Törmi, Kirsi. TRE as a body-mind therapy working with traumatic consequences of physical and mental illness: Hidden motion – working with deprived young adults in TRE and dance art. Symposium on the 7. Biennal ESTD (European Society for Trauma & Dissociation) Conference: The Legacy of Trauma and Dissociation: Body and Mind in a New Perspective. October 2019, Rome. Symposium ID SM-0

**Abstract:**

Trauma-informed and trauma-sensitive practices of therapy have taken an increasing role in therapy and counseling during the last ten years. As we know, the impact of living through traumatic events and in a traumatic relationship can result in a range of behavioral health problems other than PTSD, including anxiety problems, depression, substance abuse and psychosis. According to statistics these problems are increasingly growing in Finland especially among young adults. However, in Finland trauma-informed practice in social

services is playing a very tiny role, if any.

The purpose of this research is to study how to increase social engagement through the body movement that takes into account the autonomic nervous system. In the presentation, I will describe my ongoing research (February 2019 – October 2019 ) in Social services (in six cities) with deprived young adults.

I have created group-practice called “Hidden motion” where I combine TRE (Tension, Stress and Trauma Releasing Exercises) and a method “Move your feelings, feel your movements” from my doctoral dissertation.

Research tries to formulate a bodily working method that can be utilized in social work in the future.

Hypothesis of this research is that bodily and trauma-sensitive way of working is valuable when supporting clients' agency and empowerment.