

waking the tiger

waking the tiger is more than just a vivid phrase—it's a groundbreaking concept that has transformed how individuals understand trauma, resilience, and the body's innate ability to heal. Developed by Dr. Peter Levine, "Waking the Tiger" explores the revolutionary field of somatic experiencing, emphasizing the importance of bodily awareness in trauma recovery. This article provides an in-depth look at the principles behind "waking the tiger," its practical applications, and its impact on mental health, wellness, and personal growth. Readers will discover the origins of this approach, its fundamental methods, benefits, and how it relates to contemporary trauma therapy. Whether you are interested in psychology, self-help, or holistic healing, this comprehensive guide will offer valuable insights into awakening the body's natural wisdom and harnessing its power for recovery. Continue reading to explore the science, techniques, and real-world significance of "waking the tiger."

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Understanding "Waking the Tiger" and Its Origins

"Waking the Tiger" refers to an influential book and therapeutic model developed by Dr. Peter Levine. Published in 1997, the book introduced the concept of somatic experiencing—a method of healing trauma by focusing on physical sensations and the body's natural processes. Levine's inspiration came from observing how wild animals recover from stress and threats without lingering trauma. The metaphor of "waking the tiger" symbolizes the latent energy within the body that, when properly addressed, can lead to profound healing and transformation.

This approach revolutionized trauma treatment by shifting the focus from cognitive processing to embodied awareness. "Waking the Tiger" has since become a cornerstone in holistic psychology, influencing therapists, counselors, and individuals seeking recovery from emotional and physical distress. Its principles are rooted in neuroscience, biology, and psychology, making it a multidisciplinary framework for understanding and healing trauma.

The Science Behind Trauma and Somatic Experiencing

How Trauma Affects the Body

Trauma is not just a mental or emotional experience—it has a significant physiological impact. When an individual faces a threat, the body activates a survival response known as “fight, flight, or freeze.” If this energy isn’t discharged effectively, it remains trapped, leading to symptoms like anxiety, chronic stress, and physical discomfort. “Waking the Tiger” sheds light on the biological mechanisms behind trauma, explaining how unresolved stress can affect the nervous system and overall health.

Somatic Experiencing and Neurobiology

Somatic experiencing, central to “waking the tiger,” is based on the understanding that the body inherently knows how to heal. Through awareness of bodily sensations, individuals can process traumatic energy and restore balance to the nervous system. This model draws from neurobiology, emphasizing the role of the autonomic nervous system and the importance of completing instinctual survival cycles. Scientific studies support the effectiveness of somatic therapies in reducing PTSD symptoms, improving emotional regulation, and enhancing overall well-being.

Key Principles of “Waking the Tiger”

Natural Self-Regulation

One of the foundational principles of “waking the tiger” is the concept of natural self-regulation. The body contains innate mechanisms to process and recover from trauma, similar to how wild animals shake off stress after a dangerous encounter. By learning to recognize and support these processes, individuals can facilitate healing without re-traumatization. This principle underscores trust in the body’s wisdom and the importance of gentle, gradual recovery.

Awareness of Sensations

“Waking the Tiger” encourages heightened awareness of physical sensations, or “felt sense.” This practice helps individuals track subtle changes in tension, temperature, and movement within the body. Such awareness can reveal stuck energy, promote relaxation, and guide the healing process. Emphasizing sensation over narrative allows for deeper integration and resolution of traumatic experiences.

Techniques and Practices for Somatic Healing

Guided Somatic Exercises

Somatic experiencing employs a variety of techniques designed to awaken the body's healing potential. Practitioners guide individuals through exercises that focus on noticing sensations, grounding, and gentle movement. These practices help discharge accumulated energy, release tension, and restore balance to the nervous system.

- Body scanning and tracking sensations
- Grounding techniques (e.g., feeling feet on the floor)
- Gentle shaking or trembling to release stress
- Breathwork for relaxation and regulation
- Imagery and visualization

Safe Environment and Gradual Exposure

Creating a safe and supportive environment is crucial for somatic healing. "Waking the Tiger" advocates for slow, controlled exposure to traumatic memories or sensations. By titrating the intensity and duration, individuals can avoid overwhelm and build resilience. This approach contrasts with traditional exposure therapies, offering a more compassionate and body-centered process.

Benefits of "Waking the Tiger" Approach

Physical and Emotional Healing

The "waking the tiger" model provides numerous benefits for trauma survivors and individuals seeking personal growth. By addressing the body's role in healing, this approach can reduce symptoms of anxiety, depression, and chronic pain. It also promotes emotional resilience, self-awareness, and improved regulation of stress responses.

Empowerment and Self-Discovery

Practicing somatic experiencing often leads to a deeper sense of empowerment and self-discovery. Individuals learn to trust their bodily signals, set healthy boundaries, and engage more fully with life. The process fosters a reconnection to intuition, vitality, and the innate capacity for recovery, making it a valuable tool for holistic wellness.

Comparing “Waking the Tiger” With Other Trauma Therapies

Traditional Talk Therapy vs. Somatic Experiencing

While traditional talk therapy focuses on verbal expression and cognitive processing, “waking the tiger” emphasizes the body’s wisdom and nonverbal cues. Somatic experiencing can complement talk therapy, offering a more integrated approach to trauma recovery. Studies show that combining both methods often yields better outcomes for complex trauma and PTSD.

