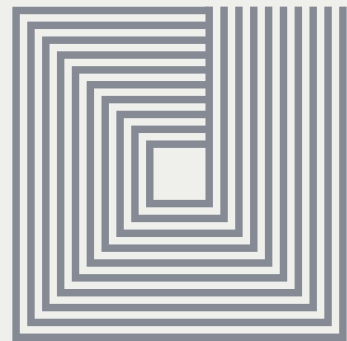
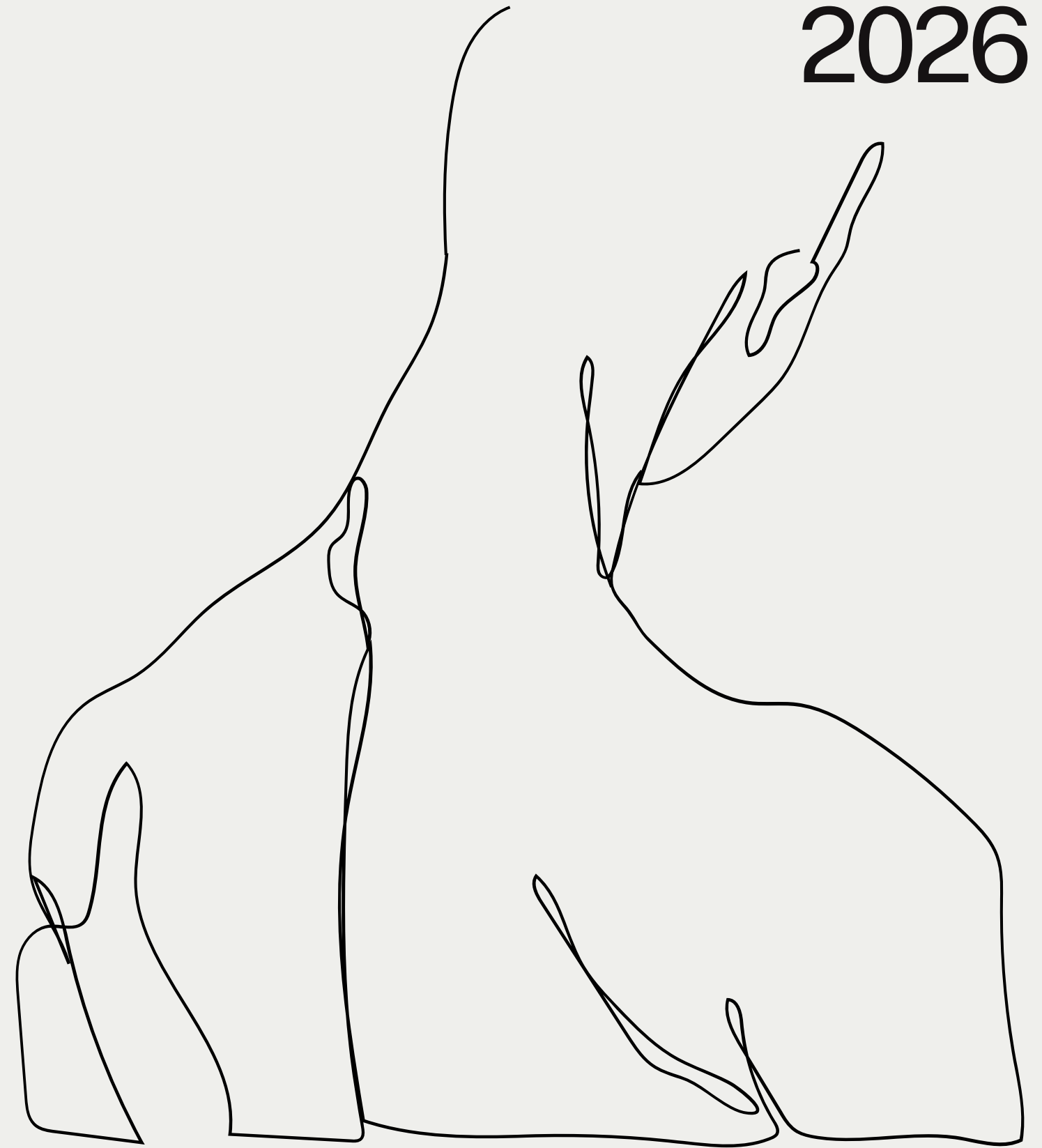


