
Somatic Therapies and Trauma

Heather Gargis MA, LPC, SEP
Somatic Experiencing Practitioner
NeuroAffective Touch Foundation Graduate
EMDR Therapist

Orienting and Felt Sense Exercise

Exteroception (Orienting)

Trauma impairs our capacity to orient ourselves and discern the authenticity of a perceived threat.

Orienting enables us to remain grounded in the present moment and understand our current circumstances.

Orienting aids us in evaluating the safety, potential danger, and new elements of our immediate surroundings.

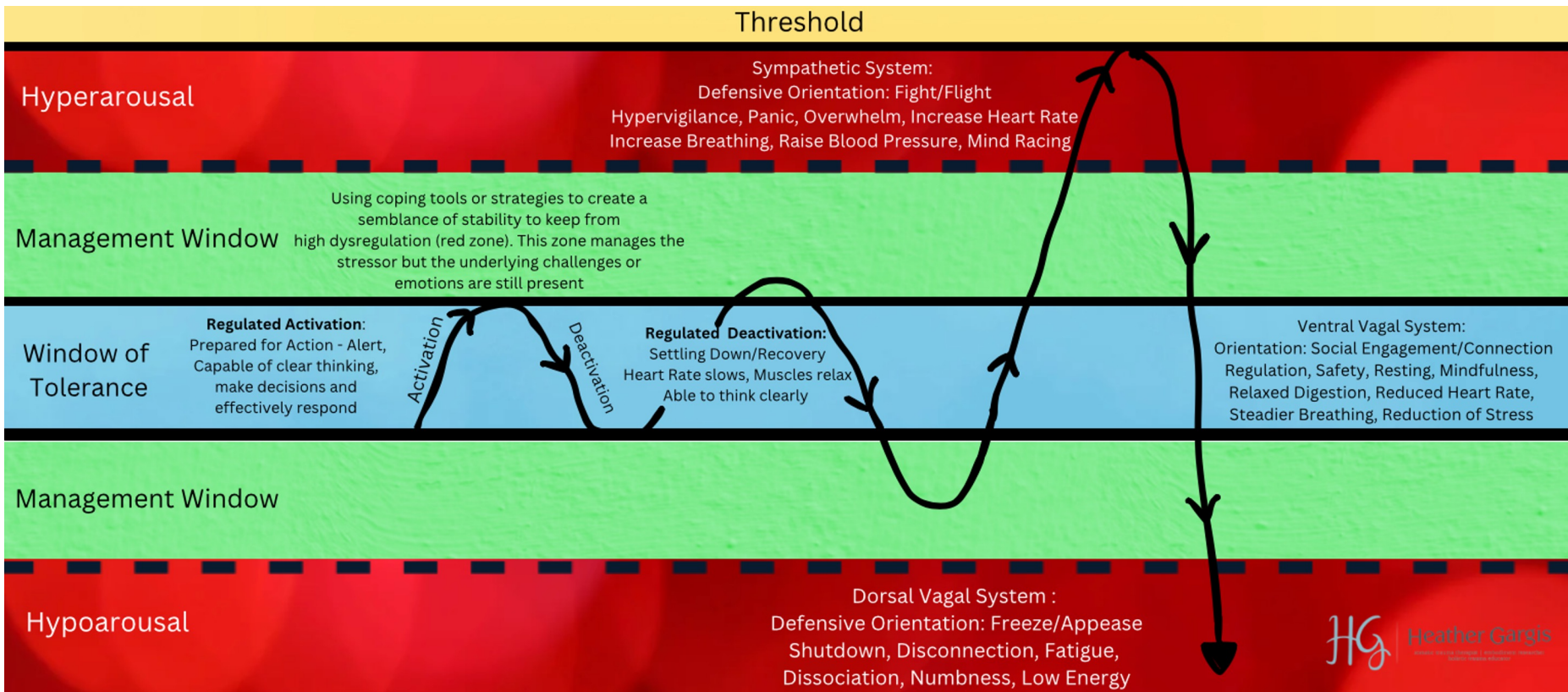


Interoception (Felt Sense)

Trauma may disrupt our ability to sense and identify internal sensations, diminishing our connection to our physical body.

