



A photograph of a woman with dark curly hair, wearing a white lace-trimmed tank top, looking upwards with her eyes closed in a peaceful expression. She is outdoors with green foliage and yellow flowers in the background. A dark teal circular graphic is on the left side of the image.

# **RE-ASSOCIATION EDUCATION, GUIDELINES & SUPPORT FOR TVM™ SOMATIC THERAPY CLIENTS**

A silhouette of a person performing a yoga pose (Urdhva Dhanurasana) against a sunset sky. The person's arms are raised, and their hands are clasped together above their head. The sun is low on the horizon, creating a warm, golden glow. A large yellow circle is visible on the left side of the image, and a teal circle is on the bottom right.

When the nervous system puts a pause &/or break on the process of feeling the sensations of an event or stimulus, due to the perceived threat & risk of not surviving, this can become an incomplete charge in the nervous system. Often resulting in registering the event as a trauma.

A photograph of a woman with long reddish-brown hair sitting in a field of purple flowers. She is wearing a light-colored striped tank top and blue jeans. She has her hand on her head and is looking down, appearing thoughtful or distressed. The background is a soft-focus field of flowers under a warm, golden light.

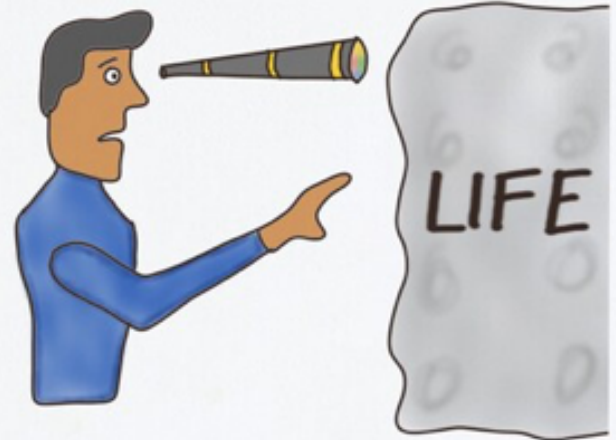
Disassociation refers to the process of disconnecting from the emotional, or physical (sensation/pain), or the intensity of it. Often altering our perception of reality, sensations, emotions, situations, relationships & individuals to include ourselves.

# Various Faces of Dissociation

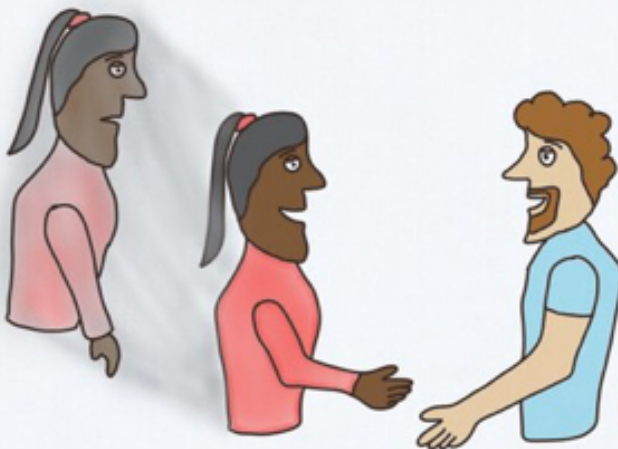
@Ayan\_Mukherjee\_



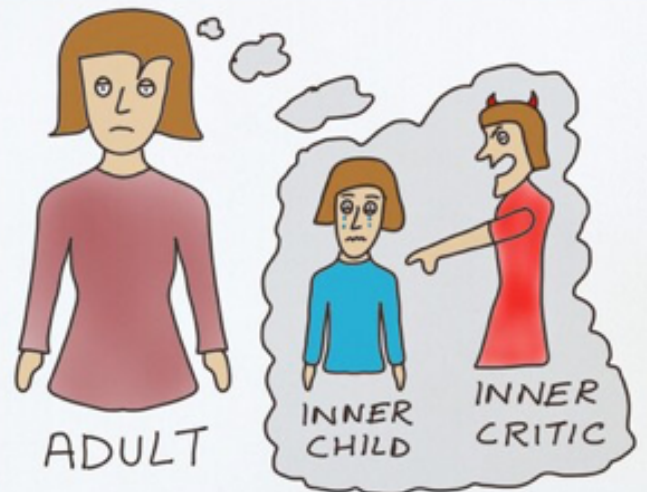
Disconnected From The Body



Derealization



Depersonalization



Dissociative Parts of the Personality

By @Ayan\_mukherjee\_

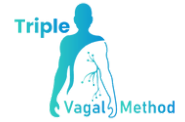


Re-association carries the potential of feeling intense discomfort to include physical and emotional pain that was perviously disconnected from us. During this process, an individual may come across resistance, projection of pain & even potential re-traumatisation because of potential resistance to the feelings that come with reassociation.

