

HOW TO HEAL TRAUMA THROUGH YOUR BODY



Are you experiencing physical or emotional symptoms that no one is able to explain? If so, you may be suffering a traumatic reaction to a past event, teaches Dr. Peter A. Levine. Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain and harmful "acting out" behaviors reflecting these painful events. As a young stress researcher at the University of California at Berkeley, Levine found that all animals, including humans, are born with a natural ability to rebound from these distressing situations. On *Healing Trauma*, this respected therapist and teacher brings you face to face with his effective new treatment—not a "talking" cure, but a deep physiological process for releasing your past traumas and instilling a harmonious awareness of your body.

Biological Clues from the Wild

"When we are confronted with a life-threatening situation," begins Dr. Levine, "our bodies respond with an enormous surge of metabolic energy—the 'fight, flight, or freeze response.'" But animals in the wild undergo a second process following such an event: a dramatic physical discharge of this excess energy that releases them completely from the symptoms of post-traumatic stress. Shamanic healing rituals bear a striking resemblance to this phenomenon, but Western medicine has yet to take advantage of this forgotten biological mechanism.

A Physiological Approach to Healing Trauma

Healing Trauma distills over 35 years of Dr. Levine's pioneering work into a detailed course for awakening your body's innate ability to heal. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process. You will learn how and where you are storing unresolved distress, how to become more aware of your body's physiological responses to danger, and specific methods to free yourself from trauma.

According to the National Institute of Mental Health, over 23 million Americans suffer from anxiety disorders—many as a direct result of trauma. Now, you can learn how to address these and other symptoms at their source—your body—and return to the natural trauma-free state that you were meant to live in.

HEALING TRAUMA HIGHLIGHTS

- Somatic Experiencing—a revolutionary method for releasing trauma, taught step by step
- Nature's lessons—the physiological roots of your emotions
- How the human "triune" brain responds to danger differently than other animals
- Are you suffering post-traumatic distress? A symptom checklist
- Where traumatic stress hides in your body and how to release it
- Anxiety, insomnia, depression, and unexplained pain—when trauma may be the cause
- The "animal body," a model for resolving inner crises
- Shamanic soul retrieval rituals and somatic healing—their striking similarities
- Specific exercises to "thaw" frozen physiological energies
- Renegotiation—crucial steps for healing
- Coping with surgeries, accidents, illnesses, and other so-called "everyday" situations
- Healthy aggression—how to use this powerful gift of nature
- Fascinating case histories to illustrate the key principles of the somatic healing process
- Emergency "first-aid" measures for emotional distress
- How the healing process can open the gateway to spiritual transformation

PETER A. LEVINE, PH.D.

... received his Ph.D. in medical and biological physics from the University of California at Berkeley, and holds a doctorate in psychology from International University. During his 35-year study of stress and trauma, he has contributed to scientific and medical publications and served as consultant for NASA's space shuttle project.



He has taught at the Hopi Guidance Center and at hospitals and pain clinics throughout the world. Dr. Levine is currently a consultant for the Pain Rehabilitation Center in Boulder, Colorado. He is the coauthor, with Ann Frederick, of *Waking the Tiger: Healing Trauma*.

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