

peter levine waking the tiger

peter levine waking the tiger is a phrase that has gained significant recognition in the fields of trauma healing, somatic therapy, and personal development. This concept stems from Peter Levine's groundbreaking work in understanding how we process and release trauma stored within the body. His approach, often summarized by the metaphor "waking the tiger," emphasizes the importance of reconnecting with our innate physiological responses to stress and danger to promote healing and resilience. In this comprehensive article, we will explore the origins of Levine's work, the core principles behind "waking the tiger," and practical applications for individuals seeking to heal from trauma and live more embodied lives.

Understanding the Foundations of Waking the Tiger

The Origins of Peter Levine's Approach

Peter Levine, a renowned psychotherapist and researcher, developed his approach to trauma therapy based on decades of studying both animals and humans. His observations of how animals in the wild handle threats and recover from danger profoundly influenced his understanding of trauma. Unlike humans, animals do not typically suffer from prolonged stress responses; instead, they instinctively complete the fight, flight, or freeze responses, allowing them to return to a state of equilibrium swiftly.

Levine recognized that humans often become "stuck" in these physiological responses due to various factors such as repeated trauma, emotional suppression, or societal expectations. This stuck energy manifests as symptoms like anxiety, depression, chronic pain, or dissociation. His work aimed to help individuals access and complete these physiological responses, thereby releasing the stored trauma.

The Concept of Waking the Tiger

The phrase "waking the tiger" serves as a metaphor for awakening our primal, instinctive responses that have been dormant or suppressed. The tiger symbolizes our natural capacity for strength, resilience, and self-healing. When we wake the tiger within, we are essentially activating our body's innate ability to process and discharge traumatic energy.

This process involves:

- Recognizing and honoring the body's sensations and responses
- Allowing the natural energy of fear, anger, or shock to move through us
- Completing the survival responses that were interrupted during the traumatic event

By doing so, individuals can break free from the cycle of trauma and reclaim their sense of safety and vitality.

The Core Principles of Waking the Tiger Technique

Levine's method is grounded in several fundamental principles that distinguish it from traditional talk therapies. These principles emphasize body awareness and physiological processes as essential components of healing.

1. The Body Keeps the Score

Levine's approach aligns with the widely recognized concept that trauma is stored in the body. The body's sensations, tensions, and movements serve as gateways to healing, making somatic awareness crucial.

2. Completing the Fight-Flight Response

Trauma often occurs when a person's natural response to danger is interrupted, leaving energy trapped. Waking the tiger involves helping individuals access and complete these responses in a safe environment.

3. Safety and Grounding

Creating a safe space is vital. Clients are guided to stay present and grounded, ensuring that the activation of physiological responses does not become overwhelming.

4. Allowing Natural Discharges

The technique encourages spontaneous movements, vocalizations, or expressions

that mirror an animal's instinct to shake off or discharge excess energy.

5. No Forcing or Pushing

Healing occurs naturally when individuals listen to their bodies and respond with patience, avoiding forcing responses or rushing the process.

Practical Steps in Waking the Tiger Therapy

Applying Levine's principles involves a series of steps that facilitate safe and effective trauma release. Here, we outline the typical process.

1. Establish Safety and Trust

Before beginning, both therapist and client work to build a trusting relationship. The environment should be comfortable, and clients should feel in control at all times.

2. Body Awareness and Grounding

Clients are guided to tune into bodily sensations, noticing areas of tension, warmth, or movement. Grounding techniques such as deep breathing or sensory awareness help maintain presence.

3. Accessing Emotional and Physical Responses

Through gentle prompts, clients are encouraged to notice feelings of fear, anger, or shock and how these feelings manifest physically.

4. Allowing Spontaneous Movements

Clients may be guided to make small movements, tremors, or sounds, allowing their bodies to discharge trapped energy naturally.

5. Completing the Response

The goal is to allow the body's natural survival responses to run their course, which might include shaking, crying, or other involuntary movements.

6. Integration and Grounding

After the discharge, clients are supported in returning to a state of calm and integrating the experience, often through reflection or mindfulness practices.

