



## David Treleaven: Trauma-Sensitive Mindfulness



David Treleaven is a writer, educator, and trauma professional whose work focuses on the intersection of trauma and mindfulness. Begin to understand how mindfulness, meditation, trauma, the body, and our social conditions shape our experience, and how to become more competent care providers, for ourselves and people we work with.

**TOP EMBODIMENT TIP:** The body opens with a yes.

### Inner Awareness and Trauma

- Inner awareness can help or hinder people who are working with trauma. The more we understand this dynamic, the more helpful we are in our practices.

### Why and How to be more Aware

- As people who offer mindful and body-based attentional practices, it is important that we know how to work skillfully with trauma, so as to not retraumatize or trigger an individual.
- Asking someone to go inside themselves is a big deal. What you need to know:
  1. What happened to an individual?
  2. How can meditation practices be made more accessible and inclusive of different lived experiences?

### Tools to help with **moving past and beyond traumatic experiences and memories:**

- Reorientation.
- Window of tolerance, specifically tailored to mindfulness and meditation.
- How to “hit the brakes” by offering guided options, choices, and agency.
- Alternatives to breath anchors in practice: movement, touch, sound, smell, sight.

### Support

- Respect the experiences people have lived.
- Respect that unique personal perspectives and experiences are valid and powerful.
- How to self-regulate within a traumatizing and triggering environment

### Resources

- ❖ **Books:** *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing* (W. W. Norton, 2018)
- ❖ **Website:** <https://davidtreleaven.com/>
- ❖ **References:** Peter Levine, Timothe Godard, Babette Rothschild, Stacey Hains



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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