



## **Clinical Skills Series – Tools for Trauma**

In this article we are going to be exploring how to work with a client when they are experiencing a current trauma. In part, this is because in the accompanying video of working with Tools for Trauma, I have concentrated on how to work with a historical trauma that is still active in a client's system, and in the Chronic Illness article we also looked at some approaches for how to work with historical trauma.

There will be many times in your practice when a client walks into your clinic actively experiencing trauma. If I think of recent examples in my practice:

- A client whose father had been killed in a terrorist attack and she needed to fly out to identify the body
- A client whose daughter had been attacked at a party a few nights before our session
- A client whose spouse had a serious accident at work
- A client who had come for a session, had a car crash on the way home, went to the hospital and when picked up by a friend came straight back to my clinic so that we could work on the trauma and pain
- A client who had recently experienced a disempowered and violent birth
- A client who had been diagnosed with cancer the previous day

I could easily continue with this list. When you consider your client work over the last year I suspect that there are numerous times when you could identify that the client was working with a current trauma.

### Defining Trauma

The Oxford English Dictionary defines 'trauma' as 'a deeply disturbing or distressing event'. For the sake of our clinical exploration of trauma I am going to extend this definition to 'a deeply disturbing or distressing event that initiates sustained energetic dissonance within the whole-body system'. It is important to add this within a clinical context, as it is not up to us as the practitioner to determine what is traumatic to another person.

### Trauma is individual

When I was 20, my dog of 12 years died. She was old, it was a very peaceful death. I missed her and each time I thought of her I felt like we were still hugging each other. I was so very grateful that we had had such a wonderful long time together. When a client's dog of similar age died, the client was deeply traumatised, unable to eat, sleep or participate in her daily life. Similar events, but with a greatly different impact on the energetic balance of the whole body system.

Through listening to your client, observing them and energy testing you will be able to easily identify whether they are working with a trauma or not, but with practitioner consciousness, be mindful not to impose any judgement of whether your client 'should' or 'should not' be traumatised by any specific event!

## Neurovasculars

One of our most effective tools for working with a client experiencing trauma is the Neurovasculars. I am not going to tell you anything here that you don't already know, but I am amazed at how few people utilise the immense power of the NVs as a tool for trauma. Perhaps they are so simple and so familiar that we don't necessarily think of using them in extreme or complex situations. But those are exactly the situations they are so powerful within. During the EEM Certification programme we return to NVs again and again throughout the two years. They come up in the early classes with the Black Pearl, the Quickie Energy Balancer, emotional meridian balancing, and then in a more focused way with the 5 Rhythms and the Advanced Star Diagnostic. In short, they are *the most taught tool* within the two years, and this should give each of us a very big insight into their power.

They are a wonderful way to bring balance, especially emotional balance, to any situation. They can be used as a support for other balancing work that you are doing, *and they can be used on their own within a session*. There are many sessions in which I do nothing other than hold NVs and these may be some of the most transformative sessions the client experiences. Do you remember the story in one of Donna's books where she had been on holiday and was behind a bus that hit a pedestrian? The pedestrian was under the wheel of the bus and the only thing Donna chose to do while waiting for the ambulance was hold the woman's main NVs. She didn't rush into a shock protocol or try to figure out which systems or meridians needed balancing. She didn't even strengthen Triple Warmer. She simply sat still and held the main NVs. Why? Because in her wisdom she understood that to give the woman the best chance to survive the trauma and her physical injuries (which she did 😊) the NVs were the most powerful way she could work.

### The 'Normous Power of the NVs!

- Relieve current stress.
- Re-programme the stress response loop thus 'de-charging' an historical, current and future experience.
- Balance the fluids in the body, including blood (which was why Donna chose to work with NVs when the woman in the bus accident was experiencing trauma, shock, internal injuries and blood loss).
- Can be meridian specific, or more general by using the Main NVs while holding the occipital ridge.

Recently a beloved family member fell off a ladder and broke his neck in two places. The medical prognosis was complete paralysis from the neck down. The first thing I did when I got the news was sit down and hold my own NVs. The first thing I did for my sister when I arrived at her home was hug her and then hold her NVs. The first thing I did for my brother-in-law as he lay in intensive care was hold his NVs. For hours, and hours. No other system had the ability to begin to start repairing the massive electrical damage that occurred from the physical, emotional, cognitional and spiritual trauma of that kind.