Applications and Benefits of Waking the Tiger

Levine's method has been applied successfully across various contexts, offering numerous benefits for trauma survivors and individuals seeking personal growth.

Healing from Trauma

- Facilitates the release of stored physiological energy
- Reduces symptoms of PTSD, anxiety, and depression
- Empowers individuals to regain control over their bodies and emotions

Enhancing Embodiment and Presence

- Improves body awareness and mindfulness
- Cultivates a sense of resilience and vitality
- Fosters deeper connection with oneself and others

Addressing Chronic Conditions

- Can help alleviate chronic pain, tension, and somatic ailments linked to unresolved trauma
- Supports holistic healing by integrating physical and emotional aspects

Personal Growth and Self-Regulation

- Strengthens capacity to manage stress
- Promotes emotional resilience
- Encourages authentic expression and vulnerability

Challenges and Considerations

While waking the tiger offers profound healing opportunities, it is essential to approach this work with care.

- Professional Guidance: It is highly recommended to work with trained trauma-informed therapists familiar with Levine's techniques to ensure safety.
- Readiness: Not everyone may be immediately ready to access intense physiological responses; gradual pacing is crucial.
- Trigger Management: Some responses may be overwhelming; having support and grounding tools is vital.
- Self-Practice Limitations: Self-guided practice should be approached cautiously, ideally under supervision or after proper training.

Conclusion: Embracing the Power Within

Peter Levine's concept of waking the tiger encapsulates a powerful paradigm shift in trauma healing—one that recognizes the wisdom and resilience inherent in our bodies. By attuning to our natural responses and allowing them to complete, we can release trapped energy, reduce suffering, and move toward a more embodied and authentic life. Whether through therapy or personal practice, awakening the tiger invites us to reclaim our vitality and trust in the remarkable capacity of our bodies to heal from the inside out. As we learn to wake the tiger within, we open the door to profound transformation and renewed strength.

Frequently Asked Questions

What is the main focus of Peter Levine's 'Waking the

Tiger'?

Peter Levine's 'Waking the Tiger' focuses on understanding trauma and healing through the lens of somatic experiencing, emphasizing the body's role in processing and releasing traumatic energy.

How does 'Waking the Tiger' approach trauma recovery differently from traditional methods?

'Waking the Tiger' advocates for a body-centered approach, allowing individuals to access and release trauma stored in the body rather than solely relying on talk therapy, promoting innate healing processes.

What are some key techniques introduced in 'Waking the Tiger' for trauma healing?

Key techniques include tracking bodily sensations, pendulation (alternating between tension and relaxation), and guided awareness to help clients gently access and discharge traumatic energy.

Why is 'Waking the Tiger' considered a foundational book in somatic experiencing?

'Waking the Tiger' is considered foundational because it introduces the principles of somatic experiencing, illustrating how trauma affects the body and providing practical methods for healing that have influenced modern trauma therapy.

Can 'Waking the Tiger' be used for trauma related to complex PTSD or developmental trauma?

Yes, 'Waking the Tiger' offers insights and techniques suitable for complex PTSD and developmental trauma, emphasizing gradual body awareness and safety to facilitate healing.

What is the significance of the title 'Waking the Tiger'?

The title symbolizes awakening the primal, instinctual energy within us—like a tiger—that, when properly processed, can lead to resilience and recovery from trauma.

How has 'Waking the Tiger' influenced current trauma therapy practices?

'Waking the Tiger' has significantly impacted trauma therapy by popularizing somatic approaches, encouraging therapists to integrate body awareness, and

fostering a deeper understanding of trauma's physical components.

Are there any criticisms or limitations of the methods described in 'Waking the Tiger'?

Some critics argue that somatic experiencing requires specialized training and may not be suitable as a standalone treatment for all trauma survivors, emphasizing the need for a comprehensive therapeutic approach.

Where can I find resources or training related to the techniques in 'Waking the Tiger'?

Resources include workshops, certification programs in somatic experiencing offered by trained practitioners, and books by Peter Levine that expand on the techniques introduced in 'Waking the Tiger'.

