

Steve Haines - Awaken Powerful Primitive Somatic Reflexes With TRE® to Shake Free of Trauma & Find Safety, Freedom & Joy 2022

In this experiential online course, you'll:

- **Discover TRE as a simple and effective somatic practice** that harnesses the power of your primitive reflexes to release stress, tension, and trauma on all levels of your being
- **Explore the TRE ritual of 7 exercises** that trigger your natural tremor mechanism
- Recognize **the reliable, early signs of distress**, including signs that show when you're more activated than you realize
- Learn the power of avoiding ***freezing, flooding, and dissociating***
- **Practice guided techniques to support tremors** in your hips, spine, and shoulders, and contain feelings when they're going too quickly
- Deepen your **understanding of trauma theory**
- Discover how emotions are related to **sensations**
- Explore the powerful truth that **you don't always need to talk about the past to heal in the present**
- Learn about **polyvagal theory and your core survival gestures** of moving from *safe and social to fight-or-flight to freeze*
- Deepen your appreciation of the **diverse and complex range of psychological behaviors** you exhibit when you're overwhelmed
- Return to the simplicity of **finding safety in your body via shaking**
- **Pace yourself and create an ongoing practice** for self-healing

What You'll Discover in These 7 Modules

In this 7-module transformational intensive, Steve will guide you through the fundamental skills you'll need to successfully integrate a TRE practice into your daily life — that activates your body's natural reflexes to alleviate deeply held stress, tension, and trauma, while bolstering your built-in capacity to regulate your own wellbeing.

This course will feature step-by-step teachings and experiential practices with Steve. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to optimize and sustain your health and wellbeing with integrated TRE — for a life of freedom, ease, and joy

Module 1: The Joy of Shaking



Shaking is a simple, safe tool to help you feel more connected and alive. Developed by Dr. David Berceli, Tension and Trauma Releasing Exercises (TRE), trigger a natural shaking reflex.

In this opening module, Steve will take you through the history of shaking, a lost practice in many healing traditions. He'll share insights from ethology — the study of animal behavior — and explain how **shaking is a mammalian reflex for discharging stress**.

This module will be all about finding safety in the body and the essentials of embodied approaches to working with overwhelm. **To heal trauma, you don't need to understand or to remember. You also don't need to talk about your most difficult experiences!**

You'll begin working with Steve's bottom-up approach, where you'll **heal trauma by reconnecting to your body**. When you switch off protective reflexes of *fight-or-flight* or *freeze*, you free yourself from intrusive thoughts, pain, and stuck emotions.

TRE teaches how to be with intense feelings — without becoming overwhelmed. Shaking is a powerful stimulus to help you release chronic stress and tension. As you'll discover, shaking helps you wake up your body.

In this module, you'll:

- Explore the **importance of feeling safe**, being playful, and being curious
- Learn how to turn on, pay attention to, and, **turn off tremors**
- **Discover the TRE ritual of 7 exercises** that trigger your natural tremor mechanism
- Learn about **Dr. David Berceli and the history of TRE**
- Understand core principles from the **latest science of trauma**
- Start to identify when **primitive reflexes begin to hijack your mind and body**

Module 2: Grounding & Shaking to Connect



There is a hidden response to traumatic events.

Nearly everyone knows about the stress response of speeding up to survive...

... but not enough people know about the shutdown response, in which we slow down to survive.

Steve will explain how shutdown is also known as *freeze*, *dissociation*, *collapse*, and *playing dead*. Shutdown's essence is a gesture of immobilizing and switching off so you can survive.

Dissociation is the essence of trauma. For many survivors, it's the hidden mystery at the heart of trauma. It's a very confusing state, where you can feel numb, disconnected, and empty. Frequently, you feel stuck, unable to think or act. Often, it feels horrible and scary. Sometimes, however, dissociation can feel safe, floaty, and expansive, as though you're no longer bound by your body.

The main chemicals of dissociation are endorphins — your body's natural painkillers. For many of us, there is a seductive, cozy quality to dissociation. It can seem easier to *not* feel and to tune out, rather than to remain present.