SOMATICS

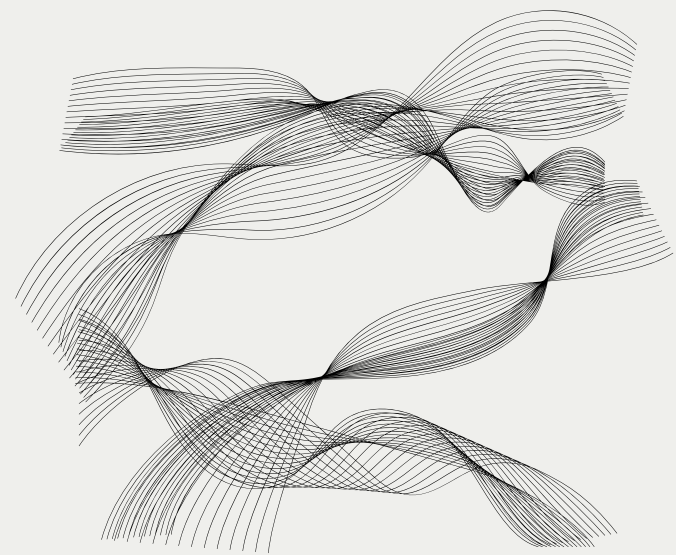
FOR BODIES IN TRANSITION



THEN CONFERENCE
2026



QUESTIONS



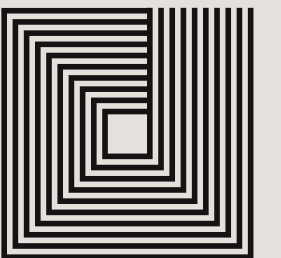
- What is Somatics?
- How is it relevant to the trans community?
- How is it applicable to your work?