Additional Resources

Waking the Tiger: An In-Depth Exploration of Peter Levine's Groundbreaking Approach to Trauma Healing

Trauma is an intrinsic part of the human experience, often lurking beneath the surface and influencing our behaviors, emotions, and physical health. Among the myriad of approaches developed to address trauma, Peter Levine's *Waking the Tiger: Healing Trauma* stands out as a transformative and scientifically grounded methodology. Since its publication, the book has garnered widespread acclaim from mental health professionals, trauma survivors, and holistic practitioners alike. This article offers a comprehensive review of *Waking the Tiger*, exploring its core concepts, practical applications, and the profound impact it has had on trauma therapy.

Introduction to Peter Levine and the Origins of His Approach

Who is Peter Levine?

Peter Levine, Ph.D., is a renowned psychotherapist, educator, and researcher with over four decades of experience in the fields of psychology and somatic healing. His work synthesizes insights from biology, neuroscience, and psychology, emphasizing the importance of the body in understanding and resolving trauma. Levine's background includes extensive research on animal

behavior, particularly how animals naturally recover from stress and threats, which heavily influences his trauma healing model.

The Genesis of Waking the Tiger

Levine's inspiration for Waking the Tiger emerged from observing animals in the wild. Unlike humans, animals do not typically develop chronic trauma or PTSD after stressful encounters. Instead, they utilize innate physiological processes to discharge energy associated with threat and restore balance. Levine realized that humans possess similar capacities but often lack awareness or understanding of how to access them. His work aimed to bridge this gap, providing a practical framework to facilitate the body's natural healing mechanisms.

Core Concepts of Waking the Tiger

Trauma as a Disruption in Natural Biological Processes

Levine's central thesis is that trauma is not solely a psychological issue but fundamentally rooted in the body's physiological response to threat. When faced with danger, the nervous system activates the sympathetic response—commonly known as the “fight, flight, or freeze” response—to prepare the body to confront or escape the threat.

However, in traumatic situations where escape or confrontation is impossible, the natural response is often interrupted or incomplete. The energy associated with the threat remains “frozen” in the body, leading to symptoms such as hyperarousal, emotional numbness, dissociation, and sometimes physical ailments. Waking the Tiger posits that healing occurs when this energy is safely discharged and the nervous system can return to a state of equilibrium.

The Concept of the “Fascial Release” and Somatic Experiencing

Levine's approach emphasizes the importance of somatic awareness—being attentive to bodily sensations—as a pathway to trauma resolution. He introduces the idea that the body retains a “memory” of traumatic events in the fascial tissues, muscles, and nervous system, which can be accessed and

released through mindful, gentle techniques.

This method, often called Somatic Experiencing (SE), involves guiding individuals to notice and work with sensations in their body to facilitate the completion of the physiological responses that were halted during the traumatic event. By doing so, individuals can shift from a state of hyperarousal or shutdown to a more regulated, resilient state.

The “Waking the Tiger” Metaphor

The book’s title derives from the metaphor of awakening the tiger within—to harness its natural strength and resilience. Levine suggests that trauma survivors have an innate capacity for recovery and that, much like a tiger must wake to regain its vitality after a long rest, humans can reconnect with their body’s innate healing power. This metaphor underscores the importance of respecting the body’s wisdom and allowing it to guide healing processes.

Practical Applications of Waking the Tiger

Techniques and Strategies

Levine advocates for gentle, mindfulness-based techniques that facilitate body awareness and energy discharge. Some of the core strategies include:

- **Tracking Sensations:** Encouraging clients to observe physical feelings and shifts without judgment, fostering a safe way to access trauma-related sensations.
- **Pendulation:** Moving gently between states of distress and regulation, helping to build resilience and prevent overwhelm.
- **Resource Building:** Identifying and cultivating internal and external resources, such as grounding techniques or safe imagery, to support nervous system regulation.
- **Discharge of Energy:** Facilitating spontaneous movements, tremors, or vocalizations that allow the body to complete the physiological response to threat.

These techniques are typically practiced in a controlled, safe environment under the guidance of a trained practitioner, emphasizing patience and gradual progress.

