

# Self-Care and Somatic Tools for Non-Facilitators

Foundational Training Workshop Five

**PRISON YOGA  
PROJECT**

# Participation Guidelines

Practice Embodiment

Mindful Awareness

Acknowledge Harm

Honor Your Capacity

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A woman with long blonde hair in a ponytail, wearing a grey sweatshirt and dark pants, is performing a side stretch in a gym. She is sitting on a green mat, leaning forward with her right arm extended upwards and her left hand on the floor. In the background, several other people are also performing similar stretches on mats. The gym has a polished floor and a basketball hoop is visible in the distance.

# Objective

Learn somatic tools for self-regulation and co-regulation that can be used in any setting.

# Definitions

## **Somatic Experiencing:**

(SE) is a form of alternative therapy aimed at treating trauma and stress-related disorders, such as PTSD. The primary goal of SE is to modify the trauma-related stress response through bottom-up processing. The client's attention is directed toward internal sensations, (interoception, proprioception and kinaesthesia), rather than to cognitive or emotional experiences. The method was developed by Peter A. Levine

*European Journal of Psychotraumatology*

## **Somatic Experiencing:**

- Trauma is in the nervous system, not in the event
- Traditional therapies approach trauma resolution via the cortical brain systems (language, conscious thought, explicit memory)
- Somatic experiencing recruits the subcortical brain systems (body sensations, unconscious dynamics, implicit memory) to support safety and re-regulation in the nervous system



## Self-Regulation:

Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable\* and produce positive results such as well-being, loving relationships, and learning. It is how we deal with stressors and as such, lays the foundation for all other activity.

*[yourtherapysource.com](http://yourtherapysource.com)*



## Polar Bear Shaking off to release activated energy



## Co-Regulation:

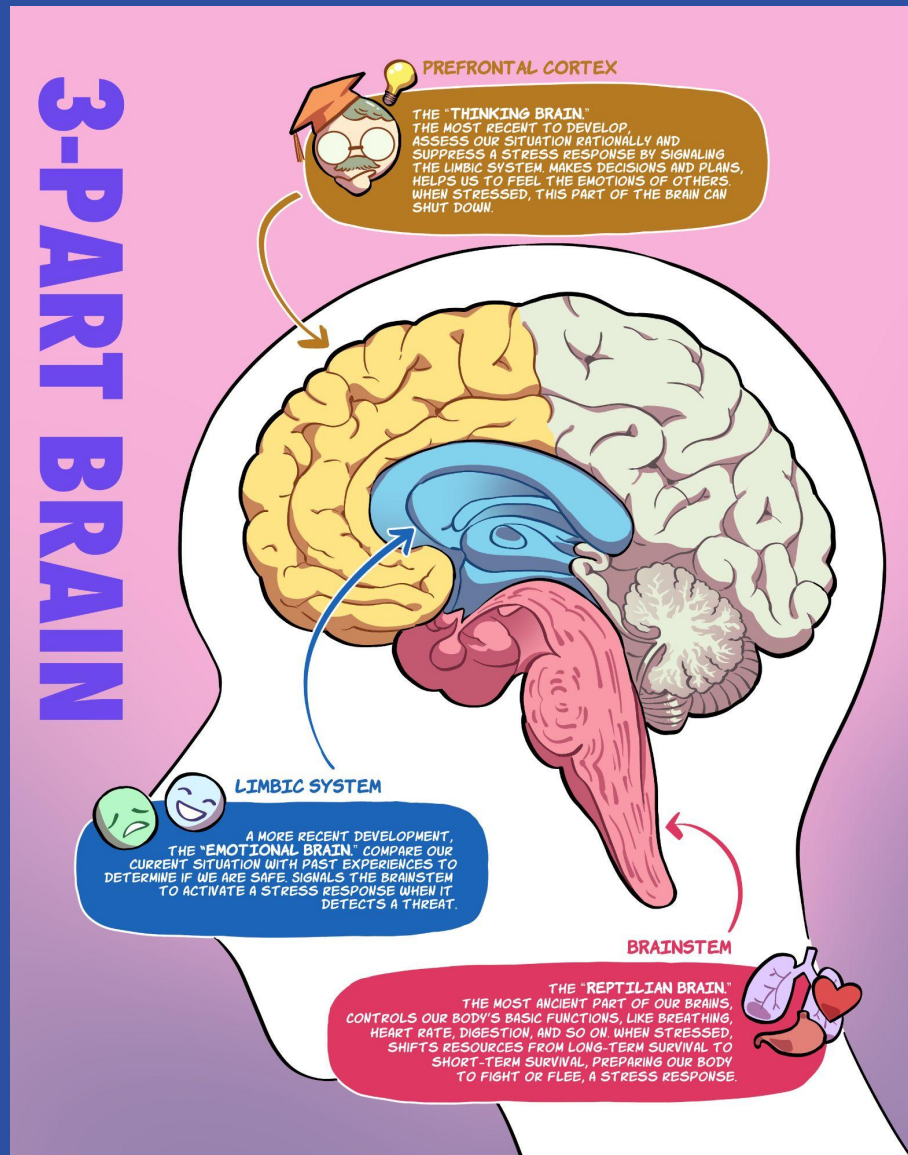
Involves various types of responses, including but not limited to: a warm, calming presence and tone of voice, verbal acknowledgement of distress, modeling of behaviors that can modulate arousal, and the provision of a structured environment that supports emotional and physical safety.

