

THE  
University of Vermont  
MEDICAL CENTER

trauma survivors  
**network**  
provided by **ATS**

# SURVIVOR NEWS

Newsletter for Resilience and Rebuilding

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## OCTOBER



## Somatic Approaches to Trauma

**Erin Bingham, NP**

We all experience trauma, and all trauma has enormous impacts on our health and wellbeing as individuals. Therapists and social workers using Cognitive Behavioral Therapy (the gold standard for most mental health challenges) support us in accepting and understanding our trauma, but often times we remain stuck, sick, and sad. Thanks to the work of many pioneering clinicians and researchers such as Peter Levine, Pat Ogden, Dave Emerson, Jenn Turner, Bessel Van der Kolk, Stanley Rosenberg, and Stephen Porges, we now know that trauma can literally become trapped in the body. This trapped trauma manifests as a constant state of fight or flight that eventually leads to chronic disease. Somatic approaches such as breathwork, yoga, tai chi, massage therapy, acupuncture, proprioceptive awareness, and craniosacral therapy provide tools for releasing embodied trauma. Unfortunately, our medical system does not reimburse all of these approaches. In addition, it can be challenging to try a new approach on your own without expert support.

However, there are free, informed, and accessible resources if you know where to look. Many therapists practice “Somatic Approaches”, and you can filter for this on [www.psychologytoday.com](http://www.psychologytoday.com) to find one. The Center for Trauma and Embodiment at the Justice Resource Institute has several free YouTube videos guiding people in Trauma Center Trauma Sensitive Yoga. You can find guided breathwork and yoga nidra meditations on free apps such as Insight Timer, UCLA Mindful, and Healthy Minds Program. Yoga is now offered through employee wellness programs. The Comprehensive Pain Program at the University of Vermont Medical Center and The Center for Trauma Recovery are both incorporating these approaches into their psychology-based group therapy programs. Many of the providers who offer these approaches are highlighted in the videos in this issue. These approaches all promote rest and relaxation, combatting the stress induced by trauma and reducing inflammation throughout the body. Research has established that the relaxation response is so deeply powerful that it even has the ability to change the expression of our DNA by turning off genes that encode for inflammation. If none of these approaches speak to you, simple practices such as singing, dancing, humming, chanting, and walking outside also promote healing by helping us spend more time in the parasympathetic nervous system. I hope that at least one of these approaches is accessible to you, and that through them you may encounter a deeper way of paying attention to your body to unlock some of your own trapped trauma.



## Vermont Adaptive

Kim Jackson

Get outside this Fall! Outdoor recreation and movement in the outdoors is fantastic for someone's physical health, but it also has many benefits to a person's mental health and wellness as well. With cooler temperatures in the air, beautiful changing colors, and a playground of areas to enjoy in Vermont, Vermont Adaptive Ski & Sports has biking, hiking and other programs for all abilities. The organization provides year-round programming and outdoor recreational outings throughout Vermont for people of all ages with a disability and includes those who have experienced a serious traumatic injury.

Vermont Adaptive is committed to getting folks involved with healthy activity by removing the barrier of the cost for participating in its programs. Programs are based on a sliding scale fee and scholarships are available. Many of the program options integrate environmental, holistic wellness, and competitive training philosophies for people of all ages and abilities. More than 400 volunteers are highly trained each season to understand and work with various abilities and different adaptive equipment. Lessons and outings are personalized to the individual, allowing folks to truly feel comfortable even if they're outside their comfort zone.

For more information and to make a reservation to participate in a program or outing, visit [www.vermontadaptive.org](http://www.vermontadaptive.org).





