

STEVE HAINES

TRAUMA IS REALLY STRANGE

ART BY SOPHIE STANDING



Trauma Really Strange Steve Haines

Jana Rivers Norton



Trauma Really Strange Steve Haines:

Trauma is Really Strange Steve Haines, 2015-12-21 What is trauma How does it change the way our brains work And how can we overcome it When something traumatic happens to us we dissociate and our bodies shut down their normal processes This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body With wonderful artwork cat and mouse metaphors essential scientific facts and a healthy dose of wit the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this including Trauma Releasing Exercises that allow the body to shake away tension safely releasing deep muscular patterns of stress and trauma

Anxiety is Really Strange Steve Haines, 2018-01-18 The science behind anxiety is explained in this engaging and highly original graphic medicine book with in depth analysis of where anxiety comes from what it means for your body and how to turn it into something positive The artwork simply and humorously depicts how to alleviate anxiety and take control of its negative symptoms

My Life After Trauma Handbook Sue Knowles, Bridie Gallagher, Jade Baron, Reggie Worthington, 2022-11-21 Adversity is a part of life and many of us have experienced trauma that has left us feeling distressed scared or alone This book draws on Bridie and Sue's background in Clinical Psychology to help you identify what trauma is the effect it can have on your physical and mental health and how you can cope Containing many ideas and strategies to support you with the impact of trauma including giving yourself a butterfly hug to calm yourself down or sending an email to someone who lives far away to feel more connected this is a guide that you can dip in and out of and return to at different stages in your life after trauma Co written with two young people who were brave enough to share their own stories you will find that you are not alone that nothing stays the same and that there's always hope

Tell Me about When Moms and Dads Go to Jail Judi Goozh, Sue Jeweler, 2018-05-21 When a parent is in jail children need extra support to ensure positive emotional wellbeing and social and academic development This reassuring book provides tips and activities for helping children understand what is happening to their parent feel safe and loved and manage their feelings Ideal for use with children aged 6-11

The Body in Coaching and Training: An Introduction to Embodied Facilitation Mark Walsh, 2021-01-07 Are you a coach or trainer looking to work more with the body Do you want to work safely and help your clients make deeper change Do you know that the body matters for facilitation but are not sure practically how to develop this aspect of your work This book will provide you with the theory and real world tools for excellence in embodied facilitation It contains over 50 simple exercises for both you and your clients and offers a clear pragmatic framework for deepening your experience and developing your skills Through core techniques such as awareness raising exercises centring and embodied listening you will learn how to help clients with a range of common coaching topics such as Leadership Confidence Finding purpose Stress management Communication skills Mark Walsh's straight talking approach offers a framework for understanding the field in addition to techniques you can use with clients immediately From processing trauma to centring yourself in times of stress it

is a no nonsense resource for any coach facilitator or teacher wanting to work more through the body The body is a huge part of who we are yet it is often ignored This book will show you how to include it safely skilfully and powerfully Mark Walsh is a world leader in embodied facilitation He founded the Embodied Facilitator Course and Embodied Yoga Principles hosts The Embodiment Podcast led the record breaking Embodiment Conference and manages the business training company Integration Training He holds a black belt in aikido an honours degree in psychology and a 50m swimming badge He offends pirates with his swearing and impresses dads globally with his jokes

The Tragic Life Story of Medea as Mother, Monster, and Muse Jana Rivers Norton, 2019-11-13 This volume offers a critical yet empathic exploration of the ancient myth of Medea as immortalized by early Greek and Roman dramatists to showcase the tragic forces afoot when relational suffering remains unresolved in the lives of individuals families and communities Medea as a tragic figure whose sense of isolation and betrayal interferes with her ability to form healthy attachments reveals the human propensity for violence when the agony of unresolved grief turns to vengeance against those we hold most dear However metaphorically her life story as an emblem for existential crisis serves as a psychological touchstone in the lives of early twentieth century female authors who struggled to find their rightful place in the world to resolve the sorrow of unrequited love and devotion and to reconcile experiences of societal abandonment and neglect as self discovery

Tragedies and Christian Congregations Christopher Southgate, Carla Grosch-Miller, Hilary Ison, Megan Warner, 2019-09-26 When tragedy strikes a community it is often unexpected with long lasting effects on the people left in its wake Too often there aren't adequate systems in place to aid those affected in processing what has happened This study uniquely combines practical theology pastoral insight and scientific data to demonstrate how Christian congregations can be helped to be resilient in the face of sudden devastating events Beginning by identifying the characteristics of trauma in individuals and communities this collection of essays from practitioners and academics locates sudden trauma inducing tragedies as a problem in practical theology A range of biblical and theological responses are presented but contemporary scientific understanding is also included in order to challenge and stretch some of these traditional theological resources The pastoral section of the book examines the ethics of response to tragedy locating the role of the minister in relation to other helping agencies and exploring the all too topical issue of ministerial abuse Developing a nuanced rationale for good practical pastoral liturgical and theological responses to major traumas this book will be of significant value to scholars of practical theology as well as practitioners counselling in and around church congregations

Can't You Hear Them? Simon McCarthy-Jones, 2017-04-21 What's wrong with you People who hear voices will often hear this alienating question and are treated ineffectively with anti psychotic drugs Recounting the stories of voice hearers this book suggests that we should instead ask What happened to you and offers an alternative approach to auditory hallucinations

Yoga and Somatics for Immune and Respiratory Health Charlotte Watts, 2022-10-21 Our respiratory and immune systems are intrinsically linked to how we relate to the world around us

Engaging with our vitality through the movement we were designed to express equips us with an invaluable ability to support the optimal functioning of our internal systems This book explains how movement embodied awareness and self compassion can be incorporated into yoga practice to support respiratory and immune health It delves into how stress trauma breath movement and posture can impact the quality of these systems and how yoga teachers can integrate a range of practises focussing on movement meditation and breath to help improve them Through an exploration of our boundaries our breath and our bodies this book will help yoga teachers develop a more integrated and nuanced approach to their teaching

Compassionate Mindful Inquiry in Therapeutic Practice Karen Atkinson, 2020-01-21 Practical and informative this hands on manual clearly depicts the relationship between mindfulness and compassion demonstrating how one supports the other The book offers a fresh perspective on mindfulness that resonates with a human approach and helps practitioners to validate their work by giving a sense of grounding and direction and providing a safe appropriate and transformative process in which to conduct inquiry Including chapters on the meaning of Compassionate Mindful Inquiry and the Model of Inquiry Atkinson facilitates transformational change and offers guidance for those incorporating mindfulness teaching into their own professional practice

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