Being safe in my body

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My group is my shelter
When my flock is a threat to my wellbeing

- I’m not safe

• in my home
• in my relationships
• in myself
• in my body

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Trauma is when alarm stays on

- Trauma is born when something is threatening me and I can’t escape or fight back keep myself or my loved ones safe
- The experience of not being safe gets stuck in the body and body stays alert
- Trauma is like being stuck with a broken alarm system -> the longer you stay that way the more severe symptoms it will cause
Body under alarm

• Various symptoms from involuntary movements to mild feelings of anxiety and restlessness

Typical everyday symptoms of trauma survivors could be:

• difficulties to feel body or parts of the body (numbness)
• problems to sleep
• unexplained aches and pains
• memory problems, poor concentration
• depression, feeling angry or/and sad
• feeling of not existing - not alive
• not able to feel any joy, gratitude or hope for better future
• acting suicidal (self- harm like cutting, risky sexual behavior, using drugs etc. )

• Dr. Pat Ogden : https://www.youtube.com/watch?v=5R3Bl-o1ljQ

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Get the alarm down

- Safety is the treatment

• When trauma is born into relationships it will be cured / healed in the relationship with others
• Being witness to the suffering

“Suffering needs to be witnessed, looked at, and admitted to. Otherwise it cannot be openly addressed. When suffering is minimized or shamed, it doesn't go away; it goes underground.”
- Yoga for emotional trauma (2013)
• Basic information about trauma (Trauma-Informed approach)
• Sharing knowledge - you are the expert of you and I’m here to serve you and give you some tools to feel more safe
Battle of the right treatment

Trauma based symptoms are not recognised in public healthcare services so many survivors are not getting help they need - trauma will not be healed with medication only. Medication can help with the symptoms. Trauma therapy is not available to everybody

- What is effective treatment and who is defining it?
- Who is legitimate to talk about trauma and the treatment?
- Who is professional enough to practice holistic approach?
- Is body-oriented work safe?
Hysteria - when body became pathologiced

His_tory to Her story

Hysteria was at least partly an illness of being a woman in an era that strictly limited female roles. – Asti Hustvedt

https://www.youtube.com/watch?v=Nomw5fdlyno
Bertha Pappenheim (1859-1936)
The original patient of psychoanalysis

From hysteric to respected feminist and social activist.
Social work is work of empowerment

Empowerment has deep roots in social work practice

What is Empowerment?

Empowerment processes work on three levels, the personal (power within), the collective/group (power-with), the social (power in-relation-to-certain ends, and power-against-certain-social forces). These levels are not separate. Personal power often comes from a sense of connectedness, or membership of a group with like-minded people.


Giving tools to come back to the body

Tools for greater independence

- **Breathing** -> feeling the present moment -> feeling safety in this moment
- **Feeling** the body and noticing different bodyparts and sensations -> being able to express sadness, rage and anger
- **Moving** from own choice is the way of finding ones free expression and feeling of liberation