“The way we know we’re alive is rooted in our capacity to feel to our depths, the physical reality of aliveness embedded within our bodily sensations - through direct experience.” Peter Levine







Sympathetic (yellow):
Runs through our spine

Ventral (white):
Runs through the eyes, nose, and mouth

Dorsal (red):
Runs through our organs



Heather Gargis

Heather Gargis, DPT, CPT, is a physical therapist and fitness instructor.

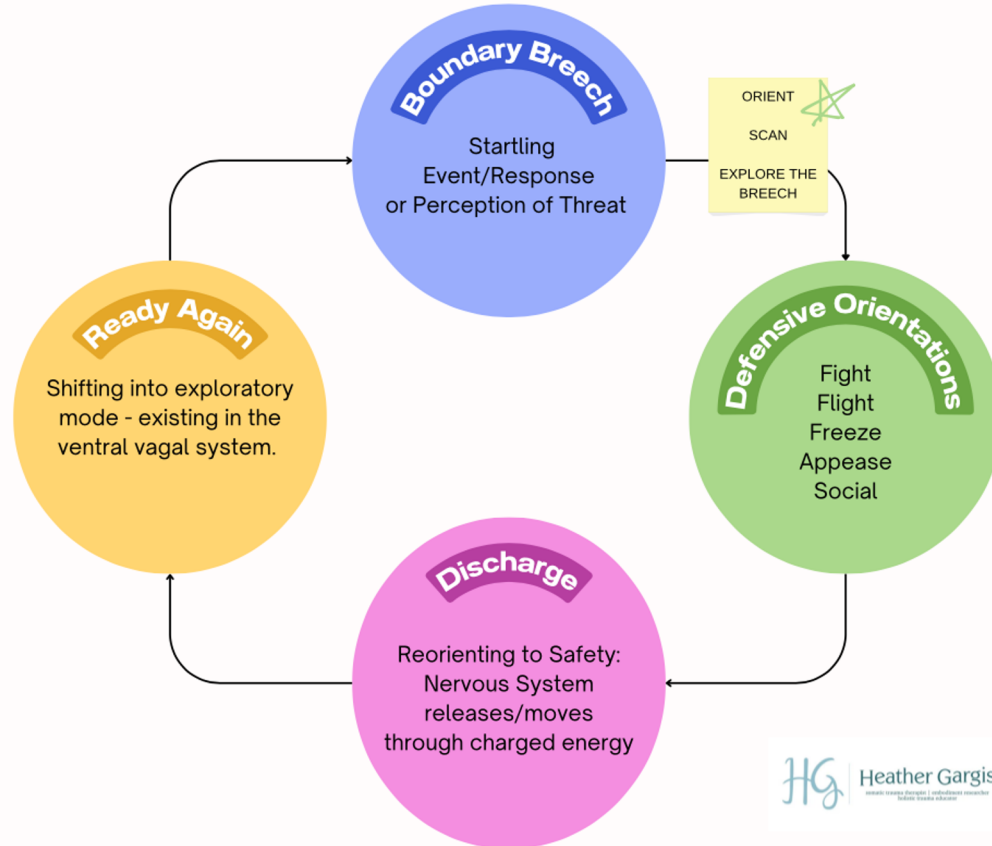


HUMAN

THE WORLD WITHIN

The Threat Response Cycle

This handout is adapted from the work of Peter Levine