Mindfulness and Body-Based Therapies

“Waking the Tiger” shares similarities with mindfulness practices, yoga, and other body-based therapies. All these methods emphasize presence, sensation, and self-regulation. However, somatic experiencing is unique in its focus on completing survival cycles and releasing trapped energy, making it especially effective for trauma resolution.

Integrating Somatic Experiencing Into Daily Life

Simple Practices for Everyday Wellness

Applying the principles of “waking the tiger” does not require formal therapy sessions. Individuals can incorporate somatic practices into daily routines to enhance well-being and resilience. Regular attention to bodily sensations, mindful movement, and grounding exercises can reduce stress and improve overall quality of life.

Building Resilience Through Awareness

Cultivating body awareness builds resilience to future stress and adversity. “Waking the Tiger” encourages ongoing practice, reflection, and support. By listening to the signals of the body, individuals can respond to challenges more effectively and maintain balance in the face of uncertainty.

Common Misconceptions and FAQs

Addressing Myths About Somatic Experiencing

Despite its growing popularity, “waking the tiger” is sometimes misunderstood. It is not a substitute

for medical treatment or a cure-all for trauma. Rather, it is a complementary approach that works best alongside other therapeutic interventions. Some believe that somatic experiencing requires reliving painful memories, but the process actually focuses on sensations, safety, and gradual healing.

Frequently Asked Questions

Many people have questions about how “waking the tiger” works, its effectiveness, and how to get started. Understanding the basics can help individuals make informed choices about their healing journey and find appropriate support.

Trending and Relevant Questions and Answers About Waking the Tiger

Q: What is the main idea behind “waking the tiger” in trauma therapy?

A: The main idea is that the body holds and processes traumatic energy, and healing occurs by increasing awareness of physical sensations, allowing the body to discharge stress and restore balance naturally.

Q: How does somatic experiencing differ from traditional talk therapy?

A: Somatic experiencing focuses on bodily sensations and the physiological effects of trauma, while talk therapy primarily addresses thoughts and emotions through conversation.

Q: Can “waking the tiger” help with anxiety and chronic stress?

A: Yes, the approach has been shown to reduce symptoms of anxiety and chronic stress by promoting self-regulation and releasing trapped energy in the nervous system.

Q: Is somatic experiencing suitable for everyone?

A: While many people benefit from somatic experiencing, it may not be suitable for individuals with certain medical conditions or those who require intensive psychiatric care. A trained professional can assess suitability.

Q: What are some simple somatic practices I can try at home?

A: Simple practices include body scanning, mindful breathing, grounding exercises, gentle movement, and tracking bodily sensations in a safe environment.

Q: How long does it take to see results with “waking the tiger” techniques?

A: Results vary depending on individual circumstances, but many people notice improvements in stress regulation and body awareness within a few weeks of regular practice.

Q: Are there scientific studies supporting the effectiveness of somatic experiencing?

A: Yes, research has shown that somatic experiencing can reduce symptoms of PTSD, improve emotional regulation, and enhance overall well-being.

Q: Do I need a therapist to practice “waking the tiger” techniques?

A: While working with a trained therapist is recommended for trauma recovery, basic somatic practices can be incorporated into daily life independently for general wellness.

Q: What are common misconceptions about “waking the tiger”?

A: Common misconceptions include the belief that it requires reliving trauma or is a substitute for medical care. In reality, the approach focuses on safety, sensation, and complements other therapies.

Q: How can I find a qualified somatic experiencing practitioner?

A: Look for professionals certified in somatic experiencing, with experience in trauma therapy and a strong understanding of “waking the tiger” principles.

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Waking the Tiger: Unleashing Your Untapped Potential

Are you feeling stuck? Like there's a powerful force within you, dormant and waiting to be unleashed? This feeling, this sense of untapped potential, is the tiger within. This blog post explores the concept of "waking the tiger," delving into the practical strategies and mindset shifts needed to access your inner strength and achieve remarkable things. We'll move beyond abstract concepts and provide actionable steps you can take today to ignite your potential and transform your life.

Understanding the Metaphor: What Does "Waking the Tiger" Really Mean?

The phrase "waking the tiger" is a powerful metaphor representing the unlocking of latent abilities and hidden resources. It speaks to the inherent strength and resilience residing within each of us, often obscured by self-doubt, fear, and limiting beliefs. This isn't about becoming aggressive or dominating others; instead, it's about harnessing your inner power to achieve your goals, overcome challenges, and live a more fulfilling life. It's about tapping into your innate drive and passion, the force that propels you forward when you're facing adversity.

Identifying Your "Tiger": Recognizing Your Untapped Potential

Before you can wake your tiger, you must first identify it. What are your passions? What are you truly capable of? This often requires introspection and self-reflection. Ask yourself:

What activities make you lose track of time? These are often clues to your hidden talents and passions.

What challenges have you overcome in the past? Reflecting on past successes can build confidence and reveal your resilience.

What are your biggest dreams and aspirations? Don't be afraid to dream big - your "tiger" is fueled by ambitious goals.

