

HEALING TRAUMA WITH PSYCHOPHONETICS

Effective & safe therapeutic/developmental processes for overcoming the effects of trauma

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A Post Graduate Seminar for Practitioners

INTRODUCTION

So much has been written, spoken, and taught about trauma in recent years – it is hard to imagine what else could possibly be added to it. Yet after many years of working with trauma as a counsellor, psychotherapist, and psychosomatic therapist in medical clinics, in private practice, and in professional training of counsellors and psychotherapists primarily in Australia, South Africa, Britain, and Central Europe – I am convinced that Psychophonetics has a unique contribution to make to the existing range of theories, approaches, insights and skills of therapists.

The conventional definition of trauma and the contribution psychotherapy can make to people suffering from it is: "...psychologists can help them (people who suffer trauma) find constructive ways of *managing their emotions*". (American Psychology Association). But the emotions are still there.

Psychophonetics created a pathway to *access and heal the traumatic wound itself that keeps creating these emotions*, not only to manage them. It does so by creating a direct connection between the person's awareness and the wound, mobilising previously inaccessible inner resources for self-healing - and healing it.

PSYCHOPHONETICS

A modality of holistic personal development, psycho-development, psychotherapy, and psycho-somatic healing evolved by Yehuda Tagar in Australia and South Africa between 1991 and 2010. It is a development of Methodical Empathy, phenomenology, existentialism, Person Centred Psychosophy, expressive non-verbal communication, body awareness, movement, visualisation, and sounds. It enables people to get into direct communication with their innate embedded experience and to formulate their own meaning, direction, and solutions out of a rich range of their own body-soul-spirit resources.

PSYCHOPHONETICS OPERATIONAL DEFINITION OF TRAUMA

Psychophonetics' definition of trauma is 'Undigested Experience'. We view the human psyche as a metabolic system for experience, working parallel to the physiological metabolic system, but much less evolved: like with food – 'undigested experience' becomes toxic. It can be re-digested consciously.

THE HEALING OF TRAUMA WITH PSYCHOPHONETICS

Trauma is an undigested experience and in Psychophonetics the healing of trauma requires a 'Secondary Metabolism' of the traumatic experience with a new personal power that was not available at the time of the

traumatic experience. A new direct encounter with the embedded traumatic experience, facilitated by the Psychophonetics process, enables a re-digestion and healing of it.

The traumatised self cannot heal itself. A new dimension of self must be created and grow out of the core of one's spirit *IN* the soul. From the non-damaged 'Stem Cells' of selfhood, from the core of one's individual spirit – a new, upgraded selfhood must grow to be able to heal inwardly the damaged, wounded parts of the old self, starting from now.

PSYCHOPHONETICS THERAPEUTIC PROCESS

Accessing and facing one's past traumatic experience through its appearance in one's present daily life, with a new strength of self - using a combination of Methodical Empathy, Sensing, Gesture, Visualisation, and Sounds, in full self-guided consciousness. The 're-digested' traumatic experience is not forgotten, but it loses its power to wound.

GUIDING PRINCIPALS

- TRAUMA IS AN UNDIGESTED EXPERIENCE – THE SOUL AS A METABOLIC SYSTEM FOR EXPERIENCES
- IT IS NOT IN THE PAST. IT IS 'ALWAYS'. THE NATURE OF HUMAN MEMORY IS SIMULTANEOUS.
- TRAUMA IS NOT ONLY THE PAST EXPERIENCE – BUT ALSO THE **MEANING** THAT THE PERSON GIVES THE EXPERIENCE
- MEMORY IS NOT STORED IN THE BRAIN BUT IN THE WHOLE BODY
- THE INDIVIDUAL 'I' IS THE GREAT DIGESTER OF EXPERIENCE
- TO HEAL TRAUMA – A 'SECONDARY DIGESTION' OF THE EXPERIENCE IS NEEDED.
- REFLECTIVE COGNITION CANNOT DO IT. THE OLD DEFENCE IS TOO STRONG.
- THE HEALING REQUIRES SHIFTING FROM THE 'I' STUCK *IN* THE EXPERIENCE TO THE 'I' **HOLDING** THE EXPERIENCE (experience *IN* the 'I')
- BETWEEN THE PHYSIOLOGICAL AND THE COGNITIVE DIMENSIONS A MIDDLE SUBSTANCE EXISTS IN THE 5TH DIMENSION: 'ASTRALITY'. IT CAN NOT BE SEEN BUT IT CAN BE SENSED. THAT IS WHERE EXPERIENCE LIVES, INCLUDING WOUNDS AND DEFENCES. THAT IS WHERE THE HEALING OF TRAUMA MUST TAKE PLACE.

4 THINGS GET FROZEN IN TIME:

- That which actually happened
- The damage
- The instinctive/reflexive defence – the 'holding position'
- Me at that time – the biographical phase I was in
- The meaning that was given to the experience at the time
- The isolation of the undigested experience in the holding position

HELPFUL AFFIRMATIONS:

- "FACING FEAR PRODUCES COURAGE".

- "IT CAN NOT GET WORSE"
- "You are stronger now"
- "you survived it already"
- "It needs you".

ESSENTIAL ELEMENTS OF PSYCHOPHONETICS TRAUMA HEALING PROCESS

- CREATING 'SAFETY CONTRACT'
- ESTABLISHING THE CLIENT'S 'WISH' – OVERALL DIRECTION, GOAL, MAJOR INTENTION.
- ACCESSING THE STRATA IN THE DEEP CONSTITUTION WHERE THE TRAUMATIC EXPERIENCE LIVES.
- MOBILISING ONE'S DEEP STRENGTH
- CONFRONTING THE WOUND WITH THE NEW STRENGTH
- ACTIVATING THE STRONGER 'I' THAT CAN **NOW** DIGEST THE EXPERIENCE
- RE-DIGESTION OF PAST EXPERIENCE
- CARING FOR THE WOUNDED SELF.