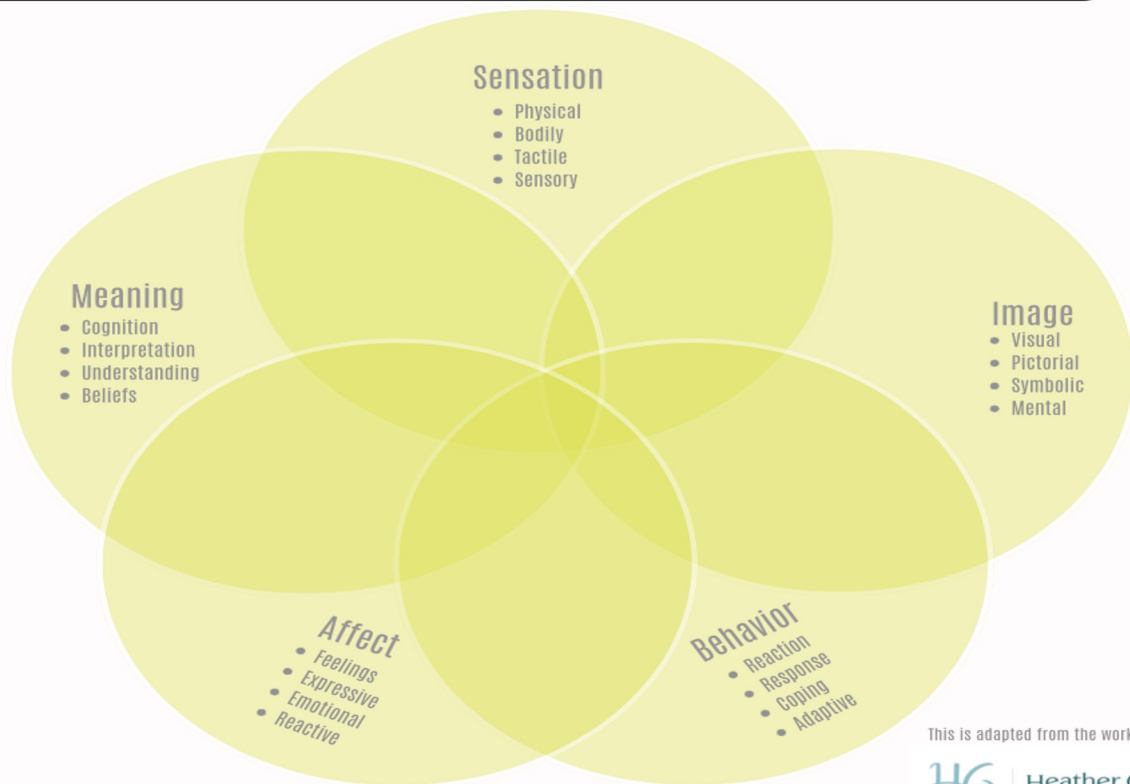


<https://youtu.be/5Vm5WfjlpSc?si=SkW7V7l64MsMmYP>



SIBAM is a form of tracking that represents the 5 core elements of the human experience.
Each of these components impact and influence each other.

By exploring the 5 elements, SIBAM helps individuals make sense of their experiences and facilitates the release of trapped trauma energy.



This is adapted from the work of Peter Levine



Heather Gargis
Somatic Trauma Therapist | Somatic Experiencing Practitioner
Trauma-Informed Educator

