



Polarity to the Rescue: Releasing Trauma

by Lisa Nemzo



For every soldier killed in war, there are 18 suicides in the military, whether on foreign soil or here in the USA.

The David Lynch Foundation as well as Global Stress Initiative have each developed programs targeted to help veterans and their families suffering from Post-Traumatic Stress Disorder (PTSD) by teaching Transcendental Meditation (TM) for free or a reduced fee.

TM has been featured on national television talk and news programs with celebrities including Oprah, Jerry Seinfeld, ZZTop, Russell Brand, and Katie Perry all sharing the positive effects this practice has had on their lives.

Scientific studies are being conducted at San Diego State on the effects of TM on PTSD. The case studies are inspiring as veterans, learning and practicing TM, are able to integrate into work environments, resume participation in family life, and feel more mentally and emotionally balanced.

This is just one sign of many that the US now accepts the integration of holistic practices into mainstream healthcare as important and viable

treatments for trauma.

After the Northridge Quake in 1994, Gary Strauss, founder of Life Energy School of California, called forty polarity practitioners in the Los



Angeles area together to join in a healing circle, and I was fortunate enough to be in the group.

We spent the day giving sessions to each other and sharing what had happened to us during the earthquake as we helped each other release the trauma from our own bodies. Then we were able to go out into the community and be effective for the many victims who were still suffering. It was a brilliant idea and it worked.

We, as the Polarity community of body workers and educators, can develop something similar- but on a much larger scale.

This idea was introduced to the Board of Directors –to organize a program for polarity practitioners to

be trained to go into an area or assist a group that's experienced trauma- like a storm on the scale of Hurricane Sandy, the Boston bombings, or even for service personnel experiencing trauma. The plan is to treat first responders, victims of disasters and those who would benefit most from releasing the trauma, shock and pain that come with devastating events.

The protocol can be patterned after the Red Cross or similar organizations that have disaster or trauma protocols in place. We could implement the polarity nervous system, shock /trauma release within a manageable format.

Consider being a member of an

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emergency task force which can be formed in each region of the US, where we can give back to our communities when in need and can be ready to go anytime, anywhere to be of service. Just imagine the good we could bring into areas or groups touched by tragedy. Added bonus: it will help introduce Polarity to many who otherwise wouldn't know about it, and help spread the word about this phenomenal modality!

If you're interested in being instrumental in forming this task force, please contact me at the email address below.

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LINKS FOR THIS ARTICLE:

Transcendental Meditation: www.tm.org
David Lynch Foundation :
www.davidlynchfoundation.org/
Global Stress Initiative:
www.globalstressinitiative.com/
Red Cross Disaster Relief:
www.redcross.org/what-we-do/disaster-relief

ABOUT LISA

Lisa serves on the APTA board and has a private practice specializing in trauma release and vision work ; and has developed a successful and unique approach to couples counseling. Nemzo is a recording artist/songwriter and producer who began Dream Wild Records, a co-op record label. The title track of her album "Restless Soul," was entered into Smithsonian Folkways. Lisa's songs have been recorded by Tanya Tucker, Harvey Mason, Karate Kid, and she toured with Bonnie Raitt, Ray Charles, Heart and other artists.

From the Education Committee

ATMS: LET US HEAR FROM YOU!

In response to recent survey results from our Approved Training Managers (ATMs) around the country, the Education Committee is hosting a call for any ATM to join. Bring questions, comments and any feedback you have on how we can better serve our training community. We look forward to working with you!

ATM Call with the Education Committee

Tuesday, July 16, 2013
8pm EDT / 5pm PDT

If interested in being on the call, please contact the APTA office at **336.574.1121**

SAVE THE DATE!!!

September 11- 14, 2014

Science and Spirituality Conference

It is with great pleasure that the American Polarity Therapy Association in collaboration with The Biodynamic Cranial Sacral Therapy Association of North America bring you this conference at Mt. Madonna in California.

Remember: There are pre-conference and post conference dates of September 11th, and September 15th and 16th as well.

Call for Proposals: We are calling for proposals through August 1st, 2013. Presenters with experience and knowledge of both modalities are encouraged to submit proposals to share their work. The application is on the APTA website at www.polaritytherapy.org. Proposals will be reviewed by a committee from both organizations for selection.

Learn, Share, and Reconnect: This conference promises to offer not only an in-depth learning experience, but also a reunion of new and old friends as we delight in the shared work of both associations.

Questions? Contact the APTA Office at 336.574.1121

P.S.: APTA celebrates 30 years in 2014 due to all our hard work and dedication!