PRACTICE

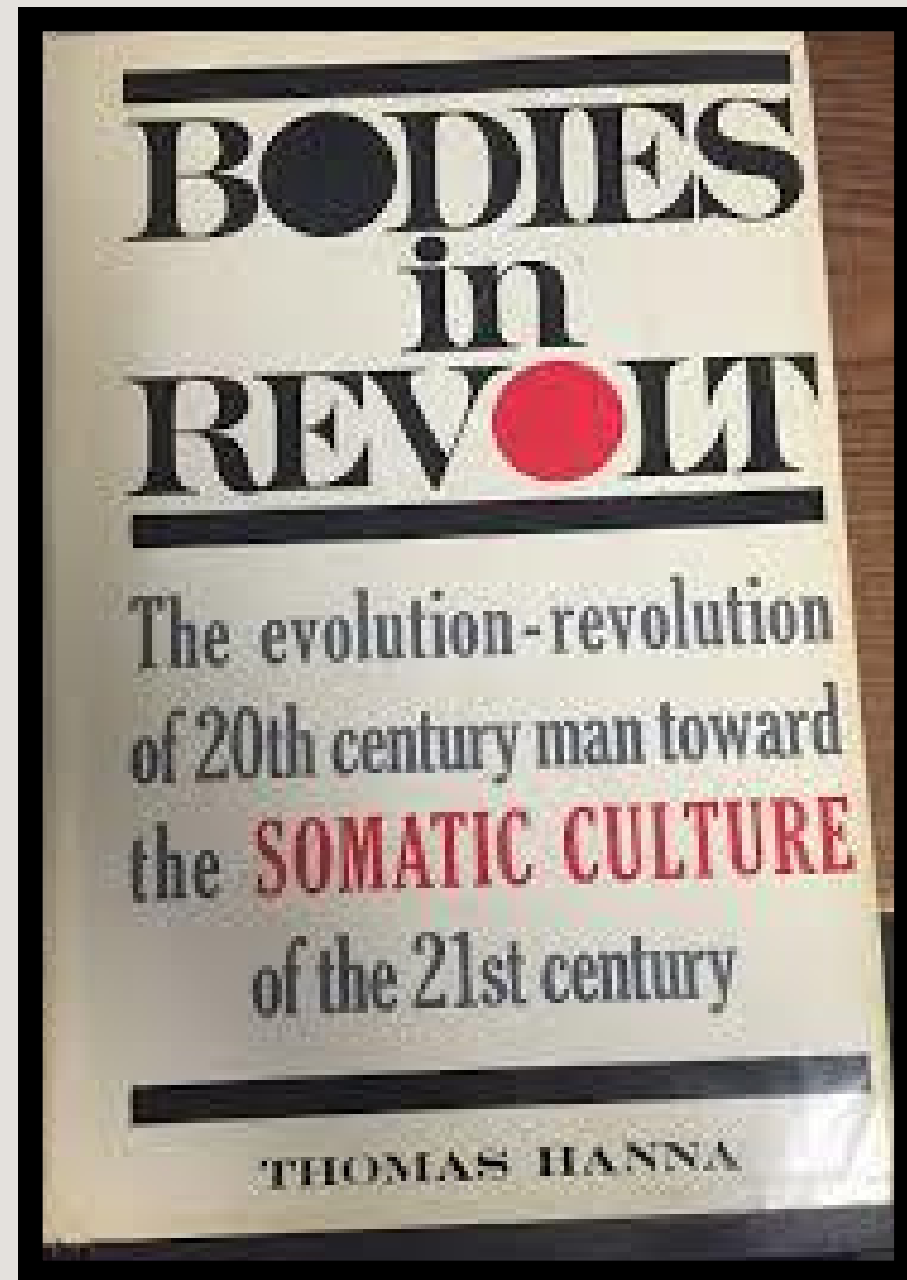
Embodiment

“The word somatics exists in a Western context to point out the break that happened between our minds and our bodies. Somatics doesn’t make sense in some ways, without that break having happened, it’s a term and field of study that emerges from that break of colonization.”