Journaling, meditation, and spending time in nature can all be helpful tools for self-discovery and identifying your inner tiger.

Strategies for Waking the Tiger: Practical Steps to Unleash Your Potential

Waking the tiger isn't a passive process; it requires conscious effort and consistent action. Here are some key strategies:

1. Embrace Challenges: Step outside your comfort zone. Growth occurs when you confront your fears and push beyond your perceived limitations.

2. Cultivate a Growth Mindset: Believe in your ability to learn and improve. Embrace failures as learning opportunities and focus on progress, not perfection.

3. Develop Self-Discipline: Consistent effort is crucial. Create a structured routine and stick to it, even when motivation is low. This builds momentum and strengthens your resolve.

4. Practice Mindfulness: Pay attention to the present moment. Mindfulness helps you connect with your inner self, identify limiting beliefs, and make conscious choices aligned with your goals.

5. Build a Supportive Network: Surround yourself with positive and encouraging people who believe in your potential. A strong support system can provide motivation, accountability, and valuable feedback.

6. Set SMART Goals: Specific, Measurable, Achievable, Relevant, and Time-bound goals provide direction and motivation. Break down large goals into smaller, manageable steps.

7. Celebrate Your Wins: Acknowledge and celebrate your accomplishments, no matter how small. This reinforces positive behaviors and boosts confidence.

Overcoming Obstacles: Addressing Fears and Limiting Beliefs

The path to waking your tiger is not always smooth. You'll encounter obstacles, setbacks, and moments of self-doubt. It's crucial to address these challenges head-on. Identify your limiting beliefs – those negative thoughts and assumptions that hold you back. Challenge these beliefs with evidence and replace them with empowering affirmations.

Maintaining Momentum: Sustaining the Energy of Your Awakened Tiger

Waking your tiger is a journey, not a destination. Maintaining momentum requires consistent effort and self-awareness. Regularly reflect on your progress, adjust your strategies as needed, and continue to cultivate a growth mindset. Remember to celebrate your achievements and never lose sight of your ultimate goals.

Conclusion: Embrace Your Inner Strength

Waking the tiger is about unlocking your innate potential and living a life aligned with your passions and aspirations. It's a journey of self-discovery, growth, and resilience. By embracing challenges, cultivating a growth mindset, and taking consistent action, you can unleash the powerful force within and achieve remarkable things. Remember, the tiger within you is waiting to be awakened.

FAQs

1. Is it possible to wake my tiger if I've always felt unmotivated? Absolutely! Lack of motivation often stems from a disconnect between your actions and your values. Identifying your core values and setting goals aligned with them can reignite your inner drive.
2. What if I experience setbacks along the way? Setbacks are inevitable. View them as learning opportunities, adjust your strategies, and keep moving forward. Don't let temporary obstacles derail your progress.
3. How long does it take to "wake the tiger"? There's no set timeframe. It's a personal journey with varying timelines. Consistency and self-compassion are key.
4. Can I wake my tiger without external support? While external support is beneficial, it's not essential. Self-belief, discipline, and consistent action are the foundation of waking your tiger.
5. What if I don't know what my "tiger" is? Start by exploring your interests, talents, and passions. Journaling, meditation, and self-reflection can help you identify your untapped potential.

waking the tiger: Waking the Tiger: Healing Trauma Peter A. Levine, Ph.D., 1997-07-07
Now in 24 languages. Nature's Lessons in Healing Trauma... Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

waking the tiger: In an Unspoken Voice Peter A. Levine, Ph.D., 2012-10-30 Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to

self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

waking the tiger: Don't Wake Up Tiger! Britta Teckentrup, 2023-08 Try not to disturb the sleeping tiger in this interactiveboard book with shiny spot UV pages!

waking the tiger: Healing Trauma Peter A. Levine, 2008 Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. 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.

waking the tiger: Waking the Tiger , 2021-06

waking the tiger: Trauma Through a Child's Eyes Peter A. Levine, Ph.D., Maggie Kline, 2010-05-18 What parents, educators, and health professionals can do to recognize, prevent, and heal childhood trauma, from infancy through adolescence—by the author of *Waking the Tiger* Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents like auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit—often resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma. "Trauma Through A Child's Eyes . . . creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for." —Gabor Maté, MD, author of *Hold On to Your Kids*

waking the tiger: Waking the Tiger Leonard Feinberg, 2005 *Waking the Tiger* is a novel set in late-1950s Sri Lanka, a country at the edge of a gathering storm of violence. Feinberg weaves a complex story of the clash between cultures and castes, expats and ex-colonials, Hindu swamis and Buddhist priests, politicians and entrepreneurs, Sinhalese and Tamils, idealism and realism. Filled with vivid accounts of local customs and locales, *Waking the Tiger* sardonically describes the underbelly of an apparent paradise. Feinberg lived in Sri Lanka with his family from 1957-1958, when he was Fulbright lecturer in American Literature at the University of Ceylon.

