



Steve Hoskinson: Post-Trauma Emergence

Actual Session Work in Post-Trauma-Growth



Steven Hoskinson has trained and mentored therapists and others at the intersection of trauma, embodiment and social compassion for 25 years. He began his teaching in mindfulness in the early 1980's, and integrated his training and practice in clinical psychology, somatic psychology and body arts, including Aikido, to create Organic Intelligence (OI). This event will show actual session work demonstrating Post-Trauma Growth. Steve will explain key elements that prepare a client to be capable and resilient, and then how those preparations foster the Post-Trauma Growth visible in the session.

TOP EMBODIMENT TIP: Allow the body to discharge intensity and arousal for trauma healing.

Work Trauma Safe:

- **Any therapeutic work must have an understanding of how trauma works and is stored in the body**

What Does Post-Trauma Growth Look Like?: Organic Intelligence!

- See physical signs of arousal
- Stop, notice them, reach the intensity threshold
- Allow the body to process them (get off of arousal/intensity cycle)
- Repeat cycles

Embodiment Allows for Processing: Change needs stability

- Healing happens from regulating the nervous system response when recounting the trauma
- This mixed-modality approach to trauma resolution allows the metabolism of physiological responses.

Affect Regulation: Affect is emotion (Freud)

- Tracking arousal intensity
- Allowing metabolization of embodied memory
- Get out of conditioned thinking that symptoms are bad/good and just be with what is.

Freudian discharge: Intensity needs to be discharged through motor action

- Positive and negative reinforcement are different
- Organic intelligence brings excitement and curiosity to the healing process

Resources

- ❖ **Courses:** [End of Trauma](#)
- ❖ **Website:** organicintelligence.org
- ❖ **Instagram:** [@getoi](#) **Facebook:** <https://www.facebook.com/organicintelligenceoi>



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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

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