

Trauma PTSD

Enabling order and stabilisation.
Promoting positive self-awareness.
Experiencing of meaningful freedom.

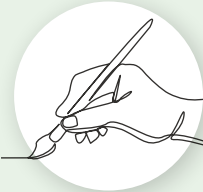
Sculpture & Form-Drawing



(Be careful with sculpture, as feelings are stimulated/triggered via the lower senses, which may be overwhelming OR too challenging).
Gently stimulate stabilisation in the three spatial dimensional directions as well as life forces so that the pent-up feelings can slowly be released. Foster a relationship with reality.

Controlled work in which meaningfulness and self-realisation can unfold. New things should be able to emerge. Search for the right motif and let it be found. Work on the Clay field: Slowly let an impression of self take shape. Allow strength to be experienced. Clear forms. Repetition of shapes. Form Drawing: with reversing bindings.

Painting & Drawing



Support the self/I to get to reconnect, know and guide their/one's own body again. Permeate everything with warmth, affection and humour.

Working with a light source that unites everything. Using veil/layering techniques, charcoal work, drawing or hatching to stabilise and consolidate the self. Bringing colours together without getting lost in them. Offer exercises with plant metamorphoses in order to experience a longer continuous period where everything is allowed to develop and fade away.

Music & Singing



Experience mental balance. Cultivate a new connection to healthy nature.

Music therapy interventions to deepen breathing and the ability to express emotions. String instruments and vocal exercises are well suited. Music therapy in and for nature creates a healthy reconnection with the world.

Speech & Drama



Symptom and process-orientated therapy: Foster protection, a sense of boundaries, order and support through speech exercises with the legs. Self-regulation and dealing with emotions. Integration through the promotion of self-experience, self-expression and autonomy.

Exercises that create a sense of protection, order and support with palate sounds and body meditations, such as "Standing firm, I place myself in existence" or "My I carries me" by Rudolf Steiner. Self-regulation with the help of breathing exercises, communication gestures, poems e.g. by Hilde Domin, Rose Ausländer and through creative writing. Self-expression through voice exercises, communication gestures and role play.