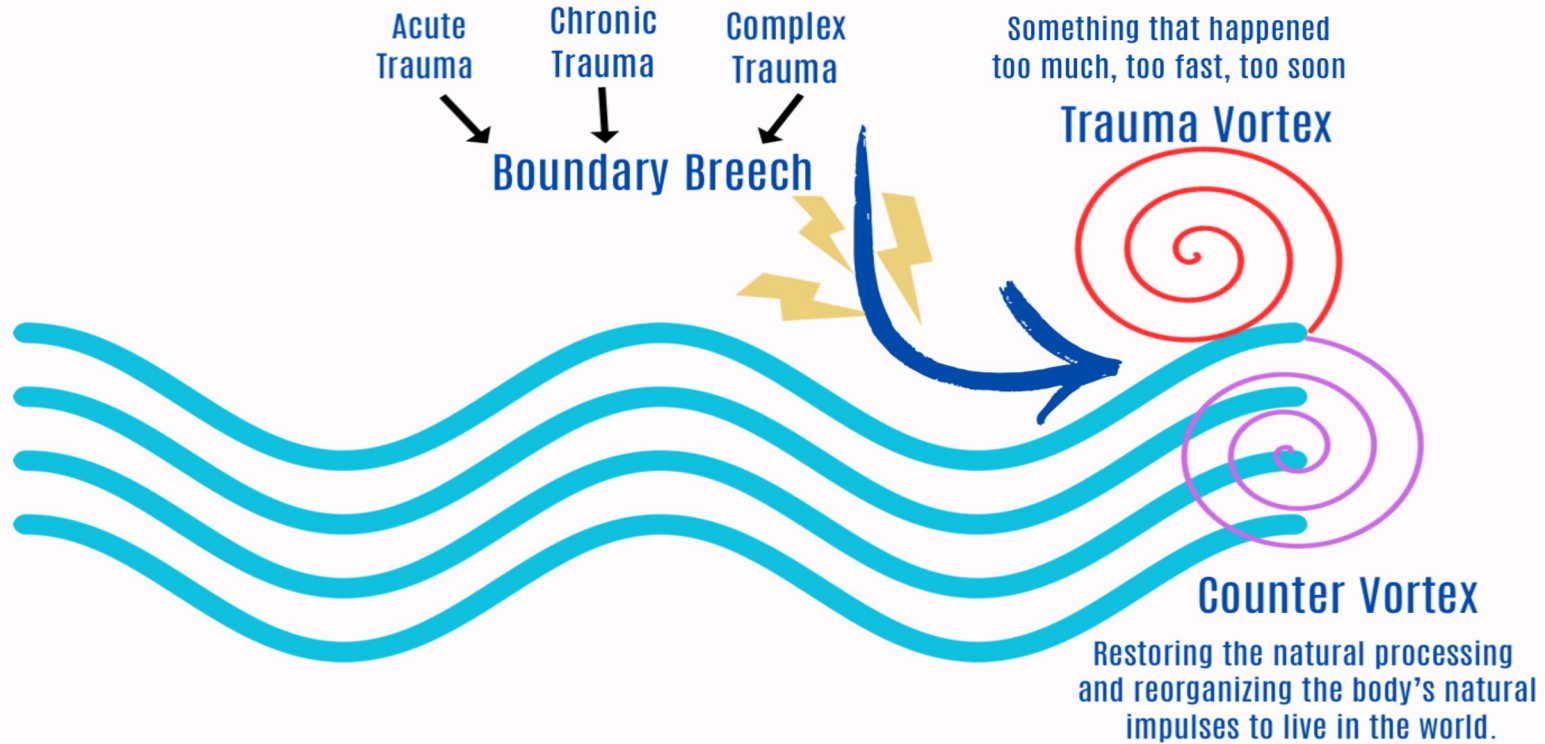
Implicit:

- 80% daily functioning
- Involuntary
- Habitual memory, motor movement, survival responses, associative memory, emotional memory
- "Hard wired"
- Fully developed 7 months in utero

Explicit:

- 20% daily functioning
- Voluntary
- Higher brain function, story/narrative, and autobiographical
- BEGINS developing at 2 years old





Adapted from the work of Peter Levine



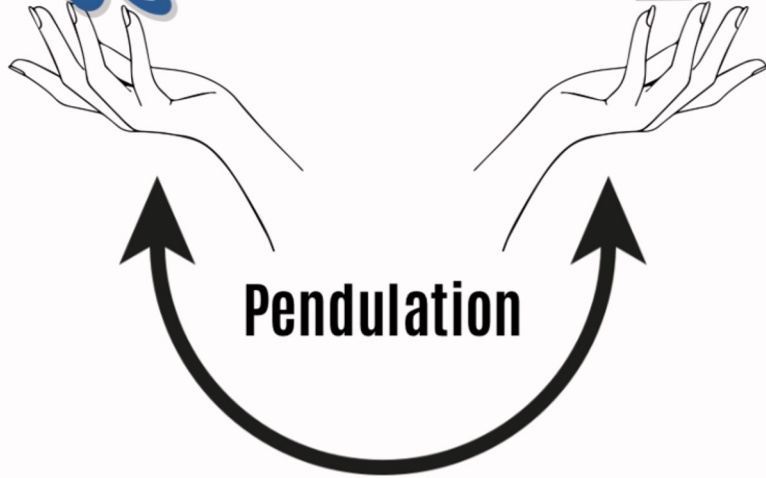
Heather Gargis
somatic trauma therapist | embodiment researcher
trauma recovery educator

