

The abstract

This dissertation explores Humanistic and Integrative ways of working with Somatic Memory to enhance the therapeutic process.

A Somatic Memory is a non-verbal memory expressed unconsciously by our physical body through posture, movement, restraint, and sensation or lack of sensation.

We experience the world as corporeal beings and our experiences are encoded as somatic memory. The traditional 'talking cure' relies on words, however, working with somatic memory is about processing bodily memories in order to complete truncated action and resolve trauma with 'acts of triumph' (Ogden, 2012).

The physical body can be compared to a lighthouse: it can illuminate our trauma, and guide us safely home to our authentic self.