

TRAUMA RELEASE BODYMIND THERAPY

**Stress Removal and Emotional Release
with a Body-Oriented approach.**

Includes Structural Integration Bodywork.

**Releases long term negative patterns as well as
trauma from specific events.**

Reduces the pattern of stressful behavior as well.

by Lou Gross

School Certified Master Postural Integrator

**Expert in Bodymind Release Therapies; Netherton, Reichian,
Bioenergetic, Structural & Energetic. Since 1982.**

17 years successful experience with this particular system

**For more information & free consultations,
call 888-299-5973**

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**This method can also remove the stress and the
depressing or frustrated emotions that have been created in
situations relating to chronic pain and injuries. That can even
be done simultaneously with the improvement in the purely
physical condition.**

**There's often an emotional shock that gets stored in the
body tissues at the time of an injury. And for many people,
there's an accumulation of stored emotion relating to the
limitations we have when there's chronic pain and debility.**
Emotional charge also builds up through a series of events of not being
able to get the chronic pain fixed, and even having to tough it out
while "living with it."

**So this system can remove the "instantly embedded"
upsets that get put into the body during athletic injuries.** The
physical injury may heal, but in many cases, the emotional charge
created exactly at that time still stays in the body. This can even
create a phobia.

This is not psychotherapy, although it has certainly helped people in their psychotherapy.

This is a removal of energy and physical tension that gets stuck in the actual tissues of our bodies; and it is even more significant than the mental memories we usually consider with regard to trauma.

It is this stuck "form" and the stuck energies that perpetuate our emotional upsets for days, weeks and even years after the original incidents are gone. Our "remembering" comes and goes, depending on what we're mentally paying attention to. The material in our bodies is always there, like a bunch of splinters.

When the embedded energies are removed with a "focused" physical relengthening and conscious emotional release, most, and often all, the negative phobias, upsets and fears that had been operating all that time literally go away.

In this method, emotional release is done with a clear headed, aware conscious mind. Upsetting emotions may come to consciousness as they leave the body, but the actual removal process is rather non-traumatic. We are clearing the "space" in our own body-mind. And people find their mind becomes increasingly clearer, calmer and more centered at the same time they are removing the old energies.

Most of us accumulate trauma and stress even as small children, if only from upsetting falls and injuries. And psychotherapists now know that we absorb the emotional stresses of our mother during birth and the prenatal, while we, ourselves, are getting pressed upon by her belly and birth canal muscles, and come under the influence of her chemical changes.

Once any of these energies get stuck in our tissues, no matter how long ago, they operate from the subconscious part of the mind and "keep alive" the same discomforts and negative feelings and thoughts we (or mother) had during the actual past experiences. Then, for many of us, as time goes on, that energy "transfers" itself onto other people and events in our lives and causes problems for us, and in our relationships.

These embedded energies include the thoughts, feelings, speech and actions of ourselves *and* all the people around us in those specific stressful or traumatic events. It is as if we were a sponge at the time, and sopped up all the energy from the surrounding area. It's also as if we were a set of video cameras and

a recorder, and made a precise recording of everything that happened at the time.

The "residues," or "legacies," of these events are not just mental memories. They are real emotions and physical sensations, just like our everyday healthy emotions and actions. But because they were generated at an extremely stressful time, and still remain inside of us, it's as if we're having those exact stressful experiences all over again, sometimes when we get "triggered," and sometimes all the time. So they keep us stressed in exactly the same ways that we were in the actual events.

Most people think that the continuing upsets people have after traumatic events are because their mental faculties keep "remembering them." Thousands of treatments have proven this is not true.

Even people who are upset a lot of the time, have periods when they're thinking about something else. "They" might even "know better," that "they" shouldn't be so stressed.

So what "else" keeps making the old behavior repeat?

The continuing upset is due to the actual "implant" of the energies of the event itself. Remove the emotional charge and physical tension of the implant and the person no longer has the ongoing upset. In fact, many people can then face the issue in their own minds without getting upset about it. And they even see the details of what happened more clearly.

This happens for even the most physically traumatic and emotionally repressive experiences. And it works for events we don't completely remember and for events that happened in the pre-verbal, pre-natal and birth periods of our lives, too. We are removing the "bodily" recordings of the events, regardless of what pictures or thoughts "about" them are in our "minds."

THE DIFFERENCE BETWEEN RELEASING OLD IMPRINTS OUT OF THE BODY - VERSUS - DOING "BEHAVIOR MODIFICATION" PSYCHOTHERAPY

These Trauma and Emotional Release Therapies include hands-on Structural Integration Bodywork, which in my own case, usually feels quite good as it is releasing old tension, stress, and emotional energy.

