

BODY DE-ARMORING

FOR SEXUAL, EMOTIONAL, AND TRAUMA HEALING



BY TRADITIONALBODYWORK.COM

Contents

Preface	5
Introduction	8
WILHELM REICH GODFATHER OF DE-ARMORING	9
BODY DE-ARMORING VERSUS BODY PSYCHOTHERAPY	11
SOMATICS AND THERAPY.....	13
MIND-BODY THERAPIES	15
BODY LANGUAGE.....	17
MIND-WORK AND BODYWORK.....	20
SOMATIC HEALING VERSUS SOMATIC EDUCATION.....	23
IS DE-ARMORING NECESSARY?	25
Armoring and De-Armoring Concepts	27
CHARACTER ARMOR	28
BODY ARMOR AND DE-ARMORING.....	31
HEALTH BENEFITS OF DE-ARMORING	37
STRESS AND ANXIETY	39
TRAUMA PHYSICAL AND PSYCHOLOGICAL INJURIES.....	41
SEXUAL TRAUMA	44
SEXUAL DE-ARMORING	46
GENITAL DE-ARMORING	49
ORGASTIC POTENCY	51
REPRESSION VERSUS SUPPRESSION	54
CATHARSIS CLEANSING AND CLOSURE	57
VITAL LIFE ENERGY AND DE-ARMORING	59
THE AUTONOMIC NERVOUS SYSTEM (ANS).....	61
POLYVAGAL THEORY	63
PROPRIOCEPTION AND INTEROCEPTION	68
ATTACHMENT THEORY	72
De-Armoring Techniques.....	75
BODYWORK AND EXERCISES.....	76
BREATHWORK	78
CONVULSIONS	82
GROUNDING	83
GUIDED IMAGERY.....	85
TALK THERAPY	87
MASSAGE THERAPY	90
MINDFULNESS	92
MOVEMENT, POSTURE, AND DANCE	94
SEX TOYS AND DEVICES.....	96
SIMULATION AND ROLEPLAY	97

SUGGESTIVE MUSIC	99
TOUCH.....	100
VOCALIZING.....	101
De-Armoring in Practice	102
INTAKE ASSESSMENT	103
RISKS, PRECAUTIONS, AND CONTRAINDICATIONS	105
DE-ARMORING HARD OR SOFT APPROACH?	108
FULL-BODY DE-ARMORING.....	110
PARTIAL BODY DE-ARMORING	112
EXTERNAL AND INTERNAL DE-ARMORING.....	114
SEGMENTAL DE-ARMORING (WILHELM REICH)	116
DE-ARMORING SESSIONS.....	119
PHYSICAL ASPECTS OF EMOTIONAL RELEASE	121
TRAUMA INFORMED SESSIONS	124
AFTERCARE AND INTEGRATION.....	126
ETHICS IN DE-ARMORING PRACTICES.....	128
CONSENT AND DE-ARMORING.....	130
SELF DE-ARMORING IS IT POSSIBLE?	132
De-Armoring Body Parts.....	135
ARMOR LOCATIONS IN RELATION TO DISTRESSING EMOTIONS	136
ABDOMINAL AND DIAPHRAGMATIC DE-ARMORING	143
ANAL DE-ARMORING	146
BACK DE-ARMORING.....	148
CHEST DE-ARMORING.....	149
FACIAL AND HEAD DE-ARMORING	150
JAW DE-ARMORING	152
NECK DE-ARMORING	153
PELVIC FLOOR DE-ARMORING	154
PENIS AND TESTICLES DE-ARMORING	156
PROSTATE DE-ARMORING	158
SHOULDER DE-ARMORING	160
THROAT DE-ARMORING.....	161
VAGINAL DE-ARMORING	162
DE-ARMORING OTHER BODY PARTS	164
De-Armoring Treatment Modalities	165
BIODYNAMIC BREATHWORK & TRAUMA RELEASE SYSTEM®	166
BIODYNAMIC MASSAGE	168
BIOENERGETICS (BIOENERGETIC ANALYSIS)	170
BODYTALK SYSTEM	172
CORE ENERGETICS.....	174
GENITAL MAPPING	176
HAKOMI THERAPY	178
HELLERWORK STRUCTURAL INTEGRATION	181
HOLOTROPIC BREATHWORK®.....	183
INTEGRATIVE SOMATIC THERAPY PRACTICE™	185

JIN SHIN DO	187
NEO-REICHIAN MASSAGE	188
NEUROAFFECTIVE TOUCH®	190
POSTURAL INTEGRATION	192
PULSING	194
RADIANCE BREATHWORK	195
RADIX WORK.....	197
REICHIAN BREATHWORK.....	198
REICHIAN THERAPY.....	201
ROLFING STRUCTURAL INTEGRATION	202
ROSEN METHOD BODYWORK.....	204
SENSORIMOTOR PSYCHOTHERAPY.....	206
SEXOLOGICAL BODYWORK	208
SHAMANIC DE-ARMORING	210
SOMATIC BREATHWORK	212
SOMATIC EXPERIENCING® (SE™).....	214
SOMATIC SEXOLOGY	216
SOMATIC STRESS RELEASE™	218
TANTRIC DE-ARMORING	220
TENSION & TRAUMA RELEASING EXERCISES (TRE®)	223
THE GAIA METHOD	225
VEGETOTHERAPY (ORGONE THERAPY).....	226
Supplement.....	229
CHAKRAS	230
CONSCIOUS CONNECTED BREATHING.....	235
HOLISM, HEALTH, AND HEALING	236
HYPERVENTILATION AND BREATHWORK	238
KUNDALINI ENERGY	240
ORGONE ENERGY	243
SHALLOW BREATHING	246
VITALISM AND LIFE FORCE ENERGY.....	248
WHAT IS BREATHWORK?	250
Appendix	252