



ITI - International
Trauma-Healing Institute



The International Trauma-Healing Institute

Tips for EmotionAid® and Conflict Resolution Protocol©

By Gina Ross

Recognize First Signs of Activation at Individual Levels

- **Sensory level:** dry mouth; cold sweat; temples throbbing, lump in the throat; lack of, shorter or rapid breath; rapid heartbeat, pulse; tight stomach, chest, shoulders or throat; sinking feeling, feeling faint, queasy; tension and ache in the body, pressure, sense of urgency; loss of control
- **Emotional level:** sad, disillusioned, challenged, disconnected, feeling irritable, impatient
- **Behavioral level:** speedy, slow or incoherent speech; pitched or inaudible voice, brusque movements, withdrawal; avoidance
- **Mental level:** obsessive thinking, repeating words and ruminating thoughts, lining up arguments; trouble planning or making decisions; confusion

Distorted Basic Needs

- **Safety:** control and power at all cost; mistrust power in others; religious radicalism
- **Autonomy:** rebellious, entitled, helpless; no inter-dependence/gracious
- **Competence:** negative comparing; blaming; resent/refuse/demand help
- **Self-esteem:** attempt for recognition at all costs; easily shamed, hurt, no self-criticism, or compassion; judgmental; different sources of self-esteem
- **Justice:** drive for revenge fueled by hatred
- **Validation:** exclusive focus on one's victimhood; distorted narrative; confuse validation of feelings and of actions
- **Trust:** mistrust of anything positive coming from the "other;" refuse goodness in other; paranoia; conspiracy theories
- **Meaning:** needs to play role even if destructive; self-important, arrogant, exclusivist

Example of How Trauma Distorts a Universal Basic Need

Safety: physical, territorial, emotional, religious, spiritual, racial, gender, financial, energy.

What creates trauma: Loss, disasters, unexpected political changes, economic crisis, no resources or opportunities; comparison to others; abuse, oppression, persecution for religious, ethnic, racial or political reasons; trans-generational individual and collective trauma; family, tribal or group violence, outside forces; foreign influence, imperialism and war.





ITI - International
Trauma-Healing Institute

List of Needs Well Met

SAFETY: not in risky situations, feeling cared for; well-being is not jeopardized.

AUTONOMY: my desires and will are listened to, my boundaries acknowledged. Rules are not arbitrary but established for the common good. I can do what I need on my own accord.

SELF-IMAGE: I receive truthful, caring mirroring or at least a basic acceptance; I am respected and acknowledged. There is a balance between criticism and acknowledgment.

COMPETENCE: people can see my efforts and skills; their criticism is constructive. I am confronted with good competition and no arbitrariness.

VALIDATION: my experience/reality are recognized both for the good and bad ones. I can separate suffering from actions; I can complain but don't act out my suffering.

TRUST: I am at the receiving end of good intention and motivation from others. I expect and receive honesty, transparency and no double standards.

MEANING: my role is acknowledged, respected, valued, promoted, assured.

A Detailed Example of a Need Well Met

Safety: physical, emotional, religious/spiritual, ethnic, racial, economic, political, energy. Allowed to communicate my needs for safety; my needs are taken seriously. Feeling protected and cared for. Not placed in physical risk or emotional jeopardy. Not persecuted for religious practices (or lack thereof), racial or, ethnic reasons. Not shunned for political beliefs and activism. Conditions are right to earn a living, and energy available for everyday life.

Speaking from the Trauma Vortex (TV) or from the Healing Vortex (HV)

From the HV: compassionate, rational, respectful, validating, putting limits firmly, without anger or hatred. Addressing the HV of the other and looking for common ground.

Inspiring safety, softening, listening, flexibility, curiosity, exploration, cooperation in the other.

From the TV: demanding, blaming, intolerant of differences, contemptuous, polarized, angry, full of hatred, acting impulsively, even violently, or avoiding or in the freeze. Inspiring defensiveness, stiffening, hardening, fear, mistrust, anger, disgust and aggressive attitudes in the other. There are misconceptions and misrepresentations.

Examples of Polarization

"Bleeding heart, self- righteous, dishonest, better than thou, unruly, betrays traditions, values and country, endangers safety, brings dangerous change and chaos vs. cruel, stops freedom and progress, without compassion, maniacs, self- righteous, naïve, selfish, unloving, inflexible, restrictive, rule bound."

"Monstrous, barbarians, immoral, evil, responsible for all problems vs. pagans, sacrilegious infidels, impious, blasphemers, depraved, decadent..."

Gina Ross, MFCC, Senior Somatic Experiencing® (SE™) faculty member and trainer, author, speaker, researcher and clinical program supervisor, is the Founder and President of International Trauma Healing Institute (ITI) in the US and Israel. Gina has lived in eight countries on four continents. She is an internationally known expert in the role of trauma in conflicts between individuals, groups and nations and maintains a psychotherapy practice in seven languages. President Ross has authored a series of nine books and countless articles on trauma and healing and other subjects and appeared on TV. She has created an innovative protocol for conflict resolution. She is the senior international trainer of SE ® in the Middle East and has taught in the US, Canada, Mexico, South America, Europe and Africa.

