

Here is a sneak peek of what you will learn in our recently published book, *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*.

Chapter 9: Approaches to Synchronize the Mind, Brain and Body

Although the brain has adapted to trauma, in this chapter, we describe how the brain's innate neuroplasticity can lead to healing.

Here are the clinical insights that we share in this chapter



© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only.
Do not modify, repurpose, sell, or distribute commercially.



In this chapter, you will learn:

1. How we recommend integrating bottom-up approaches with top-down approaches to enhance trauma recovery
2. The rationale that we provide for using bottom-up approaches in trauma therapy, and which clients might especially benefit from bottom-up therapies
3. Case examples that illustrate real-life experiences from clinicians and clients to illustrate the power of these approaches for hope and healing

What are the concrete approaches and skills we recommend in this chapter?



© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only.
Do not modify, repurpose, sell, or distribute commercially.



In this chapter, we share approaches that can help synchronize the mind, brain and body to help people feel a sense of “wholeness” and aliveness again. You will learn:

1. 5 bottom-up approaches that we recommend for trauma
2. The power of community for enhancing healing
3. Whether the balance between bottom-up and top-down strategies tends to differ between children and adults
4. 3 specific self-reflection questions that therapists can ask themselves to then empower their clients to harness their innate capacity to heal

Want to learn more?



© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only.
Do not modify, repurpose, sell, or distribute commercially.



**You can explore more in the book
Sensory Pathways to Healing from Trauma:
Harnessing the Brain's Capacity for Change.**

**You can buy the book or eBook anywhere
books are sold, including Amazon and
Guilford Press.**

 To learn more, check out ruthlanius.com/books

**To learn how to apply the book directly to clinical
practice, you can learn with the authors** in the
unique online event that we are hosting on February
13th, called the Trauma & The Senses Conference. It
will also be recorded to watch anytime at your own
pace when you register online.

 You can register here: www.eeglearn.com/htb

We hope to see you there!

© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph.. All rights reserved. You are welcome to share or print this resource to support client or professional education. Please do not alter the content, repurpose it, sell it, or use it for commercial purposes without written permission from Dr. Lanius and all authors. If this content is shared, please include full attribution to all of the people named above. This resource is for educational purposes only and is not a substitute for medical or psychological advice.

