Concealed within damage often lies great strength. Resilience runs deep but its resources need to be nurtured. It is like a seed that has been buried in a disaster; it needs tending, attending... the responsibility for healing the impacts of war is collective. It takes a village and it begins with each of us.

Hans Loewald

Trauma Can Include a Variety of Sources

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
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<td>Attack</td>
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<td>Pre-Pert Natal</td>
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<td>Moral Injury</td>
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<td>Perpetration, Persecution</td>
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<td>Domestic Violence</td>
<td>Colonization, Oppression</td>
</tr>
</tbody>
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Ogden 2002/2020; 2021
Microaggressions are Psychologically Violent and the Effects are Cumulative

- "Brief and commonplace daily verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial, gender, sexual orientation, and religious slights and insults to the target person or group" (Sue, 2010, p. 5)
- More likely to take place when there is a power imbalance.

Vicarious Trauma

- Even when we are indirectly exposed to trauma, we are being affected by it.
- Our responses, such as tension, rapid heart rate, shallow or fast breathing, numbing along with intrusive images, strong emotions, circular thoughts, are normal and are to be expected.
- Such responses might be temporary, but they can accumulate and become chronic.
Vicarious Trauma Can Happen To:

- Witnesses of a traumatic event, including witnessing via the media
- Someone who is emotionally close to a victim/survivor
- Someone who can identify with the victim/survivor due to gender, social status, ethnicity
- Someone who experiences similar circumstances as the traumatic circumstance
- Trauma workers, psychotherapists, and victim advocates
- People who identify with or feel compassion for the victims/survivors or even the perpetrators

The Brain under Stress and Trauma

- The prefrontal cortex or “thinking brain” is underactive
- The amygdala is overactive
- The hippocampus is underactive
- The survival instincts are active

How Trauma is “Remembered”

- Through reliving non-verbal elements of the traumatic event (including hyper- and hypo arousal, emotions, images, and defensive responses) and sometimes through mysterious physical symptoms that seem to have no organic basis.
- They can be “situationally accessible,” activated or exacerbated in the present life by both internal reminders of the trauma. (Brewin, 2001)
- The body does not feel safe. (Ogden et al, 2006)
First Task: Help the Body Feel Safe

When the body does not feel safe we cannot fully take in new information or engage adaptively

Hyperarousal

Activation is extreme. The body feels unsafe and engages survival strategies

Hypoarousal

Activation is modulated; the body feels safe

Window of Tolerance

It Helps to Know Your Triggers

News media content, images, sounds

Triggered memories of past trauma

Thoughts of historical oppression

Worry/hopeless about the future

Social media, Facebook, Instagram, Twitter

Reports of war, covid's progress, climate change, etc

Ongoing oppression, racialized trauma, threats

Losses of all kinds

Anger, fear, despair, futility

Stress and Trauma First and Foremost Affects the Body:

We are wired to increase activation to fuel action to protect ourselves, and if action doesn't work, to shut down

Cry for Help: (heightened eye contact, seeks proximity)

Fight/Flight: (tension, trembling in jaw, arms, hands or legs, feet)

Freeze: Alert inaccessibly, activity arrests, body is constricted, tense, "paralyzed terror"

DVS Hypoarousal Zone

Social Engagement Safety

"Window of Tolerance"*

DVC Hypoarousal Zone:

Reified Death: Flat affect, decreased sensation, little facial expression, slowened movement, collapsed posture, flattened musculature

Ogden and Minton (2000)

*Term coined by Siegel, D. (1999)
SP PEACE Resource Protocol
5 Steps to Modulate Activation and Build Resilience

1. Pause and Notice Body Signals
   - Hyperarousal Signals: Feel in danger, increased heart rate, rapid breathing, hyper-startle response, trembling, hyper-sensory, hyper-defensive, hyper-reactive, high intensity, circular thinking.
   - Hypoarousal Signals: Feel threatened, feel numb, weak, low energy, low vitality, little facial expression, passive,“spacey,” poor eye contact.

2. Embody a Somatic Resource: Take your time to discover one that feels good in your body.
   - Ground
   - Self Touch
   - Lengthen the Spine
   - Stop Gesture
   - Embody your Culture
   - Stand up
   - Orient to Surroundings
   - Smile
   - Breathe
   - Walk
   - Push
   - Hum
   - Move Rhythmically
   - Combine Resources

3. Acknowledge the positive effects of the resource on your body.

4. Concentrate your attention to savor the positive effects of the resource for 15 seconds or more.

5. Engage in your environment.

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Somatic Resources for Modulating Activation and Building Resilience

1. Breathe: focus on breath, take a deep breath, sigh, long exhale to down regulate activation, inhale to up regulate; bend over slightly if diaphragm is tense, “box breath,” short breath holds on exhale when over-breathing (common when stressed)

2. Ground: sense the support of the ground, the support of the chair, feel the floor, push down against the floor with the feet

3. Orient to Surroundings: slowly look around the room and notice colors, objects, lingering on the colors and objects you like

4. Lengthen the spine: gently sit or stand taller

5. Walk: stand up, walk around, sense the legs and feet in movement

6. Place Hands on heart, belly, place your hands on your heart, rub your legs, hug yourself

7. Smile – find your own way to smile that feels best

8. Push palms of hands against each other, the wall, or an object like a desk

9. Make a “stop” gesture, with palms open, facing outward

10. Move Rhythmically: rock, sway, bounce, swing

11. Hum: find a low pitch you enjoy, sense the vibration

12. Embody your Culture: sense the support of your ancestors, tune in to the traditions of your culture: rituals, food, music, dance

Ogden et al 2006; Ogden 2021

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Somatic Resources for Modulating Activation and Building Resilience, 2

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Ogden et al 2006; Ogden 2022

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Somatic Resources for Modulating Activation and Building Resilience, 3

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Ogden 2022
3. Acknowledge the Positive Effects of the Somatic Resource(s)

Hyperarousal
- More relaxed, energy settles, heart rate slows, breath deepens, eyes soften
- More energized, able to move, take action, can feel the body, feel less numb

Hyperarousal


Directed mindfulness: paying attention to particular elements of internal experience, in this case to the positive changes in the body that are the results of step 3, Embody a Somatic Resource.

