

**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 8: Overcoming the Compulsion to Repeat the Trauma**

In this chapter, we focus on how the altered sensory perception of the internal body and external environment can lead to a fragmented sense of self after trauma, and offer insights into why some individuals are drawn toward familiar, but re-traumatizing, experiences.

**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 this chapter, we discuss:

- How brain networks that deal with trauma-related sensory experiences involving arousal and raw negative affect become coupled with the brain network underlying the sense of self
- Which brain networks become overly connected in PTSD, and how these brain changes relate to a sense of reliving trauma
- How our understanding of the brain can help us conceptualize why traumatized people may compulsively find themselves in situations that are reminiscent of the original trauma, and how we can reframe this from being a chosen “behaviour” to being a survival-oriented need for certainty
- What is moral injury and how does this form of trauma uniquely affect people?

**Here are some of the approaches and practical skills that we recommend →**

© 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 will learn about:

- Learn about examples of various sensorimotor interventions, and how they can help clients to deepen into a felt sense of safety
- How psychedelic-assisted psychotherapy and neurofeedback support neuroplasticity in the aftermath of trauma
- Specific questions to ask your clients about how and why their behaviours may be helping them feel less disconnected and more alive
- Techniques to help clients feel whole and alive in the present moment

**Interested in learning 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](https://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.

