Return to Wholeness:  
*SSRI Withdrawal*

Kelli Foulkrod, MS, LPA, LPCI, RYT

ORGANIC MENTAL HEALTH CENTER, PLLC
MEDICAL TRAUMA
Toxic Psychiatry
Profit over Humanity
Holistic SSRI Withdrawal

- YOGA
- BREATH WORK
- MEDITATION
- CEREMONY/RITUAL
- MEANING IN SUFFERING
- COMMUNITY!!!!
YOGA THERAPY

• EMBODIMENT
• TRAUMA RELEASE
• MINDFULNESS
FREEZE RESPONSE

FIGHT

FLIGHT Oohlala!

FREEZE
How the body holds trauma

The PSOAS MUSCLE
Psoas Release
Coherent Breath

• Comfortable seat and eyes closed.
• With closed mouth, breathe IN nose for 4 seconds.
• Gently hold the breath for 4 seconds.
• Breathe out just to a count of 4.
• Gently hold the breath for 4 seconds.
• Continue this pattern for 4 minutes and notice how you feel.
Functions of Vagus

- Parasympathetic
  - Stimulates flow of saliva
  - Slows heartbeat
  - Constricts bronchi
  - Stimulates peristalsis and secretion
  - Stimulates release of bile
  - Contracts bladder

- Sympathetic
  - Dilates pupil
  - Inhibits flow of saliva
  - Accelerates heartbeat
  - Dilates bronchi
  - Inhibits peristalsis and secretion
  - Conversion of glycogen to glucose
  - Secretion of adrenaline and noradrenaline
  - Inhibits bladder contraction

- Medulla oblongata
- Vagus nerve
- Chain of sympathetic ganglia
- Solar plexus
Vagus Nerve Stimulation

• Chanting
• Community
• Cold Water
SOCIAL ENGAGEMENT SYSTEM

The Metaphor of Safety:
A basic principle of our nervous system

ENVIRONMENT
Inside the body / Outside the body

NERVOUS SYSTEM
Neuroception

SAFETY
Spontaneously engages others
Eye contact, facial expression,

DANGER
Defensive strategies
Fight / Flight behaviors (mobilization)

LIFE THREAT
Defensive strategies
Death feigning / Shutdown (immobilization)
ORIENTING RESPONSE

• Creates a sense of safety
• Grounds energy in the body
  • Demo
EMBODIMENT

• What do I see?
• What do I hear?
• What do I feel? (NOT emotions, sensations)
• YOGA or ANY movement practice
TRAUMA RELEASE PRACTICES

• Body Boundary Exercise
• Feel Skeleton
• Sense internal organs
• Coupled with “It’s safe to be here”
TRAUMA RELEASE PRACTICES
TREMBLING AND SHAKING
FELT SENSE EXERCISE

Descriptors for the Felt Sense:

feeling/sensation
- pressure – even, uneven, supportive, crushing, little circulation
- air – gentle, cool, warm, right, left, stimulating, rush, like a feather, like mist
- tension – solid, dense, warm, cold, inflamed, protective, constricting, angry, sad
- pain – ache, sharp, twinge, slight, stabbing
- tingling – pricks, vibration, tickling, numb
- itch – mild itch, angry itch, irritating itch, subtle itch, small itch, large area of itching

temperature – warm, hot, burning, cool, cold, clammy, icy, frozen, oven, fire, sunshine

size – small, medium, big

shape – flat, circle, blob, triangle

weight – light, heavy

motion – circular, erratic, straight line

speed – fast, slow, still

texture – rough, soft, sandpaper, smooth, silky

element – fire, air, earth, water, wood

color – gray, blue, orange etc.

mood/emotion sinking, pulling in, open, closed, uplifting, sunny, dark

sound – buzzing, humming, choppy

• taste – sour, bitter, sweet
• smell – pungent, sweet, sour, rotten
• absence/nothingness – blank, empty
MY STORY
Connect with Kelli:

ORGANIC MENTAL HEALTH CENTER, PLLC

organicmentalhealthcenter@gmail.com
512-200-3359

www.organicmentalhealthcenter.com
References:


• Scaer, R. C. (2001). *The Body Bears the Burden: Trauma, Dissociation, and Disease*.