

## **Trauma Processing:**

Who was it with your parental role models back then? What has been done to you, taught? Which repeating patterns do you want to change?

As a Christian and Therapist, I know that mind and body are connected. Unprocessed trauma causes people to trigger each other because we live with fragmented memories and the old linked unconscious responses. Everything we experienced is stored in our nervous system. Unconscious sensorimotor reactions reveal unfinished stories. Often people are unaware that these responses are relics of past trauma and that they have become convinced in their identity that "I'm not safe", "I'm worthless" or "I'm never going to be okay" ". Such scripted beliefs are reflected in the body and influence our posture, range of motion, heart rhythm and breathing. Subsequently, each somatic effect of the trauma influences the way people interpret and respond to their environment and how they start projecting meaning upon others in the here and now, from loaded memories of the past.

Within Practice Rachamim, with the help of body-oriented work we can make the unconscious, conscious and bring you into contact with the strengths that have carried you through life. At the same time, we will unfold the accumulated layers of the stored traumas, at your pace and assist you in completing the narrative and even rewriting it to your benefit.

Attachment: I start from the premise that attachment emotions, such as connectedness and love, determine the quality of our interactions and insecurities. You carry the way in which you learned to bond as a child in your family of origin into other relationships. This became the lens through which you perceive the world around you today. What you missed in attachment as a child, you still long for from others! Desires are of course allowed, but expecting someone else and not discussing or tuning in with them, ends badly! Verbalising and negotiating are key!(See tips below). Another option is that feelings were never discussed at home. Maybe you survived by always carrying on and smiling. It may also be the case that individuals were taught not to commit too much to someone. As a result, there may always be some unconscious distance to keep you safe.

Even seemingly "minor factors" can play a role: Perhaps father was often away from home in the past and mother always at home, which resulted in a better relationship with women. Maybe you also form something like this in the field of bonding. That is why it is so important to understand your own history and attachment patterns. It is not about tracing what went wrong in the upbringing or with the parents, but about how you learned to relate and attach. How do you deal with proximity and distance? Do you tend to claim and then repel? Are you terribly lonely in your relationship? Or do you never get around to a relationship? Do you long for mutual dependence? Want to know more about yourself? Let us trace back your bonding style together!

Sue Johnson Book – "Hold Me Tight" Tips:

- Try to find out for yourself what your attachment history is. How was the upbringing you received? What do you take with you as a benefit and what as a loss?
- Try to clarify for yourself how you want to be seen by your partner and what you would like to receive.
- Consider for yourself what safety is for you. When do you feel safe? What are you looking for?
- Try to connect with your own emotions and find out what lies beneath.. Also ask about the other person's emotions. Don't be easily satisfied with what someone says.
- Take care of your relationship together and make time for each other. For example to talk about previous questions.
- Stay curious about each other.
- Stay in conversation. That does not always have to be about your relationship, but can also be about daily life. Keep sharing your life.
- Look for the other in his or her individuality.
- Stay focused on the other person's well-being.
- Respect and love each other.
- Humor is important. Keep valuing that!

= With permission from each other and in negotiation, verbalise what is going on!  
See page Emotional Intelligence!