To capitalize on neuroplasticity to build new connections, fortify a balanced state, develop new habits, and build new neural networks, we
- become mindful of the bodily signals of dysregulation and unrest
- practice a new action--a somatic resource
- direct mindful awareness to concentrate on the positive effects of the somatic resource for at least 15 seconds

Ogden et al 2006; Ogden 2021

5. Engage in Your Environment

- Look around and find any pleasant color, shapes or other sights in your environment.
- Notice sounds or smells around you that are neutral or pleasing to you
- Feel the air on your skin
- Connect with someone who can support you, or with a pet
- Drink water
- Slowly eat something you enjoy.
Pause what you are doing to briefly identify bodily signals of unrest. Maybe you feel muscle tension, weakness, shakiness, numbness, shallow, rapid breathing, fast heart rate.

Embody a somatic resource that feels supportive in your body in this moment. Try combining them (e.g., Breath & Lengthen Spine; Stop Gesture & Ground).

Acknowledge the positive effects of the resource. Maybe you sense more relaxation, settled energy, slower heart rate, deeper breath, softer eyes, less numbness, or more energy and alertness.

Concentrate your attention on the positive effects of the resource for 15 seconds or more. Focusing attention on internal signals of ease fortifies a resourced state & helps rewire your brain.

Engage with your environment. Look around, notice pleasant sights, sounds, & smells, feel the air on your skin, connect with a person or a pet, drink water, taste something you enjoy.

**SOMATIC RESOURCES**

- Oriente in or ient to, look around, name colors you see
- Lengthen your spine
- Ground, sense your feet connect with the earth
- Breathe slowly & lightly through your nostrils, into your belly.
- Place hands on heart or belly, or hug yourself
- Smile in a way that feels right to you
- Make a "Stop" gesture with palms open, facing outward
- Stand up, feel your feet push against the floor
- Push palms of hands against each other, the wall, or an object
- Hum with a low pitch and sense the vibration
- Move rhythmically: rock, sway, bounce, swing
- Walk slowly, sensing your legs moving
- Embody your culture, it's traditions, and/or the support of your ancestors

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**SPICE Protocol for Clinicians of Victims of War, Violence and Other Traumatic Events**

Rebeca Farca, PhDc, LMFT & Pat Ogden PhD 2022

Stabilization: Fostering skills for modulation

Processing: Processing and integrating the trauma response in the body and mind

Integration: Applying the effects of Stabilization and/or Processing into the person’s daily life to create new habits

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**Stabilization**

- **Orienting to safety:** Discover and focus on a safe haven (a comforting, protected or pleasant place, thing, relationship, fantasy, spiritual connection)
- **Mindfulness:** gently develop a capacity to witness positive internal experience (parts of the body, sensations, movements, sensory perceptions, emotions and thoughts that feel pleasant, calm, relaxed, strong, joyful, empowered, or even neutral, etc.)

  - Farca & Ogden 2022
Stabilization, cont.

Movement: rhythmic, bilateral action to calm the nervous system (can be done with eyes open or shut; sitting, lying down, standing or walking)
- Thigh tapping – place heels of hands on thighs, tap fingers on thighs, alternating hands
- Butterfly hug – cross arms in front of body, tap arms with hands, alternating sides
- Feet tapping – place heels on surface/floor, tap balls of feet on the surface/floor, alternating feet
- March in place – bring right knee up & left hand touches it, left knee up & right hand touches it
- Head side to side breathing – face head forward, breathe in, turn head right breathe out, face head forward, breathe in, turn head left, breathe out.

SP™ PEACE Protocol: 5 Steps to Modulate Activation and Build Resilience

Processing

- Mindfulness: gently develop a capacity to witness negative internal experience (parts of the body, sensations, movements, sensory perceptions, emotions or thoughts that feel activated, tense, anxious, painful, overwhelming, frightening, etc.)
- Oscillation: shift attention between the positive effects of resource and negative internal experience
- RAD (Reinstating Active Defense): complete Acts of Triumph through executing physical impulses to defend as they emerge (SP technique)
- MOD (Modulate Overactive Defense): execute defensive action in slow motion with mindful reporting of internal experience (SP technique)
- SMS (Sensorimotor Sequencing): allow body sensations of hyperarousal to unfold or "sequence" through the body until they settle for metabolization of the activation (SP technique)

Integration

- Auto Modulation: Practice your somatic resources and use them in daily life to meet challenges and maintain arousal within a window of tolerance
- Interactive Modulation: Practice reaching out and connecting with a person or a group of people to give and receive support
- Life Changes: Challenge limiting beliefs and old physical patterns to support changes in daily routines and activities, thus expanding engagement with the world and improving the quality of life
“Everything can be taken from a [person] but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.” Victor Frankl, 1963