What is Trauma Touch Therapy?

When you experience trauma, it can sometimes separate you from experiencing sensations in your body. This is your body's attempt to protect you from future experiences that feel too similar to the past trauma. When the nervous system disconnects the body from these "negative" sensations, it can also disconnect you from experiencing positive sensation.

Trauma Touch Therapy (TTT) slowly and gently re-introduces clients to feeling and staying present with their bodily sensations and reconnects them with their body's wisdom. TTT is a body-based, relational healing experience facilitated over 10 sessions. The sessions are designed to create a safe container for a client to explore sensations in their body with curiosity, without judgment, and without the need to assign meaning to them. This bodywork modality requires consent, communication, and presence, but does not require clients to share their trauma, relive their trauma, or "process" trauma. TTT offers five pathways to explore sensations including: breath, movement, touch, play, and art. The goal of TTT is to create limbic buoyancy for future experiences and sensations.

TTT is not psychotherapy, energy work, or massage therapy. Touch is only a part of a session when requested. This is not a one-size-fits-all modality, but rather, is customized to you. It is not a solitary approach to healing. Your TTT practitioner will work with you to build trust and cultivate self-advocacy skills. It does not escalate or re-traumatize. This modality encourages small, gentle, organic releases, but emotional release is not the goal of TTT. This modality teaches healthy self-regulation, fosters body curiosity, develops trust in the body, makes space for sensations, emotions, and transformation.

Some things to keep in mind:

- The first session includes a thorough intake to build understanding and determine if you are a good candidate for TTT.
- Later sessions introduce the tools of breath, movement, touch, play, and art.
- This work is especially helpful alongside working with mental health professionals and/or other healthcare professionals. TTT does not diagnose, prescribe, or counsel.
- Ideally you would commit to 10 90-minute weekly sessions.
- Each session costs $150.