

The Body Can Change the Score: Exploring Somatic Interventions for Trauma

References

- Freedman, A., Silow, T., Gold, S., Pope, T., Saint Arnault, D. (Spring/Summer2022). The Somatic Post-Encounter Clinical Summary (SPECS): A New Instrument for Practitioners and Researchers to Measure the Wisdom of Somatic Intelligence. *International Body Psychotherapy Journal*.
- Kuhfuß, Marie, Maldei, Tobias, Hetmanek, Andreas & Baumann, Nicola (2021) Somatic experiencing – effectiveness and key factors of a body-oriented trauma therapy: a scoping literature review, *European Journal of Psychotraumatology*, 12:1, DOI: 10.1080/20008198.2021.1929023
- Payne P, Levine PA and Crane-Godreau MA (2015) Somatic experiencing: using interoception and proprioception as core elements of trauma therapy. *Front. Psychol.* 6:93. doi: 10.3389/fpsyg.2015.00093
- Sowell, S. S. (2020). *Dance/Movement Therapy to Support Self-Esteem in Mexican American Adolescents*. Pacifica Graduate Institute.
- Stuntzner, S. (2019). In Search of Somatic Therapy. *The Journal of Rehabilitation*, 85(2), 58.
- Warner, E., Spinazzola, J., Westcott, A., Gunn, C., & Hodgdon, H. (2014). The body can change the score: Empirical support for somatic regulation in the treatment of traumatized adolescents. *Journal of Child & Adolescent Trauma*, 7, 237-246.