During the process of healing trauma, the discomforts faced can be very real. Completing & resolving these neurological charges can communicate to the nervous system un-ease that results in physical discomfort like sweating or emotional discomfort like anger. This is why co-creating a support strategy with your TVM™ practitioner is important.



# HELPFUL PROTOCOLS



- Regular epsom salt baths & sensory deprivation floats
- Committing by prepaying or purchasing packages to other supporting therapists & trauma informed coaches
- Committing to creating a safe and comfortable space at home
- Investing in system interruption kit like spray bottle, aromatherapy, ice cubes with cacao beans/nibs inside to gently melt in mouth, etc
- Recording a voice note to self affirming the process
- Regular physical activity like yoga, walks, etc
- Creating vision boards that can be digital for computers & smartphone screen background and also physical ones to be placed around your living spaces
- Writing positive affirmations with non permanent markers on mirrors you use

People undergoing trauma healing, may benefit from having a supportive network of friends and family to offer social connection. It's beneficial that this network is made aware of the process an individual is going through. Social connection & bonding supports the healing process. If this is not accessible, online support groups like the private TVM™ facebook group can also provide a safe place to ask questions, share processes and find like minded individuals that are familiar with the trauma healing process, or are undergoing it themselves at the moment.



For some individuals, healing trauma can also be fearful as feeling safe in ones body could be an unknown or foreign feeling. That in its own self can be scary. This is why many self sabotage the process of trauma transformation therapy.

Your TVM™ practitioner is trained to support you identify and course correct when these patterns start to arise for you. It is important to communicate to your TVM™ practitioner when you sense this is happening, and it's equally important for you to be willing to listen and identify when your practitioner is pointing out the potentiality that you may be engaged in self sabotaging behavior.



# Self Sabotage Usually Has A Familiar Pattern Due To Learned Behavior As A Result Of Past Trauma. This Includes:

**Numbing (Dorsal Vagal):** Using substances, behavioral patterns that aren't healthy like excessive sex, social media, etc. Distractions like refocusing emotions and thoughts onto something or someone else that isn't relevant to your healing process or life.

**Fawning (Sympathetic Blend):** Wanting to please the TVM™ practitioner as a trauma response. Examples: Asking many questions, attributing healing to the TVM™ practitioner instead of the therapeutic process.

**Running Away (Sympathetic Flight):** Stopping the therapeutic process midway, can also include mentally or emotionally disassociating during the session or even during the therapeutic process, your TVM™ practitioner is trained to identify this and ask you to re associate during the session usually by taking some deep breaths in or sounding.

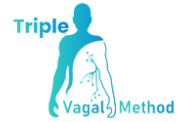
## **Getting Angry & Projecting The Pain (Sympathetic**

**Fight):** The unresolved trauma from the past can become active in the present moment. This is a way the unhealed past wounds that aren't resolved finds an unhealthy way to move the incomplete charges.

So in essence the pain of the past that's becoming alive in the present moment skews the perception of the person receiving trauma healing.

As the nervous system attempts to complete the incomplete cycles and charges, the person undergoing TVM™ trauma transformation therapy may look for situations or persons to play out and complete the incomplete cycles with. This is the projecting of past pain that's activated in the present with individuals or situations that do not warrant such action.

# SELF SABOTAGE



Self-sabotage can manifest in various ways during the healing process in TVM™ therapy. Here are some examples of how self-sabotage may appear:

**Resistance to Change:** A client may resist implementing supporting protocols or suggestions provided by the TVM™ practitioner, even if they recognize the potential benefits. They may repeatedly engage in patterns or behaviors that undermine their progress or revert to patterns that aren't supportive and potentially destructive to the trauma healing process.

**Non-Attendance or Irregular Attendance:** Consistent non-attendance or irregular attendance to TVM™ therapy sessions can be a form of self-sabotage. It may indicate a subconscious resistance to the therapeutic process, avoiding the discomfort that can arise from exploring and confronting difficult emotions or experiences. It may also be a trauma response as person may not deem themselves worthy of receiving healing.

