

Trauma  
Informed  
Practices  
For EMF  
Class 4



*With Hana teaching  
and Monica zoom tech*

**Class 4 Topic:** Exploring further the genius of the moving body and our capacity for moving out of ‘maladaptive’ and triggered responses.

**Agenda:**

**1-1:15** Check-In (questions/comments, 1min each)

**1:15-2:15** Movement Warm-Up/Exploration (LBMS)

, Share, and Power-Point/Videos

**2:15-2:30** Break

**2:30-2:45** Exploring Triggers and Responding as Facilitators  
(Small Group tasks)

**2:45-3** Sharing

**3-3:15** Self-Care/Vicarious (experiential, visualization)

**3:15-3:30** Questions, orient to Community Projects



Invited to move playfully, creatively and consciously, in a connected way to self and other and circle, people feel more resourced in the face of life's stressors.





From **fixation/freeze/collapse** into **resourcing** in  
flow/self-connection/empowerment and **felt**  
**sense of safety in relationship w/ community.**  
What are the medicines of our moving body?

# Let's remember the vast resources of the Moving Body....and our knowledge of LBMS

- **EMF and LBMS** offers experiential knowledge of our embodied and moving selves.
- **Inside your body is a vast resource of intelligence:** this body is what has carried you gracefully through life, operating often unseen and unfelt and unacknowledged, and has supported you to dance with and move through challenges, to heal, and expresses your strengths and your health. Your body can be still, it can offer the experience of being like a lake, where water can still gently move, but can also settle. Your body can also move in so many different ways, as it wants to and needs to.
- **Qualities** of welcoming, allowing, knowing you have choice and support. If you do not wish to move, you can imagine yourself moving...remember your movement does not have to be big or small, fast or slow, you can find the places in-between, you can discover new transitional movements and moments.
- **We can invite a slowing down to sense,** making time and space, and we can invite an Activation which might feel like an acceleration when it feels like its time for that expression. We are a Continuum of Movement....
- **Movement Experiential:** Noticing our Body, and beginning with taking a baseline. Might you have a word or two to describe this baseline.

## LBMS Movement Experiential continued...

- **Body:** Breath Pattern vs Breath Support, into Body Part activation & sequencing of energy and movement from one limb to another, allowing a felt sense of connection.....integration through the PTBCs (Breath, Core-Distal, Spinal, Upper-Lower, Body-Half-
- **Body: Basic Movement Actions** of Yield, Push, Reach, Grasp-Pull
- **Body: Remembering Body Systems:** Respiration, Skin, Fat, Connective Tissue, Fluids, Muscles, Bones/Skeletal, Organs (voice) and Digestive System, Nervous System, Endocrine (chemical & hormonal),
- **Shape Change of the Body** – In/Out, Open/Close, Shape Flow, Directional, Shaping (Shape of our feelings...)
- **Effort/Energy** – Notice how you may be tightening your tissues or muscles or organs and binding your flow, or how you can release tension and free your flow, notice how this awareness of tension-flow in your body is helpful to know what you are feeling. Lets imagine you are feeling frustrated, notice how you can adjust the pressure in your body, pressing, strength, lightness (feelings of): desire to push? Or another movement action? Notice how it might feel good to allow your whole body to move in a multi-directional relationship to space, notice how you feel when you narrow your attention into one place.

## LBMS Movement Experiential continued...

- **Space** – As your body changes Shape, it becomes a more flexible **container** for your energy and your feelings to be regulated and expressed through, and this Shape Change is in relationship with the general space you are in.
- **Space- Notice the size of your Kinesphere** as you dance, and how this bubble around your body can be explored, played with, danced within.
- **Space-** And now perhaps a centering in the Dimensional Axis feels right...Notice if given permission in which direction your body wants to move into...moving up or down, moving side to side, moving forward or back, or perhaps into the 2-D planes; you may enjoy moving into the wheel plane (Sagittal), you may enjoy exploring movement in the table-top plane (Horizontal), you may like to move in the 2-D doorway (Vertical). These planes support your body (you) to know your range of motion, and your body to know its depth and width and height connected to Space. Notice how your body may like permission to explore moving in a Pathway in space, (Curving, Carving, Straight, ZigZag)...or be invited to shift Levels, permission to go low, or to inhabit the midlevel, permission to explore the high space. To take back your space, to claim your space, to know its available to you. To allow your body to change shape...as it explores moving freely in the space. And notice when your body wants to recuperate...what does it long for?

# Music for Warm-Up dance

- **Music from our warm up dance today:** by Arooj Aftab 'Moving and Being Still: the transitions'
- [https://youtu.be/ZUYJ8\\_tBSSQ](https://youtu.be/ZUYJ8_tBSSQ)



## LBMS Movement Experiential continued...

Take a minute or two to dance freely now to this music, and feel how all of you is here in this moment by moment unfolding, and how this movement that you have engaged since we began, supports a felt sense of connection to your body and self as an **integrated whole**....

When you are ready, slowly and gently open your eyes if they are not open, and I invite you, if it feels right to begin bridge self to other, to come into circle, simply making eye contact, breathing together, offering a gesture to each other that comes from your embodied exploration and expresses something discovered or important to you.

And now let's offer a gesture of friendship or connection to each in the group: any kind of gesture.