## New Resource

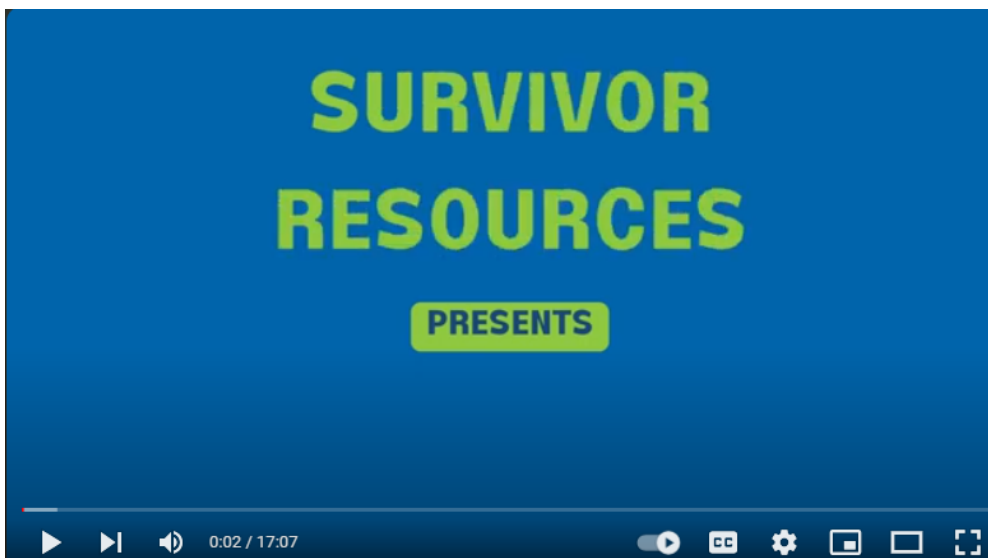
Abby Beerman

As a Trauma Survivors Network Coordinator, I believe it's important to share information and resources in a way that is engaging for the audience. Given how diverse an audience we have as a network for survivors of traumatic injury, their family and friends, as well as clinical staff, information needs to be provided in many different formats.

We are excited to announce our newest resource is videos! Our YouTube channel is [@SurvivorResources](#).

What kind of videos will be posted? All different kinds! What we create will be driven by what you want to see.

The first series of videos are inspired by integrative therapies. Each video has an expert give a quick overview of their therapy and then they go right into an activity you can follow along with at home. It's a great way to try out a therapy you might be interested in before setting up an appointment with a professional in your area.



### Posted videos cover topics like:

- EMDR
- Self-Compassion Body Scan
- Yoga Nidra
- Breath Work
- Somatic Approaches

### Videos coming soon will cover topics like:

- Culinary Medicine
- Mindful Eating

We are currently accepting recommendations for additional topics for the videos as well as any content experts who would like to share their practices in a video. If you have any ideas or would like to be part of a video, e-mail [TraumaSurvivors@uvmhealth.org](mailto:TraumaSurvivors@uvmhealth.org) with the subject line YOUTUBE.

## Meet the Trauma Team

Larson Erb, MD

Larson Erb, MD, has worked at the University of Vermont Medical Center in his role as a Trauma Surgeon for four years. Prior to this he completed a surgical residency over 6 years at the University of Vermont Medical Center and a fellowship training in Surgical Critical Care at Johns Hopkins Hospital in Baltimore, Maryland. He currently is the Trauma Surgical Intensive Care Unit Medical Director and his practice focuses on emergent surgical intervention, resuscitation, and critical care. Additional areas of interest include medical informatics, emergency preparedness, surgical outcomes research, and surgical education.



## Upcoming Events

### Brain Injury Alliance of Vermont

The 35th Annual Brain Injury Conference is Wednesday, November 1, 2023 at the Doubletree Hotel in South Burlington. It includes 2 keynote speakers and 9 breakout sessions for Survivors, Families, and Professionals. Breakfast and lunch are included. Register to attend today at [give.classy.org/biavconference2023](https://give.classy.org/biavconference2023)



### Annual Injury Prevention Symposium

The University of Vermont Medical Center's Injury Prevention program is hosting a symposium on Friday, November 10th at the McClure Conference Room. The event is free to attend and includes a posters and coffee session, presentations on a variety of topics from advocacy to water safety, a lunch discussion on emerging topics, and a Stop the Bleed class.

4.75 Nursing CEUs are available for attendees of the symposium.

Register to attend today at <https://forms.microsoft.com/r/0515tHg9FU>

## Call for Volunteers

The University of Vermont Trauma Survivors Network is looking for volunteers to support a variety of programs. You don't have to be a traumatic injury survivor to volunteer! Examples of positions we are looking to fill include:

- Peer Visitor. Peer Visitors meet with people while they are still inpatient after their injury.
- Staff for the Survivor News Newsletter. We are looking for writers to submit articles as well as editors.
- Event planning and day of support for upcoming events!

E-mail [TraumaSurvivors@UVMHealth.org](mailto:TraumaSurvivors@UVMHealth.org) with questions on how to get involved today!

### SURVIVOR NEWS NEWSLETTER FOR RESILIENCE AND REBUILDING

Survivor News is produced quarterly

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[UVMHealth.org/TSN](https://UVMHealth.org/TSN)

## Other Resources

Have you joined our Facebook support group? We are working to build an online community of traumatic injury survivors where you can talk, ask questions, and find support and friendship. No matter where you were treated for your injury, you are welcome to join the group! Join by scanning the QR Code.



The UVM Medical Center TSN Family and Friends Facebook support group is now live! This private Facebook group is a place for family and friends of survivors to connect with other individuals and find support and community. You can join by scanning the QR code!