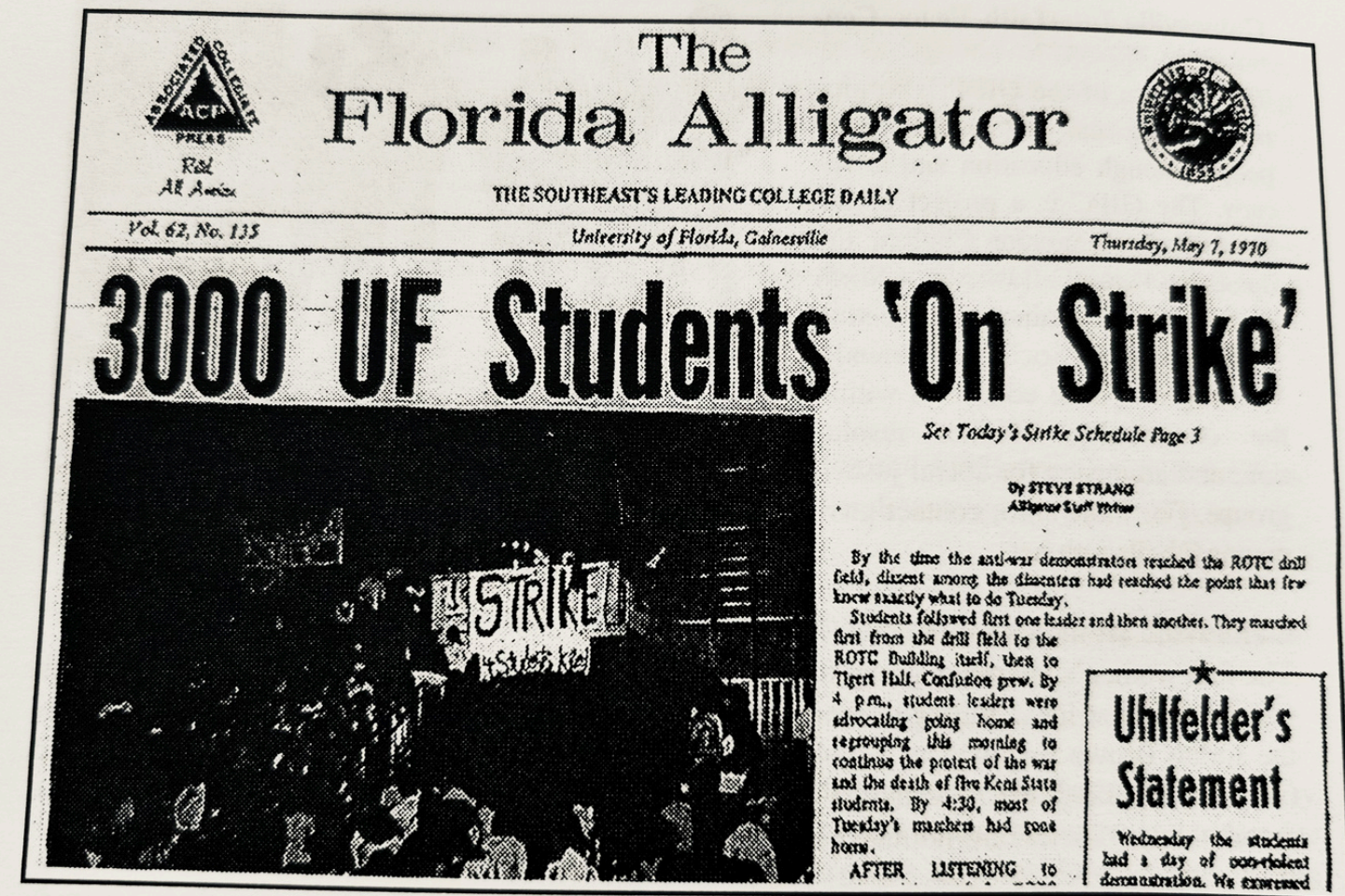
Prentis Hemphill

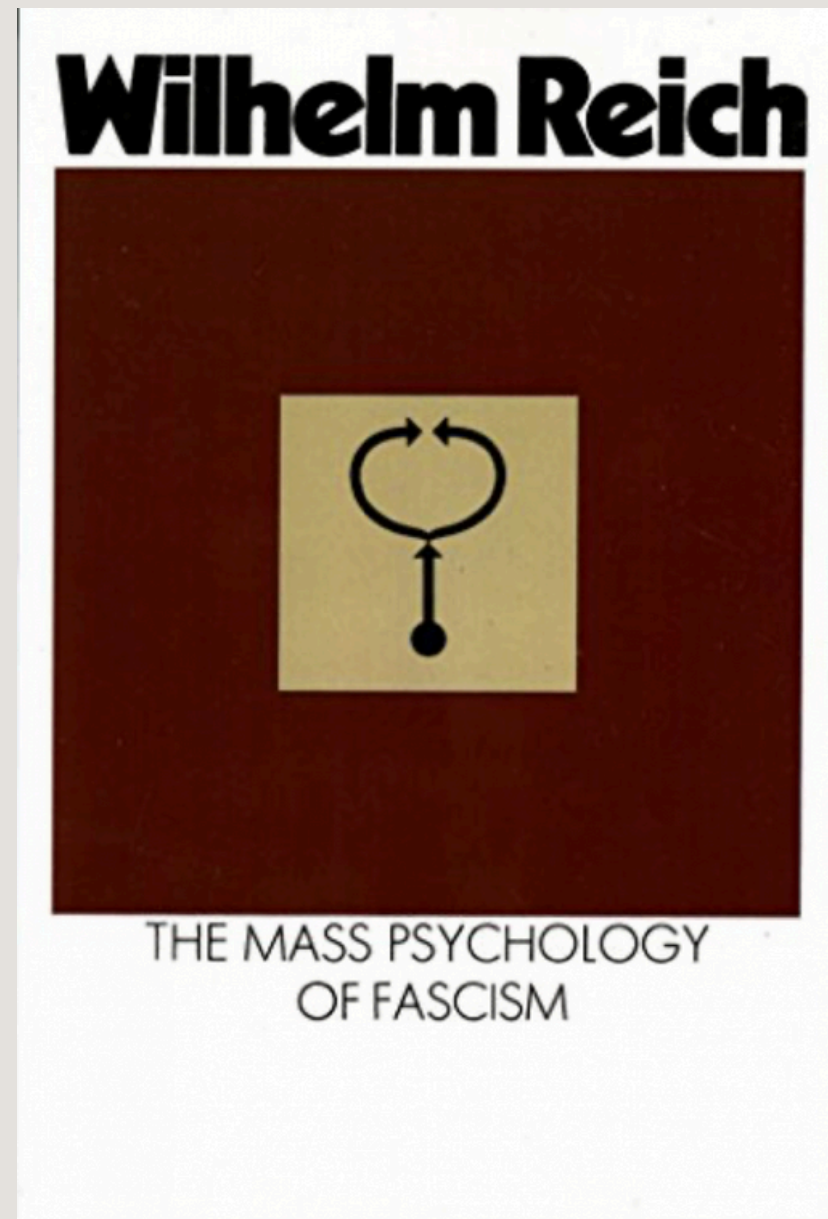


MESSAGE

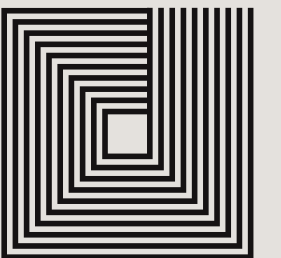


Thomas Hanna Bodies in Revolt (1970)





