

Trauma-Informed Yoga PVT Supp 3

Catherine Cook-Cottone, Ph.D.

University at Buffalo and Yogis in Service, Inc.



Change Threat Assessment

- We perceive threat from outside
- We can also perceive threat *from the inside*
- We assess threat directly from the state of our viscera and our muscles– internal sense organs
- If our muscles are tense, we consciously interpret these sensation as foretelling the existence of danger, **even when none actually exists.**

Levine and Trauma

- We learn to trust that
 - **moderate activation** unwinds on its own
 - when one doesn't avoid and recoil from it
- That is, when one doesn't interfere with the natural course of one's sensational arousal it **self-moderates**



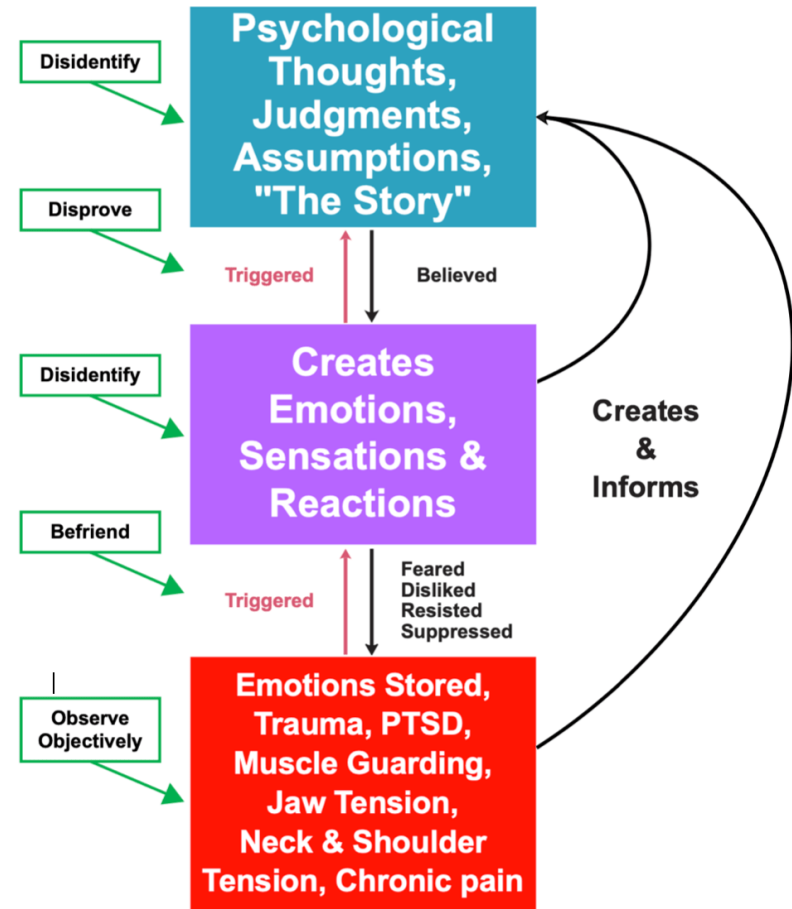
Somatic Experiencing

Nina Goradia

https://youtu.be/okptZSEiE_8

26 Minutes

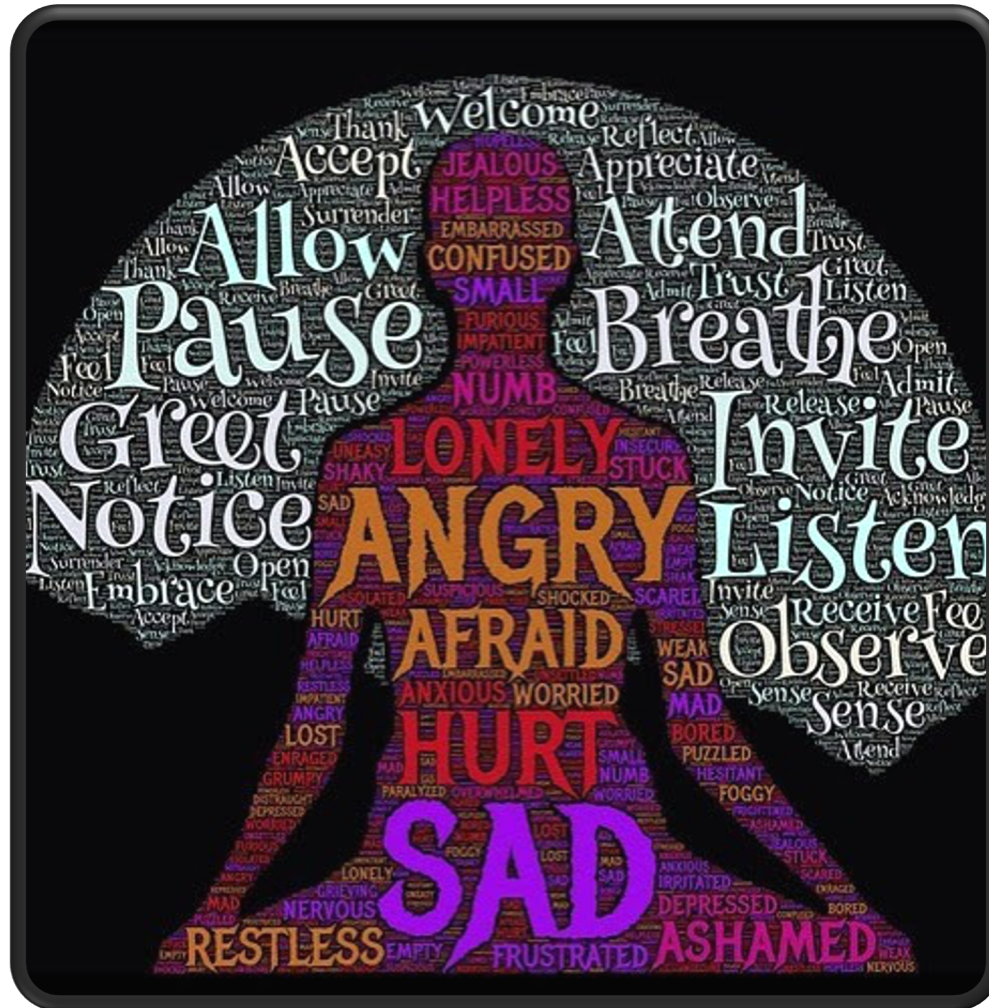
Trauma Flowchart



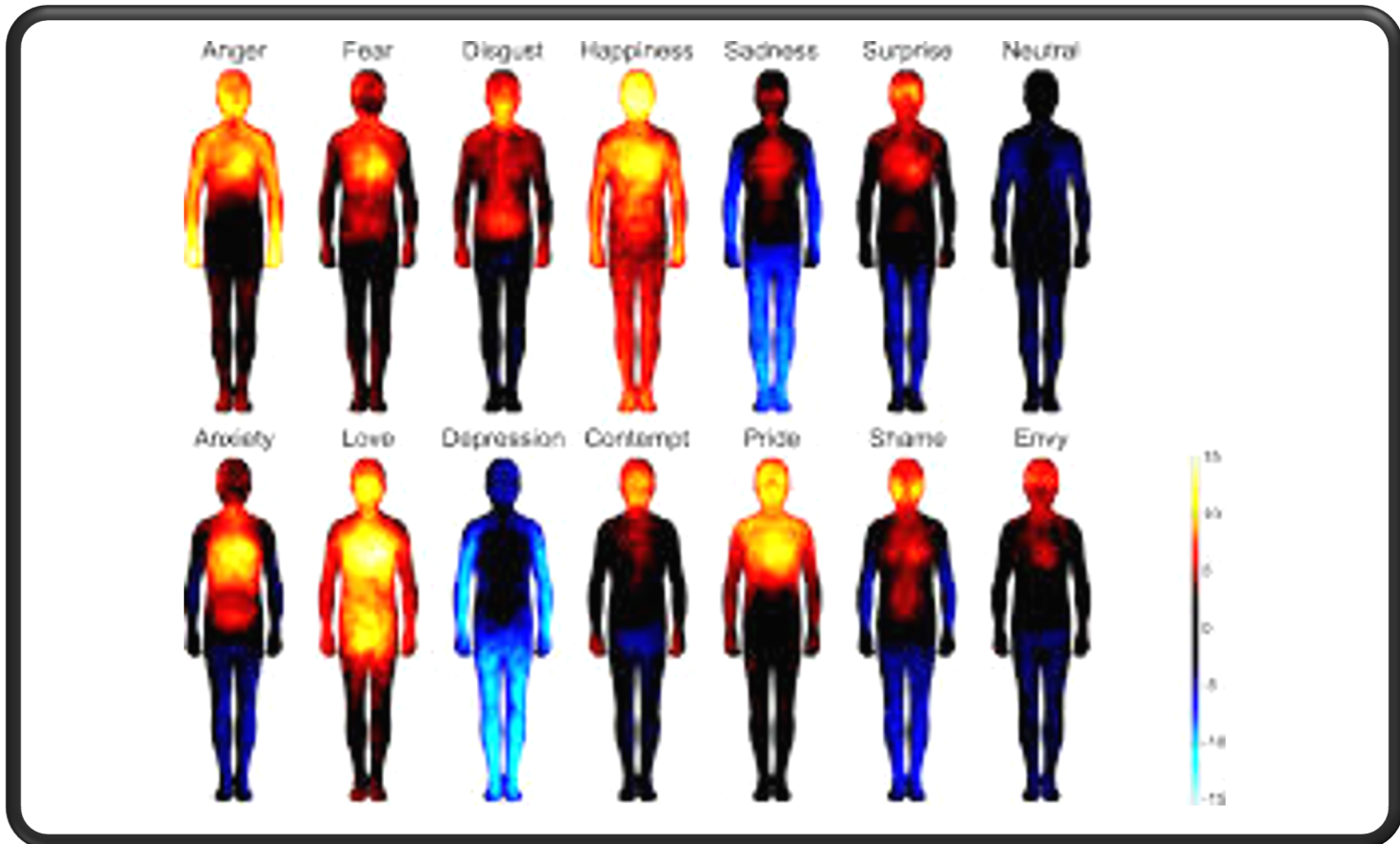
Nina Goradia PT RYT SEP | thesomaticpt.com

