

# 👉 How To Break Free From Past Pain 💔 Dr. Bessel van der Kolk Explain Clearly

changes that event is over  
the problem is that your brain doesn't  
know it's over  
and that you continue to behave as if  
this fact is still occurring so then the  
question becomes not posting that event  
but living in a body that feels safe  
and having a mind that gets rewired to  
be primarily engaged in the present and  
not in the past and so it's very  
challenging uh because when your mind  
your brain your whole system is  
organized to deal with an alcoholic  
father or a violent husband you don't  
really have the capacity to think about  
anything else and so to some degree you  
could could uh Define time in many  
different ways but also as a failure of  
imagination  
and so a very important part of  
therapeutic inventions need to be to  
really open people up to new  
possibilities and to my mind that's  
increasingly an experiential  
the secret therapy is important it's  
important to have somebody who validates  
your story or helps you to understand  
what's going on with you a very  
important part to find language for  
yourself but understanding why you're  
messed up doesn't make you less screwed  
up say oh now I know  
you're just quite helpful because once  
you know why you're screwed up you might  
be able to think oh but maybe if I do  
that I may feel better yes are you still  
the the job of healing is really  
your own job and when you try to recover  
from trauma you need guides

um

gorgeous but at the end it's up to  
you nobody I just came off guys to say  
so doctor why don't you prefer  
behavioral control and my answer is like  
I can barely control myself that looks  
in my own life and stuff enough  
yeah totally

so my job is to help you to find your  
wave in your life and your life is  
different from my life and your tells  
the difference from my talents and your  
resource is different so it's all a  
question of what it is that you will  
help you to be fully alive right now and  
very important part of that is open up  
people's imagination  
because if you cannot imagine something  
it doesn't exist we create opportunities  
for people to explore their creativity

[Music]

one of the things that has most struck  
me about your particular work is how  
creative it is and how you in a kind of  
parallel process yourself to what you're  
helping people do have been willing  
really more than I think any other major  
figure in the field to draw on different  
forms and modalities of various kinds  
psychodrama here psychedelic assisted  
therapy there many many things in  
between that's been really quite  
remarkable so when you bring it it's  
just they're simple I grew up in the  
fundamentalist family

and

from a little kid on I go like hey girl  
there's not only one explanation just  
because you're born in this Village over  
there and everybody believes what you  
believe in doesn't mean that you're  
better than people in India who grow up  
in a different village and  
there are many ways of doing it people

have always tried to deal with trauma  
and in every Community you find  
interesting healing practices right and  
the impact is that you may apply Angola  
may not be particularly good in New York  
City you know and so you need to really  
see what do people need within the  
cultural context that makes sense to  
them right so

[Music]

engage imagination as this creative  
reparative act  
that involves agency that involves as  
you say taking that initial  
responsibility for oneself which is of  
course as you well know really alarming  
in the beginning often for people  
because it was actually that agency  
sometimes that was punished and  
traumatized when they were young so yeah  
so what have you seen about helping  
people light the pilot light as it were  
many different ways of doing it  
very start in our work is in and body  
self-awareness  
to know who this creature is  
they get to know this creature to get to  
know what different things mean  
individually to actually have a  
relationship to that creature who you  
are and to be very aware of what  
uptightness feels like and how you can  
change it and but what happens inside of  
you and a touch feels like but breathing  
feels like it's really you know when you  
look at like for in the a study and when  
people find all these differences that  
go wrong after trauma but they haven't  
gone is people not being attached to  
their bodies and not honoring them treat  
the drugs and they starve themselves and  
they don't sleep enough and they do all  
kind of stuff that all that I a sign of  
disrespect for your own body and so

learning how to to Really uh have a  
loving relationship with this creature  
you that you oftentimes blame for what  
has happened to you yes yeah you feel  
very ashamed of because that creature  
becomes so angry or so Frozen so scared  
that that nobody else can do this for  
you no I can be compassion is with you  
are nice but once I'm not about  
you need to do it yourself and so the  
big issue how do I feel myself and so be  
in terms of treatments you're very much  
into helping people to  
feel who they are and at different  
stages how do you got to be the way they  
are but it's like to change things to be  
your breathing and touch to really  
change your uh help people to get a more  
loving relationship to themselves but of  
course all good treatments have that in  
common I invest does it also to men  
experiencing does it and so they all  
have this core idea of your relationship  
to this creature Who You Are  
foreign  
[Music]