Trauma Healing in Practice

Levine's approach is particularly effective for:

- PTSD and Complex Trauma: Addressing persistent symptoms by targeting physiological dysregulation.
- Developmental Trauma: Healing early adverse experiences that have become embedded in bodily patterns.
- Other Conditions: Including anxiety, depression, and somatic illnesses linked to unresolved trauma.

Practitioners often integrate Waking the Tiger principles into broader therapeutic frameworks, such as cognitive-behavioral therapy (CBT), mindfulness practices, or bodywork modalities.

Scientific Foundations and Evidence

Biological and Neuroscientific Insights

Levine's methodology is supported by advances in neuroscience that emphasize the body's role in emotional regulation. Research indicates that trauma affects not only the brain but also the autonomic nervous system and fascial tissues. Techniques that promote bodily awareness and energy discharge can help re-establish healthy nervous system functioning.

Key findings include:

- The existence of neural circuits that encode trauma-related memories in body tissues.
- The importance of vagal tone in regulating emotional states and resilience.
- The role of trauma-related energy that remains "frozen" in tissues, contributing to physical and emotional symptoms.

Empirical Support and Case Studies

While Waking the Tiger is primarily a clinical and experiential approach, it is bolstered by case studies demonstrating its effectiveness. Many clients report significant reductions in trauma symptoms, improved physical health, and greater emotional stability after engaging with Levine's techniques.

Moreover, scientific studies on Somatic Experiencing and related somatic therapies have shown promising results, though ongoing research continues to

refine understanding and validate these methods.

Criticisms and Considerations

While Waking the Tiger has amassed a loyal following and is praised for its innovative perspective, it is not without critiques:

- Need for Trained Practitioners: The techniques require skilled guidance to ensure safety and efficacy.
- Not a Standalone Solution: Often most effective when integrated into comprehensive therapy plans.
- Variability in Outcomes: As with all trauma treatments, individual responses vary based on trauma history, personality, and other factors.

It's important for potential users to seek qualified practitioners familiar with Levine's methodology and to approach healing with patience and self-compassion.

Conclusion: The Legacy and Impact of Waking the Tiger

Peter Levine's Waking the Tiger remains a landmark publication that shifted the paradigm of trauma therapy. By emphasizing the body's vital role in healing, Levine offers a compassionate, empowering approach that recognizes trauma not as a flaw or weakness but as a physiological response rooted in evolutionary biology.

The book's metaphor of awakening the tiger symbolizes a reclaiming of innate resilience, inspiring both practitioners and survivors to trust in the body's capacity to heal. Its practical techniques, grounded in scientific understanding, continue to influence the fields of somatic therapy, trauma recovery, and holistic health.

For anyone seeking a deeper understanding of trauma and a pathway toward holistic healing, Waking the Tiger provides both insight and hope—an invitation to listen to the wisdom of the body and to awaken the powerful forces within for recovery and renewal.

Peter Levine Waking The Tiger

peter levine waking the tiger: Waking the Tiger: Healing Trauma Peter A. Levine, Ph.D., 2025-05-27 Now in 24 languages. Nature's Lessons in Healing Trauma... Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

peter levine waking the tiger: In an Unspoken Voice Peter A. Levine, Ph.D., 2012-10-30 Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

peter levine waking the tiger: Summary of Peter A. Levine's Healing Trauma Milkyway Media, 2024-01-22 Get the Summary of Peter A. Levine's Healing Trauma in 20 minutes. Please note: This is a summary & not the original book. Peter A. Levine's Healing Trauma draws on over three decades of research into the effects of stress and trauma on the nervous system. Levine's work began with a breakthrough case involving a patient named Nancy, which led him to develop the Twelve-Phase Healing Trauma Program. This program combines physical and mental exercises to help individuals heal from trauma, which can manifest in various symptoms and behaviors...