Resource

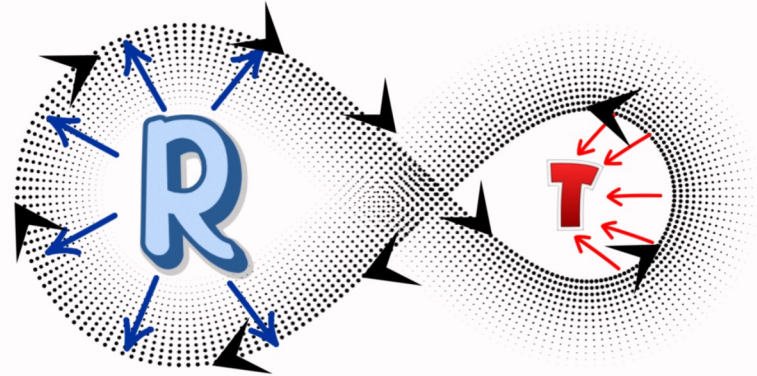
R

Trauma

T

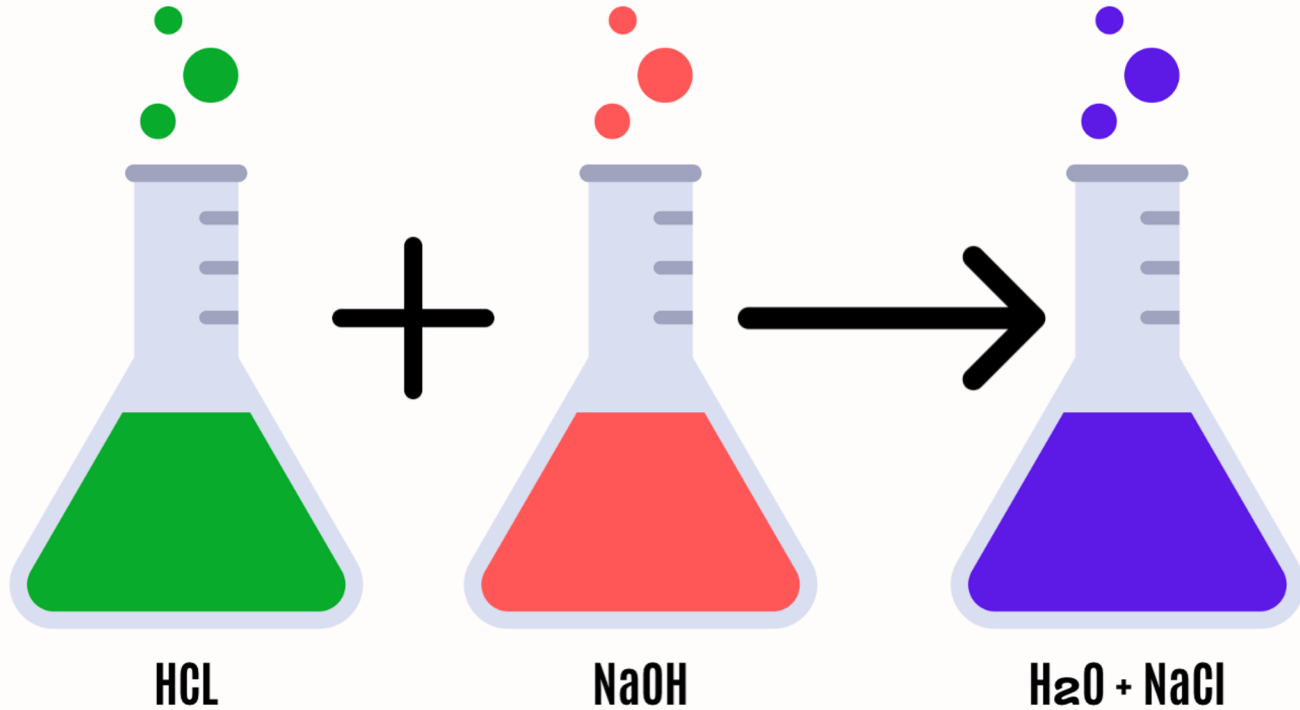


What are my resource options?
How big of a request am I making?
What am I noticing happen to my clients
body as they move back and forth?



