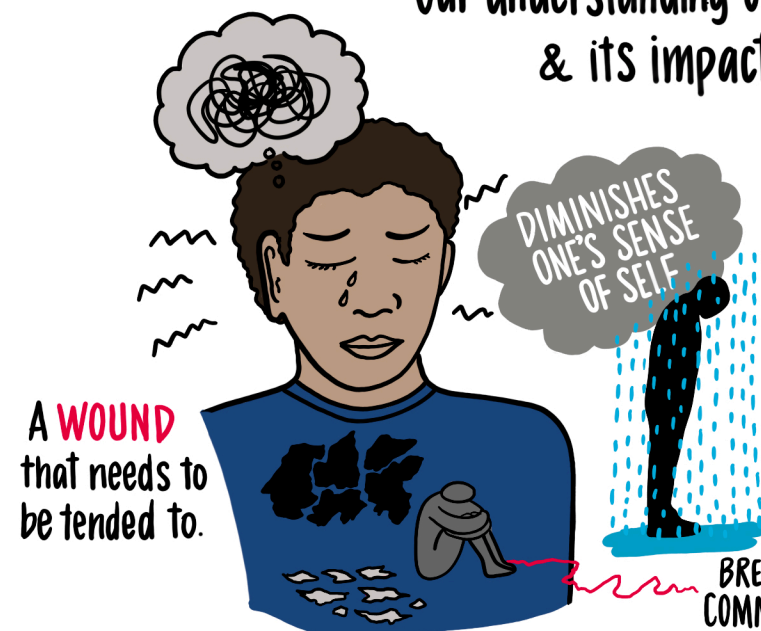


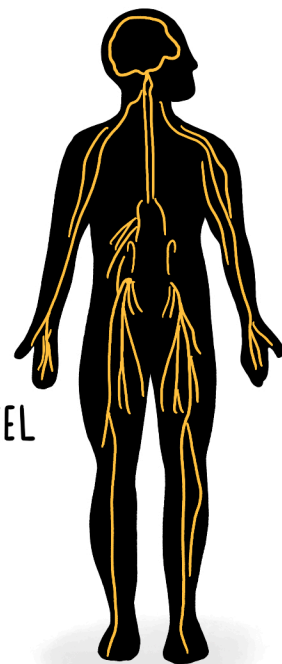
# Trauma-informed Expressive Arts: An invitation to play

PRESENTED BY:  
PETA SCHUR

We continue to advance in our understanding of trauma & its impact



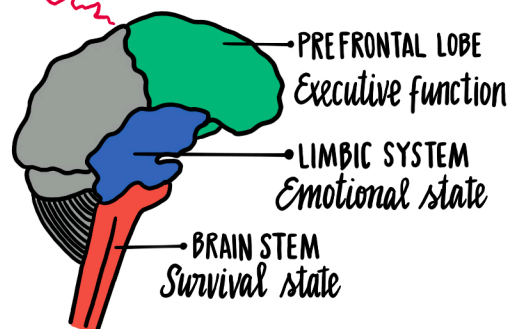
IT MANIFESTS IN THE INABILITY TO FEEL A FULL RANGE OF EMOTIONS & EXPERIENCES



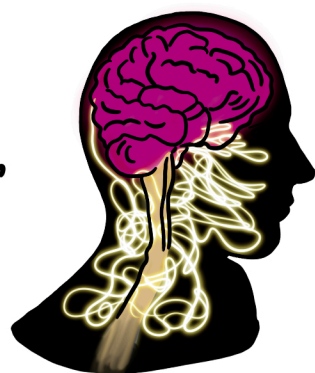
AUTONOMIC NERVOUS SYSTEM

INDICATES TO US IF WE ARE SAFE

HIERARCHY OF NERVOUS SYSTEM RESPONSE



BREAKS DOWN COMMUNICATION WITH THE BRAIN



AFTER TRAUMA, WE EXPERIENCE THE WORLD WITH A DIFFERENT NERVOUS SYSTEM



UNDERSTAND THE CONTEXT IN WHICH TRAUMA EXISTS WE SHOULD NEVER HAVE TO SIT WITH TRAUMA ALONE



ALLOWING THE BODY TO express what it needs TO BE WELL



• LISTEN TO OUR BODIES TO KNOW WHERE WE ARE AT

• RESPOND TO WHAT WE HEAR

Safely explore, tune in & express FOCUS ON THE MOMENTS OF connection

## Safe attachment

- Presence
- Respect
- Responsiveness
- Rhythmicity
- Delight & joy
- Competence

BEING IN THE PRESENT. FINDING WAYS TO EXTERNALIZE WHAT IS INSIDE.

## TRAUMA

A response to a deeply distressing or disturbing event **OVERWHELMS** one's ability to cope.

## PSYCHOLOGICAL TRAUMA

Something that happens too much, too soon, too fast, or too long without something that was reparative.

— Resmaa Menaken



## Expressive Arts

- Gives a voice, shape & form to the experience & feeling
- Releases tension
- Invites movement, exploration & imagination

