

5 BENEFITS OF SOMATICS IN HEALING

1

Reconnecting with your body

Somatic practices can help survivors reconnect with their bodies, creating a sense of safety and grounding that is often disrupted by cult experiences. Building a safe sense of self is crucial to cult recovery.

2

Release of Trauma

By addressing and releasing trauma that is stored in the body, somatics can relieve physical and emotional pain, reducing symptoms like anxiety, depression, and PTSD. Re-establishing a Mind-Body connection can be very beneficial.

3

Empowering

Somatic techniques empower survivors to regain control over their bodies and responses, promoting a sense of agency and self-efficacy.

4

Improving Emotion Regulation

Through somatic awareness, individuals can better understand and manage their emotions, helping to create more stable and resilient mental health.

5

Improving the Mind-Body Connection

Somatic healing promotes the integration of mind and body, helping survivors to rebuild a cohesive sense of self and overall sense of safety and well-being.