We are not just trying to get rid of activation
- we are trying to create capacity for the
activation and help the body to complete what
the body wanted/needed to do

What is manageable right now?





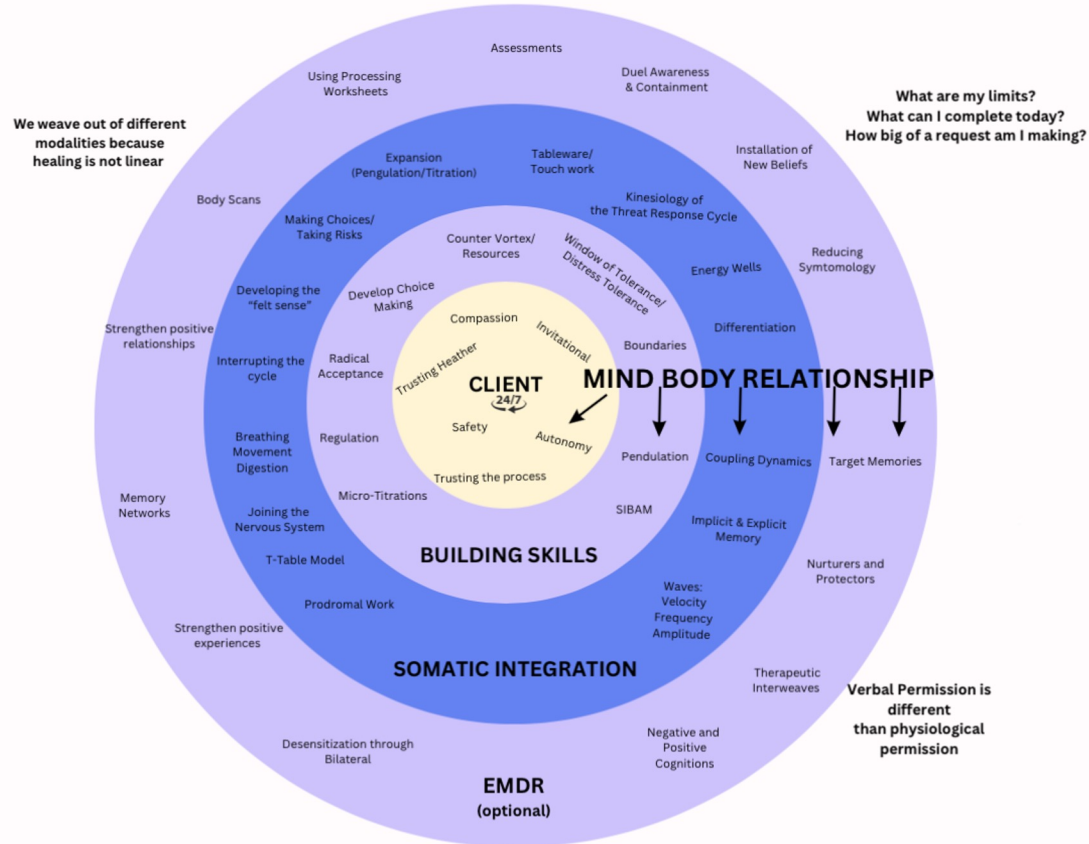
Touch work does something incredibly profound

1. Invites the body to tell her story
2. Creates spaces of power through choice and permission
3. Attunement
4. Bonding and Trust
5. Works under the wound
6. Works with the mind body relationship
7. Yielding vs Relaxing



How I work with Clients

The process isn't always a particular way or modality - the process is "What does my client need?"



When we move into a deeper layer of healing, we go back to trust and skills

Thank you!

If you have any questions, please feel free to connect

Heather Gargis MA, LPC, SEP

540.808.8750

heathergargislpc@gmail.com

Instagram: @heathergargislpc