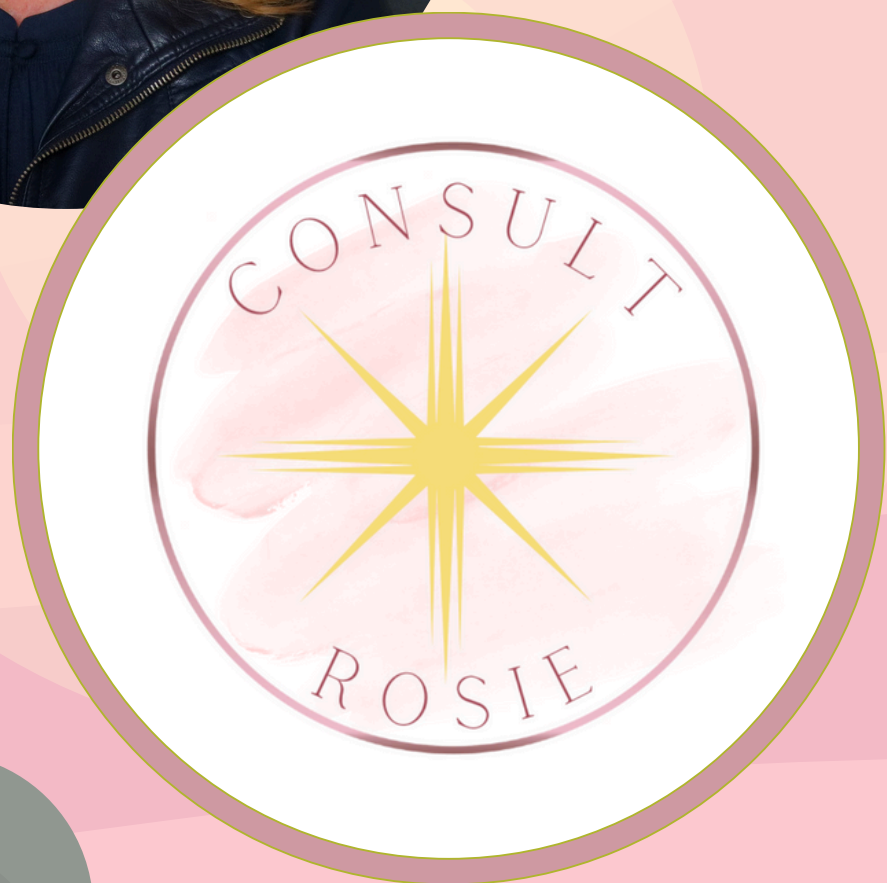




MANAGING VICARIOUS TRAUMA: MODALITIES TO RELEASE STORED TRAUMA

 @RosieCataldo

 ConsultRosie.com



INFUSING PREVENTION INSPIRING AWAKENING IGNITING HEALING

 @RosieCataldo
 ConsultRosie.com

MY NERVOUS SYSTEM REGULATOR



PRESENTATION OVERVIEW



Rosie Intro to Healing + Case Studies (10 mins)

Body Scan (5 mins)

Visualization (7 mins)

Trauma Release (15 mins)

Breathwork led by Lena (16 mins)

Nervous System Regulation Technique (5 mins)

THE BACKSTORY + CASE STUDIES

- How the seed was planted as a kid.



- Turning loss into huge gains and greater awareness.

- How child sex trafficking hit close to home.

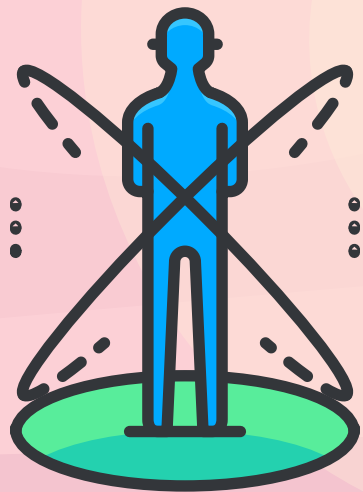


- Case studies.

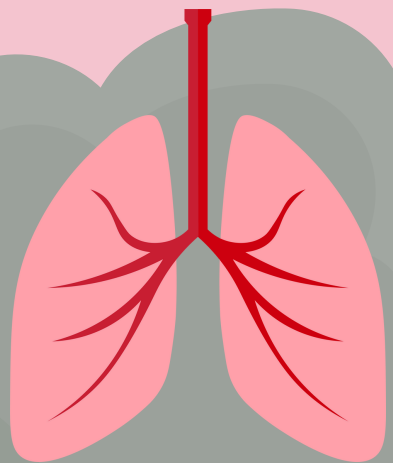
- The best seat in the house.