peter levine waking the tiger: The Spiritual Anatomy of Emotion Michael A. Jawer, 2009-05-21 A cutting-edge examination of feelings, not thoughts, as the gateway to understanding consciousness • Contends that emotion is the greatest influence on personality development • Offers a new perspective on immunity, stress, and psychosomatic conditions • Explains how emotion is key to understanding out-of-body experience, apparitions, and other anomalous perceptions Contemporary science holds that the brain rules the body and generates all our feelings and perceptions. Michael Jawer and Dr. Marc Micozzi disagree. They contend that it is our feelings that underlie our conscious selves and determine what we think and how we conduct our lives. The less consciousness we have of our emotional being, the more physical disturbances we are likely to have—from ailments such as migraines, fibromyalgia, chronic fatigue, and post-traumatic stress to anomalous perceptions such as apparitions and involuntary out-of-body experiences. Using the latest scientific research on immunity, sensation, stress, cognition, and emotional expression, the authors demonstrate that the way we process our feelings provides a key to who is most likely to experience these phenomena and why. They explain that emotion is a portal into the world of extraordinary perception, and they provide the studies that validate the science behind telepathic dreams, poltergeists, and ESP. The Spiritual Anatomy of Emotion challenges the prevailing belief that the brain must necessarily rule the body. Far from being by-products of neurochemistry, the authors show that emotions are the key vehicle by which we can understand ourselves and our interactions with the world around us as well as our most intriguing--and perennially baffling--experiences.

peter levine waking the tiger: The Somatic Therapy Workbook Livia Shapiro, 2020-12-08 Release tension, boost your mood, and heal from traumatic experiences with therapist-approved activities in this easy-to-use guide to somatic therapy. The effects of a traumatic event are more than just mental. Trauma can manifest in the body as chronic pain, sluggishness, and even depressed mood. Somatic psychology is an alternative therapy that analyzes this mind-body connection and helps you release pent-up tension and truly heal from past trauma. The Somatic Therapy Workbook offers a primer to this life-changing approach as a means for personal growth, designed for beginners or those already using somatic techniques in their current therapeutic process. Ideal for those suffering from PTSD and other trauma-based afflictions, this safe and approachable look at somatic therapy includes: - journal exercises - body-centered prompts for personal inquiry - movement exercises - real-life experiments Readers will come away with a new ability to process and accept their emotions and an understanding of how to live a somatically-oriented and embodied life.

peter levine waking the tiger: Recovery from Anger Addiction Verryl V. Fosnight, 2016-03-29 This Book Presents a Paradigm Shift About Toxic Anger: Anger Is An Addiction Using the wisdoms of John Bradshaw, Pia Mellody, Claudia Black, Alice Miller, and many other recovery giants, Verryl grew to understand himself in the context of his past traumas. He was finally able to apply all the theories of these authors to heal his anger and rage. This expansion of theory to the emotion of toxic anger results in a revolutionary new concept of anger as an addiction. This paradigm shift empowers a person to recover from rage as an ill person seeking to be well, as opposed to a bad person trying to act better. Telling yourself you are a bad person is a self-defeating message to your inner self, but an ill person can get well. He presents this new, simple, and enlightened treatment for anger in easy to follow language. Ultimately these conclusions are illustrated as a set of simple diagrams that outline the full path of anger's development starting from the core emotion of pain from early losses through raging behavior that is life damaging. Using the revolutionary model of anger as an addiction, he demonstrates that anger can be healed. There is no need to rationally manage toxic anger (while remaining a bad person). Toxic anger practically evaporates as an emotional impulse as the underlying pain is resolved in the good, but ill person. Included: Research survey paper on Anger Management classes by Desiree Harris, M. C.

peter levine waking the tiger: Trauma Stewardship Laura van Dernoot Lipsky, Connie Burk, 2009-05-08 This beloved bestseller—over 180,000 copies sold—has helped caregivers worldwide keep themselves emotionally, psychologically, spiritually, and physically healthy in the face of the sometimes overwhelming traumas they confront every day. A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In Trauma Stewardship, we are called to meet these challenges in an intentional way. Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. “We can do meaningful work in a way that works for us and for those we serve,” Lipsky writes. “Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair.”

