

# THE TRAUMA INFORMED MOVEMENT

## Historical Context of the Trauma-Informed Movement

- **Early 20th Century:** "Shell shock" introduced during WWI.
- **1980s:** PTSD formally recognized in the DSM, shifting trauma from personal weakness to a measurable condition.
- **1990s:** ACEs Study highlighted how childhood trauma impacts mental, emotional, and physical health.

## Advances in Neuroscience

- **Polyvagal Theory:** Dr. Stephen Porges explains the nervous system's safety-detection mechanisms.
- **The Body Keeps the Score:** Dr. Bessel van der Kolk shows trauma is stored in the body and brain stem.
- **Somatic Approaches:**
  - Dr. Peter Levine: Somatic Experiencing to release "stuck" survival energy.
  - Dr. David Berzeli: TRE to reset the nervous system via natural tremors.
  - Gabor Maté: Links trauma to chronic illness and addiction.
  - Niraj Naik: SomaBreath bridges breathwork and trauma healing with roots in yogic traditions.

## Core Principles of Trauma-Informed Approaches

1. **Safety:** Establish physical, emotional, and psychological security.
2. **Agency and Choice:** Restore control by prioritizing choice and pacing.
3. **Cultural Sensitivity:** Acknowledge systemic and cultural influences on trauma.

## Trauma-Informed in Practice

- Expands into education, yoga, bodywork, neurogenic tremoring, and breathwork.
- Recognizes trauma's effects on the body, mind, and nervous system.

## Why This Matters for Breathwork and Facilitation

- Breathwork's potency can access deep emotions but may surface trauma.
- Trauma-informed facilitation ensures safety and supports nervous system regulation.
- Focuses on trust, safety, and empowering individual healing journeys.