[complextrauma.org](http://complextrauma.org)

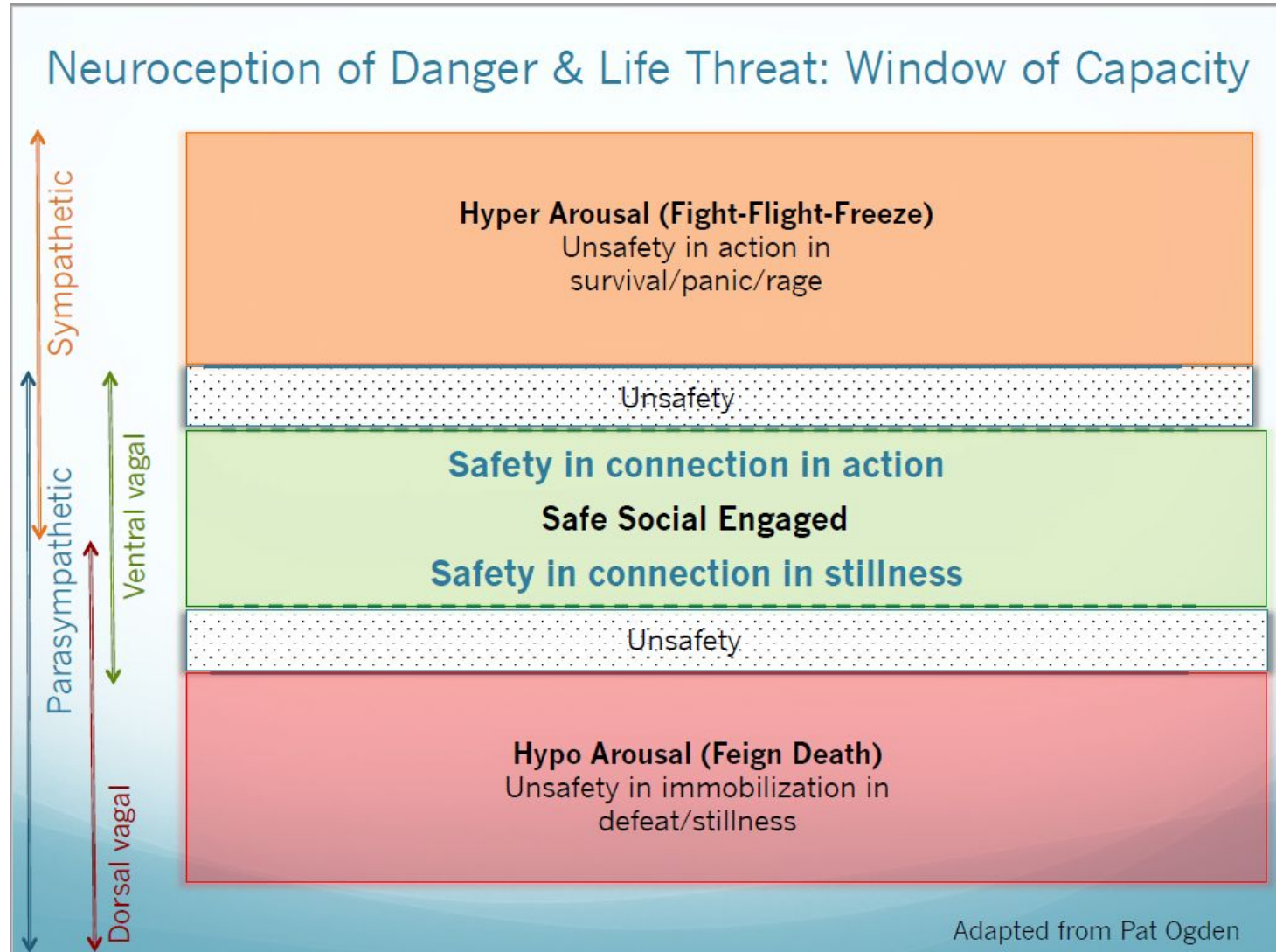




# What does it mean to be dysregulated?



# Window of Capacity



# Group Window of Capacity

# Somatic Tools for Everyday Self-Regulating

- Orienting
- Breathing practices:
  - Ocean Breath, “f” breath, “voo” breath (Peter Levine),
  - Breathing with tapping fingers
- Self-touch (Tapping, Self-massage, Rubbing chest)
- Raising arms
- Chair pose / squats
- Wall push up
- Take a walk

# Somatic Tools for Co-Regulating

- Guiding someone through self tools
- Breath with me
- Calling someone
- Texting someone
- Being in community/groups

“Wounds that happen relationally, heal relationally”

- Linda Thai



# **Breakout Rooms**

**Nature's Lessons in Healing Trauma:  
An Introduction to Somatic Experiencing® (SE™)  
With Dr. Peter Levine**



Minute 20:50