waking the tiger: Trauma and Memory Peter A. Levine, Ph.D., 2015-10-27 Designed for psychotherapists and their clients, Peter Levine's latest best-seller continues his groundbreaking exploration of the central role of the body in processing—and healing—trauma. With foreword by Bessel van der Kolk, author of *The Body Keeps the Score* In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address explicit traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores implicit memory, and how much of what we think of as memory actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care

practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

waking the tiger: Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology) Daniel J. Siegel, Marion F. Solomon, 2003-03-17 Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

waking the tiger: Trauma-Proofing Your Kids Peter A. Levine, Ph.D., Maggie Kline, 2014-09-16 Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

waking the tiger: *The Body Keeps the Score* Bessel van der Kolk, 2014-09-25 THE INTERNATIONAL BESTSELLER - OVER 3 MILLION COPIES SOLD 'Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller' Judith Herman, author of *Trauma and Recovery* The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body. 'Fascinating, hard to put down, and filled with powerful case histories. . . . the most important series of breakthroughs in mental health in the last thirty years' Norman Doidge, author of *The Brain that Changes Itself* 'An astonishing and important book. The trauma Bible. I cannot recommend it enough for anyone struggling with...well...anything' Tara Westover *The Body Keeps Score* has sold over 3 million copies since publication [Circana BookScan, April 2024] Sunday Times (UK) and New York Times (USA) bestseller, March 2024

waking the tiger: *Children with Emerald Eyes* Mira Rothenberg, 2003-01-06 Mira Rothenberg pioneered both the clinical distinction and treatment protocol for autistic and severely disturbed children as separate from those for the mentally retarded. Winner of a Woman of the Year award from the New York City Chamber of Commerce and the National Organization for Mentally Ill Children, she eloquently recounts a lifetime of taking on seemingly hopeless cases and bringing these children, through painstaking therapy and love, back into the world. Unflinchingly honest, whether dealing with the raw pain of her patients' lives or with Rothenberg's own complex feelings for them, *Children with Emerald Eyes* explores the landscape of mental illness while never losing

sight of the humanity within each patient.

waking the tiger: Wake a Sleeping Tiger Lora Leigh, 2017-03-21 When readers of dark romance and unbridled desire want to be satisfied, they turn to #1 New York Times bestselling author Lora Leigh and her “powerful and highly erotic” (Fresh Fiction) Breed novels. Now a Breed hides in the world of man—until a woman arouses the amused and wildly carnal animal within... Once, he was Judd—Bengal Breed and brother to the notorious fugitive Gideon. After Gideon disappeared, Judd was experimented on until his tortured body knew nothing but agony. Now he is Cullen Maverick, serving as the commander of the Navajo Covert Law Enforcement Agency in the small community of Window Rock, Arizona. Despite his genetics, Cullen is able to pass as human because his Bengal traits are recessed. He lacks the ability to smell the emotions, bonds and fears that other Breeds take for granted. And he remains tormented that he wasn’t able to mate the woman he loved—at the cost of her life. He’s no longer a Breed, merely a man. . . or so he thinks. But his tiger is about to be awakened by the one woman destined to be his—Chelsea Martinez. And their world will never be the same...

waking the tiger: Body-centered Psychotherapy Ron Kurtz, 2007 A must-read for anyone interested in the body-centered movement in psychotherapy. The Hakomi Method integrates the use of mindfulness, nonviolence, meditation, and holism into a highly original amalgam of therapeutic techniques. Hakomi work incorporates the idea of respect for the wisdom of each individual as a living organic system, organizing matter and energy to maintain its goals and identity. It is written with clarity, humor, and simplicity. Sure to inspire and give insight to both therapists and laypersons.

waking the tiger: Sleep Like a Tiger Mary Logue, 2012 2013 Randolph Caldecott Honor Award In this magical bedtime story, the lyrical narrative echoes a Runaway Bunny - like cadence: Does everything in the world go to sleep? the little girl asks. In sincere and imaginative dialogue between a not-at-all sleepy child and understanding parents, the little girl decides in a cocoon of sheets, a nest of blankets, she is ready to sleep, warm and strong, just like a tiger. The Caldecott Honor artist Pamela Zagarenski's rich, luminous mixed-media paintings effervesce with odd, charming details that nonsleepy children could examine for hours. A rare gem.

waking the tiger: The Revolutionary Trauma Release Process David Bercei, 2008 This book represents a startling breakthrough in trauma therapy--that trauma can manifest itself physically in the body's muscles, not just the mind. This work outlines the exercises that can alleviate or eliminate such physical stress.

waking the tiger: Widen the Window Elizabeth Stanley, 2019-09-24 A pioneering researcher gives us a new understanding of stress and trauma, as well as the tools to heal and thrive. This groundbreaking book examines the cultural norms that impede resilience in America, especially our collective tendency to disconnect stress from its potentially extreme consequences and override our need to recover. It explains the science of how to direct our attention to perform under stress and recover from trauma, exploring how our survival brain and thinking brain react to traumatic situations differently. By directing our attention in particular ways, we can widen the window within which our thinking brain and survival brain work together cooperatively. When we use awareness to regulate our biology this way, we can access our best, uniquely human qualities: our compassion, courage, curiosity, creativity, and connection with others. By building our resilience, we can train ourselves to make wise decisions and access choice - even during times of incredible stress, uncertainty and change. With stories from men and women Dr Stanley has trained in settings as varied as military bases, healthcare facilities, as well as her own striking experiences with stress and trauma, she gives readers hands-on strategies they can use themselves, whether they want to perform under pressure or heal from traumatic experience, while at the same time pointing our understanding in a new direction. Foreword by Bessel Van Der Kolk, bestselling author of *The Body Keeps the Score*. 'Widen the Window is a comprehensive overview of stress and trauma, responses to it, and tools for healing and thriving. It's not only for those in high-intensity work, but for everyone.' - Mindful Magazine

