

The PTSD Work of Robert Scaer

Robert Scaer is a medical doctor and trauma therapist who has made significant contributions to the field of post-traumatic stress disorder (PTSD) therapy. His work focuses on the role of the body in the development and treatment of PTSD, and he has developed a number of approaches that aim to address the physical symptoms of the disorder.

One of Scaer's key contributions to the field is his theory of "traumatic neurosis," which suggests that PTSD is not just a psychological disorder, but also a physical one. According to this theory, traumatic events can cause changes in the brain and nervous system that lead to the development of PTSD. These changes can include hypervigilance, heightened arousal, and difficulty regulating emotions, all of which can be symptoms of the disorder.

To address these physical symptoms, Scaer has developed a number of techniques that aim to help individuals regulate their nervous system and return to a more balanced state. These techniques include somatic experiencing, which involves using body awareness and physical sensation to help individuals regulate their arousal levels, and the 5-Phase Trauma Healing Protocol, which is a structured approach to helping individuals work through their trauma.

Scaer has also written extensively on the role of the body in the healing process, and he has emphasized the importance of addressing physical symptoms in addition to psychological ones. He has argued that traditional talk therapy can be insufficient for addressing the full range of symptoms associated with PTSD, and that a more holistic approach is needed.

Scaer's work has helped to deepen our understanding of the complex relationship between the body and the mind in the development and treatment of PTSD, and his approaches have helped many individuals find relief from the physical and emotional symptoms of the disorder.

Psoas Muscle

The psoas muscle, also known as the iliopsoas muscle, is a large muscle located in the lower back and pelvis. It is involved in a number of movements, including flexion of the hip, rotation of the trunk, and stabilization of the spine. In his work on PTSD therapy, Robert Scaer has emphasized the role of the psoas muscle in the development and maintenance of the physical symptoms of the disorder.

According to Scaer, traumatic events can cause the psoas muscle to become tense and overactive, leading to a state of chronic arousal and hypervigilance. This can contribute to the development of physical symptoms such as difficulty sleeping, digestive problems, and a general feeling of being "on edge." Scaer has argued that addressing the tension and activation of the psoas muscle can be an important part of the treatment process for individuals with PTSD.

To address the psoas muscle in therapy, Scaer has developed a number of techniques that involve gentle stretching and relaxation of the muscle. These techniques are often combined with other approaches, such as somatic experiencing, in order to help individuals regulate their arousal levels and return to a more balanced state.

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