# SELF SABOTAGE

**Procrastination or Avoidance:** Engaging in procrastination or avoidance behaviors, such as not completing therapeutic homework, not fully following through with correct aftercare protocols, or avoiding sharing traumatic and challenging memories in the intake form process, can hinder progress in TVM™ therapy.

**Negative Self-Talk:** Self-sabotage can involve negative self-talk and self-criticism. The client may constantly undermine their own progress, doubt their abilities, or engage in self-defeating thoughts and behaviors that hinder their healing journey. This could be as simple as looking at themselves in the mirror and making a negative remark.

# SELF SABOTAGE



**Overreliance on the TVM™ Practitioner:** Some clients may become overly dependent on their TVM™ practitioner, expecting the therapist to "fix" their traumas without realistic expectations of time, energy and space needed to regulate the nervous system. Years of stored trauma, and also potential generational trauma can't be healed instantly. It is a process that takes time. Your Negative Self-Talk: Self-sabotage can involve negative self-talk and self-criticism. The client may constantly undermine their own progress, doubt their abilities, or engage in self-defeating thoughts and behaviors that hinder their healing journey. This could be as simple as looking at themselves in the mirror and making a negative remark. Practitioner is here to help your healing process, but they can't do it for you, it is important to take personal responsibility for one's healing process.

**Unhealthy Attachment:** Clients may cross professional and therapeutic boundaries. This can include constant contact, constant need for support that has not been agreed upon, inappropriate contact via different modes of communication to include out of office hrs, personal social media, etc. Asking questions that have already been answered to satisfaction, etc.

# SELF SABOTAGE



## **Repeated Engagement in Unhealthy Coping Mechanisms:**

Instead of utilizing the healthy coping skills, a client may revert to self-destructive behaviors without communicating or seeking appropriate professional help such as substance abuse, self abuse, excessive self-isolation, or engaging in harmful relationships as a way to sabotage their progress. This can be a way to numb out of the healing process to trigger more disconnection and disassociation.

## **Sabotaging Relationships with the TVM™ Practitioner:**

Some clients may unconsciously sabotage their relationship with their TVM™ practitioner, possibly through excessive dependence, constant testing of boundaries, passive aggressiveness, verbal abuse or engaging in power struggles. This can hinder the therapeutic alliance and prevent effective and sustainable trauma transformation healing. This can also include projecting all the discomfort of the uneasy emotions arising and the shifts in ones perception that may

**Minimizing or Invalidating Progress:** Self-sabotage can involve downplaying or dismissing progress made in TVM™ trauma transformation therapy. The client may focus solely on setbacks or failures, discounting any positive changes or growth they have experienced.

# EMOTIONAL PROCESSING TOOLS

Emotional processing tools are valuable techniques that can support TVM™ somatic therapy and aid individuals in understanding, expressing, and managing emotions effectively. Here are some useful emotional processing tools commonly used in TVM™ somatic therapy:

**Mindfulness Meditation:** Mindfulness practices help individuals observe their thoughts and emotions without judgment. By staying present and non-reactive to their feelings, you can process emotions more effectively.

**Journaling:** You are encouraged to keep a journal as it can be helpful in exploring and processing emotions. Writing about thoughts and feelings can provide insight into underlying issues and promote self-awareness.

**Emotional Regulation Techniques:** Coping strategies like deep breathing exercises, progressive muscle relaxation, or guided imagery to manage intense emotions and reduce stress.

# EMOTIONAL PROCESSING TOOLS

**Role-Playing and Gestalt Techniques:** Using role-playing and gestalt techniques can help you explore unresolved emotions and conflicts by embodying different aspects of yourself or your emotions. Empty chair example: create a safe space, identify a person or a situation that seems unresolved and you feel safe enough to speak to. Sit in a chair and bring an empty chair in front of you, make sure the chair is at a safe and comfortable distance from you. You can begin to say all the things you wish you could say in real life but aren't able to, so you can release the load off your chest.

**Art Therapy:** Engaging in creative activities like drawing, painting, or sculpting can help you express complex emotions that are difficult to put into words.

**Trauma Recovery Support Groups:** Participating in group therapy or support groups can offer a safe space for individuals to share their experiences and emotions with others who may relate. You may want to join our private trauma-informed TVM™ facebook community to find such support.

Remember healing  
is a journey not  
simply a  
destination.