waking the tiger: *Heal the Body, Heal the Mind* Susanne Babbel, 2018-09-01 Traumatic events can leave mental and physical scars—but these scars don't have to define you. *Heal the Body, Heal the Mind* takes trauma survivors on a supportive and healing journey toward well-being. By practicing the somatic exercises and mind-body interventions in this compassionate guide, you'll learn to move past difficult experiences, restore relationships, and cultivate spiritual awareness. When trauma occurs, the logical mind is hijacked and physiology takes over in an effort to protect you. This leaves an imprint—your body wants to ensure that nothing like that will ever happen again. Being reminded of a traumatic event can trigger these automatic responses, leaving you feeling paralyzed or unable to take action. This book will help you understand why and how unresolved trauma can infiltrate all aspects of your life, including your mind and body—even when you're not aware of its influence. With *Heal the Body, Heal the Mind* as a gentle guide, you'll learn about different types of trauma, find helpful assessments, and discover how traumatic experiences—even childhood and incidental traumas—can affect all aspects of your life: your relationship choices, the roles you play in them, your sense of pleasure and desire, and how you approach your career, spirituality, and interactions with others. Using the combination of mind-body interventions, cognitive behavioral theories, research, case studies, and exercises woven into each chapter of this warm-hearted, relatable book, you'll begin to address the unresolved trauma held in your body and advance your healing process. So, if you're ready to move beyond the trauma that's been holding you back in your relationships, at work, and in your spiritual practice, this guide will show you how.

waking the tiger: *Call of the Wild* Kimberly Ann Johnson, 2021-04-13 From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In *Call of the Wild*, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their "animal selves." While we cannot cure the painful cultural rifts inflicting our society, there is a path forward—through our bodies.

waking the tiger: *The Tiger who Would be King* James Thurber, 2015 Gorgeously illustrated in a large-format album with two gatefolds and a stunning foldout of a jungle at war, *The Tiger Who Would Be King* is as entertaining as it is wise, as wry as it is passionate. Yoon's humorous images support this beautifully written text with wit and insight, playing up the comic elements, while showing the pathos as well.

waking the tiger: *Overcoming Trauma through Yoga* David Emerson, Elizabeth Hopper, Ph.D., 2012-01-10 Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on

the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

waking the tiger: *Hypnotize a Tiger* Calef Brown, 2015-04-28 This is the first longer-format, middle-grade collection from #1 New York Times-bestselling author-illustrator Calef Brown. Moving away from the picture book format offers Calef the opportunity to tackle a variety of themes and poetry styles as well as reach a slightly older audience. *Hypnotize a Tiger* is chock-full of Calef's zany black-and-white artwork and features his wonderfully inventive characters and worlds-from the completely nonviolent and silent Lou Gnome to Percival, the impetuous (and none-too-sensible) lad who believes he is invincible, to Hugh Jarm (who has a huge arm, natch!). It's a whimsical world: creative, fun, and inspiring!

waking the tiger: *Moving Beyond Trauma: The Roadmap to Healing from Your Past and Living with Ease and Vitality* Ilene Smith, 2020-05-05 Have you noticed that no matter how much time you spend in talk therapy, you still feel anxious and triggered? That is because talk therapy can keep you stuck in a pattern of reliving your stories, rather than moving beyond them. But, most of all, it's because trauma doesn't just reside inside your mind--much more importantly, it locks itself in other parts of your body. When left unresolved, that trauma continues to live there, impacting your life, your relationships, your sense of safety, and your ability to experience joy in very real ways. In *Moving Beyond Trauma*, Ilene Smith will introduce you to Somatic Experiencing, a body-based therapy capable of healing the damage done to your nervous system by trauma. She breaks down the ways in which trauma impacts your nervous system and walks you through a program designed to process trauma in a non-threatening way. You will discover a healing lifestyle marked by a deeper connection with yourself, those around you, and with everything you do.

waking the tiger: *Chasing Tiger* Curt Sampson, 2002-06-03 All eat from the bowl of life. Tiger Woods just has a bigger spoon. So writes Curt Sampson in his ground-breaking account of the current state of golf. Tiger Woods has changed golf forever. His mix of power and skill combines with his extraordinary business savvy to make Woods the biggest global sports figure since Michael Jordan. Like Jordan, Woods' competitive signature is equal parts inspiration and intimidation. But what about the other guys? It's either catch up or give up for the rest of the golfing world, and in *Chasing Tiger* Curt Sampson exuberantly charts the state of the game as the new century unfolds. There are Duval and Mickelson and a host of other stars, of course, but there are also the junior golfers and their parents, corporate America, agents, instructors, fans, and the media. Just as he did in his controversial bestsellers *Hogan* and *The Masters*, Sampson digs deep to uncover stories that wouldn't otherwise be told. There's the golf course employee in Austin whose admiration for Woods leads him to spend every waking minute mimicking his hero (including the trademark pumping fist, only here it's on the practice green). There's the awestruck unemployed talk show host who

