

EXPRESSIVE TRAUMA INTEGRATION

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Six Stages Towards Trauma Integration

1 ROUTINE

All systems of the body function routinely.

Trauma takes place, activating survivor mode in the brain and body. Instinctual response: 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 helps survivor move from withdrawal to awareness. *Rejuvenative Mourning*, which includes expanded awareness of the implications of loss takes place.

4 AWARENESS

5 ACTION

The survivor make a conscious choice to take action. Using Imaginal Space the survivor identifies an entry point to the cycle and explores 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