

Knockout to the Trauma

Gina Ross, a practitioner in the Somatic Experience method, comes to solve the problems of emotional trauma. Ross will soon arrive in Israel to conduct a number of workshops in this field.

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Translation from Hebrew by Daphna Zipkin
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Gina Ross, a practitioner of the Somatic Experience (SE) method and an expert in trauma healing, suggests in her book a number of techniques for coping with trauma, unfortunately a common phenomenon. In a world full of natural disasters and tragedies due to terrorism we are all essentially experiencing traumas in one way or another.

Ross developed a method that will enable people to understand, identify and heal their own trauma or that of their loved ones. "You are invited to use it on your own in order to heal yourselves," she suggests.

The author Gina Ross, founder of the International Trauma Healing Institute, has created in Israel the Israeli Institute for Trauma Healing. Her imminent visit to conduct "Somatic Experience Method" workshops will take place between June 11 and June 18. The workshops, which are designed to address, among others, an audience of caregivers, psychologists, doctors, consultants and other professionals in the field of emotional trauma, will be conducted in Hadassah Optimal in Jerusalem and Sderot.

Ross explains the concept of trauma and differentiates between an external traumatic experience, such as war or terrorist action, and more common traumatic experiences such as traffic accidents, an operation or disease. She explains how the trauma affects our body, our mind and the nervous system, and describes the many symptoms that accompany post-traumatic emotion. She claims that the paradox is translated in that we tend to reconstruct the traumatic experience "in an effort arrive at a more satisfactory conclusion and to once and for all defuse all the traumatic energy it accumulates."

She gives examples of her patients who tended to reconstruct the trauma they experienced over and over again, and demonstrates how she helped them to escape from "the trauma vortex" into the "healing vortex." Many feelings such as grief, revenge, guilt, resentment, anger, etc., which are awakened in a person who has undergone trauma, delay the healing. An important chapter in the book is intended to help parents who struggle with questions from their children, who are exposed to difficult images in the media.

In my opinion the book is designed more for caregivers than ordinary people who have undergone trauma. It is constructed in a schematic format like a text book and is not very accessible to the average reader. Nevertheless, the incidents described in it of specific patients are interesting and it is possible to learn much from them about the human spirit.

Beyond the Trauma Vortex to the Healing Vortex/Gina Ross/Nord Publications.
Recommended Price: 85 Shekalim