They also include processes that we do, usually with a

therapist, bodyworker or "coach" that give us access to the material stuck in the body area of the subconscious mind. They enable us to literally remove that energy in a methodical, conscious way. The energy, and thus the negative residues, dissolve away immediately, as we follow the process in the sessions. When the energy patterns are gone, the behaviors *they*, not *us*, created in our lives are also gone.

You see, the actual events were in years past. They don't exist now. Maybe even the other people in those events are totally out of our lives. **But the energy residues, or video tapes, inside our own bodies have still remained. It is the emotional charge and physical component of these video tapes that Trauma Release Therapy erases.**

It removes the emotional charge, and at the same time, significantly increases our insight and knowledge into what happened. But we're no longer thrown by it. A person can still remember the incidents, often in greater detail, and may even have opinions about what happened. But the large emotional upsets, the fears and the strains associated with the experiences, are gone. **In fact, the mind actually becomes clearer, deeper, and the person is often calmer and more centered than even before the incidents.**

Because these are actual physical energy packets located in the flesh, regular verbal psychotherapy and even hypnosis and neuro-linguistic programming (NLP) cannot access them. These methods can help us modify our mental thought patterns about the incidents, and may even help us release *some* of the emotional charge. But they cannot get *most* of it.

I frequently hear clients say, "I worked on this issue a lot," but when we do the processing, many hours of very serious emotional material, from episodes they remembered, and from similar others they didn't remember, come out of them. From this release, they immediately feel physically lighter, emotionally relieved and mentally clearer.

You see, it turns out that any specific very traumatic episode almost always is part of a "stack" that includes the energies of other episodes of the same type, usually from much earlier times.

What we are doing is removing the negative, and perhaps self-defeating, pattern of behavior that we recognize is coming from the specific event. But it's also coming from the other events as well, because they embedded more of the same kinds of energy and tightness inside us. So we want to get that out, too.

We are simply, but very effectively, clearing the body of accumulated tightness and stored stress. A lot of that tightness and stress were created during what we usually consider psychological or "mental" interactions. But in the Bodywork and Bodymind therapy fields, we find these are experiences of the body as well.

When some people first come for a session, I see that while they're analytically knowledgeable about their histories, they're also still very much bound up in the fear, anger, resentment, sorrow and confusion of the emotional energies still inside them.

As the series of sessions proceeds, their behavior changes very significantly. They become increasingly more open, less fearful and defensive, less strained, less sorrowful, less angry and less distractive and avoiding. And whatever the person also does in verbal psychotherapy, counseling and kinesiological reprogramming works more fully and successfully in their lives. With Trauma Release Therapy, which works on the original old episodes, we've removed the negative competition to these new positive, "mental" ideas.

Still embedded trauma is one of the major reasons people continue to suffer or "fall off a recovery program" even when they're getting good counseling and psychotherapy. It is not the fault of the therapy or therapist. It is simply that "the episodes" are still happening for the person at the same time the therapy is trying to help him or her recover.

The error is in the incomplete view of the situation. The conventional thought is that the episode or earlier period of life is over, and recovery can be worked on. **The more effective approach should be to release the residues of the events out of the person's body, in conjunction with the counseling.**

I believe it is absolutely essential to have good counseling and ongoing support when recovering from any trauma. We need to receive good, "nourishing" energies on many levels to heal, and to replenish ourselves from the "deficits."

But if no release of the trauma occurs, it's almost as if the counseling and support are being given during the actual traumatization. In fact, the person's negative, upsetting behavior is fighting against moving in a positive direction.

The support system is going in one direction, and the still embedded negative energies are going in the opposite direction, fighting it. In fact, many people cannot even accept nor apply the positive counseling suggestions because their bodies are too hard and tight on the outside and too contracted

and withdrawn on the inside.

Plus, they are controlled by the negative "commands" that got put into them subconsciously during the events. The traumatic energies actually contain the negative attitudes that are forced upon us during the trauma. So there is a self-defeating belief system in our way, too. And again, it is a body energy implant, not a mentally created decision.

Verbal therapy can help us understand our difficult situation and past experiences, and even give us tools to cope with them.. But when energy from the past still remains inside of us, it can repeatedly sabotage the wellness program.

When people are open to the counseling, then the good things we learn and receive build up positive energy and new, positive mental patterns. But these are located in different physical parts of the body and in different neurons in the brain from the past traumatic and negative material. So while they are an attempt to substitute for the old tendencies and behaviors, they cannot erase them.