stretches the bounds of good taste and hero worship with his Web site, Tigerwoodsisgod.com. At the other end of the scale is Charles Howell III, skinny as a 2-iron, a up-and-coming player who has been tapped by Jack Nicklaus to be the next great challenge to Woods. Howell is the anti-Tiger: a man unfailingly friendly to fans and media, recently married, opinionated, and entirely lacking in caution, yet he struggles to earn enough money to make the Tour. Curt Sampson has written an affectionate yet wary account of one extraordinary man's impact on the world of sport. By turns moving, hilarious, and eye-opening, *Chasing Tiger* is a wonderful addition to the golf canon.

waking the tiger: Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment

David Emerson, 2015-02-16 This practical guide presents the cutting-edge work of the Trauma Center's yoga therapy program, teaching all therapists how to incorporate it into their practices. When treating a client who has suffered from interpersonal trauma—whether chronic childhood abuse or domestic violence, for example—talk therapy isn't always the most effective course. For these individuals, the trauma and its effects are so entrenched, so complex, that reducing their experience to a set of symptoms or suggesting a change in cognitive frame or behavioral pattern ignores a very basic but critical player: the body. In cases of complex trauma, mental health professionals largely agree that the body itself contains and manifests much of the suffering—self hatred, shame, and fear. Take, for example, a woman who experienced years of childhood sexual abuse and, though very successful in her professional life, has periods of not being able to feel her limbs, sensing an overall disconnection from her very physical being. Reorienting clients to their bodies and building their "body sense" can be the very key to unlocking their pain and building a path toward healing. Based on research studies conducted at the renowned Trauma Center in Brookline, Massachusetts, this book presents the successful intervention known as Trauma-Sensitive Yoga (TSY), an evidence-based program for traumatized clients that helps them to reconnect to their bodies in a safe, deliberate way. Synthesized here and presented in a concise, reader-friendly format, all clinicians, regardless of their background or familiarity with yoga, can understand and use these simple techniques as a way to help their clients achieve deeper, more lasting recovery. Unlike traditional, mat-based yoga, TSY can be practiced without one, in a therapist's chair or on a couch. Emphasis is always placed on the internal experience of the client him- or herself, not on achieving the proper form or pleasing the therapist. As Emerson carefully explains, the therapist guides the client to become accustomed to feeling something in the body—feet on the ground or a muscle contracting—in the present moment, choosing what to do about it in real time, and taking effective action. In this way, everything about the practice is optional, safe, and gentle, geared to helping clients to befriend their bodies. With over 30 photographs depicting the suggested yoga forms and a final chapter that presents a portfolio of step-by-step yoga practices to use with your clients, this practical book makes yoga therapy for trauma survivors accessible to all clinicians. As an adjunct to your current treatment approach or a much-needed tool to break through to your traumatized clients, Trauma-Sensitive Yoga in Therapy will empower you and your clients on the path to healing.

waking the tiger: The Body Reveals Ron Kurtz, Hector Presteria, 1977

waking the tiger: Sedated James Davies, 2021-06-03 A provocative and shocking look at how western society is misunderstanding and mistreating mental illness. Perfect for fans of *Empire of Pain* and *Dope Sick*. In Britain alone, more than 20% of the adult population take a psychiatric drug in any one year. This is an increase of over 500% since 1980 and the numbers continue to grow. Yet, despite this prescription epidemic, levels of mental illness of all types have actually increased in number and severity. Using a wealth of studies, interviews with experts, and detailed analysis, Dr James Davies argues that this is because we have fundamentally mischaracterised the problem. Rather than viewing most mental distress as an understandable reaction to wider societal problems, we have embraced a medical model which situates the problem solely within the sufferer and their brain. Urgent and persuasive, *Sedated* systematically examines why this individualistic view of mental illness has been promoted by successive governments and big business - and why it is so misplaced and dangerous.

waking the tiger: Living Sea of Waking Dreams, The Richard Flanagan, 2021-10-19 In a world of perennial fire and growing extinctions, Anna's aged mother is dying-if her three children would just allow it. Condemned by their pity to living she increasingly escapes through her hospital window into visions of horror and delight. When Anna's finger vanishes and a few months later her knee disappears, Anna too feels the pull of the window. She begins to see that all around her others are similarly vanishing, but no one else notices. All Anna can do is keep her mother alive. But the window keeps opening wider, taking Anna and the reader ever deeper into a strangely beautiful story about hope and love and orange-bellied parrots.--Back cover.

waking the tiger: The Day Tiger Rose Said Goodbye Jane Yolen, 2011-05-24 Not since *The 10th Good Thing About Barney* or *I'll Always Love You* has there been such a peaceful and inspiring book to help children and adults cope with the loss of a pet. The talented multiple-medalist Jane Yolen takes on this difficult subject with her usual grace and poetic sensitivity, focusing not on the death as much as the life in the last day of an older cat named Tiger Rose. Tiger Rose's kitten days are long gone and she's grown too tired to stay, so she says her goodbyes to all the creatures and the joys of her natural world—from the scolding blue jay, to the dog and children she shares her home with, to a chipmunk, startled by her gentleness, to her favorite shady patch under a piney bush. In a final vision, Tiger Rose takes one last leap into the blue sky and becomes one with all—the earth, the air, the sun. . . . This is perhaps the most reassuring book on death available for children.

