

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 6: Interoception and Visceral Sensations after Trauma – The War Within

Why Chapter 6 is important:

Interoception provides our brain with a representation of sensations from within our body – which allows us to answer the question “How do I feel?”

Visceral sensations underpin our emotional experience and can be profoundly disrupted with dysregulated arousal after trauma.

Here is what you will learn →

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In Chapter 6, you will learn:

1. What interoception is, and how trauma impacts how visceral sensations are experienced in the brain, mind and body
2. How internal sensations paint a picture of how we predict and view the world in the aftermath of trauma
3. How the pathway of sensory information to the brain differs between people without PTSD, those with classic PTSD, and those with the dissociative subtype of PTSD

Want to know what skills you will learn?



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In this chapter, we offer clinical pearls on how to help someone identify shifting visceral sensations and recognize how these inner sensations are connected to feelings of safety or unsafety (i.e., hypervigilance). We share why it is important to rebuild the capacity to tolerate one's visceral sensations and offer techniques to help rebuild this capacity. **You will learn:**

1. Which **interoceptive-based interventions** cultivate a safe connection between one's sense of the internal and external world and foster trust within one's body
2. Evidence-based treatments that target **both bottom-up and top-down** dimensions of interoception
3. How to help clients who feel disconnected from their bodies develop a **greater awareness** of their inner sensations
4. **A step-by-step practice** to help clients connect inner bodily sensations to feelings and emotions, including a 3-step chart to help connect these components
5. **A vocabulary chart** to help clients describe their visceral sensations



Interested in learning more?

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**You can explore more in the book
Sensory Pathways to Healing from
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for Change.**

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