

👉 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 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 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 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]