waking the tiger: Healing Developmental Trauma Laurence Heller, Ph.D., Aline LaPierre, Psy.D., 2012-09-25 This “well-organized, valuable” guide draws from somatic-based psychotherapy and neuroscience to offer “clear guidance” for coping with childhood trauma (Peter Levine, author of *Waking the Tiger* and *In an Unspoken Voice*). Although it may seem that people suffer from an endless number of emotional problems and challenges, Laurence Heller and Aline LaPierre maintain that most of these can be traced to five biologically based organizing principles: the need for connection, attunement, trust, autonomy, and love-sexuality. They describe how early trauma impairs the capacity for connection to self and others and how the ensuing diminished aliveness is the hidden dimension that underlies most psychological and many physiological problems. Heller and LaPierre introduce the NeuroAffective Relational Model® (NARM), a method that integrates bottom-up and top-down approaches to regulate the nervous system and resolve distortions of identity such as low self-esteem, shame, and chronic self-judgment that are the outcome of developmental and relational trauma. While not ignoring a person's past, NARM emphasizes working in the present moment to focus on clients' strengths, resources, and resiliency in order to integrate the experience of connection that sustains our physiology, psychology, and capacity for relationship.

waking the tiger: The Things They Carried Tim O'Brien, 2009-10-13 A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

waking the tiger: Wisdom in the Body Michael Kern, 2011-08-30 Accumulations of life stresses—physical injuries, emotional and psychological stresses, birth traumas, and toxicity—can become imprinted in the tissues, acting like a videotape that is replayed whenever stimulated. Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma-based patterns of disease and suffering in body and mind. *Wisdom in the Body* teaches

practitioners to develop the finely tuned skills of hands-on palpation and perception to sense the body's subtle rhythms and patterns of inertia or congestion, with the goal of ending trauma and facilitating the expression of the breath of life. A comprehensive introduction to this practice, the book draws on the insights of pioneers like Drs. W. G. Sutherland and Franklyn Sills to explain the key principles about the body's natural intention to heal and how this capability can be encouraged. A valuable resource for students, practitioners, and the lay reader, the book also includes a foreword by Dr. Franklyn Sills.

waking the tiger: *The Power of When* Michael Breus, 2016-09-13 Learn the best time to do everything -- from drink your coffee to have sex or go for a run -- according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in *The Power Of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power Of When* presents a groundbreaking program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power Of When* is the ultimate lifehack to help you achieve your goals.

waking the tiger: *The Post-Traumatic Growth Guidebook* Arielle Schwartz, 2020-01-14 Traumatic life experiences can be devastating and they inevitably shape who you are. Such events can also become a powerful force that awakens you to an undercurrent of your own aliveness. Trauma recovery involves learning to trust in your capacity for new growth. In order to grow, we must make use of our suffering in order to find our happiness. Within these pages, you will find an invitation to see yourself as the hero or heroine of your own life journey. A hero's journey involves walking into the darkness on a quest for wholeness. This interactive format calls for journaling and self-reflection, with practices that guide you beyond the pain of your past and help you discover a sense of meaning and purpose in your life. Successful navigation of a hero's journey provides opportunities to discover that you are more powerful than you had previously realized. Written by Dr. Arielle Schwartz, bestselling author of *The Complex PTSD Workbook*, this healing guide provides a step-by-step approach to trauma recovery that integrates: Mindfulness & yoga Somatic psychology EMDR therapy Parts work therapy Relational therapy

waking the tiger: *Go the F**k to Sleep* Adam Mansbach, 2011-06-14 The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care.

waking the tiger: *Wake the Sleeping Tiger* Margaret Way, 1979

waking the tiger: *Treating Trauma Survivors With PTSD* Rachel Yehuda, 2008-08-13 In recent years, considerable research, as well as clinical guidelines based on study findings, has been published on the treatment of posttraumatic stress disorder (PTSD). A gap remains, however, between the controlled environments and protocols used in intervention research and the more complex and often imperfect settings and situations that clinicians must navigate in daily practice. Moreover, clinicians routinely see patients whose comorbid substance abuse, self-destructive behavior, or medical illness would likely exclude them from research studies. In short, although the extensive literature is certainly helpful in articulating the various treatment modalities available to clinicians, the strength of the evidence for the efficacy of the treatments, and the recommendations

