

## Nine Step Method for Transforming Trauma

From Peter Levine PhD

1. Create an environment of relative safety
2. Support initial exploration—touch into their sensations
3. Pendulation—the rhythm of contraction and extraction
4. Titration—touching into the smallest drop of survival based arousal
5. Provide corrective experiences
6. Uncouple the fear from immobility—contains a lot of activation arousal so need to help contain the sensation of arousal to help the client move back into balance, back into social engagement (seeking a state of equilibrium)
7. Help discharge and regulate the high arousal states
8. Engaging in self-regulation to restore dynamic equilibrium and relaxed alertness
9. Reorient in the here and now