The opposite of dissociation is being **grounded** — a beautiful, earthy word that describes **being present and connected**. As you'll discover, groundedness is a state in which you're at home in your body, and observant of the space around you.

In this module, you'll:

- Learn how to **feel safe in your body**
- **Practice simple tools** for being grounded
- Discover when **daydreaming becomes too much**
- Understand the barriers that make it hard to **connect to the body**
- Discover the **power of moving slowly** with intense feelings

Module 3: Self-Regulation for Healing Trauma



All modern trauma therapists focus on teaching how to regulate intense feelings. It's now well understood that **going slow is actually the quickest way to heal trauma**.

Feeling is difficult, yet it's a skill that can be taught. Often you'll need support and community to help you co-regulate before you can self-regulate.

If things are feeling too strange, too quick, too much, or too *floaty* during the tremor process — you can learn to put the brakes on and stop.

By learning to regulate the tremors of TRE, you can learn to regulate *all* feeling states.

You'll develop your skills and strength to help you build a strong, resilient container to hold your trauma.

In this module, you'll discover:

- How to **practice going slow** as the quickest way to heal trauma
- Ways to recognize **the reliable, early signs of distress**, including signs that show when you're more activated than you realize
- **Principles for self-regulation**: OMG, not as in *Oh My God*, but as in *Orient-Move-Ground*
- The power of avoiding **freezing, flooding, and dissociating**
- A guided practice to intervene and **contain feelings when they're going too quickly**

Module 4: Free Your Body — Shake to Release



Tension has a habit of creeping up on us. If we're not careful, we become a bag of contractions, holding on tightly each and every day in order to survive. When you're braced against life and you're stuck trying to protect yourself, it's hard work. With TRE, you can *shake it off*. You can let go and allow natural tremors to free your body from the inside — a wonderful feeling.

You'll explore the key metaphor of releasing tension and trauma. You'll encourage the tremors to meet the stuck parts of your body.

Steve will share plenty of tips and tricks to help the tremors move seamlessly through your whole body. He'll help you understand the basic structure of the body so you can appreciate where and why tremors can get stuck.

In this module, you'll:

- Learn how to ***shake it off***
- Discover the **living matrix of fascia** in your body
- Learn about your diaphragm and **slow, gentle breathing**
- Come out of stuck patterns to **new creative possibilities**
- **Practice techniques to support tremors** in your hips, spine, and shoulders

Module 5: To Heal, You Don't Need to Understand or Remember



How do the mind and body connect? This is a very old problem. Shaking is an amazing training in mind-body connection.

At the heart of TRE is profound trust in the wisdom of the body. Trauma is seen as primarily a physiological response rather than a psychological problem.

To heal trauma, you don't need to understand or remember. The goal is to **turn down the dial on protective reflexes** that are trying to speed you up or shut you down so you can survive.

This a radical paradigm shift away from *thinking and understanding* as the key elements of healing.

You'll learn how emotions are rooted in the body's sensations. Steve will guide you to notice and label feelings — and *have* feelings, rather than become them.

In this module, you'll:

- Deepen your **understanding of trauma theory**
- Discover how emotions are related to **sensations**
- Find new ways of **describing and inhabiting your body**
- Understand that **trauma is about physiology**, not psychology
- Learn that **you don't always need to talk about the past** to heal in the present
- Practice new **feeling states**

Module 6: The Neurobiology of Trauma



This module is a deeper dive into how the nervous, hormone, and immune systems are involved in trauma.

Many people are surprised to learn they're not *mad, bad, or broken*. When you truly comprehend that protective reflexes are **normal reactions to extraordinary events**, you take a massive step forward in your healing.

Steve will introduce you to Dr. Stephen Porges' research — as you'll discover, it's full of very influential scientific discoveries about primitive survival reflexes. Steve will make Dr. Porges' *polyvagal theory* simple and relevant to your daily life.

He'll explain how, as your perception of a threat increases, you might default to your older reflexes to survive. It's your neurobiology responding to perceived danger, and Dr. Porges outlines this process in the stages of **Orientation, Mobilization, and Immobilization**.

