



Richmond Heath: Tremors are to Trauma as Water is to Thirst



Richmond is a physiotherapist and national coordinator of TRE (tension and trauma releasing exercises) in Australia. Get a detailed, concrete overview and background of the physicality and processes behind the practice of tension and trauma releasing exercises.

TOP EMBODIMENT TIP: No matter who you are, find yourself a spontaneous movement practice, and combine it with your other practices.

Linking TRE to Grief:

- In shocking situations and in relation to grief many people tend to have spontaneous shaking of the body. **In western culture we generally try to inhibit tremors and shaking** as we see it as a symptom, not a solution; it is seen as a disorder. Shaking calms the nervous system down, it means that the body is feeling safe to go into a recovery phase.

The Polyvagal theory:

- Our autonomic nervous system has 3 physiological states: **1: Calm and Relaxed Social Engagement** (Engage), **2. Mobilisation Response:** Fight or flight (mobilise), **3. Immobilisation** (Immobilise, fold/freeze). Our body's primary response to stress, trauma or danger is movement. **Spontaneous shakes** and tremors **release muscular bracing, restore movement, calm the nervous system.**

Suppressing Spontaneous Movement and Contained Movement:

- **Holding back the spontaneous movement** of tremors will over time **disconnect** us from our bodies.
- **Movements** we often **contain and hold back are grief, shame and vulnerability.** We often **sacrifice authenticity,** in order to maintain attachment. **Facial movements** are central and often held back.

Conscious and Subconscious Movement:

- Top down: **Conscious movement, relaxation and body practices.** Bottom up: **Subconscious movement, spontaneous** movement, generated by the body itself.
- **Shaking is known and used in other cultures:** Kalahari Bushmen, Swahili Midwives, Ancient Samurai.
- **Self regulation: activate, regulate (stop and rest), integrate.**

Resources

- ❖ **Courses:** [Free TRE course](#)
- ❖ **Richmond Heath Website :** www.treaustralia.com / **TRE Website:** www.traumaprevention.com
- ❖ **References:** [Trauma Through A Child's Eyes by Peter A Lavine](#), [Shaking Medicine by Maggie Kline](#)
- ❖ **Video:** Cell Danger Response – Robert Naviaux



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