and personal preferences of experts, the literature does not address the real-life dilemmas that clinicians face in attempting to treat trauma survivors. What is needed is a way to bridge the gap between research and practice -- to translate study findings into everyday clinical realities. *Treating Trauma Survivors With PTSD* answers that need. Its authors, experienced researchers and clinicians who are at the forefront of conceptual discourse on trauma and PTSD, are uniquely qualified to offer guidance on these issues. Among the specific topics covered are the following: Diagnosis and assessment of and treatment planning for trauma survivors with PTSD, including clinical presentations related to trauma exposure and PTSD and the implications of comorbid symptoms and disorders Treatment matching in clinical practice -- how treatment outcome findings can be used to develop profiles for predicting which patients are most likely to respond to which treatments Medications useful in the treatment of PTSD and the strength of the empirical evidence for their efficacy Trauma in children and the efficacy of various treatments, including a discussion of how treatment for children differs from that for adults Assessment and treatment of multiply traumatized patients -- those with both recent trauma and a history of childhood trauma or abuse Treatment of trauma survivors in the acute aftermath of traumatic events, including a review of some of the exciting developments in the field regarding risk factors (e.g., normal vs. pathological coping responses) that influence which individuals are most likely to develop PTSD after such events. These topics have never been more relevant than now, in the wake of the attacks that shook our country on September 11, 2001. It is the authors' hope that by reading this book, mental health practitioners will gain more confidence in applying the specialized techniques described in empirical studies to their own practices and clinical realities.

waking the tiger: Living with Tigers Valmik Thapar, 2016 Valmik Thapar first went to Ranthambhore, in 1976, at the age of twenty-three. He was a city boy, unsure of what lay ahead. When he entered the forest, which would go on to become one of the last strongholds of wild tigers, it had a profound effect on him, changing his life forever. For the next forty years, he studied nearly 200 Ranthambhore tigers, spending every waking moment in close proximity to these magnificent animals. Of the various tigers he observed a handful became extra special and it is these which come to glorious life in this book. They include Padmini, the Queen Mother, the first tiger the author got to know well; Genghis, the master predator, who invented a way of killing prey in water, the first time this had been observed anywhere in the world; Noon, one of his all-time favourites, who received her name because she was most active in the middle of the day; Broken Tooth, an exceptionally gentle male; Laxmi, a devoted mother, whose methods of raising her cubs revolutionized tiger studies; Machli, the most famous tigress in Ranthambhore and several more.

waking the tiger: Before I Wake Up Britta Teckentrup, 2016 A little girl and her special friend go on an epic fantastic voyage before she wakes up.

waking the tiger: Taming the Tiger Mark Odland, 2019-07-07 We live in a world ripped apart by trauma. Just turn on the news, and there it is. Another war, another attack, another epidemic. And even if we turn off the news, we're left with the reality of our lives, and the challenges within our own families. Illness, death, broken relationships... and there's our regrets... our doubts... our insecurities, and our fears... all amplified by unhealed wounds from the past. So often, we try to ignore these wounds. But over time, it catches up with us. Whether we like to admit or not, our past shapes us. It shapes not only how we see the world, but it literally changes our brains. From 1995-1997 Kaiser Permanente did a massive study of over 17,000 subjects to try and better understand the way trauma experienced in childhood impacted individuals long-term. In what is now known as the (ACE) study, because it focused on Adverse Childhood Experiences, subjects completed confidential surveys, allowing researchers to gather data on their experiences of physical, sexual, and emotional abuse; emotional and physical neglect; and negative household experiences like divorce, addiction, violence and incarceration... and the results were jaw-dropping. The researchers found that not only were these adverse childhood experiences very common, but that as the number of these experiences increased, so did the individual's risk for a whole host of problems later in life. One might expect that there would be some mental health issues because of childhood

pain... but the big surprise was the direct link between these painful experiences and an increased likelihood of having medical and socio-economic problems later in life... like addiction, heart disease, liver disease, financial stress, academic problems, risky behaviors, suicide attempts, and domestic violence. One of the big takeaways from this study was the importance of not only trying to minimize and prevent these painful experiences from happening, but also... (here's where EMDR comes in)... also trying to heal the emotional trauma so that these problems later in life don't have to manifest the same way. Yes, there is a silver lining in all this. There is a ray of light in the midst of so much darkness in this world. With EMDR therapy, trauma can permanently heal, allowing individuals to live healthier, more joyful lives, and break the destructive patterns passed down from generation to generation. In this sense, EMDR truly can change the world! And I'm so honored to tell you about it. My name is Mark Odland, and I'd like to personally welcome you to this crash course on EMDR therapy and how it can transform your life. EMDR therapy is, simply put, the most groundbreaking and powerful therapy out there. Its 8-phase process is highly researched, and has been empirically validated by over 2 dozen randomized studies of trauma victims. It's recognized by the American Psychiatric Association, the Department of Veterans Affairs, and the Department of Defense. It's also one of only two trauma therapies endorsed today by the World Health Organization for treating PTSD. From the outside, it can look a little too good to be true. But the research doesn't lie. EMDR is the real deal, and it's here to stay. But to be clear, this course itself is not EMDR therapy, because EMDR is something you'd receive over the course of several weeks or months from a trained, mental health professional. This course itself isn't therapy, and it's not a quick fix. But it is an in-depth introduction to EMDR therapy. My goal is to take the mystery out of it... to pull back the curtain to show you exactly what it is, how it works, why it works, and how it can help you or someone you love find lasting healing from trauma. Knowledge is power, and my hope is that this course helps you see, and believe, that emotional pain doesn't have to have the last word. That old hurts can, in fact, heal... permanently.

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