peter levine waking the tiger: There's A Leak In My Boat! Flo Levia, 2021-10-20 There's a Leak in My Boat! is a gripping personal tale about all the things that contributed to the author's chronic illnesses, shared in the hopes that they may resonate with others who are wrestling with similar challenges and staring down the same why me? questions. Here is an intimate account of the many therapies and individuals whose gifts were helpful to her. Together, they guide readers to transform past hurts and traumas into rich compost that facilitates profound personal growth. This

is a journey of many small steps, but it's a rewarding one, a journey of growth in love and compassion for ourselves and all the players in our lives. Along the way, we learn that we can surface from the depths of anxiety and depression to realize our nervous systems have been stuck in fight/flight/freeze for much of our lives, setting us up for a body full of inflammation and a head full of limiting beliefs. It is a book of resources and inspiration, hope and empowerment, all of it offered by someone who's walked this stony path and learned the tools for navigating it. She hopes readers who want to understand themselves better will use *There's a Leak in My Boat!* to take (baby) steps toward a better quality of life.

peter levine waking the tiger: The Garden Cure Jan Cameron, 2020-08-18 This is a story of gardens and how people can grow well in them. Through a lifetime's experience of award-winning work in community gardens and in mental health care and training, Cameron shows us how tending green spaces can bring tremendous benefits to mental health. Using the garden's annual cycle, she reveals how stages of the growing year can act as a powerful metaphor and even mirror healing mechanisms that can help in times of distress, anxiety or depression. By exploring practices used in therapeutic and community garden settings we learn techniques that can be applied whatever your circumstances. *The Garden Cure* is full of ideas and tools that will help support your own and others' physical and mental well-being, especially when life is challenging. How, in other words, gardening helps us all grow and thrive.

peter levine waking the tiger: Mindfulness in Multicultural Education Kathryn Esther McIntosh, 2022-08-15 Grounded in critical race feminism, this book explores mindfulness as an empowering approach in multicultural education. The author explores how learners of multicultural education—by (re)centering the body through mindfulness with concrete strategies and scaffolded practice—can be empowered to handle the activated emotions and deep self-inquiry that come with the work of social justice, liberation, and anti-racism. This book includes counter stories of students of colors and offers both an epistemological and a curricular approach to mindfulness in multicultural education, including discussion of theory and key principles in addition to ten modules with practices to engage learners. These modules can be directly applied as the basis for curricular changes in teacher education and university-wide social justice courses, or they can be independently read by learners interested in enhancing their wellbeing and social justice. Written for teacher preparation and university social justice courses, this book encourages educators to contextualize their mindfulness practice within a critique of systems of oppression and ask questions about how mindfulness can empower action towards a more just society.

peter levine waking the tiger: Whole Systems Design Diana Claire Douglas, 2022-03-18 *Whole Systems Design: Inquiries in the Knowing Field* is an open invitation and an inspiration for Innovators, System Designers, Leaders, Change Agents, and Constellators—anyone who wishes to live and work from a whole systems perspective. It is for people new to working with complex systems as well as for those who will enjoy engaging with its practitioners, its concepts, and its emerging history. It is a book of stories, conversations, and interviews, about finding ways to serve Life, to serve humanity, to serve the Whole, through a process which has been emerging through the author—Constellating for the Collective—a process that itself has emerged from Systemic Constellation Work and the Knowing Field. *Whole Systems Design* opens with the author's journey, letting readers behind the curtain of facilitation. She describes the pragmatic steps and tools she has developed with deep dedication over many years. She includes a succinct description of the impact of this work on participants and for the Collective. Lively conversations with colleagues trace the collaboration and co-creation vital in this evolving field. Nine interviews with long-time facilitators and trainers of Constellation Work—who share their insights about Collective Constellation Work—provide a rich resource.

peter levine waking the tiger: Brain-Changing Strategies to Trauma-Proof Our Schools Maggie Kline, 2020-11-03 Stop trauma in its tracks, address disruptive behaviors, and create a safe and nurturing school environment with a neuroscience-based approach in your classroom. Here we are given a gift that will keep on giving for generations to come.—Daniel J. Siegel, MD, New York