Noticing how you like to attune to other people and their moving bodies, and perhaps having some moments to reflect or mirror another mover and to be reflected.

**Now think of something triggering and notice what happens in your body, maybe its subtle.**

**Feel one way in which your body can move, from the movement we just did, to help to melt, sequence, integrate, or express outwardly the triggered feelings.**

---

**JOURNAL time: 5minutes, draw, journal from remembering this resource of your Moving Body, what did you enjoy today from our LBMS movement journey**

# Trauma-Informed Understandings

Acknowledge Trauma can happen to anyone – **no shame**

Provide a sense of **welcome, (relative) safety and comfort to your students**

Building trust may take time

Offer opportunities for **felt sense of control to be re-experienced**

Have compassion/Be kind (as you can manage! 😊)

Work with the person, not challenging them necessarily (even if you think you know what can help them, check in always; what do **they** want and need?)

We do not need to be reactive to triggers; we can name/respond/regulate

# Trauma-Informed Language

Is gentle,  
compassionate, non-  
judgmental.

Supports people to be  
guided by their own  
experience, not your  
knowledge alone.

“You might like to”,  
“You are invited to”,  
“Let’s see if you...”.

Words like: “allowing,  
choosing, being with”

Slows down the  
process

# Trauma Informed Understandings

- Power and Control (whose needs are being served, and do practices empower those being served or those providing the service? Checking in often)
- Doing WITH, not doing TO.
- **Explaining what, why, how** (we are doing what we are doing): helps us to feel oriented.
- Offering real choices
- **Flexibility**
- Understanding of **Fight, Flight, Freeze, Numb, Fawn responses (and Polyvagal Theory)**
- Focusing on person's strengths and resources

# EMF Considerations

- Clear contract as to what EMF is and is not.
- Knowing and explaining How, why and when we ask people to move.
- Choice, pacing, voice/language.
- Understand that sensation is powerful: all kinds.
- Trauma can impact relationship to Kinesphere.
- Trauma can impact relationship to Body, capacity to sense.
- Stay with imagery, metaphors, archetypes, symbolic expression, ways the movement can stay manageable.
- Remember, person's experience may not be languagable, we must attune to body cues/non-verbal.





# 3 Phasic approach to Trauma Healing (consider your skills & EMF contract)

1. **Safety and Stability** (Resourcing, Regulating, Connecting in relationship, gentle embodied practices)

2. **Processing the actual Trauma (memory and imprinting) ~ moving it through and out of the nervous system. (This is not EMF and only the work of a trained therapist)**

3. **Integration** ~ making sense of one's life experience, making meaning, action steps and moving forwards in life.

# Remember...what supports when someone is activated or triggered is

- RESOURCING



- TITRATION



# Some dance videos to watch: what do you see? How do you see empowerment expressed?

Imagery of the dancing body.....what do we notice?

When we think about being able to move up and down the Polyvagal ladder or up and down the window of tolerance into the adaptive zone.....how does dance help?

[https://youtu.be/8xQYr6P\\_qBc?si=7iCkaTPLetX6kEXM](https://youtu.be/8xQYr6P_qBc?si=7iCkaTPLetX6kEXM)

(Step Afrika)

[https://youtu.be/3jinWT\\_xLTQ?si=KZoQnLc8Q5z0zfL7](https://youtu.be/3jinWT_xLTQ?si=KZoQnLc8Q5z0zfL7)

(Paul Taylor: Esplanade)

<https://youtu.be/OjnzWORYfTA?si=Cflv0bwmQejrjSDI>

(Kaba Modern)

<https://youtu.be/Ha7LSrebuDI?si=arP8YV1zaRFOzGys>

(Mark Morris' L'Allegro, Il Penseroso ed il Moderato)

# Small Groups

## **Trauma Activation: Remembering the 'PolyVagal ladder' and 'Window of Tolerance'...**

**What does someone being triggered/activated look like?**

**What does it sound like or not sound like?**

**What types of behavior might we see?**

**When might you need to offer contact, support, or check-in?**

**Small groups will brainstorm this together and present ideas  
back to main group.**

**Feel free to embody, move, dance as you talk/discuss these  
Qs.**





# Vicarious/Secondary Trauma:

How to avoid what is known as ‘vicarious trauma’ or ‘secondary trauma’.

- -Know what it is and what the symptoms are.
- -Practice Spacing, Facing
- -Having ways to sequence out energy, keep regulated breath in yourself
- -Having people to talk to about your work, sessions, groups
- -Consider activities that bring you ventral vagal, and integrating these into your groups and life.
- Give yourself time to MOTOR out what has come in as SENSATION



# Home-Play Assignments (1hour)



## **Asynchronous Assignments:** **1hour**



**Journaling:** 30 minutes  
Question: Reflect on what you learned in class today and how this knowledge is useful to you in your professional practice. (Please upload this assignment into LearnDash).



**Partner Connection:** 30 minutes by telephone or Zoom connecting with class peer to help you discuss how you are taking what you learned in this course into your Community Project planning. You can share your journaling with them too if you like?



## **COURSE FOLLOW-UP:**



1/1 Conversation to Schedule with Hana: to support further integration of the course materials and be ready to integrate ideas into your Community Project leadership. Monica will send a way to sign up using Google for these meetings.