

Kinesiology & The New Science of Trauma

With Austin Wyse & Dawn Bailey

Welcome

Understanding and releasing
stored trauma changes
EVERYTHING!



The Association of
Systematic
Kinesiology
your body in balance
Registered Charity No: 299 306

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What is Trauma?

Trauma is a deeply disturbing experience where an individual feels that:

1. Their life is in danger
- or
2. They can't escape.

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There are two types of Trauma

1. Shock Trauma

(accidents, injuries, one-off attacks, witnessing horrific events etc)

&

2. Developmental Trauma

(daily/regular exposure to feelings of being unsafe from caregivers/authority figures)

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How is Trauma Stored?

- When we feel our lives are in danger or we feel we can't escape we go into the fight/flight response.
- When fight or flight are ineffective, we then go into freeze.
- If we don't release the freeze response and complete the process, the trauma becomes stored.

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How many clients do to you see who
may be in the freeze response?

Could you be in the freeze response?

When we are in freeze, the immune and
healing systems of our bodies are
compromised

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Signs & Symptoms of being in FREEZE

- You may find it difficult to think deeply/clearly or take on new information.
- You may feel tired all the time, have trouble sleeping or experience insomnia.
- You may experience anxiety and/or panic attacks.
- You may experience involuntary body movements (minor shakes, tics) that may or may not be noticeable to you.
- You may display signs of exaggerated eye movements that are noticeable to others.
- Your senses (including tolerances to certain foods) may become sensitive.
- You may become either overly controlling or overly passive.
- You may overreact to life events/situations.
- You may misinterpret/misread, which can create conflict in your life.
- You may have pains in your body that can't be accounted for – Fibromyalgia?
- You may develop beliefs or coping mechanisms
- You may experience mild or even severe states of dissociation. Dissociation is where you detach from your physical and/or emotional reality.
- People who have stored trauma in their body/mind may also find it very difficult to keep their body/mind still because the procedural memory of not being able to escape is still active.

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Polar Bear Video

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How will this information effect my
Kinesiology sessions?

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The Piriformis & Sexual Trauma

The anatomical and kinesiological function of the piriformis muscle is:

- external rotation of the femur
 - clenching of the buttocks
- and its contraction is involved in the Kegal manoeuvre (an exercise used to strengthen the pelvic floor)

All of these functions would be active during forced penetration.

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A Kinesiology Demonstration – Sexual Trauma

- This mocked up demo is just ONE example of how trauma symptoms may present themselves in your sessions
- This demo will help you relate to trauma and how Kinesiology could benefit from adapting
- This demo will showcase new healing approaches that are now being adopted

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Healing Approaches Used in Demo

- SAFETY & CONNECTION
Keeping the person safe is KEY
- PENDULATION
Taking them in and out of memories
- TITRATION/DOSAGE
- Exposing them to just the right amount of memory

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Further Resources

I Am Healing – Book

I Am Healing – CD

I Am Healing – Radio Show

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Meridian Tapping Workshop
30th June/1st July
Yanley Court/Bristol

More info on
www.thewysecentre.co.uk