Times best-selling co-author of *The Whole-Brain Child* and *Parenting from the Inside Out* More than 32 million children in the US suffer from trauma symptoms. Some have had adverse childhood experiences (ACEs), like neglect, abuse, violence, and loss, or have experienced distress from medical trauma and social injustice. Toxic traumatic stress shapes the structure and function of both brain and body, which can lead to anxiety, hyperactivity, aggression, shutting down, and acting out--emotions and behaviors that hinder learning and create classroom chaos. Maggie Kline, a family therapist, trauma specialist, school psychologist, and former teacher, gives you whole-brain, heart-centered tools to identify and reverse trauma-driven behaviors so students feel supported and safe. Her unique roadmap will empower you to facilitate positive school-wide outcomes as you learn: How trauma alters kids' brains causing cognitive, emotional, and behavioral challenges Evidence-based somatic, relational, and mindfulness interventions to rewire reactivity How to manage Pre-K-12 classrooms to promote empathy, cooperation, and belonging Social equity practices so kids from all backgrounds feel safe, valued, and joyful Concrete steps to restore resilience following natural and man-made catastrophes

peter levine waking the tiger: Wisdom in the Body Michael Kern, 2011-08-30 Accumulations of life stresses—physical injuries, emotional and psychological stresses, birth traumas, and toxicity—can become imprinted in the tissues, acting like a videotape that is replayed whenever stimulated. Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma-based patterns of disease and suffering in body and mind. *Wisdom in the Body* teaches practitioners to develop the finely tuned skills of hands-on palpation and perception to sense the body's subtle rhythms and patterns of inertia or congestion, with the goal of ending trauma and facilitating the expression of the breath of life. A comprehensive introduction to this practice, the book draws on the insights of pioneers like Drs. W. G. Sutherland and Franklyn Sills to explain the key principles about the body's natural intention to heal and how this capability can be encouraged. A valuable resource for students, practitioners, and the lay reader, the book also includes a foreword by Dr. Franklyn Sills.

peter levine waking the tiger: Trust Your Senses: Embodied Wisdom for the Modern Age Deborah Lange, 2016-11-22 Living in our heads, in a world full of abstract ideas as if we are more like technology, than human, leaves us empty, stressed and unfulfilled. This book invites us to reconnect thinking and sensing to embody what it is like to be fully alive and human. *Trust your Senses* is a powerful call to listen to an inner body language that is latent. When we awaken to the call, our senses guide us to our well being and new found freedom. This book is a timely gift, I believe, very relevant to the world we currently inhabit. And even more relevant to the future world I think we face. Bob Dick Professor Deborah guides us to not only think, but to connect with our senses and our intuition to helps us grow. This book is a must read. Dr Ali Anani, Director, Phenomena Deb brings new insights into how to tune into our physicality, like learning a new inner language that is there to guide us. Miha Pognacik, Global Leadership Speaker By having this book in your hand, is like being coached by Deb. Be ready to have all the cells in your body and your life transformed. Vanessa Bradshaw, Speaker and Writer

peter levine waking the tiger: *A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type)* Isobel Knight, 2014-12-21 A new edition of this popular guide to living with Ehlers-Danlos Syndrome (Hypermobility Type). With information on all the key aspects of the condition, and new material covering changes in terminology and advances in understanding, it provides a complete resource to help anyone with EDS-HT live life to the full.

peter levine waking the tiger: **Healing Pelvic Pain** Peta Wright, 2023-08-29 This is a book for the one in five Australian women suffering chronic pelvic pain. For decades the biomedical model has prevailed, with many women going under the knife - often multiple times - to treat their endometriosis or being prescribed heavy-duty drugs for period pain without noticeable improvement. Women with pelvic pain who haven't been diagnosed with endometriosis suffer in silence with little support, often giving up after multiple attempts for answers and appropriate medical relief. Prominent gynaecologist and fertility specialist Dr Peta Wright makes links between

this condition and trauma-associated physical symptoms, which is now very well researched and documented. Drawing on her extensive experience working with patients, many of whom have been through the medical mill, Dr Wright makes the case for a range of other treatments not usually prescribed, including an anti-inflammatory diet, exercise, stress management, and therapeutic work focused on addressing the effects of trauma in the body. Thoroughly researched, compassionately argued and highly accessible, *Healing Pelvic Pain* aims to empower women to ask the right questions, get the right treatment, and make lifestyle changes that bring about release from pain.

