

# Being IN TOUCH with yourself

*..on how and why to integrate 'self-touch'  
with TRE (Trauma Release Exercise)*

# The TRE Experience.....

- ...do the exercises
- ...lay down on the mat
- ...wait for something to happen
- ...be surprised
- **I am alive because my body is alive !**



# Here I am.....and that's my body

Hello, how are you ?

I am listening

I see you

**May I Touch You ?**



Yes, please !

## Self-touch interventions to use while tremoring

1. Hug yourself
2. Reach out to your thighs
3. Touch your outer thighs (Spiral Line)
4. Touch your inner thighs (Medial Line)
5. Release your shoulders and arms
6. **STRETCH**



# Hug yourself



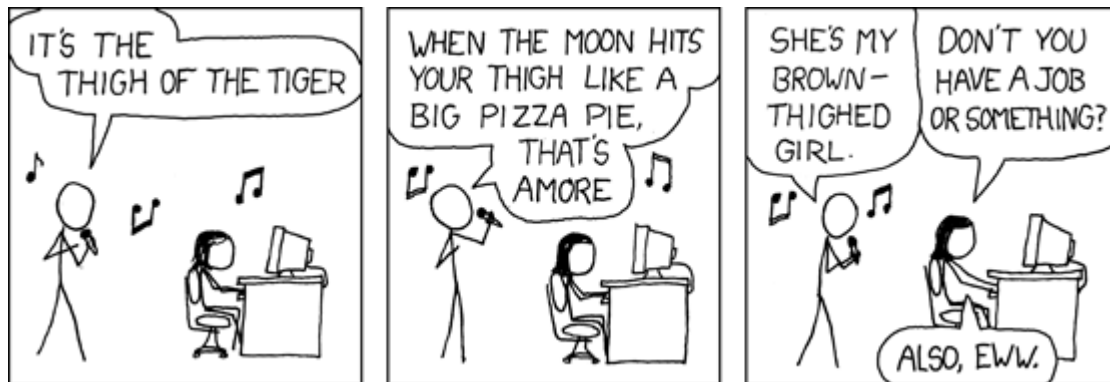
Fold your arms around your chest and hold the cusp of your shoulders with your hands. Experiment with pressure and movement.

- Very useful when a person fears overwhelm or shows signals of possible freezing, flooding or dissociation. Staring, agitated breathing and 'forgotten' arms also call for 'hugging'.
- Most people re-gain an immediate sense of security and grounding
- Feeling the contour and boundaries of ones own body adds to containment
- People can hold themselves as long as they need while tremoring
- Vibration in lower body will often increase
- Rocking movements counteract unconscious stiffness in the lower back/hips

# *Reach out to your thighs*

While trembling, touch your thighs with your flat hands. Let your hands move with the vibration. Experiment with pressure, stroking, pinching and release.

- Acts as a pathway to experience a transfer of tremors to the upper body
- Physical contact with the vibrating part of the body feels calming and soothing
- Releases stiffness in the shoulders and neck
- Adds to a sense of body position and dimension - grounding



# *Touch your outer thighs*

Use your fingers to 'walk' down from the hip joint along the side of your thighs to the knee. Rub along this line in both directions. Press on the sensitive spots, end with a rub. Continue tremoring.

- Activates the Spiral and Lateral Line (fascia)
- Recommended with neck pain, dowagers hump, shoulder pain, rhomboids. trapezius
- Recommended with hip pain, ITB in athletes, runner's knee, sacroiliac joint and lower back pain
- Activates the core (psoas) and gluteal muscle
- Can bring on strong burning sensation
- Can activate immediate release of muscle tension
- Encourages wiggling and arching
- Helps psoas contraction





# *Touch your inner thighs*

Use your fingers to 'walk' down the inside of your thighs to your knees. Rub along this line in both directions. Press on the sensitive spots, end with a rub. Continue tremoring.

- Activates the Medial Line (fascia)
- Connects to diaphragm, jaw, sternocleidomastoid muscle, tongue
- Recommended for pronation of foot, sacro-iliac pain, pelvic floor weakness
- Useful with neck stiffness, throat and chewing issues
- Helps with headache in the side of the head
- Jaw release
- Powerful exercise, can evoke strong pelvic tremors





# *Release your shoulders and arms*

Use one hand at a time. Find a soft spot just below your armpits. Press down and release. Work from the pectoral muscle (chest) toward the shoulder and down the arm.

- Activates the superficial front arm line and deep back arm line (fascia)
- Rubbing and stroking can be extended and varied along the arm
- Helps wrist pain, carpal tunnel syndrome, golfers and tennis elbow
- Useful with shoulder and neck pain of trapezius and other shoulder issues
- Helps tremors to move into shoulders and arms



# TRE, Interventions and Self-Touch

Touching and experiencing touch is a basic human need. Being IN TOUCH with your own body is a necessity. Offering interventions via self-touch will add a valuable tool to the practice of TRE.

It is true that many people freely and spontaneously use their hands to explore their own body, but some don't.

It is true that many people welcome, invite or allow others to touch them, but some don't.

There are manifold and various reasons why people dislike or shy away from touch, they can be cultural, religious, connected to past experience and habit or conditioning. TRE helps wonderfully, to feel at ease and at home in the body - self-touch is self-help and therefore empowering !

*When one is out of touch with oneself,  
one cannot touch others.*

*Anne Morrow Lindbergh*

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