You can watch Nina explain the flowchart in a 26 min. video at youtube.com/thesomaticpt
If you schedule a session with Nina at thesomaticpt.com, be sure to mention that [Debbie at JoyBasedLiving](#) referred you! This will help us know that our collaborative efforts to reach you are working.

Focus: Embodied Emotions

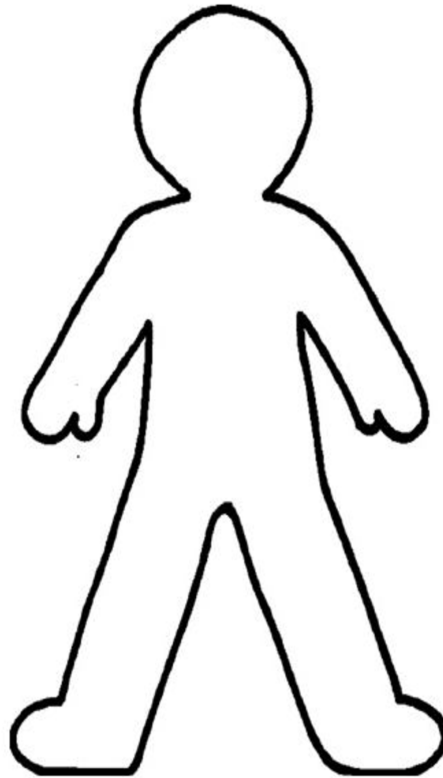


Embodied Emotions



Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111(2), 646-651.

Bridge: Feelings to Words



Embodied Emotion Meditation



Journal

- Using a blank sheet of paper- note what you noticed in your body
- Where did emotions show up or not show up?
- Were some easier than others to feel and notice and stay with?
- How might this be experienced by your students?

Embodied Practices: *Be with and Work with Emotions*



<https://artistsnclients.com/slots/4363-feelings-and-emotions-artwork-sold>

Inner Resource

- The Worry Tree
 - <https://www.simplehabit.com/catherine-cookcotton>
 - Also on Insight Timer (catherine cook-cottone)



