

# INTEGRATIVE BODYWORK THERAPY AND TRAUMA RECOVERY

**Integrative Bodywork** is a therapeutic process that uses a gentle, whole-body approach to healing that restores and re-integrates the body-mind-spirit. It helps rid our mind and body of the residual effects of trauma associated with negative experiences. Our bodies often retain (rather than dissipate) physical forces and the accompanying emotional energy triggered by physiological, psychological, and spiritual trauma. As our body heals, it can isolate or wall off these residual “energies” also known as *somato-emotional* stress. Although we can initially adapt to the presence of this “energy”, eventually the body weakens or tires of this *fight/flight/freeze* accommodation and develops symptoms of pain, dysfunction or emotional stress as a response to these held somato-emotional memories.

**The goal of a session** is to resolve the residual effects of trauma and negative emotional experiences from the mind, body, and spirit and to gain insight as to how that held trauma is influencing our physical and emotional health- which is essential for healing the whole person.

**The Integrative Bodywork release process** requires sensitivity and expertise on the part of the therapist and a receptive attitude on the part of the client. The relational aspects of this work helps restore a greater sense of safety and trust in life’s processes and transforms helplessness into freedom of choice.

Tove Borgendale and Zach Potchinsky of ‘haracenter’ possess over 20 years of hands-on experience with advanced trainings in Somatic Emotional, CranioSacral, Myofascial Release, Movement and Unwinding Therapies, Body-Oriented Psychology, Energy Medicine, and Non-Dual Healing. They are prepared to help guide you through the process of more deeply understanding and releasing emotional trauma which might include: violent assaults; warfare; sexual, emotional or physical abuse, addiction, post-traumatic stress (PTSD), childhood traumas, traumatic relationship and body-image issues, and more.

**During a session** subtle, holistic bodywork is combined with dialogue to assist the process of release and to increase an awareness of your “inner self.” This work truly accesses and assists the body in healing that very powerful and basic “mind-body connection”, facilitating healing at the source level of the pain or problem. Sometimes, an awareness or association of trauma may arise and release during the course of a particular bodywork session. Several focused sessions might be helpful to fully and safely allow the body to release the effects of issues that sometimes arise that hold a greater emotional depth.

952-832-0111/ [www.haracenter.com](http://www.haracenter.com). Free phone consultation available upon request.