peter levine waking the tiger: Mending the Soul, Second Edition Steven R. Tracy, Celestia G Tracy, 2023-04-04 A well-researched biblical and scientific overview of abuse--its various types and effects and how to heal from it. Abuse can be sexual, physical, neglect, spiritual, and verbal. The chief arguments pursued throughout the book are: Abuse is far more rampant than most Christians realize, but due to human depravity and satanic influence, widespread abuse is predicable. All types of abuse create profound, long-term soul damage due to the way abuse perverts various aspects of the image of God. God is the healing redeemer. Human salvation came through horrible physical abuse. Healing must take place in the context of relationships. Humans are deeply impacted by others due to being made in the image of God. Just as surely as abusive relationships have tremendous power to wound the soul, so healthy relationships have tremendous power to nurture and heal the soul. Questions answered in the book include: How can a genuine believer abuse a child? Why would someone abuse a child? How can parents and children's workers identify abusers? How can abuse victims heal? What does genuine healing look like? Is anger appropriate or hurtful for abuse victims? Where does forgiveness fit in? This second edition has been updated to reflect research conducted and published in the past 15 years on abuse and trauma. It accounts for the significant social changes and increased mental health struggles in our culture, including dramatic escalation in rates of depression, anxiety, suicide, and isolation, which exacerbate the effects of abuse and complicate the healing process. Based on their now-extensive trauma care experience, this new edition helps readers how to minister to new domestic and global victims such as sex trafficking survivors, foster children, refugees, and survivors of genocide. Examples and illustrations are updated with more recent ones from high-profile abuse cases and the aftermath of the #MeToo movement. The appendixes include lists of helpful resources for child protection policies, worker/parent child abuse education, warning signs of potential abusers, and general abuse resources (books, internet sites, and organizations) to equip ministry leaders are provided in appendices. Illustrations, case studies, and art therapy drawings.

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peter levine waking the tiger: Soulbriety Elisa Hallerman, 2022-12-06 The founder of Recovery Management Agency—the world's first agency devoted to helping addicts heal their addictions by reawakening their souls—uses her knowledge of depth psychology and her personal experience as a recovering addict to help you reconnect with soul, find meaning and live your

purpose. On her fifth anniversary of sobriety, Elisa Hallerman still awoke with a hurting heart. This is not right. I am not happy. Sobriety was supposed to fix her, right? Isn't that what sobriety is all about? Hallerman quickly realized that though she had freed her addiction to substances, she had not freed her soul. After years of trauma and substance abuse, she had only covered up the wounds, rather than truly healing them from within. Despite her sobriety, her current lifestyle – a top talent agent and partner at WME, representing the best of Hollywood's elite – was making her sick. While she was no longer clinging to drugs and alcohol, she was still using food, men, work, ego-inflation and other addictive behaviors to push away the pain. And so she quit it all, in an effort to ignite her life and reconnect to her soul. Since then, Hallerman received a doctorate in Depth Psychology and established the first-ever Recovery Management Agency, one that helps addicts not only recover and their addiction but reawaken their soul connection and live their unique purpose. Leaning on her studies and expertise, Soulbriety brings together Hallerman's story, philosophy, and methodology encouraging and facilitating us to use our soul as our map, as nourishment, and to create deep meaning in our lives. Soulbriety is not just about getting sober; it's about true, soul-centered wellness. It starts when you slow down and grow down, in a way you've been yearning for—but probably didn't quite know how to before. To explore your unconscious root system, plumb the depths of your soul, travel your own individual hero's journey. Hallerman shows us exactly how to get there with step-by-step solutions and incredibly affecting storytelling. And Hallerman is not alone in this endeavor; she has affected thousands of lives, healed many wounds, and inspired countless others to take charge of their life by taking charge of their soul. As actress Jamie Lee Curtis says in Soulbriety's forward, Hallerman is "a crucial voice for these unprecedented times."

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