

Breaking the Trauma Code

Prevention and Release Methods That Work the Way We Work

Introduction: Trauma by Nature

Part I Shaping the Issue

- Chapter 1 The New Frontier
- Chapter 2 Defining Terms and Concepts
- Chapter 3 The Nature of Stress
- Chapter 4 When Stress Becomes Chronic

Part II The Trauma Story

- Chapter 5 Stress's Big, Bad Brother
- Chapter 6 The Traumatized Mind and Body
- Chapter 7 When Trauma Memories Erupt
- Chapter 8 Why Are Some Trauma-Prone and Others Not?
- Chapter 9 Trauma Management Ethics
- Chapter 10 The Need to Listen

Part III Preparing for Trauma Release

- Chapter 11 First: Take Personal Responsibility
- Chapter 12 Second: Enter Wordlessness
- Chapter 13 Third: Employ Humor
- Chapter 14 Fourth: Define the Experience
- Chapter 15 Fifth: Be Ever-Vigilant for Suicidal Tendencies

Part IV The Six Steps to Release

- Chapter 16 Step One: Abandon Abandonment
- Chapter 17 Step Two: Recollect and Reintegrate
- Chapter 18 Step Three: Drop the Story
- Chapter 19 Step Four: Work Out Immediate Stress
- Chapter 20 Step Five: Heal Chronic Stress and Trauma with Fire
- Chapter 21 Step Six: Rewrite the Script

Chapter 22 What's on the Horizon

Trance-Trauma Release

Shamanic Tools for Mending the Tortured Mind

Part I The Trance-Healing Journey

Chapter 1 Voyage to the Soul

Chapter 2 The Steps to Release

Part II The Sorcery of Trauma Healing

Chapter 3 The Shamanic Gateway

Chapter 4 Our Anxious Existence

Chapter 5 Who Is Traumatized?

Chapter 6 The Power of Trance

Chapter 7 The Shaman's Craft

Chapter 8 Enticing the Trance State

Part III The Six Shamanic Tools for Trance-Trauma Release

Chapter 9 Why These Traditional Ways?

Chapter 10 The First Tool: Breath

Chapter 11 The Second Tool: Fire

Chapter 12 The Third Tool: Dance

Chapter 13 The Fourth Tool: Drum

Chapter 14 The Fifth Tool: Chant

Chapter 15 The Sixth Tool: Dreams

Part IV Rituals to Imprint the Ecstatic

Chapter 16 The Feast: Cradle of Support

Chapter 17 Storytelling: To Infuse Another Reality

Chapter 18 Banishment: To Exorcise the Trauma

Appendix A How to Quickly Release Stress

Appendix B Trauma-Release Shamanic Practitioners