CREATING AWARENESS OF YOUR BASELINE



Body Scan



Breath



VISUALIZATION

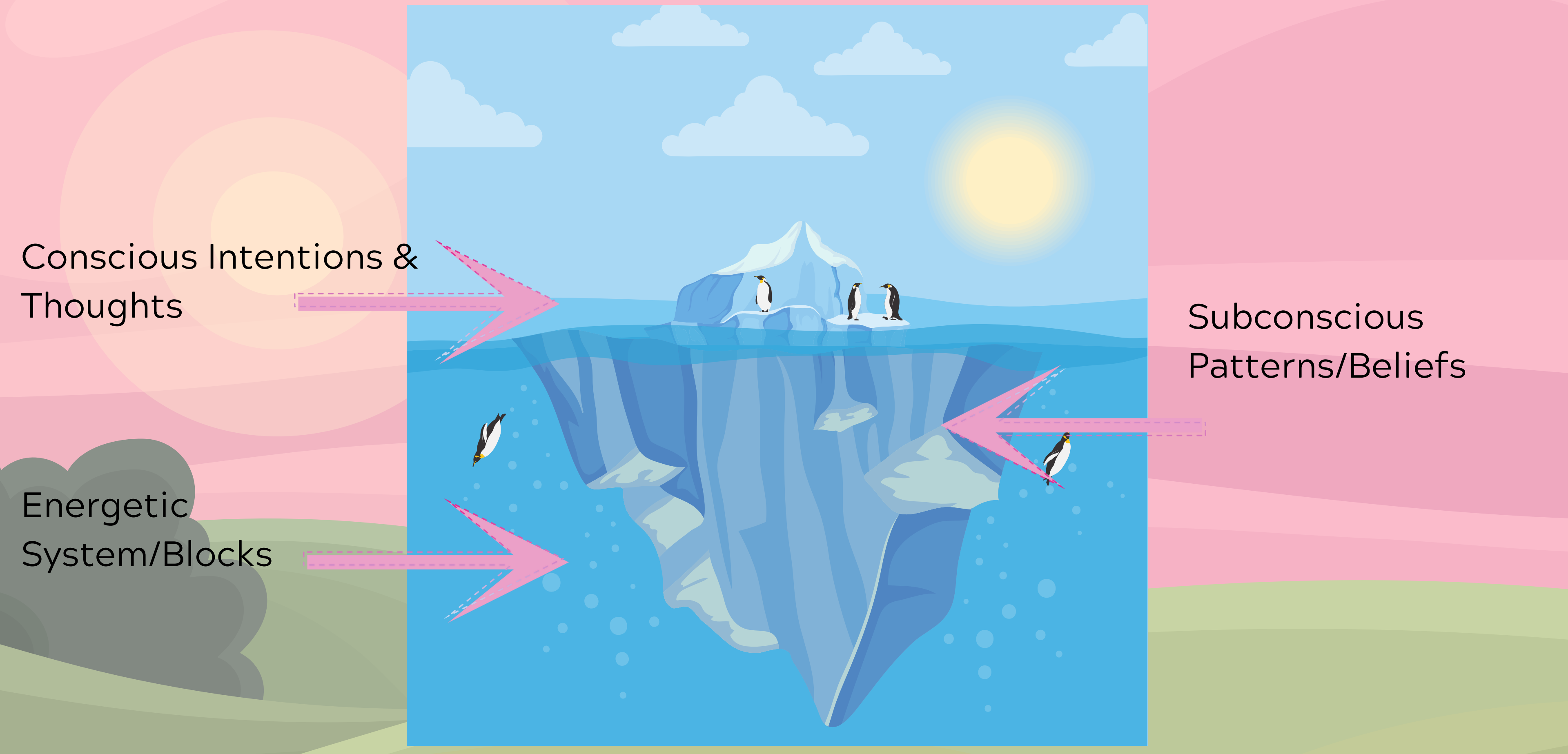


TRAUMA RELEASE

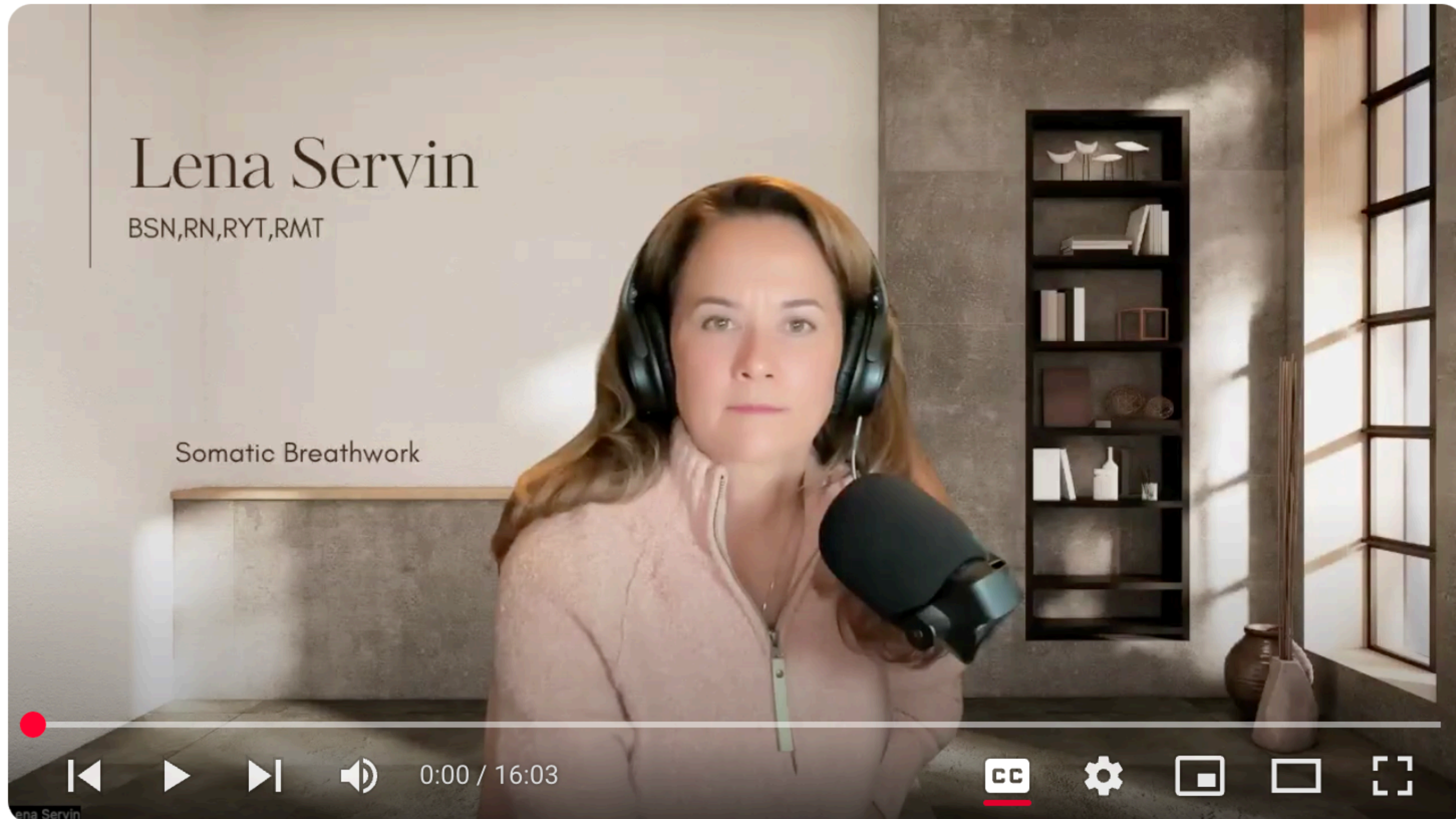


1. Identify a feeling you want to release.
2. Connect with your breath.
3. Begin tapping on your heart with two or three fingers with the cadence of a beating heart.
4. Statements: “I acknowledge the weight of this feeling.”
5. “This feeling is mine, it is my choice what to do with it.”
6. “I am grateful for what it has taught me.”
7. “I am ready to release this feeling.”
8. “I hand it over to _____. (Use language that matches your beliefs).
9. “Thank you for taking this from me. I am so grateful.”

LAYERS OF HEALING



BREATHWORK RESET FOR FIRST RESPONDERS



Breathwork Reset for First Responders

HEALING



What matters most when you are walking
alongside someone on their healing path?

HEALING



Your intention

NERVOUS SYSTEM REGULATION TECHNIQUE

- Have the individual sitting with legs supported or lying down.
- Place one hand on the kidney area (just below the rib cage - lower back).
- Place the other hand on the ankle.
- Have the recipient focus on their breath.
- Wait quietly until you feel pulsations at each spot with your hands. You will feel a tick-tock. It may be fast or faint depending on the state of their nervous system.
- Wait until the pulsations dissipate. Repeat on the other side.
- Feel free to include an intention or prayer for the recipient.



"WE ARE ALL FACED WITH GREAT OPPORTUNITIES BRILLIANTLY DISGUISED AS IMPOSSIBLE SITUATIONS. THERE IS ALWAYS A DOOR, AND THAT'S HOW WE EVOLVE."

- Dr. Joe Dispenza

RESOURCES



Human Garage: HumanGarage.net
Fascia Maneuvers to Heal the Body

Heal Documentary: Healdocumentary.com
Heal with Kelly Podcast

Midwest Center on Trauma & Emotional Healing
Midwest Trauma Healing.com

National Library of Medicine
<https://www.ncbi.nlm.nih.gov/>
Search: Emotional Freedom Technique

Trauma Informed Books by Dr. Gabor Mate
Drgabormate.com/book/

You Make Sense with Sarah Baldwin
on You Tube



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Thank you for making a difference!

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