### What does it look like?

In general, when I work with NVs I watch a few different things going on in the whole-body system. After a couple of minutes of holding the main NVs it looks like a pause comes into whatever part of the system is running with tension or stress. The Protective systems of TW and CS tune into the shifting balance. A more gentle pulse or wave starts coming into those imbalanced energy patterns so they slow and calm, looking for connection and cohesion.

Next the NVs influence the energy of the lungs and again bring in a gentler pattern of breathing, which in turn brings oxygen into the body. Once this happens, the third chakra relaxes because of its relationship with the diaphragm, and this often helps connect the 2<sup>nd</sup> and 4<sup>th</sup> chakras. Now CS not only begins to relax, but also starts looking at how it can help bring balance to the heart (remember, that is its primary job!). CS balancing helps encourage TW to also calm down and connect.

Meanwhile, Central and Governing in their meridian and RC aspect begin to tune into the way the heat and electromagnetic energy of your hand is affecting the NVs that you are holding. They start expanding, both into the aura and in strength. They take their place as the outer 'skin' of the aura, bringing in a place of expansive safety. The Celtic Weave begins to take up its full role of communication and connection and once this happens, system after system start connecting, finding their patterns of health and connection.

And now, it simply comes down to how much time you have. And of course, the process I have described may have taken five minutes; it may have taken 45 minutes... that all depends on what needed balancing and how the client could receive and meet the new energy being restored by the NVs.

Many of you, when working with NVs, will get to this place of increasing balance and, feeling your work with NVs is complete, move onto another system/protocol/testing. But this point of NV effectiveness is the MINIMUM place you want to be working with NVs. From here, the magic really happens. At this point, it is so important to ensure that you are holding the NVs as gently as possible. Maintain contact with the skin at all times, it is reassuring and enables the NVs to draw balance from the heat of your skin, but recognise the balancing effect of the NVs begins to pulse energy out from the points themselves. (Up to this point they have been working with a more internal direction of their energy).

At this time though, the deeper stressors are relieved and re-patterned, and this can only happen when the energy comes OUT from the NV points. That is why we hold them so gently. Because otherwise it can feel like we are capping the energy... or placing a lid on the very energy that needs to be released into balance.

The longer you hold the NVs after they have initiated system cohesion, the greater the effect the client will experience. Layer after layer of physical, emotional and cognitional imbalance can be affected and balanced. Are you falling in love with the NVs yet?

It is one of the times when I love, love, love watching the aura. It activates on a very different level when NVs initiate system cohesion. Imagine the main NVs as governing the aura (they don't, but it is an analogy that works for this visual). Once the NVs have asked the system to release and connect enough, they turn their attention to the aura, pouring balance and wisdom into it to turn it up a notch, grabbing systems here, connecting there, spiralling and spinning any congestion over there while weaving an empty patch over here, and on and on. With such vibrational work going on, the throat chakra wakes up in all its shapes and directions and begins to vibrate with a deep thrum that in turn affects the heart, the thyroid, the spine and the nervous system.

OK, now I KNOW that you love the NVs and can't wait to do a whole 90 mins holding the NVs! Good.

### Energy Psychology (EP)

I am not going to write much about EP here, although it is a tool I often use when clients come in with a trauma. If you have it in your toolkit then you already know it is especially useful with trauma. Make sure that your client is grounded before *and* after working with EP. When you work to relieve an imbalanced emotional charge on a meridian end point (such as a tapping protocol), the electromagnetic charge gets deposited into the aura. If the aura is not in a place to be working with this then the charge settles elsewhere in the system and can lead to confusing emotional/physical associations. This can be avoided by good concentration on client groundedness before and after a session. After a particularly impactful session I would also recommend baking soda baths for the client to help clear the energy patterns through the aura.