In this session, Steve will also review the literature on stress and highlight the insights you can use in ordinary life.

In this module, you'll:

- Develop your **understanding of stress**
- Briefly **touch on the complexity of trauma** and its wider models in psychology
- Learn about **polyvagal theory and your core survival gestures** of moving from *safe and social* to *fight-or-flight* to *freeze*
- Deepen your appreciation of the **diverse and complex range of psychological behaviours** you exhibit when you're overwhelmed
- Return to the simplicity of **finding safety in your body via shaking**

Module 7: Interventions to Enhance Your Wellbeing



This final module is a chance to rediscover being playful with the tremor process.

After you've moved through the previous sessions, there may be all sorts of change happening within you.

You'll explore classic tools and interventions in TRE to help find coherence, variety, and fluidity in your shaking process.

Building confidence in the strength and power of your body and the tremors can take time.

Steve will give you a framework for how tremors commonly progress — and how to develop a sustained TRE practice.

TRE is about you healing yourself. It's a powerful tool to support your ongoing healing journey.

There are times to develop your strength and resilience as you learn to let go. Other times, you'll want to go gently, slowly building your capacity to feel.

In this module, you'll:

- Discover how to **build resilience**
- **Develop your skills** to trust the tremors
- Learn how to **pace yourself and create an ongoing practice** for self-healing
- Recognize **when to speed your practice up** and when to calm things down
- Understand the **power of being curious and playful**

The Awaken Powerful Primitive Somatic Reflexes Bonus Collection

In addition to Steve's transformative 7-module virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

Five Ways to Feel More

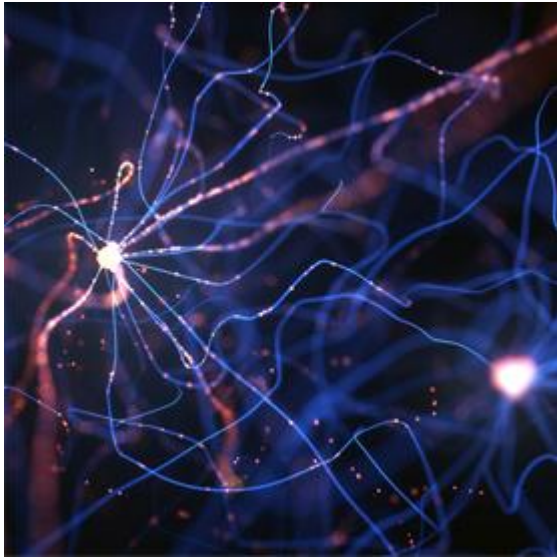
PDF Guide From Steve Haines



Being in tune with your body is a lifelong skill that takes work to master. In this PDF guide by Steve, you'll receive tips and resources on how to become skillful at the feeling business. You'll explore supplemental insight into the importance of feeling and the beautiful, poetic, and simple benefits of being present. Each "Try It Now" section will help you find groundedness and health in your body. You'll also broaden your perspective of movement, breathing, and meditation as key tools you can use anytime to feel less stressed and more embodied.

In-Depth Introduction to the Neurology of Shaking

Video Teaching From Steve Haines



This bonus lecture is a deep dive into “our internal dancers.” Think of a fish that moves by creating rhythmic waves in its whole body. Humans don’t just have a “reptilian brain,” we have a dancing “fish brain” living inside our spinal cord. There are groups of oscillatory neurons through the cord (central pattern generators) that are always active and that generate rhythmic activity. As we evolved, we have learned to control and inhibit the central pattern governors so we can stand, walk, and move. TRE puts the fish brain into a positive feedback loop, generating lots of good news inside the whole central nervous system.

Physiology of Curiosity: Learning From Polyvagal Theory

Video Dialogue With Steve Haines and David Fuller



Your ability to be curious is centered on your ability to feel safe. Likewise, “the loss of curiosity is the loss of safety.” The polyvagal theory of Dr. Stephen Porges can help us understand the physiology of feeling safe. As you’ll discover in this bonus video, we work best when we’re *vagal superstars*. With our new vagus turned on, we’re happier, less inflamed, more social, and more curious.