

Trauma Resources & Free Support

Manchester Local Services & Resources

Natasha Anand

Natasha Anand supports individuals and practitioners on their holistic healing journeys with a trauma-informed specialism. She works with people 1 to 1, through teacher training programmes, courses and retreats.

<https://www.natashaanand.com/>

Trauma-informed space-holding (for self and others) course

<https://earth-school.newzenler.com/courses/sacred-spaceholding>

Earth Clinic & School

Earth Clinic - www.youearthclinic.com

Free Discovery Calls for therapeutic support

Booking: <https://calendly.com/earthclinicschool/discovery-call>

1 to 1 Therapy

Internal Family Systems Psychotherapy

<https://youearthclinic.co.uk/ifs/>

Energy Medicine

<https://youearthclinic.co.uk/reiki/>

Integrated Yoga

<https://youearthclinic.co.uk/mindfulness-meditation/>

Integrated Therapy

<https://youearthclinic.co.uk/holistic-therapy/>

Earth School - www.youearthschool.com

Free Evolve Yoga Classes (integrated yoga on Tuesday)

<https://calendly.com/earthclinicschool/evolve-yoga>

Introduction To Self-Healing (3 month immersion)

www.earth-school.newzenler.com/courses/intro-to-self-healing

The Healing Sanctuary

The Healing Sanctuary at Gorton Monastery are currently offering Free Counseling and a Free Listening Service - find out more here

www.themonastery.co.uk/sanctuary-manchester/free-counselling-manchester/

Other Manchester Based Therapists/ Organisations

We recognise that this is a very challenging time for many of you. For those of you who require 121 or group support at this time, here are some opportunities with us and our partners. Please do not hesitate to get in touch with us (email below) for any support.

Organisations & Trauma-Informed Practitioners

IFS UK Directory - This is a database of UK based, trained IFS practitioners

<https://internalfamilystraining.co.uk/directory/>

The IFS Institute HQ

<https://ifs-institute.com/>

Short video - Intro to Internal Family Systems

<https://www.youtube.com/watch?v=6X45Y74bSg>

Gabor Mate

World leading and renowned addiction expert, speaker author Dr. Gabor Maté is sought after for his expertise on trauma theory and practice, addictions, stress and childhood development.

<https://drgabormate.com/>

Understanding Trauma: with Dr. Gabor Mate

https://www.youtube.com/watch?v=SUXVXD4m_4o

Trauma : Gabor Mate

<https://www.youtube.com/watch?v=nmJOuTAK09g>

Peter Levine/ Polyvagal Theory

Peter Levine is a clinical psychologist and an industry leader in studying and treating trauma with over 50 years experience in this area.

Polyvagal Theory

Polyvagal theory helps us understand that both branches of the vagus nerve calm the body, but they do so in different ways. Shutdown, or freeze-or-faint, occurs through the dorsal branch of the vagus nerve. This reaction can feel like the fatigued muscles and lightheadedness of a bad flu. When the dorsal vagal nerve shuts down the body, it can move us into immobility or dissociation. In addition to affecting the heart and lungs, the dorsal branch affects body functioning.

Healing Pain Through Polyvagal Science - E book ,free download:

<https://maggiephillipsphd.com/Polyvagal/EBookHealingTraumaPainThroughPolyvagalScience.pdf>

An interview with Peter Levine on trauma:

<https://www.psychotherapy.net/interview/interview-peter-levine>

Strategies For Working With Traumatic Memory:

https://www.nicabm.com/program/memory-trauma/?network=g&utm_source=google&utm_medium=cpc&utm_campaign=9977919788&ad_group_id=103297711320&utm_term=peter%20levine&utm_content=570751531088&gclid=CjwKCAiAz--OBhBIewAG1rIousDaEurEKfvVj3CF_Fp58Lm2wHzTzk4Gzlj32Sh7NOp5FA3Yo2bThoC2ewQAvD_BwE

Polyvagal Theory & Yoga : Healing through Embodiment :

<https://welldoing.org/article/polyvagal-theory-dissociation-yoga-healing-trauma-through-embodiment>

Stephen Porges

Is the founding director of The Traumatic Stress Research Consortium as well as being a University Professor of Psychiatry. He is also an acclaimed author in many publications

relating to the Polyvagal Theory, trauma, Behavioral neuroscience, Developmental Psychophysiology and The Autonomic Nervous System.