In addition, the old events were created in times of serious stress, with a *lot* of emotional and physical energy powering them. That *large* quantity of energy is still with us. The new mentally introduced attitudes are much "smaller" in this regard. What's left, energy wise, either controls us, or makes us have internal strain even if we get our "positive" way.

As psychotherapy treatment continues, the new parts of us can become larger, if there's a physical place for that energy to accumulate in. And we can behave in that manner more often and with more conviction, if we can increase the good parts. This can be done with a body clearing approach.

Yet the old material deeper inside us is always significant because it gets triggered by our current life fears, and then it amplifies those fears way out of proportion. It actually "re-fills" our muscles with the same tensions we had during the old stressful events. This mechanism gives the conscious mind the "big" bad energy feeling all over again. That often create fears that aren't warranted in the current situation. And it re-creates the angers of the old event, too.

There is also a "speed" issue, a reaction issue. The new behaviors created in psychotherapy were created in our analytical minds. But **the sabotaging behaviors were created physically and emotionally. Those reactions occur many times faster,** and have a lot more energy in them than the mentally created thoughts and behaviors. So when **they're** triggered, they predominate.

A SUMMARY OF THE METHODS

Structural Integration & Reichian Techniques

My system of Trauma Release Bodymind Therapy combines three of the most well-established and successful methods to remove material out of the body. By combining them, I have found we get a much better resolution, in much faster time, than by using any one or two methods alone.

These are physiologist Ida P. Rolf's Structural Integration Method of Connective Tissue Manipulation, psychiatrist Wilhelm Reich's body oriented psychological therapy, and psychotherapist Morris Netherton's method of past traumatic event release and alignment therapy.

Each method has been in use for at least 30 years, and being a third generation practitioner of each one, I am of the generation in which we now understand how the different treatments can be used for mutual support and enhancement.

In an auxiliary role, my program makes use of my knowledge in psychological nutrition and herbology, in body energy patterns and structure, and in breath concentration and awareness meditation methods to create emotional stability and mental clarity.

I'll now describe the three major elements, very briefly.

STRUCTURAL INTEGRATION BODYWORK

Surrounding and going through all our muscles, and underneath all our skin is a fibrous, putty-like tissue called fascia (fah-sha). Fascia is the soft connective tissue of the body that fills in spaces and holds things together. It has two significant features pertinent to Trauma Release Therapy. The fibers bunch-up if they're pushed together, and then they hold the muscles in a shortened form. And the fibers store the energies of traumatic events, even for years and decades after the actual events themselves, just the way magnetic tapes and CD's do.

So when we have severe emotional upset and/or one or more traumatic physical encounters, the fascial shape of our bodies contracts and holds in both the energies of the events and the restricted lengths of our muscles that then limits our

abilities to continue to express ourselves in free and positive ways. Instead, the negative energies and "walled off" behavior that was formed under stress becomes a permanent physical part of us. And we continue to act in the exact same way that we, and others, were acting during the events that are still "part of us."

Structural Integration Bodywork manipulations restore the fuller physical shape and in the process, push on the fibers which causes them to release their negative energies. Some of that energy flows out of the body right in the session, some in dreams a little later, and some during triggered upsets in the next few days. Once it comes out, the energy is totally gone from the body and no longer exists.

We have erased the tape and reorganized the physical structure into a healthier psychological one as well as a healthier and more capable physical one. People become more open, more flexible and more balanced at the same time that they become more confident in general and more comfortable in releasing the negativities that still remain.

This is a cumulative process. We become increasingly better. So, in the process of removing the old restrictive forms and negative emotions, we are simultaneously becoming larger and more mature than our negative issues. This, in itself, is a big improvement over verbal, hypnotic and emotional release therapies alone because, with them, the person is trying to access material and process it out with the same less mature and less capable physical state of being.

REICHIAN BODY-ORIENTED PSYCHOLOGICAL METHODS

Wilhelm Reich MD was an Austrian psychiatrist who eventually came to the United States to practice and teach. Among his studies, he was a student of Sigmund Freud MD, called the Father of Psychoanalysis. And he found that the location of the subconscious mind that Freud talked about was in the body, as chronically tight muscles combined with held in emotional energies.

The chronic tightness is the form our bodies grew into, when we were restricted or hurt, and when we pulled in to protect ourselves. Besides forming that protection, this pulling in also held back our emotional expressions of assertiveness, anger, sorrow and even calling for help that we wanted to say at the time, but were afraid we'd be punished for, or hurt in some other ways, for doing so.

What's very important to recognize is that once we had to create this physically hard wall to protect us from the negative forces on the outside, it also, every since then, has been walling off the positive, loving parts of us as well.