Developing Your Inner Resource

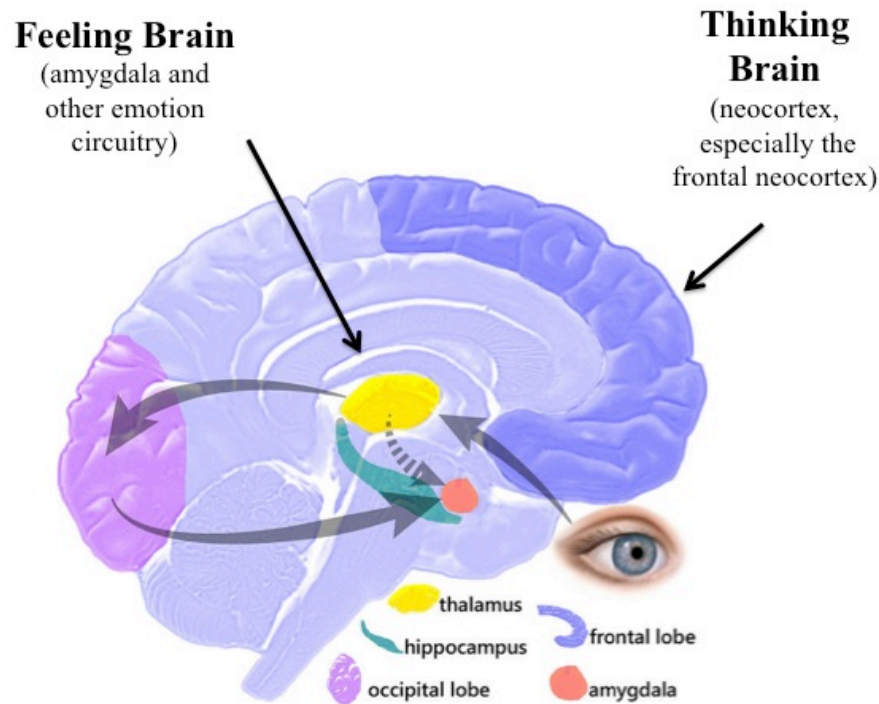
- Journaling



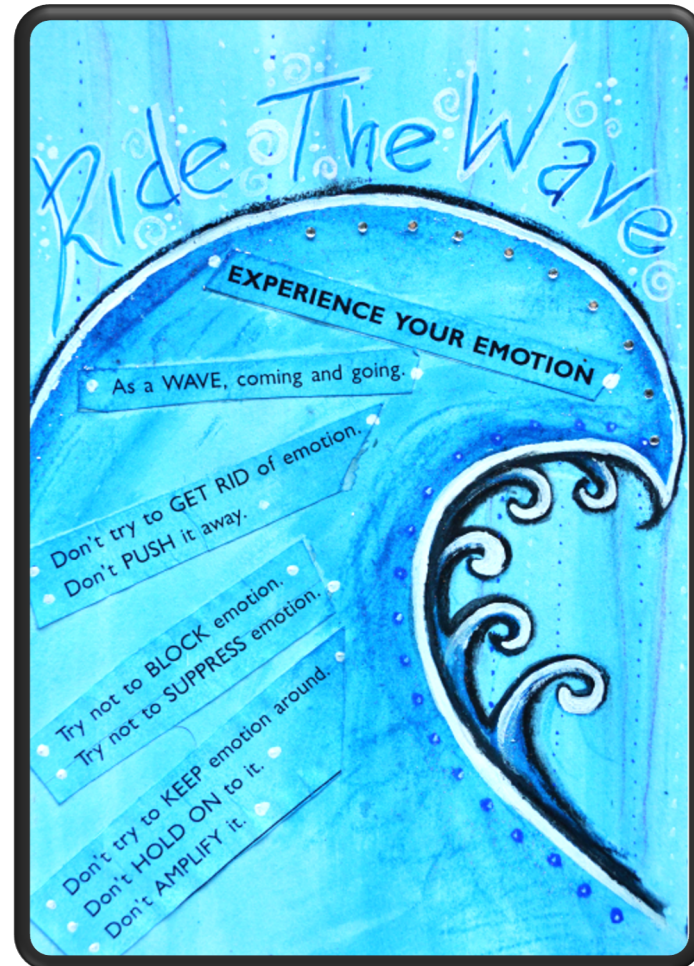
Mindfulness of Emotional Reactions

One of the key learnings in the Emotional Intelligence work is the notion of an **Amygdala hijack**

Amygdala hijack is a term coined by Daniel Goleman in his 1996 book *Emotional Intelligence: Why It Can Matter More Than IQ*.



Riding the Wave of Emotions



Emotions as Messengers

HOW EMOTIONS HELP US SURVIVE

stimulus event	cognition	feeling state	overt behavior	effect
threat	danger	fear	escape	safety
obstacle	enemy	anger →	attack →	destroy obstacle
gain of valued object	possess	joy	retain or repeat	gain resources
loss of valued object	abandonment	sadness →	cry →	reattach to lost object
member of one's group	friend	acceptance	groom	mutual support
unpalatable object	poison	disgust →	vomit →	eject poison
new territory	examine	expectation	map	knowledge of territory
unexpected event	What is it?	surprise →	stop →	gain time to orient

Table of typical causes of emotions, and possible behaviors resulting from them.