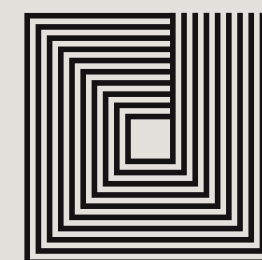
Wilhelm Reich (1933) The Mass Psychology of Fascism



LINEAGE



Elsa Gindler
Taught awareness
through *movement*
and breath in
Berlin
(1910's-50's)



WESTERN SOMATICS

psychology

trauma studies

**movement
re-education**

dance

**performance
studies**

bodywork

manual therapy

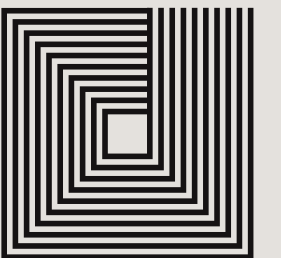
coaching

**humanistic
psychology**

A DIFFERENT POINT OF VIEW

“Soma”: *active, living, transitioning body*

- The body as experienced **from within**
- The body as experienced **in relationship**
- The body as experienced **in social context**



SOMATIC AWARENESS



A horizontal row of four circles. The first and third circles are a light beige color, while the second and fourth circles are a light cream color. Each circle contains a text label. The labels are: interoception (in the first circle), proprioception (in the second circle), exteroception (in the third circle), and Intercorporeality (in the fourth circle).

interoception

proprioception

exteroception

Intercorporeality

EMBODIMENT

Embodiment

Bodies are a collection of practices

Bodies take the shape of actions we repeat over time

gesture, voice, movement patterns, muscle tone, expansion, contraction.

Towards, away, against



Gender Embodiment



“My suggestion is that the body becomes its gender through a series of acts which are renewed, revised, and consolidated through time...

I mean only that the body is not merely matter but a continual and incessant ***materializing of possibilities?***

-Judith Butler

EMBODIMENT



Bodies that do not follow the line (of gender for example) might be “stopped” in their tracks...

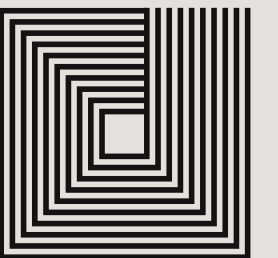
When such lines block rather than enable action they become points that accumulate stress, or “stress points.” Bodies can even take the shape of such stress, as points of social and physical pressure that can be **experienced as a physical press on the surface of the skin.**

Sarah Ahmed

PRACTICE

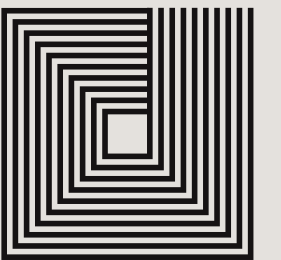
DEFINITION

Somatics: bringing unconscious patterns, feelings, and beliefs into conscious awareness so that we can move and exist with more choicefulness

