP EMBODIMENT TIP: Learn to reside in our bodies. We can be more equipped to feel what's happening in 'my' reality and in 'my' body. This is a key piece that tells us to move forward or take more time.

Trauma: Trust

- Explore how to restore systems of trust in ourselves and in our bodies. Discover trust outside of yourself.
- Learn how to integrate resources.
- Breakdown how trauma ruptures systems inside and outside of ourselves. Breakdown attachment trauma and discover how different states such as sadness, rage, not being heard or seen is the birthplace of attachment trauma. Navigate what Big T is. What is epistemic trust, learn how you lose it and how to restore it.

Choice: You have the power

- Learn how the hardest aspect of trauma is finding yourself in a position to restore meaning and reality. Explore how to trust your mind to restore your ability. Learn about being open to feeling your sensations.

Protection: Rebuilding

- Taking small steps to trust and discover what our environment and relationships mean to us. How to protect yourself and also leave yourself open hearted. Finding the balance.
- Why does our learning system shut down? Why do we trust people we should not and not trust people we should? Why give yourself permission to change your mind is crucial.

Trauma Journey : Healing Practice

- How trauma informed yoga can help. What is introspection. Practice tools that will help you to slowly begin to trust in your body so you can trust people in the community and your world.
- Explore why we develop all or nothing thinking. Learn how to develop flexibility. Move within self and then rebuild trust. Learn how creating boundaries creates self compassion . Know you have the choice.

Resources

- ❖ **Website:** <https://www.elizabethhaberer.com>
- ❖ **References:** Peter Fonagy



Elizabeth Haberer





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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)