Also embedded are the fears and the emotions of disappointment, abandonment, repression, hopelessness and even guilt. These forms, with their locked-in energies, were developed during various time frames of our lives, but were especially created during the difficult experiences of childhood, from birth to age seven, as we matured through our basic stages of psychological growth.

To be psychologically healthy, we must have the stability of acceptance, needs being met, not being manipulated or abusively controlled, having close relations that allow for individual freedom, and experiencing long term mutual commitment and acknowledgment.

When we ran into specific instances and long term patterns where these parts of our relationships were dysfunctional, that dysfunction got fixated and has stayed with us. It acts like a second personality that surrounds and supersedes our natural, healthy bio-energetic function.

This secondary personality has some good qualities, some skills. But when we are tightened up and blocked, we are limited to only behaving in these few ways. Underneath the nice skill part is a lot of resistance, anger and fear. If we are not open through these layers, then *they* become the "ground of psychological being," the deepest layer from which a person can behave. Their true, creative self is locked deep inside, and in many people, there is such great repression from a series of say, abusive episodes, that they are totally unaware of their inner, "primary" personality.

So the secondary personality consists of layers. Inside, there's a pulling away of fear, then there's a wall of protection, and then on top of that, there's anger, avoidance, rejection and other "push-away" characteristics. On top of all this is the capable, outer personality whose skills can be used either by our adult conscious minds or by the underlying dysfunctional characteristics. So even our memories and intelligence can be used as "tools" by the energies that hold us in and push other people away.

Reich's basic method was to combine analysis and other verbal techniques with deep breathing to activate the autonomic nervous system, and simultaneously increase tension or stimulate the already tense muscles. This will break apart the restricted muscular tension and release the held in emotional energy from the past.

The breathing method "charges up" the stuck energies in

the muscles and also in the person's inner emotional centers. This brings to the surface the old feelings people had repressed. The outer stimulation pushes the musculature through its old degree of constriction. Then Reich would have the person express the emotions in a demonstrative way so they could get out and "complete" the experiences. Before the release, Reich would help his patients analyze their behaviors and discover their dysfunctional patterns. After the release, the discussions would be about the new awareness and the changes in behavior the people noticed in their daily lives.

When we combine this method with Structural Integration Bodywork manipulations, it is much, much easier and faster to free the tense muscles that were holding in all these feelings, and to access and release the held in emotions and body-memories. In fact, some of the blocked energies come out immediately during the fascial manipulations and the psycho-somatic form of the person's body-mind is, as I said, moved more into it's proper, and optimally designed shape. In addition, the freer musculature enables the person to express these inner emotions much fuller and more completely.

The Reichian work pulls out more internal energies than the Bodywork itself can do, because it accesses what was held down deep inside, beneath the structural muscles. And it can pump out the energies that were stuck in the muscles, too. These old energies are contracting in nature, so even when we do the Bodywork, there is a certain amount of additional restriction that the Reichian release clears out.

And all those energies have a lot of chaos and/or confusion in them, too. So removing them also makes the person's structure more harmonious. And he or she will perceive the world around him as a clearer, less chaotic place.

Thus, the energetic release makes the actual structural change even better.

NETHERTON TECHNIQUES

Morris Netherton PhD developed a system to access and release the unconscious energies in the body, very precisely, with pictures and all, without hypnosis, and more completely than hypnosis.

And it makes the Reichian releases work much better. It's more thorough, it's less traumatic to do, it gives people a

clearer awareness of the past events and of their whole pattern, and it removes negative belief systems embedded in us by other people.

We can also access much earlier events, even going back to the pre-natal, and clear them up just as easily as events in later years.

The Netherton techniques also enable us to remove the energies of specific adult traumas much more comfortably and completely.

What we do is focus on the emotional feelings, body sensations, mental thoughts and verbal words that are going on while we're upset about a current situation. When we do this, the content of those energies, or stored videotapes, comes to our conscious minds. This energy can then be expressed out of our bodies by saying the words that define the things people in those episodes were saying, feeling and doing. We can do this when we focus on the sensations in our bodies or pictures in our mind's eye. We express those things as if they were the person speaking right now, and that procedure actually pulls the energy out of the tissues.

As we process through each episode, every activity and spoken statement of what happened dissolves out of the body. As we proceed, we get in contact with the next point in the experience and with deeper layers of emotion of all the parties involved. As we remove the energies, a lot of which are very traumatic and deeply felt, we see the whole scenario much clearer. Yet, at the same time, the emotional charge about what happened goes out of us.