<https://www.stephenporges.com/>

<https://www.youtube.com/watch?v=MKkDAOW2yd4>

Deb Dana

Deb Dana is a clinician, consultant and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma in our lives.

<https://www.rhythmofregulation.com/>

Podcast interview : Befriending Your Nervous System

<https://resources.soundstrue.com/podcast/deb-dana-befriending-your-nervous-system/>

Ruth Culver

Ruth Culver is a highly trained therapist including as an IFS Somatic Psychotherapist and Integrative Hypnotherapist with nearly 20 years professional experience in this field who helps adults and teens recover from anxiety, stress, phobias, insomnia, unwanted habits, pain and trauma.

<https://calmheart.co.uk/>

Survive /thrive spiral infographic: <http://calmheart.co.uk/resources/>

Ruth Culver - IFS & Polyvagal Theory interview: <https://youtu.be/dwJahOkuahc>

Impacts Of Trauma Chart:

<http://www.calmheart.co.uk/wp-content/uploads/2016/03/The-Impacts-of-Trauma.pdf>

Trauma Informed Care Chart:

<http://www.calmheart.co.uk/wp-content/uploads/2016/03/Trauma-Informed-Care.pdf>

Tara Brach

Tara Brach is a Clinical Psychologist, author and teacher of meditation, trauma healing, emotional healing and spiritual awakening.

RAIN - Practicing self compassion:

<https://www.tarabrach.com/rain-practice-radical-compassion/>

Tara Brach - Working with fear and trauma: <https://www.tarabrach.com/fear/>

Tara Brach - Strategies for working with trauma and strong fear:

<https://www.tarabrach.com/working-with-fear/>

Suggested Reading

The Body Keeps The Score - Bessel Van Der Kolk

No Bad Parts - Richard Schwartz

When The Body Says No - Gabor Mate

Waking The Tiger - Peter Levine

In An Unspoken Voice - Peter Levine

The Polyvagal Theory In Therapy - Deb Dana

It Didn't Start With You - Mark Wolynn

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation
- Jenina Fisher

Suggested Online Articles

<https://www.healthline.com/health/mental-health/routes-of-safety-model#What-are-the-Routes-of-Safety,-and-how-can-they-aid-relationships?>

Suggested Podcasts

Richard Schwartz - Finding Inner Peace for Our Many Parts

<https://tim.blog/2021/01/14/richard-schwartz-internal-family-systems/>

Polyvagal Theory & How Trauma Affects The Body

<https://www.youtube.com/watch?v=iAqiiOy4lyQ>

TED Talk: Healing Trauma Letting The Body Inform The Mind (Shauna Quigley)

<https://www.youtube.com/watch?v=OB7BN2DIV7w>

Gabor Mate, Richard Schwartz and Marc Lewis: Rethinking Addiction

<https://open.spotify.com/episode/7dcWcmi5Y07y30YcrPwamN?si=40eec0541f674ffa>

IFS Talks - A Comprehensive Theories of Talks With IFS Practitioners

<https://open.spotify.com/show/5vDQSPfZm6mgWTLJZU0X0q?si=01c87c1079dd4cd9>

No 492: Richard Schwartz - IFS, Psychedelic Experiences Without Drugs, Finding Inner Peace For Our Many Parts

<https://open.spotify.com/episode/7fPMm58yB4pjdVkw1Nslzi?si=82afbd6a44784b88>

You Tube

Dick Schwartz introduction to IFS

<https://youtu.be/Ym8o762U7uc>

Dick Schwartz explaining IFS and trauma

<https://youtu.be/2UfmGwENZ9M>

How to Get All the Parts within You to Work Together (and with Your Partner) with Dick Schwartz

<https://youtu.be/B6QKBbbJl34>

Episode 9: Conversation with Alanis Morissette & Richard Schwartz

<https://youtu.be/JH-32QS6Qfw>

Exercises

Stanley Rosenberg's basic technique to activate ventral branch of vagus nerve

<https://youtu.be/gHBpHI0oebo>

Activate your vagus nerve with this simple massage technique

<https://youtu.be/zQaz6lvaFxm>

Explanation: The New Science of Safety and Trauma

<https://youtu.be/br8-qebjlg8>

The Science of Safety – Podcast with Stephen Porges

<https://youtu.be/na2blnkRhAY>

How to heal the vagus nerve to heal your body and mind – Sally Gray

https://youtu.be/xPQBKe_Phx0