Plutchik's Eight Basic Emotions

fear anger joy sadness acceptance disgust expectation surprise

Other emotions are combinations of these eight, e.g

ACCEPTANCE + JOY = LOVE

ACCEPTANCE + FEAR = SUBMISSION

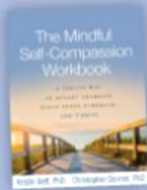
Emotions evolved to help us adapt to positive and negative changes.

traumadissociation.com/livingwithtrauma

Adapted from Plutchik, R. (2001). The nature of emotions. *American Scientist*, 89(4), 344-350.

Practice: Soften Soothe Allow

Why Women Need Fierce Self-Compassion: An Essay by Kristin Neff



Amazon Bestseller and #1 New Release in Social Work

The Mindful Self-Compassion Workbook by Kristin Neff and Chris Germer: The seeds of self-compassion already lie within you—this workbook will help you uncover this inner resource and transform your life. [Learn more from Kristin.](#)

SELF-COMPASSION

Dr. Kristin Neff

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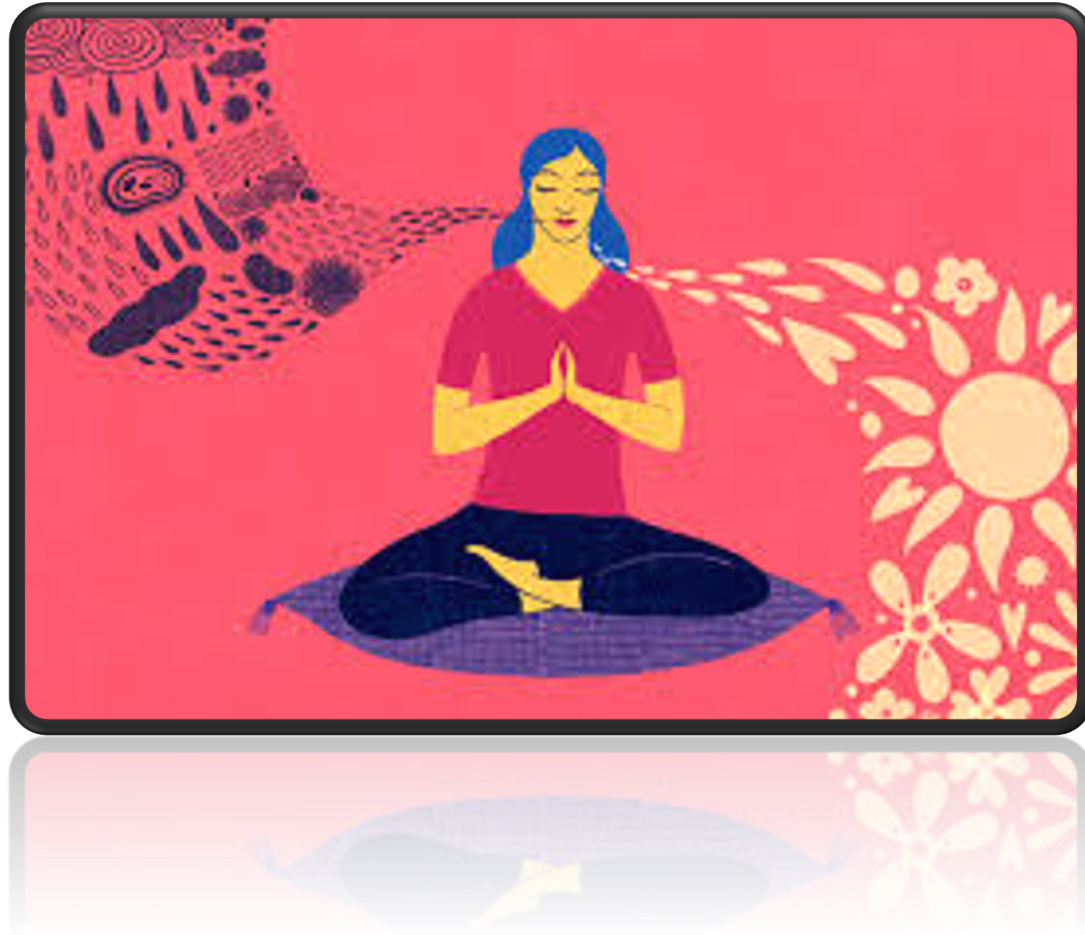
<https://self-compassion.org>

Grounding Emotions

- Emotions as energy to move through you
- Lightning rod to ground
- Use folder, computer, rocks as holder



Tonglen Practice: For Self and Others



Ending Poem | The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice.
meet them at the door laughing and invite
them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.
— Jellaludin Rumi,