### Post Op

Clients who are post-op are nearly always working with trauma in the body. They may or may not be working with conscious trauma of the psyche, but with an invasive procedure having taken place, the sub-conscious of the body will be experiencing trauma. The client may not be feeling tearful or overwhelmed by the fact that they had their appendix removed, but when you energy test the body you may find that TW is in a place of great alarm, the Celtic Weave and Tibetan energy rings have lost their efficacy in the areas affected, and the client is struggling to remain grounded. This simple surgery would thus be classed as 'a deeply disturbing or distressing event that initiates sustained energetic dissonance'.

I mention this post-op situation here as we may not look to work with our trauma tools when there is no obvious effects of psychological trauma, but remember that the body holds the wisdom of the sub-conscious and when TW sees a scalpel coming towards the body then there is trauma! Helping your client be well prepared energetically for an operation and especially sharing the tools for them to restore their energetic balance after an operation (meridian tracing, NV hold, supporting TW) can very quickly help relieve any trauma and enable speedier and fuller recovery.

### Shock Point, the Bladder System and Electrical Organisation

It may seem strange to put the shock point, the Bladder meridian system and electrical organisation all together, but there is reason! When there is trauma in the body, it hits the bladder meridian system in a major way because it governs the nervous system. And within this governance is electrical cohesion. The nervous system is ultimately electrical with all the electrical impulses galloping through the nerves. It is linked to groundedness and the way in which we pull electricity up from the earth and down from the heavens. Think of the bladder meridian as being the electrical conductor from above your head to below your toes, with Bl 66 and 67 sending electricity deep below us, even as K1 begins to draw it back up into the body.

There are two types of groundedness; superficial and deep. In fact, for me, there is only deep groundedness, as superficial groundedness does not classify as being grounded. But when we do the slap test it is possible that we are only testing the ability of the foot to bring in electrical energy from the ground. It really isn't able to assess whether our energy system is anchored deep into the ground beneath us. This deep groundedness is essential for our whole-system health; it simply isn't enough to be superficially grounded. Think of it as grades of groundedness and take a moment to tune into your own groundedness right now; are you ungrounded, just about grounded (superficial) or really rooted into the ground (deep)? Bring some of your clients to mind... would you assess them to be ungrounded, superficially grounded or deeply grounded? When clients are working with trauma they are very rarely able to access deep groundedness and this is the primary objective in our energy work, because when deep groundedness is re-established, the body can move trauma out of the system.

So... trauma hits the nervous system, which sets off electrical disarray, which in turn both affects and is affected by increasing ungroundedness. At this point, if we are able to really re-establish deep groundedness then the electrical coherence will calm the nervous system and aid coherence in the whole-body system. But if we aren't able to re-establish deep groundedness, energetic organisation gets more and more electrically discombobulated. Please note that I am not talking about TW here. There is a big difference between Bladder/Nervous system activity and TW activity. Generally, if the nervous system is activated in an alarm response then TW will be too, but they are different systems and it is useful to know this as there are times when you can work TW all you want, but if the electrical disarray is extreme, TW has a really difficult job to bring it back into any organisation.

The great news here is that Bladder can do so much because *it governs the nervous system*. You may choose to track the Bladder meridian, and I have found that using the three-point technique for bladder to bring about electrical and nervous system balance is especially effective. It is also something that a client can do for homework. Working with the electrics when a client is experiencing trauma can also bring about deep change within their system so then any other work that they/you are doing can be taken deep into the cells, into the energetic core and all the way out to the edge of the aura. It really re-establishes organisation.

And this is where the shock point comes in. Positioned in the centre of the heel, at the bottom of the Taiji Pole, it acts as a release valve, allowing excess or shocked electrical energy to find its way out of the body and allow deep grounding. It is often something that I energy test when working with a client who is experiencing trauma. If it is strong then I move onto another system, but if it is weak then I may simply press into the shock point as if working with the K1 Wave and do this for a few minutes. You, of course, have a whole protocol for how to work the Shock point deeply, and it is an excellent one, but more commonly I check and balance the shock point quickly and regularly during sessions involving trauma rather than devote an entire session to it. It becomes a base line reading to see how the shock is being processed and released by the system, how well the electrical cohesion is functioning, and how much the client can become deeply grounded.

Good luck with your work with clients who are experiencing trauma. It is vital and powerful work and you are so well equipped to bring deep and lasting healing.

With love, Prune