When we combine this method with the Bodywork and Reichian breathing and movement techniques, we can access and release all the past material of each experience in a very thorough and effective manner. We are de-programming the subliminally inputted energies by directly accessing the locations that store it and pull it out.

This is different from most verbal psychotherapy in which we talk "about" what happened. In that method, we use our reasoning, conscious minds to reflect upon the experiences and analyze our behaviors. This is an important step. However, that cannot remove the material. While our conscious minds can discover that we have fears, frustrations, anger, sorrow and guilt, the stored emotions themselves are not located in that area of the brain. They are located in another part of the body, and we must use a process to access that part in order to remove them.

Specific adult traumas are easily removed with the Netherton method combined with Bodywork and Reichian breathing. In just one to four hours, I have helped people get over shootings, natural disasters, auto accidents, war battles, rapes, bad divorces and the loss of a parent. After the processing, they remembered the incident very clearly but it was then in the past for them, and it no longer hindered their going forward with their current lives.

People always get a certain amount of permanent relief when the adult traumas are removed. But we also find that the emotional patterns associated with those experiences are linked to traumatic and stressful childhood, infancy, birth and pre-natal experiences. Until these are also removed, they can still cause similar kinds of problems for the person.

So there is really a set or stack of videotapes, from different time frames, and each one expresses the same pattern with the emotions of anger, fear, guilt, sorrow and so forth. Only, the people who said and did things, and the kinds of situations, are often different for each episode. The important focus to keep in mind is that we are not trying to correct past circumstances. We are removing a particular energy pattern that uses each circumstance in our lives to manifest its negative energies. Our goal is to remove the energies of this pattern from a person. We do so by accessing the residues of the various experiences in his or her body.

This takes Reich's understanding a bit further. The bio-energetic formations of chronically tight muscles and embedded traumatic energies start getting formed even before birth, and the formations are locked in by a specific set of traumatic and pivotal experiences. So we don't have to remove everything that ever happened to us and we don't have to spend a lot of time analyzing our whole childhood. We just feel the experiences we're now having when we get triggered and do the processes, connecting to the "most significant events that caused our current life problems."

While we cannot remember the actual episodes from these early times, their energies are still located in our bodies. So by using the Netherton method, we can access and release all the pertinent subconscious energies that that got embedded as long as we had a body. That means we can deprogram our physical bio-energetic conditioning even back to conception. This is not a "reasoning mind" conditioning like that which comes later in childhood. It's a more fundamental conditioning that also runs us.

To do the processing, we first "ground" the client in the experience. The therapist first says things like, "You're already connected to the experiences in your unconscious mind. That's why you're so charged up about the incident. (Or so depressed, or that you carry around so much sorrow that you can't let out.)" "What are you inclined to say to the following questions; which choice has more energy in your conscious mind when I ask?" "When this is happening in the past, are you sitting, standing or lying down?" "Are you inside or outside?" "Are you alone or with people?" "If someone was telling you that you're stupid (or bad) (or going to get whipped), would that voice be coming from in front of you, behind you, left or right?" "When mother is hitting you, where on your body do you feel the first blow?" "When the blow hits, what are the angry energies that got put into you at that point saying?" "At what point do you feel the fear the most, before the other car hits you, as it hits you, or after it hits you?" **We go through the episodes line by line and scene by scene. The person processes the energies out of the body by verbally expressing each action in a present tense statement, as if the person in the scene was an actor on a stage.**

The words express the meaning of the emotions that people had in those times, as well as what they actually did say out loud. And because we are releasing a pattern, all the episodes that keep us trapped in that pattern have the same words! These words and phrases are the "command statements" that get lodged in our unconscious minds. And from there, they cause us to repeat the same behaviors even though our conscious minds don't realize they're there.

These words were originally things we or the other people said at the time, perhaps as reports of factual events or of momentary emotional upsets. But once they're inside the subconscious mind, they become the foundation of beliefs about how the world is. Typical statements are, "You're bad," "I wish you were never born," "You're always sick," "This will never work," "You're so stupid," "I can't stand this," "You're a no good drunkard," "It's too late," "I can't let you go," "I can't live without you," "We'll never get out of this alive," "I just can't do it," "I'll kill you," "I wish you were dead," and "I'm going to die."

When these kinds of statements are added to our current life problems they make them seem a lot worse than our reasoning minds would conclude. Because they are also linked up with a lot of energy that pre-empts our conscious reasoning, they end up controlling us.

Therefore, what runs us is the combination quantity of energy and the hopelessness or severity of the past experience

beliefs. And by releasing the energies in the form of the words, we also remove the negative belief systems that were forced upon us, even at times we don't remember. This is a much more effective process than either hypnosis or Reichian therapy alone.