

From Freeze to Thaw: Brainspotting's Head-to-Toe Role in Musculoskeletal Healing

Abstract

We understand the concept of freeze in the limbic system, but what is freeze from the neck down? What is the physiology behind trauma survivors reporting that they were “rooted to the spot”, “locked in place”, “frozen stiff”?

The answers are drawn from classic knowledge plus new scientific discoveries in fascia, physics, and biochemistry. Learn how - and why - emotional trauma can be simultaneously held in the brain and in the musculoskeletal system. Through this, you will understand why brainspotting is the singular most important addition to successfully treating chronic musculoskeletal issues.

Objectives

By the end of this presentation attendees should be able to:

1. Recognize the importance and multiple functions of the facial system
2. Experience a new understanding of how emotional trauma can be expressed through the musculoskeletal system
3. Summarize the full body response of the orienting reflex.
4. Differentiate between “active tonic immobility” and “passive tonic immobility” within the freeze response
5. Identify how trauma is “held in the tissues” and how it is “released from the tissues” *with and without* manual medicine
6. Distinguish between pure musculoskeletal symptoms and musculoskeletal symptoms which include the influence of trauma.