

Feeling Stuck After Trauma? How to Heal Mind and Body



Sections	Content Summary	Key Points
Introduction	Discusses the frustration and biological factors of feeling stuck after trauma. Highlights the importance of specialized clinical care through combined cognitive and body-centered approaches.	Trauma is both a biological and psychological response; integrated therapy approaches are necessary for recovery.
How Trauma Rewires the Mind and Body	Explains how trauma reshapes brain functions and nervous system responses, leading to hyperarousal or dissociation. Highlights key brain regions and neurobiological disruptions identified by research.	Trauma affects brain communication and creates chronic hyperarousal or withdrawal. Somatic models address these disruptions effectively.
Cognitive Processing	Describes Cognitive Behavioral Therapy (CBT) and Cognitive Processing Therapy (CPT) as foundation treatments that address maladaptive trauma-related beliefs and restore self-agency.	CPT challenges negative beliefs and reconstructs perception, affirming its efficacy as a first-line treatment for PTSD.
Somatic Healing	Highlights somatic therapies that focus on body-stored trauma, based on polyvagal theory. Techniques like somatic experiencing help discharge survival responses.	Body-centered therapies complement cognitive approaches to unlock trauma responses stored physiologically.
Evidence-Based Therapeutic Models	Explains EMDR and Internal Family Systems (IFS) therapy as integrative models targeting cognitive and somatic dimensions of trauma.	EMDR integrates distressing memories, while IFS addresses internal psychological parts, showing efficacy in trauma recovery.
Finding the Right Trauma-Informed Therapist	Guides selecting therapists with trauma-specific training and experience. Highlights the importance of pacing therapy within the client's tolerance levels.	Look for therapists with evidence-based certifications and somatic focus, ensuring a safe, individualized approach.

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Path to Healing	Summarizes the importance of addressing trauma holistically through cognitive, emotional, and physiological methods. Reiterates the potential for recovery with qualified support.	Healing integrates mind and body therapies, requiring professional guidance for sustainable recovery.
