

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 7 focuses on integrating the eight senses to provide a unified experience of the external environment.

Why this is important:

Integrating the 8 senses can help clients to overcome the fragmentation that occurs after trauma and to achieve coherence, stability and wholeness.

Here is what you will learn →

© 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 Chapter 7, you will learn:

1. What **multisensory integration** is, and how the model that we provide deepens healing after trauma
2. Some ways that **hypersensitivity or hyposensitivity** to sensory input show up in clients after trauma

This chapter also includes **powerful case examples** from clinicians and clients that illustrate how various approaches helped them.

Here are the treatments that we recommend and concrete skills that you will learn



© 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.



This chapter offers information about various treatments, first-hand experiences, and hands-on clinical skills. **You will learn:**

- Concrete ways to use co-regulation in trauma-focused interventions, and why this is important from a brain-based perspective
- 4 treatment approaches that we recommend to re-create a sense of safety and to integrate exteroception and interoception in trauma processing
- Which therapeutic approaches target the intersection at which sensory processing meets the window of tolerance
- A map to help clients monitor arousal levels throughout the day
- Signs that can help you identify whether a client is entering a “fluid zone of arousal”

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

Stay tuned for more upcoming virtual events where
you can learn directly with the authors!

© 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.

