

HOW SOMATIC EXPERIENCING THERAPY (SET) WORKS IN ADDICTION TREATMENT

Regulates the Nervous System

Balances the autonomic nervous system (ANS), reducing stress and emotional dysregulation linked to addiction.

Releases Stored Trauma

Gradually discharges unresolved trauma energy using techniques like pendulation and titration, preventing emotional overwhelm.

Enhances Body Awareness

Encourages individuals to recognize and process physical sensations, reducing reliance on substances as coping mechanisms.

Restores Self-Regulation

Reinstates natural capacity to handle stress and emotions without addiction.

Processes Fight-or-Flight Responses

Completes unresolved stress cycles, alleviating trauma's impact on the body and mind.

Integrates with Other Therapies

Combines effectively with approaches like Cognitive Behavioral Therapy (CBT) and 12-step programs for a comprehensive recovery strategy.

Somatic Illness Patients

G Psacharopoulos



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