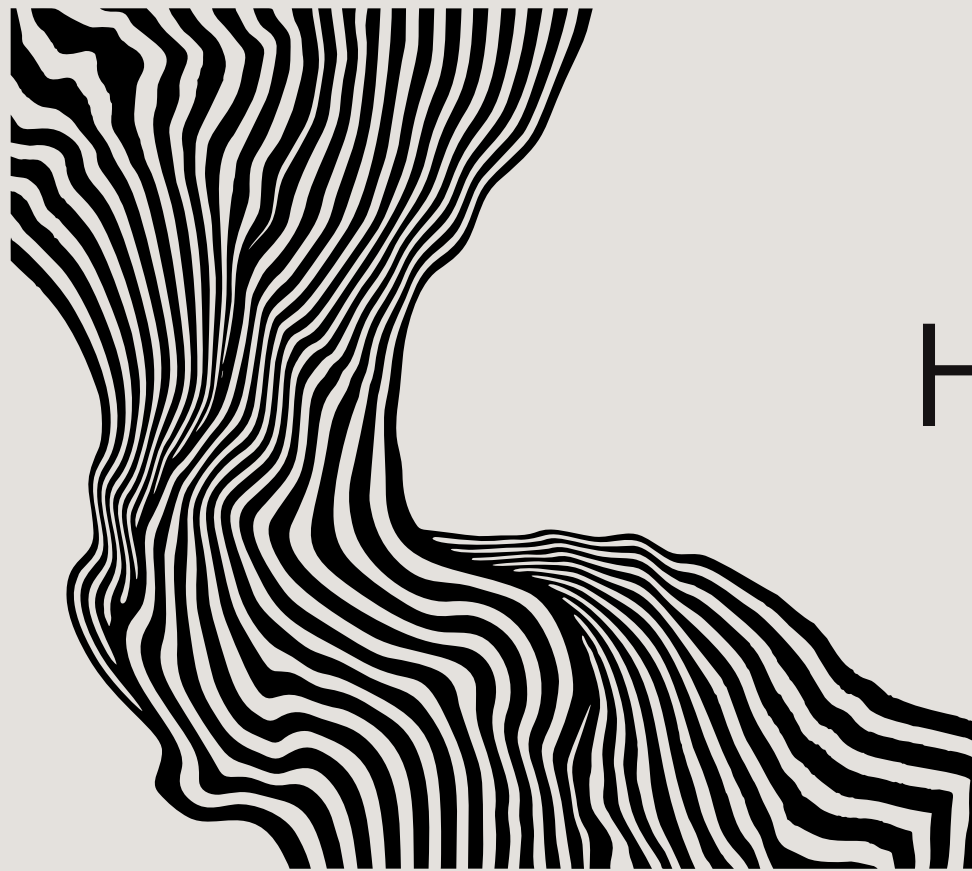


DEFINITION

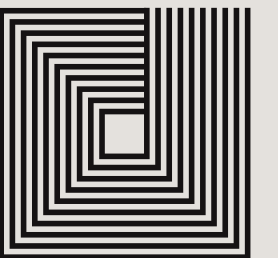
Somatics is about *reclaiming our bodies* from systems that want to shape us and direct us away from what we care about



CLIENT EXAMPLES



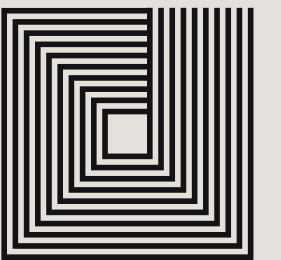
How is this relevant to trans clients?



TAKE AWAYS

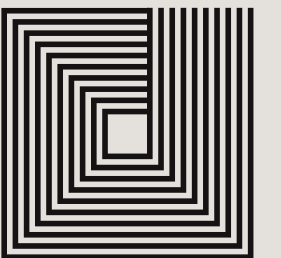


- Mind and body are not separate
- Referral networks
- Observing body language
- Asking questions
- Caretakers need care too!



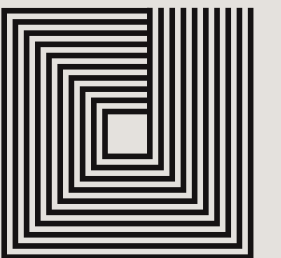
PRACTICE

What's 1 thing you can do this weekend to take care of yourself?



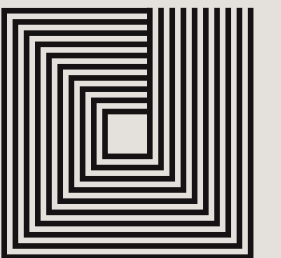
REFERAL NETWORKS

- Scar Tissue Massage
- Lymphatic Drainage
- Visceral or other Manual Therapies
- Pelvic Floor PT
- Somatic Practitioners
- Somatic Bodyworkers
- Therapists of other kinds
- Support networks
- Trans surgery-care collectives



COMING UP

- **Sunday Somatics @ the Nightjar**
 - 2nd Sunday of every month
- **Trans and Nonbinary Somatic Practice Space**
 - online, monthly
- **Flamboyance**
 - 4-day somatic retreat for Trans Women and Trans Fems
 - Upstate NY, July 16-19



Q&A

ThirdspaceSomatics.com

 thirdspace.somatics