

EXPRESSIVE TRAUMA INTEGRATION

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1 ROUTINE

All systems of the body function routinely.

Trauma/injury takes place, activating *survivor mode* in the brain and body. Response options: flight, fight, or freeze.

2 EVENT

3 WITHDRAWAL

Withdrawal after trauma is a survival response that may last weeks/months/years/a lifetime. Instability is typical as survivor cycles through shock, denial, fear, anger, shame, guilt, moral injury, etc.

Knowledge of self, context, and dynamics of trauma help survivor move from withdrawal to awareness. Acknowledging depth of loss and grieving begin.

4 AWARENESS

5 ACTION

Using action methods and *imaginal space* the survivor identifies his entry point to the cycle and examines different responses to the traumatic event/s

Survivor reflects on previous stages with aim of integrating traumatic events into the larger life story in a way that acknowledges personal strengths needed to survive the trauma.

6 INTEGRATION